

PRAY
FOR UKRAINE



CN will donate more than \$1,000,000 to the Canada-Ukraine Foundation and Razom in support of Ukrainians displaced by the war in Ukraine.

CN will also be matching employee donations.

Learn more:

[https://www.cn.ca/.../cn-to-donate-over-\\$1m-toward.../](https://www.cn.ca/.../cn-to-donate-over-$1m-toward.../)

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CN Pensioners Association of Manitoba

Our General Meetings will now commence at 2:00 p.m. on the 1st Wednesday of June, September, October and November 2022. The meetings will now be held at CN's Claude Mongeau National Training Centre (CN Campus), 650 Pandora Avenue East (unless otherwise stated under our Special Events article). As before, there are no meetings in July, August and December. Please check below under President's View or Special Events Article for more detailed information.

www.cnpensioners.ca

www.facebook.com/cnpensionersmanitoba



April 2022

President's View - Ron Davis

Due to restrictions at the Norwood Legion, we are unable to hold any General Meetings of the CN Pensioners Association for the foreseeable future. We are hoping to once again hold general meetings at the Norwood Legion starting January 2023. We will keep you posted.



General Meetings are Resuming

*** Announcing new location and start time***

With Covid restrictions lifted, CNPA of Manitoba will be resuming our monthly General Meetings.

For the remainder of **2022**, our general meetings for June, September, October and November will resume and will now be held at CN's **Claude Mongeau Training Center (CN Campus), 650 Pandora Ave. East - Transcona** starting on June 1, 2022.

There is no parking available in the Campus lot. Please park in the East End Arena parking lot across the street.

****Dress Code in effect (no sleeveless shirts, shorts or sandals).** Please do not arrive before 1:30 p.m. in order to allow students to finish their lunch. Meeting starts at 2:00 p.m.**

We will still have the 50/50 draws and will also be selling the June 2nd picnic tickets.

PENSION COMMITTEE REP and HEALTH CARE COMMITTEE REP - Joanne Gaborieau



Joanne was recently voted as your Representative for our Prairie Association for both committees. She looks forward to serving you for the coming 3-year term. Thank you to Linda Schram who represented our past interests in such a professional manner.

Executive Council 2022

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Ron Davis, 204-489 4485

ronvel@mymts.net

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CNPA National Level

Bruce Anderson - Director

Joanne Gaborieau - Director

Patrick McMullin - Alternate
Director

Joanne Gaborieau - Pension and
Health Committee
Representative

Membership Report - Joanne Gaborieau

Regular Membership	- 3486
Associate Members	- 16
Age Exempt	- 13 (100 years of age & older)
Total Paid Membership	- 3515

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

Gordon Aikman	Annie Manson
Laureen Boyd	James May
Carral Bozyk	Dorothy Mercredi
Robert Carter	James Milburn
Dale Chubey	Bernadine Spillet
Heather Conger	Karen Stevenson
Donald Declercq	Robert Tait
Greg Dobransky	Jim Tymchuk
Richard Donnelly	Ken Urbanoski
Gerald Katcher	Cheryl Versluis
Lloyd Kowalyshyn	Dennis Yaeger
Bruce Macdonald	



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

Hope to see more new faces at future meetings!



You should have already received your Calendar for 2022. These only go to the members that are on Payroll Deduction (PRD) and to our Associate Members.

If you are in receipt of a CN Pension but paying by cheque, we encourage you to sign up to have your \$1 per month automatically deducted. This will save your volunteers the need to manually manage this benefit.

CN currently covers the cost of mailing the calendars to those members who are on PRD. If you are not on PRD, please talk to Joanne Gaborieau, or anyone on the Executive and sign up to have your \$1 per month membership fee automatically deducted.



Congratulations to our Secretary Patrick McMullin and our Special Events Chair Ernie Yakiwchuk, on completing the Red Cross Emergency first aid and CPR/AED level C courses.



Special Events - Ernie Yakiwchuk

For the remainder of 2022, our general meetings for June, September, October and November will resume and will be held at the **Claude Mongeau Training Center (CN Campus), 650 Pandora Ave. East - Transcona** starting on June 1, 2022.

There is no parking available in the Campus lot. Please park in the East End Arena parking lot across the street.

****Dress Code in effect (no sleeveless shirts, shorts or sandals).** Doors open at 1:30 p.m. (in order to allow students to finish lunch). Meeting starts at 2:00 p.m.**

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

Guest Speakers for Upcoming Meetings:

June 1, 2022 - to be announced



Annual Picnic:

Thursday, June 2nd at St. Vital Park under the Aspen/Oak Shelter (RAIN or SHINE). Picnic starts at 11:00. Please remember to bring your lawn chairs, hat, sunscreen and insect repellent and bingo dabbers if it rains. Tickets will be available for purchase on May 1st by contacting Ernie Yakiwchuk. Tickets are \$5.00 each, with a limit of 2 tickets per contributing member and this includes a great lunch and a chance to win the coveted Bocce Ball Tournament trophy. For more information, please contact: Ernie Yakiwchuk @ 204-254-1441.

NOTE: The picnic location has been changed due to the cancellation of set up of the tent at Assiniboine Park for 2022 due to pandemic .



NOTE: This shelter is located at the south side of the park along the park roadway.

***** Our banners will be visible at the site .**



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

Mail Outreach info to 186 Windham Rd, Wpg, R3J 3B8 or
email: 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:

Randy Bahrey – 70 March 14th.
Ken Butchart – 84 August 13th.
Mary Butchart – 79 August 24th.
Brian Croxford – 88 December 16th.
June Croxford – 88 July 23rd.
Carmina Da Silva – 100 June 16th.
Dean Danforth – 89 July 15th.
Marcel Desautels – 90 July 12th.
Wally Duggan – 77 February 2nd.
Bill Gerelus – 80 July 19th.
Barry Jackson – 85 July 22nd.
Nell MacAuley – 106 June 20th.
Ruth MacPherson – 100 May 14th.
Jim Magill – 100 July 7th.
Mark Malashevski – 70 July 14th.

Claudette McCrindle – 65 May 5th.
Jack Melville – 82 May 18th.
Francois (Frank) Pageot – 90 February 4th.
Hugh Ritzer – 101 June 24th.
Hugh (Howie) Stewart – 80 June 26th.
Buck Tiderman – 88 April 9th.
Bernie Wielgosh – 91 April 29th.
Ronny Young of Victoria Ave – 65 July 27th.



HAPPY ANNIVERSARY WISHES TO:

Brian and June Croxford – 64th April 22nd.
Wally and Cheryl Duggan – 40th November 28th.
Ernie and Ethel Fuhr – 60th March 17th.
Garry and Julie Kesterke – 55th July 15th.
Peter and Jean Koralewicz – 70th June 7th.
Patrick and Linda McMullin – 50th April 22nd.
Rob and Sue Nykoluk – 50th May 12th.
Ronald and Stella Olinkin – 65th July 18th.
Bill and Gail Osachuk – 60th June 29th.
Frank and Jocelyne Pageot – 65th July 6th.

Mike and Diane Shewchuk – 56th July 23rd.
Ernest and Alice Smith – 70th August 5th.
Calvin and Priscilla Sookermany – 20th June 8th.
Buck and Shirley Tiderman – 62nd March 4th.
Ernie and Gwen Yakiwchuk – 41st June 13th.

Happy
Anniversary

On behalf of all CNPA of Manitoba members, we wish you all the best on this milestone.

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:

Norm Nault is in Tache Centre, 4th Floor, suffering some confusion.

Les Thompson suffered a stroke in late February. As his condition improved, he was moved from St. Boniface Hospital to Misericordia Hospital.

Obituaries: *The following pensioners have passed away since the last report:*
(* denotes contributing member of the Manitoba Pensioners Association).

Carmelo Aiello
Simone Aminot, *wife of Ron Aminot*, sister of Rene Vandendorpe**
Mary Ash*
Thomas Ball*
Maria Bento
Nestor Bially*, *father of Don Bially**
Jeremy Bockstael, *son of Allan Bockstael**
Wayne Boonstra, *son of Gerrit Boonstra**
Theodore Bozyk*, *husband of Carral Bozyk**
Hans Brandenburg*
Dale Campbell*
Sylvester Charenko
Georgette Cheys, *sister of George De Serranno**
Exelda Cormier
Yvonne Curtis*
John Dacamara*
Donald Dennis*
Nicholas Derzak*
Betty Ducharme*
Ruth Dunlop*, *mother of Brian Dunlop**
Mable Elcombe*
Jean Evans
Elio Facca*
J Alyce Fenn*
Ron Fetterly*
Irene Fotiuk
Brigid Gibbons*
Jean Girouard
Betty Goertzen*
Henry Golis*
Margaret Graham
Raymond Green*
Maurice Gregoire*
Edward Grzadka*, *husband of Jeannette Grzadka**

Don Halowaty
Margaret Hollingsworth*
Sofia Hull*
Mary Jannetta*
Roena M Johnston
Barry Kalichak*
Jaibir Kanhai*
Lawrie Keating, *brother of Ian Keating**
Oresta Kostelniak*
Charles Kramble*
Ethel Lamonica
Henriette Lamoureux*
Darlene Larocque
Robert (Dick) Larocque*, *father of Gerry Larocque**
Ronald Lemoine*
Lawrence Liska*
John Luby*
Morris Lucko, *brother of Garry* (Flo*) Lucko*
Frances MacCoy*
Angela Mansfield
Gordon Manson*
Zigmund Marcino*
Viney Martin
Judy Lynn McParland
Serge Medwedew*
Marcel Mercredi*
Janet Moroz*
John (Jack) Mortham*
John Mykytyn*
Fred Natrasany
Florence Neimor*
Tom Nicholl*
Angelina Palumbo
Rolande Patry*
Bernice Peabody*
Regina Pengelly*
Stanley Peters*

Vernon Peterson*
Frank Phipps*
Garth Pidhirney*
Bernice Polischak*
Donald Pollard*
Olive Prince
Russell Ranville*
Catherine Reznik*
Robert Rochon*
Anne Rydman*
William Saydak*, *father of Greg Saydak**
Herb Schwanke*
Steve Semenchuk
Samuel Singer*
Lorne Skolovy
Ethel B Smith*
Caroline Solkoski*
John Spillett*
Irene Stevens*, *mother-in-law of Bill Heasman**
Larry Stevenson*
Joshua Storry, *son of Bill Storry**
Effie Strilec*
Sylvia Sushnyk*
June Swann*
Josephine Tarr
Gary Taylor*
M Blanche Trager
Walter Urbanovitch
Shirley Vennard*
Adrian Versluis*
Leslie Weir*
Joyce White*
Horace Williams
Shirley Ann Yakowchuk-Dunn
Norine Young
Joe Zagaja*
Rose Zommer*



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



Health Care Report - Joanne Gaborieau

Health Care Representative

BLUE CROSS – REMINDER

- Blue Cross must **receive claims** no later than April 30th following the calendar year in which the expenses were incurred (subject to provincial legislation). Late submittal will result in the non-payment of your expenses.
- **May I enroll at a later date?**

Once the enrollment period has expired, you may no longer join the Health Care Plan for CN Pensioners. However, you may postpone your enrollment if you are covered under your spouse's group insurance plan or a new employer group insurance plan. You may then join our Plan at the time your coverage under either of these plans terminate provided you join within 31 days following the end of your coverage.



Pension Report - Joanne Gaborieau

Pension Committee Representative

CN PENSION – INDEXATION - 2022

The Plan provides a guaranteed **minimum indexation of \$9.00 per month** for eligible retirees and \$4.50 per month for eligible surviving spouses every year.

The Plan also provides eligible pensioners with indexation above this guaranteed minimum if there are sufficient funds in the Escalation Account. The Escalation Account is a notional account within the Plan whose primary, but not exclusive, purpose is to determine if indexation above the guaranteed minimum indexation is payable in any year.

At the end of 2020, the balance in the Escalation Account was sufficient to provide eligible pensioners with an indexation of 60% of the change in the Consumer Price Index (CPI), beginning with the January 2022 pension payment.

Basic monthly pensions will be increased by 0.30% in January 2022, **subject to a maximum monthly increase of \$9.75** and to the guaranteed minimum indexation described above. If the basic pension was \$3,000 or lower, then the eligible retiree would receive a \$9.00 / \$4.50 (survivor) increase on the January 2022 pension cheque. Between \$3,001 to \$3,250, an eligible retiree would receive 0.30%.

ex:

$\$3,100 + 0.30\% = \$3,109.30$

$\$3,200 + 0.30\% = \$3,209.60$

$\$3,250 + 0.30\% = \$3,259.75$

If the pension was \$3250 or higher, you would receive the maximum of \$9.75 per month increase in 2022.

The 2022 indexation amounts were communicated to all pensioners in advance in the last CN Pension Committee Annual report sent out last June 2021, as well as in a communiqué sent to pensioners with their January 2022 deposit notices.

Happy Birthday!



Stella Mazur recently celebrated her 100th birthday on March 19, 2022. She is pictured here (with her Grandson) at her current residence, River East Personal Care Home in Winnipeg, with her gift from CN which recognizes this amazing milestone birthday.

Stella is the widow of the late Peter Mazur who worked in the Blacksmith Shop at the CN Transcona Shops, which are located in Winnipeg, Manitoba. Peter's career spanned 36 years.

She spent the majority of her life living in Transcona. Peter and Stella were married in 1948, the same year Peter started his

career at CN. They were married for 67 years until Peter passed away in 2015 at the age of 92.

Stella worked part-time at The Bay, in downtown Winnipeg, while she and Peter raised 5 children. She made many friends at The Bay and enjoyed her weekly shopping trips there after her retirement.

Stella was an excellent cook and was noted for her many Ukrainian dishes, including perogies, cabbage rolls and homemade chicken soup.



On behalf of the CN Pensioners of Manitoba, we would like to also acknowledge the following **Centenarians** for reaching their milestone. Plaques were sent and received.

Caroline Solkoski reached her 100th birthday on January 3, 2022. She was the survivor of Stanley Solkoski who was employed as a sheet metal worker from 1939-1985.

Mary Wildeman celebrated her 100th birthday on February 17, 2022. She was married to Joseph Wildeman who was employed with CN from 1948 until 1984.



Congratulations

....and best wishes to Gerry Russell who has been retired for 32 years.

Travel advisory and pre-entry testing requirement changes.

The lifting of the global “avoid non-essential travel” travel advisory

Last month the Government of Canada announced that the global travel advisory level will drop from Level 3 (avoid non-essential travel) to Level 2 (practice special precautions) for fully vaccinated travelers. They will now be issuing advisories based on the destination country. Travel insurance policies have exclusions when it comes to travel advisories. When the COVID-19 level 3 travel advisory was effective, policies had specific provisions added to cover illnesses caused by the virus. Following the lifting of the travel advisory, most policies will treat COVID-19 like other claims relating to illness.

However, there are still benefits to having a COVID Rider on your policy, regardless of whether or not there's an active travel advisory. Benefits provided with these riders can include coverage for quarantine expenses and automatic policy extensions if a COVID-related mandatory quarantine prevents you from travelling home. Additionally, a COVID rider provides coverage in the event that a new COVID travel advisory is issued. If that happens while you are at your destination and you are without a rider, there's a good chance you would not be covered for COVID, and you could lose all coverage within ten days of a new travel advisory. The result of a new travel advisory could mean being without travel insurance coverage for the duration of that trip.

The lifting of the level 4 “avoid all cruise ship travel outside Canada” travel advisory

On March 7, 2022, the Government of Canada gave a boost to prospective cruise ship travelers by lifting the blanket level 4 travel advisory advising against all cruise ship travel outside of Canada. At Medi-Quote we are already booking cruise travelers with their travel insurance and look forward to assisting more clients as cruise travel continues to pick up.

The end of pre-arrival COVID testing for travelers entering Canada

On March 17, 2022, the Government of Canada announced it will end the pre-entry COVID-19 testing requirement for fully vaccinated travelers by the end of the month. Up until this announcement, travelers were required to present the results of a negative COVID test prior to entry into Canada. Many travelers found the timing and cost of testing prior to returning home to Canada to be expensive and inconvenient. After the new rules come into effect on April 1, 2022, returning snowbirds will experience a smoother and more affordable homecoming without the pre-entry test requirement. Random selection for the Covid testing may still take place on entry into Canada.

Did you know that you may be able to claim your travel insurance on your tax return this season?

Contact your travel insurance broker for the most up to date requirements.



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



NATIONAL
DAY of
MOURNING



This day, 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.

SMOKING:

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

On April 1st, 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/> or www.quitsmokingmb.ca/



Sadly, there will be no **Annual Golf Tournament** this year!



We are currently looking for your suggestions on how to make our **Annual Golf Tournament** better by social distancing. We are also looking for your thoughts on how this can be achieved, such as playing "the closest to the hole ball", etc. We would appreciate your comments on how to have a fun and safe golf tournament going forward. Please forward your suggestions and comments to Ron Davis at 204-489-4485 or email ronvel@mymts.net.



PENSION CHANGES AT CN

Effective April 2024, non-unionized CN employees currently contributing into the CN Defined Benefit Pension Plan (DB Plan) will be required to transition to the Defined Contribution (DC) Plan. All management affected by this change will still get a DB CN pension at some future date. There will be no impact to the current CN Pensioners nor to the unionized members still working.

Did you receive your newsletter by mail this time? 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 these, please consider changing from a mailed copy to an emailed copy, rather than by Canada Post.



The 2022 CNPA Scholarship and Bursary Programs Opened April 15th. All applications must be received by August 15th.

National Council Scholarship Program 2022

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 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.

Applications will be accepted by email only. 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 criteria, you can re-apply for the current year.

Deadline for applications for the 2022 program will again be August 15th. For more information, and to download the Application, Terms and Conditions, visit 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 2022

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, 2022.

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 and click on the Scholarships tab.

***Please note that eligible applicants **may apply to both** the **National Council Scholarship Program** and the **Harvey Hosfield Bursary Program**.

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, 2022.

A link to the Application and Terms and Conditions can be found on the home page of our website at: 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 for eligibility criteria.

Johnson Insurance will still be offering discounted rates to members of our Association. We still recommend that you shop around to find the right policy/provider that best suits your needs.



Ukraine Humanitarian Crisis Appeal



The current situation in Ukraine is deeply concerning. People across Ukraine have fled their homes, with tens of thousands fleeing to neighboring countries as the conflict increases. The U.N. estimates the wave of refugees could reach 5 million.

CN Employees' and Pensioners' Community Fund has set up a special initiative to which employees can contribute. Your donations are benefitting the **Canadian Red Cross** Ukraine Humanitarian Crisis Appeal, as well as the **Canada-Ukraine Foundation (CUF)**, raising funds in response to humanitarian needs generated by almost eight years of conflict, as well as preparedness and response efforts due to heightened tensions in Ukraine.

CN has pledged to match your generous donations.

Cheques are accepted and can be made to "**Community Fund – Ukraine Humanitarian Crisis**" specifying R.C. (for the Canadian Red Cross) or CUF (for the Canada-Ukraine Foundation) and mail to:

CN Employees' and Pensioners' Community Fund
935 de la Gauchetière St. W, 2nd Floor
Montreal, Quebec
H3B 2M9

For online donations click on the following link: <https://www.caissedebienfaisancecn.com/en/events/ukraine-humanitarian-crisis-appeal>

Thanking you in advance for your generosity and contribution to Ukraine's humanitarian efforts.



CN Announces Appointment of Tracy Robinson as President and Chief Executive Officer

CN is proud to announce that it has appointed Tracy Robinson as President and Chief Executive Officer, effective February 28th, 2022. This appointment follows the previously announced retirement of current CEO Jean-Jacques Ruest. Tracy joins CN from TC Energy, where she is currently the Executive Vice-President and President, Canadian Natural Gas Pipelines and President, Coastal GasLink. Prior to joining TC Energy, Ms. Robinson previously spent almost three decades at Canadian Pacific.

We are thrilled to have Ms. Robinson join CN as President and CEO and are confident that CN has the right person to lead the company into our next phase of growth.

CN is also pleased to announce changes to its Board of Directors with the appointment of the Hon. Jean Charest P.C, former Premier of Québec, as independent director and Shauneen Bruder as Vice Chair of the Board, effective immediately.



Railroaders 
in the Community

2021 Summary

Calendar year 2021 was a full 12 months of restrictions of varying degrees, regulations limiting gatherings and our ability to mingle socially with friends and family. On top of that, the end of 2021 marked the beginning of one of the worst winters on record. However, under those exact same circumstances, there were organizations out there that needed our volunteer help more than ever, and our CN family stepped up and provided assistance in so many ways.

Nationally, we had 358 members register and participate in the **Railroaders in the Community (RRITC)** program, providing volunteer services to charities of their choice, an increase from 266 the previous year. Based on their hours worked, CN made a donation of **\$476,960** to those same charities. Of those 358 volunteers, 330 of them were **Contributing Members** of the CNPA and simply because they pay their \$1 per month to the CNPA, CN donated an additional \$100 in each of their names to a charity of their choice. Combined, that represented a charitable donation of approximately \$510,000, to organizations that our members selected and volunteered for.

Closer to home, we consolidated Saskatchewan and Manitoba into the familiar Prairie Region, and our Regional volunteer totals increased from 81 in 2020 to 84 in 2021. Those volunteers registered and then logged their volunteer hours at charities of their choice, and on their behalf, CN donated **\$113,755** to those same organizations. While that might seem like a modest increase in volunteer numbers; given the circumstances of the year we should applaud those that overcame those conditions and still found a way to contribute their time to worthy causes. I have no doubt those charitable organizations were equally grateful for your efforts.

We can now put 2021 behind us as we start to see a glimmer of a return to something more normal going forward. There will still be the same volunteer opportunities that managed to exist through the conditions of 2021, and new ones will emerge in 2022 that can now be done safely with new protocols. Hopefully, with these new opportunities, we will see increases in both the number of volunteers and the donations generated by their efforts and continue to set the bar higher each year.

Finally, in closing, I would encourage you, if you are a registered **RRITC** volunteer, to share your volunteer experience and the background of the charity you volunteer for. If you have a short story with an accompanying photo, send them to me at btanderson54@hotmail.com along with your phone and email contacts. I will submit the profile to CN and they will have a professional writer contact you, and together you craft the final version of your profile and the story of the organization. Then it becomes available, with your permission, to be placed in CNPA publications. These profiles can then be viewed by other members and may become the catalyst to starting one of them down the volunteer path as well. We currently have a pool of completed profiles, waiting to be published, but we have very few from western Canada and we would love to have better Prairie representation.



Railroaders 
in the Community

Congratulations to the following:

Jack Moore - applied for and received a \$1249.50 grant for the Transcona Museum.

Lorraine Miln - applied for and received a \$2250 grant for the Guild of the Victoria General Hospital.

Do you volunteer for a registered charity in your community? Are you wondering why you haven't seen your name mentioned in any articles about your volunteer activities and participation in CN's Railroaders In The Community Program? The reason is because **CN does not provide us with that information.** Therefore, in order for you to be acknowledged in our newsletter, please send your information to Tim McCrindle (tc2mccrindle@gmail.com) and tell us about your volunteer activities and charity.



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:

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

Emerging & Other Tick-borne Infections

- ◇ Borrelia Miyamotoi – this Borrelia 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 time 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 Borrelia

Prevention:

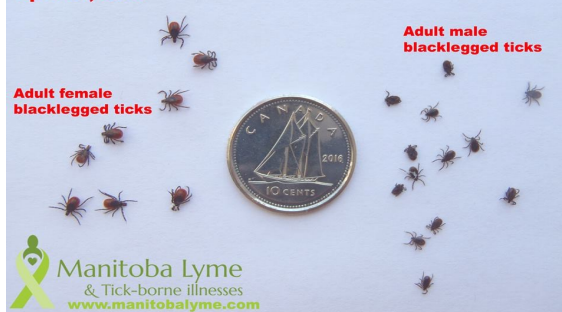
- Walk in the center of a trail; avoid leaf litter and long grass
- Wear light colored clothing, long pants and tuck them in your socks
- Wear bug repellent containing at least 20% DEET
- Shower or bathe after being outdoors
- Do a proper full body tick check (eg: hair, scalp, ears, armpits, waist, groin, 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!!
- 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 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.

For more information on symptoms, diagnosis and treatment, visit www.manitobalyme.org or www.gov.mb.ca/health/publichealth/cdc/tickborne and/or the Tick Collaborative Care Service (The Lyme Clinic) <https://wrha.mb.ca/tick-collaborative-care-service/> Remember that early diagnosis and treatment of Lyme and other vector borne diseases will result in a better outcome.

**Blacklegged ticks collected from Seine River Greenway
Winnipeg, Manitoba
April 21, 2017**



Life expectancy and Health life Expectancy (HLE), how to narrow the gap between the two. This article, published in the Economist, regarding HLE in Japan, does reference the benefits of Associations, such as the CNPA, that provide a community for the elderly through meetings and organized activities.

KOFU - - The world's oldest country is searching for the secrets to healthy old age.

Most people see living longer as a good thing. Getting creakily old, however, is a less attractive prospect. Extra days of globetrotting with a spouse or relaxing with a grandchild? Yes, please. Interminable years spent bedridden? No, thank you.

Most people lucky enough to get old will have at least some unhealthy years in later life. The global gap between life expectancy and healthy life expectancy (HLE), a measure of how long a person lives without health problems that impede everyday activity, is nearly ten years, according to the World Health Organisation.

That is bad enough for individuals and their families, but it is also concerning for ageing countries where large elderly populations can drain public finances. In Japan, the world's oldest country, men live an average of 81.6 years and women an average of 87.7 years. But in 2019, the last year for which data are available, the healthy parts of those lives were on average nine years shorter for men and around 12 years shorter for women. (Japan uses surveys of people's own assessment of their health along with mortality rates to measure HLE).

Shrinking that gap has thus become an important goal for the Japanese government. Staying healthy for longer, the thinking goes, will make people happier-and put less strain on medical systems, and on the government's budget. "For a long time [Japan] made a collective effort to extend life expectancy," says Akiyama Hiroko of the University of Tokyo's Institute of Gerontology. "As the average age approached 80 years old, we began to think we had achieved it, but also noticed we had many bedridden seniors and many underemployed 60-somethings."

The health ministry has made extending HLE a central pillar of its policy. It hands out a yearly "Let's extend healthy life expectancy!" award to those contributing to the effort. Recent winners include Fukui prefecture, north of Kyoto, for its "Sneaker Biz" programme, which encourages local companies to let employees wear sneakers to work, leading to a big increase in step counts, and a group in Osaka that turns abandoned buildings into community cafeterias. Local governments are required to have plans for extending HLE. Initiatives range from practical to quixotic. Oita, on the southern island of Kyushu, rolled out an app that counts steps and turns them into points for discounts at local shops and facilities. Aomori, a frigid northern prefecture, created a "high blood-sugar stopper" division that aims to raise

awareness about diabetes; its efforts include a competition for the best diabetes-themed senryu, a form of poetry similar to haiku but focused on human foibles.

Many efforts look a lot like the prescriptions for raising overall life expectancy. It is true that common causes of mortality will also affect healthy living: Aomori, which has low HLE, has high rates of smoking and salt consumption. Screening for diseases helps: Yamanashi, a bucolic prefecture at the foot of Mount Fuji that consistently ranks in the top two prefectures for healthy life expectancy for both men and women, has some of Japan's highest cancer-screening rates.

But those with the longest healthy lives are not necessarily those with the longest lives overall. Many conditions that crimp the quality of life are not fatal, such as back pain, eye disease or mental-health problems. Helping people stay healthy, rather than simply alive, involves looking at broader social and environmental considerations. Jobs are essential. Working longer keeps people physically and mentally active, but also keeps them connected to others. Yamanashi has the second-highest elderly-employment rate in the country.

Social networks-the real-world kind-play a big role, too. Strong ties with friends, family and neighbours make for better mental health, more active lifestyles and better support. Investments such as upgrading cultural facilities or creating mobile libraries to serve remote communities may not appear to be health-related, but can benefit public health, says Kondo Naoki of the University of Tokyo.

In Yamanashi, many public-health specialists point to mujin, traditional local microcredit associations which have evolved into something more like social clubs. Members chip in funds for regular gatherings, often over noodles and sake (some prefer tea or mah-jong). Mr. Kondo's long-term studies have found that those who participate actively in mujin stay healthier for longer, even when controlling for wealth and other variables. The group activity offers a sense of purpose, and also acts as an informal safety mechanism, with other members noticing when someone is absent or looking worse than the previous month, "Being lonely is most detrimental to health," says Nagasaki Kotaro, Yamanashi's governor, who recently started offering subsidies for mujin. The secret to a healthy life, then, is similar to a happy one: Keeping busy and regularly seeing friends, even over a drink or two.

We see some of this today in the costs associated with our CNPA Health Care program. The highest proportion of the costs are associated with the oldest demographic segment of members.

Canadian Taxpayers Federation Annual Report for 2022 covering Federal and Provincial Tax Change**2022 New Year's Tax Changes**

The New Year's Tax Changes report outlines the major tax changes that will occur in 2022 in each province, such as changes to income taxes, carbon taxes and property taxes.

The April 2021 budget included the following tax increases in 2022:

- Luxury taxes will be imposed on the sale of cars and personal aircraft with a retail price of more than \$100,000, and boats costing over \$250,000. The tax would be calculated at the lesser of 20 per cent of the value above those thresholds or 10 per cent of the full value of the luxury car, boat or personal aircraft. The budget estimates that the luxury tax will cost Canadian taxpayers \$140 million in 2022.
- Taxes on vacant foreign homeowners will cost taxpayers \$200 million in 2022, according to Budget 2021.
- Tobacco tax increase will cost \$4 per carton of 200 cigarettes, according to Budget 2021.
- Budget 2021 introduced a vaping tax rate. The budget suggests the vaping tax rate could be \$1.00 per 10 ml.
- In the recent fiscal update, the finance ministry said the digital services tax would be imposed Jan. 1, 2024, if the international treaty had not come into force. In that event, the tax would be payable on revenues earned as of Jan. 1, 2022.

Tax Changes for Manitoba**Education property tax rebate**

Manitoba is continuing to phase out the education property taxes that are part of annual property tax statements. In 2022, owners of residential and farm properties will get another 25 per cent rebate on the school division special levy and community revitalization levy payable, and owners of any other type of property will receive a 10 per cent rebate on those taxes. Combined with the 25 per cent rebate in 2021, this will mean the average taxpayer will have saved a total of \$1,140 per property over 2021 and 2022. The new premier of Manitoba, Heather Stefanson, implied that the 2022 reduction in education property taxes might be put on hold. However, as of Nov. 18, 2021, her office maintains that "no decision has been made" on stopping the education property tax phase out.

Digital services tax:

As of December 2021, streaming services such as Netflix or Spotify, online accommodations such as Airbnb, and online marketplaces will have to charge a provincial sales tax of seven per cent. This means that anyone with a standard \$14.99 Netflix subscription will have to pay about \$11 more per year.

PST exemption for personal services:

Effective Dec. 1, 2021, personal services including hair services, non-medical skin care, and spa services will be exempt from charging provincial sales tax of seven per cent.

Reduction in vehicle registration fees:

Vehicle registration fees for all non-commercial and off-road vehicles will be reduced by 10 per cent as of June 30, 2021 and are set to be reduced by a further 10 per cent by 2023.

Property Taxes:

The city of Winnipeg is increasing property taxes by 2.33 per cent for 2022.

Government debt:

By March 31, 2022, each Manitoban's average share of the federal and provincial debt will be \$53,900.

For more information on this and other stories about Canadian Taxpayers check out their web page at <https://www.taxpayer.com/newsroom/>

Visit our website often at www.cnpensioners.ca to view our newsletters or our Facebook page www.facebook.com/cnpensionersmanitoba for updates and announcements.

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Frequently Called Numbers

The CN Pension & Benefits 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 Plan 93115	1-888-873-9200
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

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