

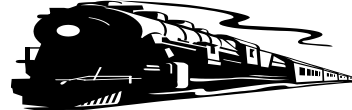


# CN Pensioners Association of Manitoba

Meetings held at 2:00 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 CN's Claude Mongeau National Training Centre (CN Campus), 650 Pandora Avenue East, Winnipeg.

The CN Pensioners Association (CNPA) was incorporated Feb 28, 1974

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



April 2024

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## President's View - Patrick McMullin



*It's a Party!!!*



All Members & Spouses are invited !!!

2024 marks the 50<sup>th</sup> anniversary of the incorporation of the National CN Pensioners Association.

**When:** Wednesday June 5, 1400

**Where:** Claude Mongeau Training Center  
650 Pandora Ave East  
Transcona

There will be an anniversary cake, prizes, special handouts and a special visit from the National President of the CNPA.



Come out and help us celebrate this milestone event!

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.



Claude Mongeau Training Center

## Executive Council 2024

### President

Patrick McMullin, 204-590-5965  
[cnpamb.president@gmail.com](mailto:cnpamb.president@gmail.com)

### Past President

John Mozol, 204-771-6037  
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### Vice President

Vacant position

### Secretary

Jim Kane, 204-783-0710  
[cnpamb.secretary@gmail.com](mailto:cnpamb.secretary@gmail.com)

### Treasurer

Bruce Anderson,  
204-275-0482  
[btanderson54@hotmail.com](mailto:btanderson54@hotmail.com)

### Committee Chairs:

#### Publicity & Editor

Tim McCrindle, 204-255-5688  
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#### Associate Editor

Claudette McCrindle

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#### Special Events

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204-254-1441  
[ernieyakiwchuk@shaw.ca](mailto:ernieyakiwchuk@shaw.ca)

#### Membership

Joanne Gaborieau  
204-891-0090  
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#### Outreach

Rose Chapman, 204-832-1105  
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#### Webmaster

Janet Lewis Anderson,  
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[jelewis@mymts.net](mailto:jelewis@mymts.net)

#### MB Provincial Government Liaison Officer

Albert Delbaere, 204-256-8419  
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#### Members at Large

Carson Hull, 204-269-2692  
[cbh@mymts.net](mailto:cbh@mymts.net)  
Dennis Yaeger, 204-899-1907  
[dyaeger@hotmail.ca](mailto:dyaeger@hotmail.ca)

#### CNPA National Level

Bruce Anderson - NC President  
& Director; Pension  
Committee Co-Chair  
Patrick McMullin—Alternate  
Director  
Joanne Gaborieau—Vice-  
President Prairie & Director;  
Alternate Pension Rep; Health  
Care Committee Rep

## Membership Report - Joanne Gaborieau



|                       |   |                              |
|-----------------------|---|------------------------------|
| Regular Membership    | - | 3277                         |
| Associate Members     | - | 17                           |
| Age Exempt            | - | 9 (100 years of age & older) |
| Total Paid Membership | - | 3303                         |

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

|                  |                  |                |
|------------------|------------------|----------------|
| Theresa Birkholz | Jeff Haight      | Donald Marion  |
| Ed Bosiuik       | Robert Hodgson   | Sylvia Moloney |
| Gerald Braun     | Pearl Homick     | Lynn Pascoe    |
| Irvin Bueckert   | Dennis Hurdal    | Joan Pryzlak   |
| Denise Corbet    | Lorraine Kosowan | Cheryl Ward    |
| Velma Davis      | Donna Kowalski   | Lynda Wozniak  |
| Pilar Fernandez  | Barry Lamoureux  |                |
| Judy Guntel      | Gerry Lowry      |                |

**WELCOME**

**We invite spouses to become associate members so that they can enjoy 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 Pensioner's pin:

**January:** Gerard Balcaen, Chris Bella, Robert Crotenko, Dave Dolphin, Dennis Yaeger, Joe Bernard

**February:** No new attendees

**March:** Joe Brunen, Sue Reder

**April:** Don Beavis

**Birthday Draws:** **December:** Curtis Shymko

**January:** Dave Brown

**February:** Bert Wielgosh

**March:** Emil Kowalski

**April:** Janet Lewis Anderson

**Attendance Draws:** **January:** Betty Theissen, John Harpe, Brian & Deb Woods

**February:** Rick Lesage, Gerrit Vanderklok

**March:** Alex McCorriston, Curtis Shymko

**April:** Mel Martin, Janice Sutton

**Door Prize Draws:** **January:** Karen Taillieu, Ron Cripps, Denys Audette, Bill Phillips

**February:** Ernie Yakiwchuk, Clemis Laurila, Barry Levandoski, Rick Lesage

**March:** Joan Young, Gerrit Vanderklok, Dave Allan, Wayne Gouzecky

**April:** Blake Johnston, Carson Hull, Alex McCorriston, Mel Martin

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



## Special Events - Ernie Yakiwchuk

Location of meetings (unless otherwise stated below) will be held at the **Claude Mongeau Training Center (CN Campus), 650 Pandora Ave. East - Transcona.**

**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:

**May 1st** - Consuelo Benson is a representative speaking for the **Arthritis Society of Canada**

**June 5th** - 50th Celebration

Mark your calendars for our upcoming general meetings as we continue with guest speakers, coffee, dainties and our monthly draws.

\*\*\* Going forward into the new year we will be posting various speakers, advertising them on our social media Facebook page and announcing them at the general meetings.



CN Pensioners Association of Manitoba will be holding their **10th Annual Picnic & Bocce Ball Tournament**, Thursday, **June 13th** at St. Vital Park under the Aspen/Oak Shelter (RAIN or SHINE). This shelter is located at the south side of the park along the park roadway with the green space, providing ample parking and washrooms. Our banners will be visible at the site. The Bocce Ball Tournament will start at 11:00 am to 3:30 pm with lunch being served at 12:30.

The cost of the tickets are \$5.00 each, non refundable, for contributing members & their spouses. Ticket sales will be available on May 1st and on June 5th at the general meetings at the CN Campus. For those unable to attend these meetings you may purchase tickets by contacting **Ernie Yakiwchuk @ 204-254-1441**. Calling in for tickets may be done only between the 2 general meeting dates with deadline of June 5th.



Please bring your lawn chairs, sunscreen, hats and mosquito repellent as we will hold this event, rain, or shine. We will have plenty of bottled water and refreshments for all. Draws for prizes.

Come & join us for food, fun, prizes & reuniting with friends and coworkers. It's time to reclaim the Ron Davis Cup!



## ***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:**

Mick Ager – 70 May 21<sup>st</sup>  
Diana Baran – 90 February 26<sup>th</sup>  
Ken Butchart – 86 August 13<sup>th</sup>  
Mary Butchart – 81 August 24<sup>th</sup>  
Archie Carruthers – 85 May 18<sup>th</sup>  
Robert Chapman – 91 April 13<sup>th</sup>  
June Croxford – 90 July 23<sup>rd</sup>  
Carmina Da Silva – 102 June 16<sup>th</sup>  
Dean Danforth – 91 July 15<sup>th</sup>  
Bob Duffill – 77 July 16<sup>th</sup>  
Anna Duncan – 101 May 9<sup>th</sup>  
Marion Hill – 96 December 24<sup>th</sup>  
Anna Hingey – 100 July 19<sup>th</sup>  
Hortense Lamoureux – 100 May 6<sup>th</sup> \*\*  
Nina Jakubowicz – 100 July 1<sup>st</sup>  
Jim Kane – 70 August 19<sup>th</sup>  
Elioth Alexander Kozun – 90 August 9<sup>th</sup>  
David Logan – 85 September 4<sup>th</sup>  
Audrey Mackenzie – 100 July 6<sup>th</sup>

Jim Magill – 102 July 7<sup>th</sup>  
Claude Martin – 73 May 18<sup>th</sup>  
Anne McNicholl – 80 August 25<sup>th</sup>  
Jack Melville – 84 May 18<sup>th</sup>  
Faye Serofin – 89 August 21<sup>st</sup>  
Isabel Shaw – 101 May 4<sup>th</sup>  
Sam Szwaluk – 86 March 29<sup>th</sup>  
Charlotte Tataryn – 75 June 2<sup>nd</sup>  
Dan Trochim – 85 February 6<sup>th</sup>  
Florence Yack was 95 in 2023  
Dennis Yaeger – 65 May 6<sup>th</sup>

\*\*CORRECTION: Hortense Lamoureux's 100<sup>th</sup> birthday was reported in error as April 6<sup>th</sup> in the December 2023 newsletter.



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

Mick and Darlene Ager – 49<sup>th</sup> May 30<sup>th</sup>  
Ed Barker and Linda Barnes – 8<sup>th</sup> September 4<sup>th</sup>  
Dennis and Sandra Brown – 57<sup>th</sup> July 8<sup>th</sup>  
Robert and Jean Chapman – 65<sup>th</sup> July 20<sup>th</sup>  
Bob and Sandie Duffill – 51<sup>st</sup> July 14<sup>th</sup>  
Ken and Lorna Ivanyshyn – 59<sup>th</sup> August 28<sup>th</sup>  
Nestor and Olesia Kalinowich – 55<sup>th</sup> July 19<sup>th</sup>  
David and Nancy Kane – 48<sup>th</sup> June 22<sup>nd</sup>  
Claude and Irene Martin – 51<sup>st</sup> May 19<sup>th</sup>  
Jack and Bev Moore – 46<sup>th</sup> June 3<sup>rd</sup>

Clyde and Sheila Ovid – 63<sup>rd</sup> February 11<sup>th</sup>  
Dennis and Arlene Prusak – 65<sup>th</sup> June 27<sup>th</sup>  
Joe and Shirley Salay – 72<sup>nd</sup> May 31<sup>st</sup>  
Frank and Marjorie Shefchyk – 70<sup>th</sup> June 5<sup>th</sup>  
Mike and Diane Shewchuk – 58<sup>th</sup> July 23<sup>rd</sup>  
Stan and Mary Stepler – 65<sup>th</sup> June 27<sup>th</sup>  
Henry and Julia Telenko – 65<sup>th</sup> August 1<sup>st</sup>  
Dennis and Lasha Yaeger – 30<sup>th</sup> April 13<sup>th</sup>  
Ernie and Gwen Yakiwchuk – 43<sup>rd</sup> June 13<sup>th</sup>

*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.

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



June Affleck\*  
Norman Anderson  
Caroline Andreyczuk\*  
Ken Barker\*  
Leslie Barrett\*  
Edward Bilyk  
Domingos Borges  
Sophie Boyko  
Bertram Bubar\*  
Maria Colatruglio  
Agnes Comeault  
Richard Corbin\*  
George Cordeiro\*  
David W Cox\*  
JoAnne DeBaets, *wife of Gary DeBaets\**  
Antonio Di Santo  
Frank Dirr\*  
H Lorraine Dubyna\*  
Louise Dyck\*  
Avelino Fernandez\*  
Louis Fontaine\*  
Roland Fontaine\* of Calgary  
Brian Fortescue\*  
Annie Fulton\*  
Stella Futz\*  
Gerry (Slawko) Gajda\*  
Philippe Gaudet\*  
Robert Gillis\*  
Gloria Goran\* of Dauphin  
Frances Louise Hamilton\*  
Shirley Hillier\*  
Adeline Himbeault  
Mary Holewka  
Jennie Hologroski  
Evelyn Johnson\*  
Theodore (Merv) Joseph\*, *husband of Vera Joseph\**

Vera Joseph, *wife of Theodore (Merv) Joseph\**<sup>†</sup>  
Christina J Keeble\*  
Edna Keith  
Geraldine Kjartanson\*  
Elso Kok\*  
Louis Koldy\*  
Luba Konarski\*  
Nick Kosowan\*  
Lawrence (Smiley) Lange\*,  
*husband of Barbara Lange\**  
Lorne Lavallee\*  
Nick Law\*  
Brenda Lemoine, *mother of Hank Lemoine\**  
Wilfred Ludman\*  
Zena Marusenko\*  
James Mattson\*  
Susan McCulloch\*  
Robert McDonald\*  
Ronald Meissner\*  
Amelia Mendes  
James (Jim) Moloney\*  
Mildred Moran  
Shirley Mott\*, *mother of Allan Mott\**  
Wayne Nobiss\*  
Brian Pascoe\*  
Linda Perkins\*  
Emma Petrovic\*  
Mike Piasta\*, *uncle of Jim\*, David\* and Shirley\* Kane*  
Alban Prejet\*  
Lawrence Pryzlak\*  
Eva Repan  
Harold Rubin\*  
Gerald Russell\*  
Jadwiga Serafin\*

Bryan Shore\*  
Moira Skelding  
James E Skinner\*  
Doris Smith\*  
Thelma Souliere\*  
Harold Stadnyk  
Wayne Steele  
Adelaide Thoroski\*  
Bernard Timlick, *brother of Bob Timlick\**  
Doris Tostowaryk  
Dorothy Turk\*  
Doreen Washington\*  
Conrad Weiss\*  
Mary Winfield  
Merrill (Butch) Wozniak\*



WITH DEEPEST  
*sympathy*

*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*

**NEW Design for our CNPA Medavie Blue Cross Brochure** – while the actual content of the Plan Brochure remains essentially the same with a few improvements to the plan for 2024, we did a complete REVAMP of the entire brochure to make it easier to navigate, more visually appealing and hopefully for you, made some of the technical and administrative terms easier to read and follow. Please go to the website [cnpensioners.org](http://cnpensioners.org) and click on **Healthcare**, and click on **MANUAL**.

**Making your claims online** – Are you tired of filling out a Medavie Blue Cross claim form, attaching receipts and waiting for the claim to be processed? This can all be done online on your computer, or on a smart phone. It is paperless, and quick, with your payment direct deposited in a week or so. It is safe, confidential, and easy. If you are not connected, get a family member or close friend to assist you. Go to the **HealthCare** section and learn how to get online under **CLAIMS** at [cnpensioners.org](http://cnpensioners.org)

**REMINDER:** Medavie Blue Cross must receive claims no later than April 30th following the calendar year in which the expenses were incurred. Late submission will result in the non-payment of your expenses.

### **Federal Dental Plan**

In December 2023, the Canadian Government outlined seniors' eligibility for the Canada Dental Care Plan (CDCP). The plan will be phased in over time and, by mid-year 2024, many Canadians over 65 may be eligible to receive treatment and coverage under the plan.

You can review the provisions, eligibility, timing and how and when to apply online at the Government of Canada website - <https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html>

You should receive a government letter when you are eligible to apply. When you receive the letter:

1. Follow the instructions in the letter to apply by phone.
2. Wait to receive a confirmation from Service Canada that lets you know whether your application was successful and you qualify for the CDCP.
3. If you do qualify, wait to receive your welcome package from Sun Life before scheduling any dental appointments. It will explain further when you can start to get care paid for and how.

If you need help, get a family member to assist you, but make sure you take advantage of this important and valuable benefit. If you still have a general question you can call Service Canada at 1-833-537-4342.

### **PENSION PLAN CHANGES AT CN**

Effective April 2024, non-unionized CN employees currently contributing into the CN Defined Benefit Pension Plan (DB Plan) are now transitioned into 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. Send your request to [CNPAMANITOBA@gmail.com](mailto:CNPAMANITOBA@gmail.com)***



On Friday January 19th, 2024 **Jadwiga Serafin** celebrated her 100th birthday!

She is the widow of Frank Serafin who worked in damaged goods at CN. Frank passed away Aug. 20, 1986.

Jadwiga's family made the presentation of the CN/CNPA gift.

Mrs. Serafin has since passed away on March 23, 2024.



## It's back.....Annual Golf Tournament

The tournament will be held on Tuesday, **June 19th**, at Whispering Winds of Warren Golf & Country Club.

The tournament is open to all contributing members of the CN Pensioners Association.

Start time is 9:30 a.m. Cost is \$107.00 per person which includes, golf, a shared cart, a roast beef dinner, and a prize.

Entry must be paid by **June 15th**. For further information contact Patrick McMullin at email: [pmcmullin@shaw.ca](mailto:pmcmullin@shaw.ca).



## IMPORTANCE OF CHANGING YOUR CONTACT INFORMATION

Whenever you move or have new contact information, it is important for you to change your address, telephone number and email address (if any) with CN Pension and Benefits Administration. This way you will get your CN Calendar, your Tax slips, the CNPA National Newsletter, the CN Pension Committee Annual Report, Medavie Blue Cross information and other updates.

It is also important to advise CN Pensions & Benefits of any status changes (e.g. family to single) as your MEDAVIE Blue Cross premium rates could be affected.

To change your address info, you should call the **CN PENSION and BENEFITS ADMINISTRATION** at **1-800-361-0739, have your PIN ready** OR make the change on the web site at: [cnbenefits.hroffice.com](http://cnbenefits.hroffice.com).

The CN Pension and Benefits group can also help you to log-on to the web site if you have questions.

To avoid time delays from receiving your CNPA **Manitoba** newsletter, you should also advise a member of our local council. Our names are shown on Page 2 of the newsletter.



## ***Pension Report - Bruce Anderson***

*Pension Committee Representative*

I attended a virtual Pension Committee meeting on March 20 with all Regular Members. All pensions that were effective between October, 2023 and January, 2024 were reviewed and approved by the Committee. The Plan finished 2023 on a strong note, with both key ratios improving, putting the Plan in very good financial shape. At the May meeting we will get the final 2023 results and the 2024 assumptions.

Effective April 1, 2024, all remaining Management employees who were not already in the Defined Contribution (DC) Plan were migrated into that Plan. They also retain their membership in the Defined Benefit (DB) Plan based on all their contributions made into the Plan until March 31, 2024. As long as any portion of their retirement income is derived from a payment from their DB Pension Plan, they will receive a pension package from CN that includes our Welcome Letter, introducing them to the CNPA and the benefits we provide and we will have the opportunity to recruit them into the Association.



## ***National Council Report - Joanne Gaborieau***

At the Annual General Meeting of the CN Pensioners National Council last November, I was voted in as Vice-President of the Prairie Region. I look forward to serving you this coming year in this capacity. If you have any questions, please do not hesitate to contact me.

Don Gorin (from Saskatoon) was also welcomed as one of the new Directors for our Region. I remain as your Health Care Committee Rep. Bruce Anderson is now the Pension Committee Rep for the Prairie Region and Committee Co-Chair, I am the Alternate Pension Committee Rep for Prairie. A summary of the AGM has been posted on the National Council website. Please visit [www.cnpensioners.org](http://www.cnpensioners.org)

If anyone is interested in becoming a Director on the National Council or a Representative on either the Health Care Committee or Pension Committee, elections are held at our November meeting. If you wish to see the current National Council Executive and Officers, please visit [www.cnpensioners.org](http://www.cnpensioners.org) then click on "Councils" and then scroll down.



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

"Are you creative and wishing to join the Executive Council? Now is the time!

Tim and Claudette McCrindle are looking for someone to replace their positions as Publicity Chair and Editor starting in 2025. After 6 years, they are ready to pass on their pen to a new editor. The position comes with a committee laptop, newsletter templates; everything is provided to you via email. All you need to do is copy and paste and be a little creative with the art work. So if you have skills and are interested, please contact any member of our Executive."



## Meet our New Executive Members

### Secretary - Jim Kane

*Welcome!*



Jim hired on CN in 1974 working in The Pas Carload Centre, subsequently at the Winnipeg Carload Centre, as a Car Control Clerk then a Crew Dispatcher.

In 1987 he became a Crew Supervisor in the Winnipeg Crew Office. He worked a variety of Managerial positions and was transferred to Edmonton during Consolidation in 1995. Jim retired in Edmonton in 2009 as a Payroll Audit Officer.

Upon retirement he was elected to the Board of the Canadian AIDS Society. He subsequently worked as a Constituency Assistant to Members of Parliament. Jim's interests include politics, travel, community activism.

### Hospitality - Dennis Brown

*Welcome!*



Dennis believed he was meant to be a railroader right from the beginning. He remembers the streetcars turning near his home on Stafford Street, waving to the trains on Grant Ave. and playing with his model railroad set. His father worked in the CN depot baggage room after the war.

While attending school, Dennis took the electrical course at Miles Mac school in Winnipeg where he was taught by 2 retired CN electricians. Dennis was anxious to get a job instead of attending school, so he headed downtown to the CN Employment Office on Portage Ave E. to apply and take the exams. He then went by bus to the Transcona Shops to see the electrical apprentice teacher. Unfortunately, there were many others ahead of him. He ended up working for Winnipeg supply that summer as an apprentice.

Dennis started his railroad career in mid 60's as an electrical apprentice with CP Rail in the Weston Diesel Shop. Later he became an Ass't Equipment Supervisor at the Brandon Shops. Twelve years later, in 1977 Dennis hired on at CN working as an electrician in the Transcona shops, later moving to Symington Diesel shop and worked on the passenger locomotive steam gang. Dennis later worked in Sioux Lookout and Saskatoon eventually returning to Winnipeg. Dennis later volunteered to work at MacMillan Diesel shop. He was there during mid 1990's when the new GMD locomotives were delivered. Prior to Y2K Dennis volunteered to work at Melville Yard where he worked on the new Smart Start locomotives and onboard computerized locomotives.

Dennis was a member of the Symington LRC Joint Health & Safety Committee. There he was involved with fall protection, emergency evacuation, and updating the blue flag manual. Dennis retired in 2007.

Dennis's hobbies are model railroading, photography, and the outdoors. His main interest is in the mapping of various drive routes to destinations, providing information regarding mileage, time, restaurants, and sights of interest to those that are driving.

He still has time for neck stretching when he sees a train as he is still a railroader at heart.



## The 2024 CNPA Scholarship and Bursary Programs Opened April 15th. All applications must be received by August 15th.

### National Council Scholarship Program 2024

This year's programs open April 15th. All applications must be received by August 15th by email. Five awards of \$1,500 each are available to children and grandchildren of contributing members in good standing and in receipt of a CN Pension, for the Prairie region.

To access this year's application, terms and conditions or for more information, visit the National website at [www.cnpensioners.org](http://www.cnpensioners.org) and click on the Scholarships tab OR visit the CNPA Manitoba website at [www.cnpensioners.ca](http://www.cnpensioners.ca) and click on the Scholarship tab.

### Manitoba Harvey Hosfield Bursaries and Trade & Technology Bursary 2024

For information about the CNPA MANITOBA Program, please visit [www.cnpensioners.ca](http://www.cnpensioners.ca) Five Bursaries of \$1,500 each will be available to children and grandchildren attending university in the fall school year in 2024. One Trade bursary (\$1,500) will be available for the 2024 school year.

Children and grandchildren of contributing members are eligible to apply to **both** National and Manitoba local programs. Remind your relatives that they can apply to both programs as long as they weren't winners of these programs in previous years. Children and grandchildren of our Manitoba **Associate members** may apply to our Manitoba Harvey Hosfield Bursary programs only.

### Harvey Hosfield Bursary — Reminder

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. The application requirements can be found at [www.cnpensioners.ca](http://www.cnpensioners.ca)

You can also apply to the National Council of CN Pensioners Association for one of their Scholarship Awards, as long as you have never been awarded one of the National Association Scholarships and you meet their criteria. Their application can be found at [www.cnpensioners.org](http://www.cnpensioners.org)

### Johnson Insurance Scholarship has rebranded to: Belair Direct.

For more updated information about available scholarships with Belairdirect, check their website at [www.belairdirect.com](http://www.belairdirect.com).

Congratulations to Nate Harris, grandson of CNPA member Wally Harris, who was awarded a Scholarship from Johnson Insurance in 2023. Nate is pursuing a Bachelor of Applied Science (Engineering) degree and then working towards a degree in Mechanical and Environmental Engineering. CONGRATULATIONS!



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)



## Prairie Dog Central outing – July 25 Let's Take a Ride on the Rails

We will have a day trip on the Prairie Dog Central for **contributing members** who wish to join us on **July 25, 2024**. You will be transported in a vintage coach for about an hour each way, between Prairie Dog Junction (off Centreport Canada Way) and the turnaround at Grosse Isle. There is about an hour included at Grosse Isle for you to have a light sandwich lunch which is included in your \$20 ticket price. You can also use some of that time to tour the area which now includes the old Emerson station as they are in the process of planning renovations to it.

As of our April meeting, we had requests for 88 tickets so we have tentatively booked that space with the Prairie Dog. **We will accept your payments at the May and June meetings and payment to us is the only way to confirm your space.** Any ticket requests that are **NOT** paid for by June 5 meeting will be cancelled and we will reduce our space on the train accordingly before finalizing the booking. We cannot pick up the physical tickets for the trip until we make the final payment to the Prairie Dog, so, once we pay for and have those tickets, we will start to get them distributed to as many as possible in advance of July 25.

If you are interested in model railroading, and are willing to wait for the general crowd to disperse after we arrive back at Prairie Dog Junction, Gerrit Vanderklok has offered to open up the “N scale” model railroad exhibition which is set up in a building immediately behind the Prairie Dog buildings adjacent to their parking lot. It is an exhibit well worth the time to see, incredible detail and some modelling reflecting Winnipeg structures.

See you on Board!!



**PRAIRIE DOG CENTRAL**  
— ★ R A I L W A Y ★ —

Speaking of the Prairie Dog Central Railway, the Vintage Locomotive Society maintains and operates the Prairie Dog Central Vintage Train. They are frequently seeking people who have an interest in helping to keep the PDC running. Many of our pensioners (past and present) have been actively involved.

Are you interested in getting involved? To learn more, email [info@pdcrailway.com](mailto:info@pdcrailway.com). Visit their website at [www.pdcrailway.com](http://www.pdcrailway.com)





## Railroaders in the Community 2023

When 2022 drew to a close, the Manitoba Council had 50 registered volunteers in the Railroader in the Community program and together, their volunteer hours raised \$78,799 for their respective charities. That included \$5,000 in bonus money because every one of our volunteers was also a **Contributing Member** of the Association, and that qualified their charity to receive an additional \$100.

For 2023, we increased that to 60 registered volunteers, but the total raised by them dropped slightly to \$78,735 and that also included \$6,000 in bonus money because, again, all 60 of our volunteers were **Contributing Members** of the Association and qualified for the \$100 bonus. **That \$78,735 went to all the worthy causes you volunteered your time for, and I can safely say, all those causes are extremely grateful, not only for your time, but also for the additional money they received as a result of your efforts.**

For those Contributing Members who were in the 2023 program, there is a change in how the bonus payment will be administered, and you should each have received an email with instructions on the new process. The \$100 bonus will be automatically donated to your charity, or if you volunteered for multiple charities, it will be donated to the charity that you logged the most hours for.

In 2024, there is another significant change to the program for pensioners and their spouses. The limit on the maximum number of eligible hours has been increased from 150 to 220, and the rate of CN's contribution stays at \$15/hour, so the maximum amount a registered pensioner and spouse can raise has now been increased from \$2,250 to \$3,300.

With food and living expenses remaining stubbornly high, there are undoubtedly charities out there, providing relief to those less fortunate, that are appreciative of all the volunteer help they can get. With the demand for volunteers remaining high, and the higher allowable limits for our pensioners and spouses, we have our sights set on improving on the 2023 numbers.

Just as information, the total amount that CN donated to charities in 2023, on behalf of our pensioner volunteers across the country, was \$705,000.

Thank you to all the volunteers that participated in the 2023 program, and we look forward to publishing even better results for 2024.



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](mailto:tc2mccrindle@gmail.com)) and tell us about your volunteer activities and charity.

## RULES TO LIVE BY:

- \* Procrastinating leads to a burden. It's the root of most problems, whether you are a kid or an adult.
- \* Read the instruction manuals.
- \* Your reputation takes years to earn, but only a moment to destroy.
- \* Floss. Take really good care of your teeth in general. You only get one set, and once they start going, it's usually too late to save them.
- \* The associations you keep will inevitably be the qualities you develop.
- \* Be careful with the toes you step on. Might be the ass you're kissing later.
- \* Stop worrying about the opinions of people you don't respect anyway. If you wouldn't take their advice don't take their criticism.
- \* The worst thing you can do when someone shouts, is to shout back. The amount of confrontations I've managed to de-escalate just by calmly talking back.
- \* Put away 10% of each paycheck for a rainy day.
- \* If your friend or co-worker complains about others to you, they are saying bad things about you to other people.
- \* If you have to question your integrity on a decision, the answer should be obvious. Any shadow of doubt I have usually made it easier to say no.
- \* Take care of your back. Take care of your body, especially your knees and back.
- \* Getting your affairs in order will reduce stress. You will live longer.
- \* To arrive on-time is to be late; to arrive early is to be on-time.



## A little Humor:

- I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.
- Why did the bee get married? *He found his honey.*
- Did you hear the rumor about the butter? *Never mind, I shouldn't spread it!*
- I'm really good at sleeping. I can do it with my eyes closed.
- What do you call a fake noodle? *An impasta.*
- Why can't a bicycle stand on its own? *It is two tired.*
- What is the opposite of a croissant? *A happy uncle.*
- What does it make you if you see a robbery at an Apple Store? *An iwitness.*
- What is an astronaut's favorite key on a keyboard? *The space bar.*
- What is brown and sticky? *A stick.*



## Tick Season 2024 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 as little as 15 minutes after attachment.
- ◇ Other strains of Borrelia

### Prevention:

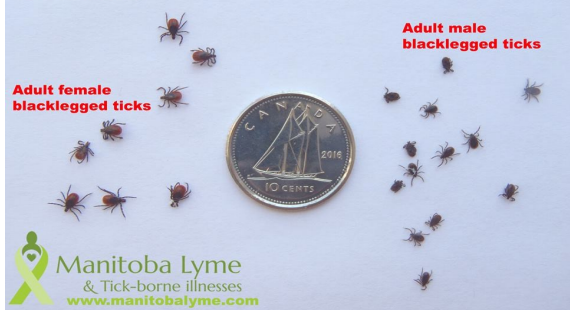
- Walk in the center of a trail; avoid leaf litter and long grass
- Wear light colored clothing, long pants and tuck them in your socks
- Wear bug repellent containing at least 20% DEET
- Shower or bathe after being outdoors
- Do a proper full body tick check (eg: hair, scalp, ears, armpits, waist, groin,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





## Tick Test – Myths About Lyme Disease

**Myth:** You can only get Lyme Disease during the warmest months.

**Fact:** While the greatest risk of tick bites occurs between May and July, ticks can be active whenever the temperature is above freezing. In addition, an average Deer Tick lives for two years and can survive in very cold climates. Although infection rates drop in the winter – primarily because people spend less time outdoors – it's still possible to contract Lyme.

**Myth:** You can only have Lyme Disease if your tick has been attached for at least 72 hours.

**Fact:** While transmission rates increase with longer tick attachment, there is no definitive cutoff for a safe time. *Borrelia* (the bacteria causing Lyme Disease) is present in tick salivary glands, so transmission may occur rapidly. Other tick-borne infections can also be transmitted quickly.

**Myth:** You can only have Lyme Disease if you exhibit the classic bull's eye rash.

**Fact:** Estimates of how many Lyme patients have a rash vary widely, ranging from 27% to 80%. In some cases, the bull's-eye rash is not present at all or else an atypical rash is present.

**Myth:** Lyme Disease is easy to diagnose.

**Fact:** Lyme Disease symptoms are similar to other illnesses and conditions and is often misdiagnosed or overlooked.

**Myth:** Current testing in the U.S. and Canada is considered Gold Standard, so If the test is negative, you don't have Lyme.

**Fact:** The testing protocol is a two-tiered process. The first tier is the screening test called the Elisa (enzyme-linked immunosorbent assay). If the Elisa is positive, then the Western Blot is done. However, the sensitivity of the Elisa is poor and the rates of false negatives are high. If the Elisa comes back negative, then the more specific test – the Western Blot is not done. There are many other factors that can result in a False negative test.

**LYME DISEASE IS A SERIOUS ILLNESS. BE TICK SMART!**

Source: [lymedisease.org](http://lymedisease.org); [canlyme.com](http://canlyme.com); [manitobalyme.org](http://manitobalyme.org)

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.

**CN PENSIONERS  
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MANITOBA**

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[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 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     |
| Medavie Blue Cross                | 1-800-667-4511     |
| 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 quick access to CN Pensions and Benefits Admin:

To register and log in, click on this link [cnbenefits.hroffice.com](http://cnbenefits.hroffice.com)

For quick access to the CN Pensioners Association of Manitoba:

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

CN Boutique for CN Merchandise at: [cnboutique.com](http://cnboutique.com)

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