



CN Pensioners Association of Manitoba

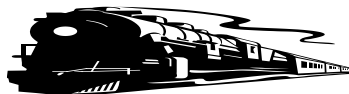
Meetings held at 2:00 p.m. on the 1st Wednesday of the month except for the months of July, August and December. Location of meetings (unless otherwise stated under our Special Events article) is at CN's Claude Mongeau National Training Centre (CN Campus), 650 Pandora Avenue East, Winnipeg.

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www.cnpensioners.ca

www.facebook.com/cnpensionersmanitoba



December 2022



Meet your CNPA of Manitoba Executive for 2023



Front Row - (left)

Rose Chapman, Janet Lewis Anderson, Claudette McCrindle.

Back Row - (left)

Bruce Anderson, Ernie Yakiwchuk, John Mozol, Patrick McMullin, Albert Delbaere, Tim McCrindle

Missing - Ron Davis, Joanne Gaborieau, Dave Kane, Sharon Niemi



As we come to the end of another year, the Executive of the CN Pensioners Association of Manitoba would like to wish all members and their families a very safe, happy and healthy holiday season and all the best in 2023.

Executive Council 2022

President

Ron Davis, 204-489 4485

ronvel@mymts.net

Past President

John Mozol, 204-771-6037

kayomoz@shaw.ca

Vice President

Patrick McMullin, 204-415-0358

pmcmullin@shaw.ca

Secretary

Patrick McMullin,

204-415-0358

pmcmullin@shaw.ca

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btanderson54@hotmail.com

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Publicity & Editor

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204-255-5688

tc2mccrindle@gmail.com

Hospitality

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204-254-1441

ernieyakiwchuk@shaw.ca

Membership

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joannegabor@hotmail.ca

Outreach

Rose Chapman, 204-832-1105

rchapman17@shaw.ca

Webmaster

Janet Lewis Anderson,

204-275-0482

jelewis@mymts.net

Members At Large

Albert Delbaere,

204-256-8419

albert1a@mymts.net

David Kane, 204-668-1900

davekane@shaw.ca

Claudette McCrindle,

204-255-5688

tc2mccrindle@gmail.com

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	-	3450
Associate Members	-	17
Age Exempt	-	9 (100 years of age & older)
Total Paid Membership	-	3476

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

Martin Beals	Brent McRae
Joe Bernard	Susan Mott
Darelle Cadieux	Mary Shurvell
Gil Chartier	Judith Smiley
Kenneth Creasy	Alice Smith
Willy Daraska	Arlene Thompson
Karen Dasilva	Steve Wheaton
Teresa Henry	
Doug Hollyoake	
Julianna Kading	
Jim Langlois	



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:

October: Angus Matheson and Gus Conci

November: William Phillips, Simon Schram, Stephan Wheaton, Pat and Sharon Davies

Hope to see more new faces at future meetings!

Birthday Draws: **October:** Mel Martin

November: Laurent Bissonnette

Attendance Draws: **October:** Lance Smallwood and Erin Pachal

November: Sharon Davies, Henry Miller

Door Prize Draws: **October:** John Mozol, Bernice Dimond, Erin Pachal, Terry Hirt

November: Simon Schram, Bernice Dimond, Albert Delbaere and Henry Miller





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:

January 4th - WPG Police Crime Prevention will be speaking on fraud & scams.

February 1st - Speaker to be announced.

March 1st - Speaker to be announced.

April 5th - Speaker to be announced.

***** 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.**

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



Our Executive needs your help to fill vacant positions

"The Publicity Chair /newsletter editor position is available, so if anyone is interested and has the skills for this position, please contact one of the Executive members. Formal elections will be held in Nov."



RESULTS FROM THE "GUEST SPEAKERS" SURVEY

A survey had been compiled where the members had choices to select their interests from a wide variety of topics. One survey was held at the November general meeting and the other was on our social media Facebook .

Speakers of most interest included:

- | | |
|------------------------------|---------------------|
| -Heart And Stroke Foundation | -Travel insurance |
| -Scams and Frauds | -CPP & OAS |
| -Wills, Probates, Estates | -Mb Prostate Cancer |
| -Diabetes | -Cancer Society |
| -Vision loss | |

I continue reaching out to guest speakers from this list of interested topics. Once confirmed, guest speakers will be announced.



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

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
Linda Ksionzek 204-669-8308
Carson Hull 204-269-2692

Albert Delbaere 204-256-8419
Jack Moore 204-224-1019



*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:

Morris Bakun – 86 December 26th.
Eugene Balamatowski – 90 March 7th.
Bill Baran – 90 February 20th.
Ed Barker of Calgary – 86 January 8th.
Linda Barnes – 71 January 3rd.
Mary Bretecher – 100 April 3rd.
Robert Chapman – 90 April 13th.
Joyce Cherlet – 80 November 26th.
Ray Cherlet – 80 November 23rd.
Marie Agnes Giasson – 100 March 29th.
Ken Ivanyshyn – 82 April 17th.
Lorna Ivanyshyn – 80 March 10th.
Adele James – 100 February 16th.
Art Jones – 92 March 2nd.
David Kane – 67 November 21st.

Jack Koshey – 80 December 24th.
Mary Macken – 75 April 3rd.
James Maskiw – 86 December 17th.
Rose Turski-Maskiw – 86 December 31st.
Linda McMullin – 70 October 26th.
Isobel Melville – 81 April 10th.
Erma Murray – 100 April 8th.
Suzanne Prince – 103 February 4th.
Garry Ross – 90 December 25th.
Sandra Rubin – 85 April 14th.
Steve Skrybalo – 90 January 18th.
Kelvin Sookermany – 75 December 25th.
Stan Steppler – 85 February 14th.
Sam Szwaluk – 85 March 29th.
Olga Tymchyzn – 100 January 27th.

HAPPY ANNIVERSARY WISHES TO:

Bert and Betty Andrews – 64th December 4th.
Ken and Mary Butchart – 61st March 24th.
Loic and Shirley Feuillatre – 50th February 27th.
Larry and Barbara Lange – 30th February 14th.



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

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:

Ken Carroll of Winnipeg is waiting for a double lung transplant which will take place in Edmonton. His condition is being continually monitored, and he will be slotted in when need and availability dictate.

Lou Tataryn suffered a stroke in July. He is recuperating at home and is doing well.



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



Ellen Adams*
Norman Bahry*
Suzanne Bell*
Craig Bohne
Alexis Brown*
Jean Buchanan*
Michel (Mike) Carriere*
Boyd Clayton*
Joan Craig*
Richard Davey
Gilbert Dupont
Anne Dutchak*
Elmer Erhart*
Wilna M Evans*
Ronald Stewart Fetterly*
Lawrence Fleury*
Grace Garroni
Archie Genaille
Douglas Giles*
Winnifred Gregg
Mike Gregorash*
Walter Gurican*
Robert Hayes*
Kenneth Henry*
Doreen Inkster*
Donald Johnson* of Victoria, BC

Janet Johnstone*
Anthony Kinal*
Mary Klymochko
Nellie Kowalyk*
Joyce Larocque*
Patricia Lesperance*
John Lilly*
Anne Liscum
William Long*
Mary Lyde*
Jessie Maranchuk
Myrtle Martineau*
Connie McAdam*
Irene Miklovic*
Irene Miles
Aline Mucha
Louis Niziol*
Joan Popp*
Ron Propp*
Carl H. Quappe
Viola Ranville
Albert Saltel*
Gordon Shurvell*
Kenny Singh*

Olga M Skinner*
Anthony Skochylas*
Ellsworth Smith
Ernest Smith*
Evelyn Smith*
Lillian Spewak
Irene Stefurak*
Josefine Steidinger
Earl Symonds*
Billie Tennant*
Elsie Tomczak
Frank Urso*
John Williams*



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

Rail Safety Week - Sept 19th to 25th

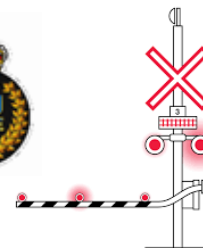
Rail Safety Week Kick Off Event took place at the CN Claude Mongeau National Training Centre in Winnipeg on Monday, September 19th. Some of our Manitoba pensioners were on hand to help out the Safety Pledge taking. Thanks to all who volunteered their time to this important event.



Photo:

Back row left to right: Sgt. Paul Leaden, Insp. Keith Walker, Const. Michael Reid

Front row left to right: Sara Niemi, Sharon Niemi, Linda Schram, Ernie Yakiwchuk, Dennis Brown



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, 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.broffice.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.

**Helen Granger Young**

A beloved Winnipeg artist whose work has become known around the world is celebrating a century of life! She celebrated her two legacies, that of family and her Art.



Helen Granger Young was born in 1922 in Mimico, Ont., but has lived in Winnipeg since 1947. Helen married William Allan (Bill) Young in 1949.

Bill worked for CN Rail and Express for 40 plus years moving from Checker to Terminal Manager and retiring as a General Manger in the Intermodal Division.

Ethel Goodall reached her 100th birthday on October 5, 2022. Her husband, Charles Brown (deceased), worked for CN for 19 years.

Lucy Pedrick celebrated her 100th birthday on November 15, 2022 with her niece, in Calgary. Lucy's husband (deceased), Cecil John Pedrick, worked for CN for 34 years.

***Health Care Report - Joanne Gaborieau***
*Health Care Representative***BLUE CROSS:**

Note that the Blue Cross name for Western Canada has changed to **MEDAVIE BLUE CROSS**.

The phone number has also changed as well as the web site. Please note those changes. They are on your NEW Medavie Blue Cross card(s) that were mailed to you in October 2022.

If your claim is rejected from your service provider, just advise them to check for the new name "**MEDAVIE BLUE CROSS**". Always bring your card with you to show them.



As a reminder for members who may want to have their family members considered for one of our bursaries or scholarships, please visit the Manitoba website at www.cnpensioners.ca and click on the Scholarships tab.



Pension Report - Joanne Gaborieau

Pension Committee Representative— Prairie

Question received: What will my spouse receive when I die? Part 2 response is from **CN PENSION & ADMINISTRATION HELP OFFICE:**

Answer: **Part 2:**

Question: When someone retires and elects the Increased pension option (IPO) to age 65, then at age 65 the pension is reduced by \$400, what is the survivor calculation amount based on if they elected 60% or 55%.

Whether or not a member elects at retirement to receive the IPO allowance payable to age 65, when they pass away, either prior to age 65 or after 65, the survivor benefit is still determined in the same manner mentioned in the last newsletter, i.e. based on their “**basic pension**” amount, **plus any indexation amounts paid** x the 55% or 60% survivor benefit option elected.

Let me provide an example (all rounded fictitious numbers for illustration purposes only and excluding any indexation amounts to keep as straight forward as possible; and note as mentioned above the basic pension could be that of a 55% survivor benefit or the 60% slightly reduced pension depending on option selected at retirement, as whatever chosen becomes the member’s basic pension):

- Early retirement member elected IPO:
- Monthly pension before age 65:
 - CN basic pension: **\$3,500**
 - IPO allowance: \$ 200
 - Total monthly pension: **\$3,700**
- If retiree passes away prior to age 65, survivor benefit would be calculated on **basic pension** amount x survivor benefit option elected (i.e. $\$3,500 \times 55\% = \$1,925$ or $\$3,500 \times 60\% = \$2,100$)
- Monthly pension from age 65:
 - CN pension: **\$3,700**
 - Reduced fix amount: \$ 400-
 - Total monthly pension: **\$3,300**
- If retiree passes away after age 65, survivor benefit would be calculated on **basic pension** amount x survivor benefit option elected (i.e. $\$3,500 \times 55\% = \$1,925$ or $\$3,500 \times 60\% = \$2,100$)

So as mentioned, survivor benefits are determined based on survivor benefit option elected by retiree at time of retirement and their “**basic pension**” amount which is equal to their basic pension unreduced if they went with the 55% survivor benefit option or the slightly reduced amount if the 60% survivor benefit is elected.

I would also like to point out than when calculating indexation, it is also determined based on the retiree’s **basic pension** amount.

For members who have questions in this regard, I would encourage you to call our CN Pension and Benefits Administration at (1-800-361-0739) in order to obtain the exact information as it relates to your own case.

PENSION INDEXATION FOR 2023

The Plan will provide a minimum indexation of \$9.00 per month for eligible retirees and \$4.50 per month for eligible surviving spouses. Basic monthly pensions will be increased by 2.46% (up to the first \$3,250.00) in January 2023, subject to a maximum monthly increase of \$79.95. You must have retired on or before December 31, 2018 to qualify.

T4's from CN - Reminder as with every year – The CN issued Income Tax T-4 is MAILED about the END of February and you will likely not receive them prior to **mid March** – so please don't call and ask about them unless you have not received them by the end of March. You want it earlier? - log into your account on the CN Pension & Benefits **WEB Portal** at <https://cnbenefits.hroffice.com>. If you are not registered click on Register and follow the process, and get your T4 Earlier—usually just before the end of February. If you are unclear as to how to register once on the Web Portal, detailed instructions can be found on our Manitoba website by clicking this link: <https://www.cnpensioners.ca/web-portal---pension--benefits.html>

National Council Report - Bruce Anderson

Director, National Council

Report from the Annual Director's Meeting (ADM)

The National Officers and Directors attended this 2 day virtual meeting (Zoom) on Nov 17 & 18. Joanne Gaborieau, Patrick McMullin and I attended for the Manitoba Council. We had reports from all the key areas; Membership, Finances/Budget, Health Care, Government Liaison, Newsletter, Scholarship, Website, CN/ CNPA Partnership, Johnson Insurance, Bylaws and Constitution, etc.. There were some key takeaways:

1. We have adopted a revised Constitution and National By-Laws which will be cascaded out to the Regional/Provincial/Local councils for their guidance
2. Our Association remains financially strong and we are going to begin a process at the national level to forecast our financial plan out for several years in advance. Membership recruitment is a key element to our financial health.
3. The National Scholarship program funding was approved for 2023
4. We are revamping the National website (a lot of the development groundwork was done by our member, Janet Lewis Anderson) and that should be up and running early in the New Year (advice will be provided)
5. We have a new National Treasurer, Ron Charles, and two new National Membership Co-Chairs, Nancy Zajacz and Peter Moloney, all replacing Bruce Peacock who has filled both roles for many years.



**IMPORTANT
MESSAGE**

from the Publicity / Newsletter and Editor chair:

"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 due to their remote ability to access the internet. After 4 years, they are ready to pass on their hat 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."



Publicity Report - Tim & Claudette McCrindle

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 colour.
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.

**** Remember, if you have any interesting stories worthy of mentioning, or if you are a Railroader in the Community, let us help tell your story. Send us an email and we would be happy to include it in a future publication. Deadline for any articles will be the first week of the publishing month.**



Are Your Affairs In Order?

Every week, the Association hears from one or two pensioners (or families) who have either just retired, suffered a loss of a loved one, or need help with benefits because they are dealing with a potentially severe medical issue. In many cases, they are no where near prepared should something serious happen, such as a loss of life. To help us understand some of those items that we should all consider, a list titled "**Getting Your Affairs In Order**" has been prepared which you may want to discuss with your partner, spouse, children, bank or financial counselor, lawyer, or others. This list is not exhaustive, and everyone's situation is different, so planning is unique to you. The list is available on our website on our Important Documents page just below the Constitution & By-Laws. Here is the link: <https://www.cnpensioners.ca/important-documents.html>



Railroaders 
in the Community

A quick refresher on the program, and how your volunteer efforts result in donations by CN to your selected charities.

You use the online portal at <https://cn.benevity.org> to register on their SPARK website as a volunteer. There is a **Step by Step Guide** to assist in this process on our website at <https://www.cnpensioners.org> under the Community/Volunteers tabs and if you have any difficulties, help is always available by emailing Lorenza at railroadersinthecommunity@cn.ca. The **Step by Step Guide** can also be found on our Manitoba website at <https://www.cnpensioners.ca/community.html>

Once you are registered, you can begin to select your charities and log your volunteer hours. That same **Step by Step Guide** provides instructions and tips on how to manage all this and, when all else fails, an email to railroadersinthecommunity@cn.ca is available for assistance.



Ruth McCorrie – RRITC Volunteer **A lifetime of giving to her community**

Three charitable organizations have remained close to Ruth McCorrie's heart for over 39 years and her dedicated service to them shows no signs of slowing down.

Two of the organizations in question are Sphinx Temple No. 116 Daughters of the Nile and Khartum Ladies Auxiliary. Both organizations are part of the Masonic family and connected to the Shriners Hospitals for Children in Canada. Daughters of the Nile Canada have donated over \$6M dollars to the Shriners Hospital in Montreal.

Daughters of the Nile, a fraternal organization for women was formed in 1913 in Seattle Washington by the wives of Shriners. The Canadian chapter is dedicated to the growth of its permanent Convalescent Relief and Convalescent Endowment funds in support of the Shriners Hospitals for Children in Canada.

Ruth joined Daughters of the Nile in 1983, serving as Queen in 1991. Throughout the years she has been on many committees both administrative as well as fundraising. She is also a long-time member of Sphinx Temple Patrol Unit, an active unit within the temple which also fundraises and contributes to the philanthropy.

Khartum Ladies Auxiliary, founded 97 years ago, supports not only the Shriners Hospitals for Children (through the Khartum Shrine Patient Transportation fund) but also supports the Children's Rehabilitation Foundation and any organization ministering to children living with disabilities within the Khartum Shrine jurisdiction.

Ruth joined Khartum Ladies Auxiliary in 1985 and served as President in 2000. Ruth continues to be active here as well through participating on various committees and fundraisers such as the annual Card party. She is also the Liaison to the Children's Rehabilitation Centre for Winnipeg.

Ruth joined the Order of the Eastern Star in 1962 and is a member of Queen Winnipeg Chapter. She has held many offices during this time.

Ruth's late husband, Robert started at CN Nov 28, 1949 as a Carman Apprentice at the age of 17. Being a minor, his father had to co-sign his indenture which she still has. She has the original notice when he was promoted to Assistant Foreman Car Department on May 3rd, 1966. He retired in 1988, passed away May 20th, 1991 at age 59.

In 1961 he started building a cottage at Big Whiteshell Lake with the help of some of his CN mates. The cottage was visited by many of his CN mates. Visitors included Bill Mitchell, Charlie Cowie, John Ermit, Wally Kacewicz, and his lifelong friend from their apprentice days, Stanley Sass and family who spent a great deal of time with their family fishing and snowmobiling. He golfed and curled with the CN league and retirees out of St. Vital Community Centre.

They have two sons, Bob retired and Cameron a retired Social Worker, and three grandchildren: Stuart a Construction Manager in New Zealand, Conor with the River East School Division and Holly-Lyn with Victoria Lifeline. Besides his family and career, Ruth's late husband was a Mason and a member of Khartum Shrine.

Ruth is grateful for the CN Railroaders in the Community program. She states "It is a wonderful thing and the grants we have received for my volunteer work have contributed to both funds."



ANNUAL CHRISTMAS LUNCHEON - DECEMBER 7th, 2022

On Wednesday, December 7th, our Christmas luncheon was once again a great success with 155 guests attending. A good time was had by all as many gifts, prizes and treat bags were given out. Congratulations to our two senior attendees, Iris Martin and John Balagus. It was a fantastic outing and a great opportunity for members to meet one another especially for those who do not participate in other events throughout the year. Santa Claus also attended bringing in the festive season. Thanks again to WOW catering and to all for attending our Christmas luncheon this year. A special thanks to Ernie Yakiwchuk for all his work in organizing this successful event and also to all those who helped out.



*** More photos can be found on our website as well as on our Facebook page



Ho
ho
HO





Merry CHRISTMAS



Door Prizes (including wine)

Betty Andrews
Rose Chapman
Margaret Foulliard
Margaret Lavich
Lisa Mann

Terry Hirt
Jerry Maskiew
Diane Madrigga
Diane Borowski
Mirna Wheaton

Bev Robitaille
Stacey Fuhr
Bob Bontey
Wayne Gouzecky





Thank you Linda Schram

After approximately 15 years of volunteer service to the CN Pensioners Association of Manitoba, Linda has decided that it is time to hand the “volunteer” torch over to another Pensioner to carry on the great work and service to the members and families of our CN Pensioner Family.

From the very first General Meeting she attended, she became involved with the Manitoba Executive. Through the years, she has served as Member At Large, Hospitality, Events Chair and finally as Vice-President overseeing all aspects of the Association. In addition, Linda has also served as a Director on the National Council of CN Pensioners, and represented our Association as Pension Committee Rep and Health Care Rep at the National level.

Through the years Linda’s wisdom, guidance and vision has helped the Association to grow and prosper. Here are just a few of the things that Linda has not only been involved in but was also instrumental in spearheading:

- The Manitoba Bursary Awards Program and National Scholarship Program
- The Centenarian Plaques
- Constitution & By-Laws Committee
- The MemoryStone in Assiniboine Park (The CNPA MemoryStone was purchased as part of the Conservancy Program at Assiniboine Park. The brick is located in the third phase of large MemoryStones which continue to fill the walkway along the duck pond. Our MemoryStone is brick 13 in row P3. Look for it next time you are at Assiniboine Park).
- The Annual Picnic
- Family Day at Symington
- Quarterly Mailouts events of the newsletter
- The CNPA’s 20th Anniversary Celebration
- Co-chair of the CNPA’s involvement in the 100th Anniversary celebration of the CN Transcona Shops and Town of Transcona in 2012 including our float in the parade
- Co-chair of the CN 100 Celebrations in Winnipeg in 2019

Linda’s critical thinking ability has served us well, carefully weighing the pros and cons of many initiatives, clearly identifying potential obstacles as well as potential solutions and providing good advice. She has always had our best interests at heart!

Linda – The CN Pensioners Association of Manitoba wish to thank you for all the hard work and service you have given to our Association over the years. You have been a tremendous asset and although we will miss your hands on involvement, we still look forward to seeing you at our General Meetings and events. Very Best Wishes to you and Kevin!

REMINDER - MEMBERSHIP RENEWAL - Cheque paying Members ONLY.

It's that time of the year for cheque paying members. Your **2023 fees are coming due** and we would appreciate you signing up for pension cheque deduction of \$1.00 a month. We encourage you to elect this method as it simplifies the tedious work and helps cut down trips to the bank, paper-work, phone calls, postage and second notices.

It saves you time! (There is no annual renewal)

It's quick and easy to do, just contact Joanne, the Membership Chairperson (email: joannegabor@hotmail.ca) and she will make the necessary arrangements for you, or call any of the Executive Council volunteers, or one of the new National Membership Co-Chairs, Nancy Zajacz (email: zajaczncnca@gmail.com) or Peter Moloney (email: moloneypeter.cnpa@gmail.com) You may also pay by “eTransfer” to: joannegabor@hotmail.ca

Cheque paying members should send \$12 for dues by December 31, 2022 to:

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

**REMINDER: PENSION CHEQUE DEDUCTION MEMBERS
DO NOT HAVE TO RENEW EVERY YEAR.**

The membership application form is available on www.cnpensioners.ca, for personal cheque paying members who “hopefully” will sign up for CN Pension cheque deductions.

NOTE: “Associates” who have not sent in their \$12.00 Membership by APRIL 1, 2023 will be removed from CN Pensioners Association. No change for Members paying on payroll deduction. Your \$1.00 a month contribution will continue automatically.

**CN PENSIONERS
ASSOCIATION OF
MANITOBA**

10 Greenwich Bay
Winnipeg, MB
R2J 1T6

We're on the web -
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, call 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 , Pension and Rail Passes info.	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 the CN Pensioners Association of Manitoba:

CNPAMANITOBA@gmail.com

CN Boutique for CN Merchandise at: cnboutique.com

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