



# 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.

[www.cn pensioners.ca](http://www.cn pensioners.ca)

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



December 2023

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## *President's View—Patrick McMullin*

We have a lot to look forward to in 2024.

- We will continue to take advantage of CN's offer of monthly meeting space at the Claude Mongeau Training Centre, for both our Executive and General meetings. The space works very well for us, ample parking is available, refreshments are provided and all at no cost to our association.
- Socially, we have our annual Xmas lunch in December, we are planning our annual picnic in St Vital Park again in June, as well as a trip on the Prairie Dog Central in July. The Association financially subsidizes each of these events which are available only to contributing members.
- We continue to offer 5 Harvey Hosfield bursaries and 1 trade bursary in the fall for grandchildren, and great-grandchildren of contributing members.

All of this is financially possible through the membership dues we receive from our contributing members and the volunteer efforts that go into planning and managing these events.

This is **YOUR** Association, supported financially by **YOUR** membership dues, and **YOUR** continued financial and volunteer support is necessary to ensure our Association's stability into the future.

Merry Christmas and all the best in the New Year.



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 2024.

## 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  
[johnstevemozol@gmail.com](mailto:johnstevemozol@gmail.com)

### Vice President

David Kane, 204-668-1900  
[davekane@shaw.ca](mailto:davekane@shaw.ca)

### Secretary

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[cnpamb.secretary@gmail.com](mailto:cnpamb.secretary@gmail.com)

### Treasurer

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

### Committee Chairs:

#### Publicity & Editor

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#### Associate Editor

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**Hospitality**  
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#### Special Events

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

#### Membership

Joanne Gaborieau  
[joannegabor@hotmail.com](mailto:joannegabor@hotmail.com)

#### Outreach

Rose Chapman, 204-832-1105  
[rchapman17@shaw.ca](mailto:rchapman17@shaw.ca)

#### Webmaster

Janet Lewis Anderson,  
204-275-0482  
[jelewis@mymts.net](mailto:jelewis@mymts.net)

#### MB Provincial Government Liaison Officer

Albert Delbaere, 204-256-8419  
[albert1a@mymts.net](mailto:albert1a@mymts.net)

#### 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 Rep

## Membership Report - Joanne Gaborieau



Regular Membership	-	3319
Associate Members	-	17
Age Exempt	-	8 (100 years of age & older)
Total Paid Membership	-	3344

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

Shamim Ashique  
Chris Atkins  
Allan Chief  
Jake Crackel  
Laverne Dahlin  
John Davies  
Arlene Fotty  
Richard Garlinski  
Cindy Gibson

Susan Hammerback  
Lydia Jabs  
Doreen Jackman  
Debra Jourdain  
Vern McDuffe  
Gordon Olson  
Erin Pachal  
Charisse Rempel  
Denise Stoesz

Gail Thibault  
Diane Turgeon  
Linda Watkins  
Gail Widenmaier  
Marguerite Willetts  
Joan Young



**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:** Joanne Fleming, Gary Drall

**November:** Arlo Fisher, Mickey Davies, G.A. McCorriston

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

**Birthday Draws:** **October:** Carroll Dunford

**November:** Nancy McCormick

**Attendance Draws:** **October:** Terry Hirt, Cathy Price

**November:** John Stuve, Dave Brown

**Door Prize Draws:** **October:** Gloria Gorin, Wayne Gorin, Serge Poulin, Linda Schram

**November:** John Stuve, Mickey Davies, Gary Bell, Bob Bontey

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

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.



## *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:*

**Jan 3rd** - Jo-Anne Jones, coordinator from Canadian Hard Of Hearing Association - Manitoba Chapter.

**Feb 7th** - Karyn Heidrick, Events Coordinator from Active Aging in Manitoba.

**Mar 6th** - Emily Kinnaid, Education Coordinator Alzheimer's Society of Manitoba.

**Apr 3rd** - to be announced

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.**



## **Tribute to President Ron Davis**

Ron Davis 1933 - 2023

Ron Davis passed away Wednesday, November 8<sup>th</sup>, at Riverview Health Centre - Palliative Care, in Winnipeg, after a long illness.

In 1995 Ron and four others started the CN Pensioners Association of Manitoba as we know it today.

Ron served as Secretary from 1995 to 2004, as Health Care Representative from 2005 to 2015, and as President from 2009 to 2023. Ron also served as President of the National Council in 2006 and was appointed Special Advisor to the National Council because of his experience and knowledge, a position he held for several years.

That represents a remarkable total of 28 years of volunteer service in our Association.

Please join us in putting Ron and his family in our thoughts and prayers.



## ***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  
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:**

Caroline Andreyczuk – 100 February 20<sup>th</sup>  
Morris Bakun – 87 December 26<sup>th</sup>  
Ed Barker of Calgary – 87 January 8<sup>th</sup>  
Edward S Barker of Ontario – 65 December 23<sup>rd</sup>  
Linda Barnes - 73 January 3<sup>rd</sup>  
Gerry Boonstra – 90 February 12<sup>th</sup>  
Mary Bretecher – 101 April 3<sup>rd</sup>  
Henry Compain - 80 June 8<sup>th</sup>  
Charlotte Forbister – 82 November 11<sup>th</sup>  
Stanley Forbister – 90 December 31<sup>st</sup>  
Wayne Gorin – 70 January 10<sup>th</sup>  
Eugene (Ash) Gysel – 75 April 17<sup>th</sup>  
Ken Hoy – 80 March 24<sup>th</sup>  
Ken Ivanyshyn – 83 April 17<sup>th</sup>  
Lorna Ivanyshyn – 81 March 10<sup>th</sup>  
Art Jones – 93 March 2<sup>nd</sup>  
Greg Kendall – 70 February 15<sup>th</sup>  
Hortense Lamoureux – 100 April 6<sup>th</sup>  
Doug Loudon – 90 April 10<sup>th</sup>

Isobel Melville – 82 April 10<sup>th</sup>  
Jack Moore – 68 November 22<sup>nd</sup>  
Erma Murray – 101 April 8<sup>th</sup>  
William Osachuk – 85 April 8<sup>th</sup>  
Erin Pachal – 63 October 15<sup>th</sup>  
Gordon Pachal – 65 May 21<sup>st</sup>  
Harold Prystie – 90 March 4<sup>th</sup>  
Kathy Rusiecki – 85 January 6<sup>th</sup>  
Jadwiga Serafin – 100 January 19<sup>th</sup>  
Cindy Shymko – 66 June 12<sup>th</sup>  
Curtis Shymko – 66 December 2<sup>nd</sup>  
Kelvin Sookermany – 76 December 25<sup>th</sup>  
Olga Skrybalo – 90 January 7<sup>th</sup>  
Alice Smith – 90 January 15<sup>th</sup>  
Betty Steffens – 97 February 20<sup>th</sup>  
Larry Stubbe – 75 February 23<sup>rd</sup>  
Buck Tiderman – 90 April 9<sup>th</sup>  
Olga Tymchyzn – 101 January 27<sup>th</sup>  
Lawrence Webb – 90 March 26<sup>th</sup>



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

Bert and Betty Andrews – 65<sup>th</sup> December 4<sup>th</sup>  
Ken and Mary Butchart – 62<sup>nd</sup> March 24<sup>th</sup>  
Jerry and Carol Dunford – 35<sup>th</sup> February 3<sup>rd</sup>  
Al and Dale Felewich – 50<sup>th</sup> October 27<sup>th</sup>  
Stanley and Charlotte Forbister – 61<sup>st</sup> December 29<sup>th</sup>  
Gordon and Erin Pachal – 41<sup>st</sup> August 21<sup>st</sup>  
Curtis and Cindy Shymko – 42<sup>nd</sup> October 10<sup>th</sup>  
Buck and Shirley Tiderman – 64<sup>th</sup> March 4<sup>th</sup>



HAPPY 65<sup>th</sup>  
*anniversary*

Bert and Betty Andrews



**T**o 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).

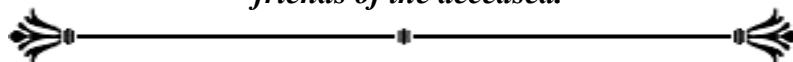
Adeline Adams\*  
 Muhammad Ashique\*  
 Frances Barteski  
 Richard Beaumont  
 Werner Birkholz\*  
 John (Rick) Boychuk\*  
 Drago Brankovic  
 Jack F Campbell\*  
 Lyle Corbet\*  
 Doreen Couper\*  
 Joyce Cumming\*  
 Eric (Rick) Dahlin\*  
 Ron Davis\*  
 Harry Diakiw\*  
 Muriel Davies\*  
 Don Demchuk  
 Marian Ellis\*  
 Jacqueline Ermet, *wife of*  
*Robert Ermet\**  
 Murray Flynn\*  
 John Fotty\*  
 Judith Fulton\*  
 Lynne Gale  
 Florence Gregg  
 Terry Guntel  
 Wilma Grymaluk\*  
 Gerdur H Harris\*

Margaret Hartleb  
 Mary Holomay  
 Pearl Homick\*  
 Edward Jackman\*  
 Marjorie Jacobson\*  
 Roland Jolicoeur\*  
 Sylvia Klan  
 Lena Koch\*  
 Walter Kudla\*  
 Denise Larocque\*  
 Shirley Marshall\*  
 Marguerite Mayba  
 Stella Mazur  
 Vincent Morier\*  
 Robert A Mitchell\*  
 Janet Moen, *wife of Leon Moen\**  
 Helen Muckosky\*  
 Elsie Natale\*  
 Irene Olbert, *mother-in-law of*  
*Sharon Olbert\**  
 Hazel Otto\*  
 Nicetta Palumbo  
 John Pauls\*  
 Maryanne G Peters\*  
 Maria Provenza of Trudell Bay  
 Tony E Pulak  
 Louise Rainkie\*

Irvin (Dave) Randall\*  
 Elisabeth Redekopp  
 Dianne Rempel\*  
 Joseph Rindall\*  
 Harvey Rowland  
 Gordon Saltner  
 Marie A Scherbain\*  
 Marion Schultz\*  
 Mary Schurko  
 Therese M Shepherd\*  
 Alda Sigvaldason\*  
 Florence Sitarz  
 Alex Strukoff\*  
 Annie Styran\*  
 Adele H Szabo\*  
 Joe Tachinski\*  
 Irene Tataryn\*  
 Brian Thibault\*  
 Gilbert (Gib) Turgeon\*  
 Frances E Uliski  
 Roy Watkins\*  
 Jean Waver\*  
 Edna May Webb  
 Jean D. Wells\*, *widow of*  
*William Wells*  
 Anthony Youd\*



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



### Golf Tournament Interest ????



We are working on reinstating our annual golf tournament again, but before we do this we need to see if there is any interest.

Anyone interested in participating in a golf tournament in June, should send an email to Patrick @ [cnpamb.president@gmail.com](mailto:cnpamb.president@gmail.com)



## Rail Safety Week 2023 – Kick Off Event Winnipeg

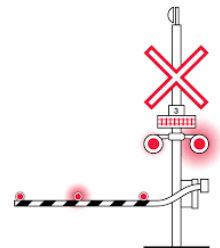
The Kick Off Event was held at the CN Campus in Winnipeg on Monday, Sept 18th, 2023. Thanks to the CN Police and the CN Campus for hosting this fun event while spreading the word on the importance of rail safety. Thanks also to CN Pensioners Tim McCrindle, Ernie Yakiwchuk, Dennis Brown, Sharon Niemi, and Bruce and Janet Anderson for assisting with the pledge taking.

Just outside the Campus, there was a Food truck where you could pick up complimentary mini donuts and a lemonade after taking the pledge. Also set up outside: some yard style games (ladder ball, hula hoops), a spinning wheel to answer safety questions, CN and Safety Tip giveaways plus a chance to win one of five \$50 Amazon Gift Cards. Inside the Campus, 6 lap top computers were set up for the Campus students and others to answer some safety related questions and take the Rail Safety Pledge. In addition, a photo booth with props was set up for fun photos.

Please remember that Rail Safety should be practiced everyday of the year. If you happen to witness an unsafe situation near the railroad, please call CN Police at 1-800-465-9239.



# BE RAIL SMART



**Photo 1:** CN Pensioners Ernie Yakiwchuk, Tim McCrindle, Sharon Niemi, Bruce Anderson, Janet Anderson, Dennis Brown.

**Photo 2:** Students at the CN Winnipeg Campus taking the pledge.



### Health Care Report - Joanne Gaborieau

*Health Care Representative*

We are pleased to report that there will be no increase to the MANITOBA Medavie Blue Cross Premiums in 2024.

**REMINDER:** All 2023 Medavie Blue Cross claims should be submitted as soon as possible. The deadline for reimbursement is April 30, 2024.

**PLAN PROVISION CHANGES** – While our ability to improve the Plan is limited when we are in a deficit situation, we continue to make cost effective improvements whenever possible. In 2024, there will be an increase to the amount you can claim for **annual eye examinations** and also for **foot orthoses** and **ambulances**. We also adjusted the amount you can claim for **Registered Nurses** in your home and have added **Acupuncturists and Occupational Therapists** as eligible specialists.

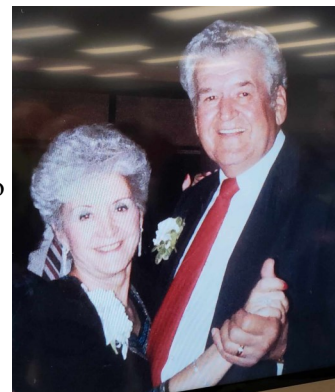


On Sunday December 10th., 2023 in St. Anne MB surrounded by a room full of family and friends, **Louise Anna Bedard** celebrated her 100<sup>th</sup> birthday! In honour of this milestone event, a yellow rose, her favourite flower, was given to each guest in attendance. In all, there were 100 yellow roses.



Louise enjoyed a very successful career as a Realtor. In fact, she was the first licensed female realtor in Manitoba and received several awards throughout her career.

Louise was married to Michael Prystayko (Big Mike) who worked as a Conductor out of Winnipeg and Transcona for 35 years. Louise has 2 daughters, 15 great-great-grandchildren with the 16th great-great-grandchild due any day now. Unfortunately, Mike passed away in 1997.



Our President, Patrick McMullin was on hand to present Louise with a CN Crystal Locomotive, a copy of A Century of Our Stories book "100 years of Building a Legacy Together" and a CN 100 pin on behalf of the CN Pension Committee and the CN Pensioners Association of Manitoba.



## Meet your CNPA of Manitoba Executive for 2024



Back Row L to R: Dave Kane, Jim Kane, Bruce Anderson, Tim McCrindle

Front Row L to R: Patrick McMullin, Albert Delbaere, Dennis Brown, Rose Chapman, Janet Lewis Anderson, Claudette McCrindle, John Mozol, Ernie Yakiwchuk

Missing from photo is Joanne Gaborieau





## ***Pension Report - Joanne Gaborieau***

*Pension Committee Representative*

Pension increases will be a minimum of \$9.00 per month for eligible retirees and \$4.50 for surviving spouses. Maximum monthly increase is \$97.50. This will be effective in January 2024.

To be eligible for indexation, you must have been retired on or before December 31, 2019. Spouses of deceased retirees qualify if the deceased retiree would have met the above eligibility requirements.

T-4'S FROM CN - CN mails the Income Tax T-4 about the END of February. Please don't call CN Pension and Benefits Administration before the end of March. If you want it earlier, log into your account on the CN Pension & Benefits WEB Portal at [cnbenefits.hroffice.com](http://cnbenefits.hroffice.com) You can also view/print your monthly pension statements and your tax statements. You can change your address and even change your banking information.

### **Information on Travel Passes**

For new marriages post retirement, the spouse is not entitled to pension survivor benefits under our pension plan. However, if the CN pensioner is eligible for a Travel Pass and then marries or remarries post retirement, the post-retirement spouse is eligible for the Travel Card (train pass).

You can simply call our CN Pensions call centre at 1-800-361-0739, and request one. The Customer Service Rep will take the required information and forward it to CN for processing.

### **Pensioner Audit Declaration**

Each year, a number of CN pension recipients (retirees and surviving spouses) receive a letter asking them to validate their pension entitlement. If you receive this letter, it is important that you complete the form and promptly return it as instructed on the form.

These pension payment verifications are conducted annually to ensure that CN pension benefits are paid to eligible pension recipients and to protect the Plan from fraud.

Not responding to this required audit could ultimately result in the suspension of pension payments.

Any change in address or phone number or death of a pension recipient or spouse should be reported to *CN Pension and Benefits Administration*.

Your assistance in this matter is very much appreciated and if you have any question, please contact *CN Pension and Benefits Administration* at 1-800-361-0739.

### **Changes to Johnson Insurance programs**

Johnson Insurance has offered discounted rates on both Travel as well as Home/Auto insurance to our members.

#### **Home and Auto Insurance**

In 2022, Johnson was acquired by Intact Insurance and in 2023, they migrated their Home/Auto Insurance over to Belairdirect, which is another insurance company under the Intact umbrella. In **Manitoba and Saskatchewan** specifically, Belairdirect does not offer Home/Auto insurance coverage, so starting in 2024, that coverage will be provided by Brokerlink, also an Intact company. Brokerlink does not, however, offer a discount program on their policies. Johnson will continue to service their insured customers until the policy expiration date. About 60 days prior to that expiration date, Brokerlink will contact the policy holder with their renewal documents package.

#### **Travel Insurance**

Johnson will continue to offer Travel Insurance under their brand name.





## ***National Council Report - Bruce Anderson***

*Director, National Council*

### **Report from the 2023 Annual Directors' Meeting (ADM) Montreal, Nov 23 – 24, 2023**

Our meeting, held at the CN HQ building in Montreal, was the first in-person meeting since 2019. Attending from our Manitoba Council were Bruce Anderson, Joanne Gaborieau and Patrick McMullin. It was conducted as a hybrid meeting, so those unable or uncomfortable with travel, could attend virtually through Zoom.

Our new Treasurer, Ron Charles. Presented us with a current financial report and a five year forecast. We remain in stable financial condition, due in part to the fact that we have not held the ADM in Montreal for several years. We have several projects proposed, with benefits to the organization, that will require some funding, which he can build into that forecast and ensure continued stability. The motion was passed to have the National Council continue to retain \$2 per year of the dues from contributing members, with the balance being distributed back to the Regional/Provincial/Local Councils.

Suzanne Dalzell, head of Strategic Partnerships for CN presented on their role and the interface with our Association. They manage the Railroaders in the Community (RRITC) program and there will be a separate article on this program and the changes for 2024 in this newsletter. In 2024, they plan to organize multiple community events across Canada in conjunction with the June 6<sup>th</sup> birthday celebration of CN. They also plan to revive the Econnexions Program, with tree planting events across the country. As these plans evolve, there will be opportunities for our members to participate in these events and we will keep you advised as they happen.

We continue to fine tune the Association's Constitution and National By-Laws with several amendments proposed and passed at the ADM. Once they have been translated and new versions finalized, they will be available through both our website, [www.cnpensioners.ca](http://www.cnpensioners.ca) and the national website, [www.cnpensioners.org](http://www.cnpensioners.org).

There was a report from our new Federal Government Liaison Officer, Mike Matthews. In conjunction with his committee of Provincial Government Liaison Officers (Albert Delbaere represents MB) they continually monitor the activities of the Federal and Provincial Governments and highlight to us any government bills that are of interest to our membership.

We have a new Communications Officer in Tim Urbanovitch as Ken Roberts has stepped down after several years. Ken did a great job on the newsletter, along with our Joanne Gaborieau, the Associate Editor, and Tim is already up and running with the next newsletter being delivered in January and the cutoff for the next one at the end of January as well.

Our National webmaster, George Rowan, has further developed the website and it now has features like direct links to several sites to reduce the time required for posting updates. There are links between our MB site and the National site where it makes sense to share common information. The site has a very easy look and feel to it, easy to navigate, and there is a lot of information at your fingertips to let you know what benefits you have, how to interface for those benefits when you have questions, information on programs available to our members, information or links to local councils, and we now have a searchable database for obituaries that currently has 36 months of records.



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](http://www.cnpensioners.ca) and click on the Scholarships tab.



### ***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 due to their remote inability to access the internet. After 5 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."



### **Mature Driving Workshop**

Manitoba's varying road conditions emphasize the importance of refreshing driving skills as we age. Increase your confidence and driving ability by taking advantage of our Mature Driver Workshop.

#### **Who should attend?**

This workshop is being offered to experienced drivers who wish to brush up on their skills and enhance their driving performance.

#### **The Mature Driver Workshop will:**

- Teach you defensive driving techniques
- Show you how to enhance your driving skills
- Update your knowledge of traffic laws and road safety rules
- Discuss if you can compensate for any changes that may occur in hearing, vision, flexibility, and reaction time

#### **Benefits**

- Fewer accidents and claims
- Learn the physical and cognitive effects that aging has on driving

#### **For more information and to register:**

Contact Lynda at [204.949.1085](tel:204.949.1085) or by email [lyshaw@safetyservicesmanitoba.ca](mailto:lyshaw@safetyservicesmanitoba.ca)



### **More Money for Your Charities**

- Starting in 2024, the maximum number of eligible hours for volunteering pensioners will increase from 150 to 220. The charity will still receive \$15 for every volunteer hour up to that limit, so your charities can now be eligible to receive **\$3,300 per year** for your efforts, an increase from the previous \$2,250.
- We have maintained a very high number of volunteers this year and we hope to have the 2023 year end numbers in the newsletters in early 2024.
- Our supply of profiles for our volunteers and their charities is starting to run out, so if you volunteer, and don't mind sharing your story and the story of your charity, please submit your profile and photos to us.
- If you have any issues getting registered or accessing the RRITC site on SPARK, the contact is [railroadersinthecommunity@cn.ca](mailto:railroadersinthecommunity@cn.ca) and Lorenza will be very happy to assist.
- If you have hours that you have volunteered in 2023, please be sure you report them on the site by December 31, to guarantee they are included in our 2023 totals.



## All Aboard the Prairie Dog Central Let's Take a Ride on the Rails

We are proposing a day trip on the Prairie Dog Central for any **contributing members** that wish to join us on a weekday in July, 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. 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.

We will have the option of booking one or more complete coaches, but we will need to know by April how many are interested. Once their offices open in April, we can use that indication of demand to reserve one or more coaches. That way we can keep the coach(es) that we book exclusive, for just our members. We don't have to actually purchase the tickets until 3 weeks prior to the actual train date, so we would need your payment prior to that date. We will be able to finalize the actual date of the trip once we talk to them in April, when they open up their offices for the season.

Tickets will be subsidized to reduce the price to **\$20 per ticket** to contributing members (**limit 2 per member**), which includes the round trip and the lunch.

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 Jct, 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.

**We will have sign-up sheets at the General Meetings at the CN Campus at the February, March and April meetings**, and we will use that as an indicator of how much space we should be reserving from them for the July trip.

**See you on Board!!** 



## 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 website 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.





## Your Email Is Important

In mid-November we sent out a broadcast to those in our email database to inform you of an opportunity being offered by the CN Community Fund. The opportunity was a chance to win a prize by donating to your favorite charity through the CN Community Fund. There was a specific timeframe attached to this opportunity. Unfortunately, we weren't made aware of this in a timely manner and because it would be too late to advertise it in our next newsletter, we felt the best way to ensure our members were informed was to send out a broadcast message.

Please know that we try hard to NOT inundate you with unnecessary emails. However, there are times when we become aware of information that is relevant and / or of interest to you. Sometimes this information doesn't coincide with the scheduling of our newsletters. Therefore, by having your email address in our database, we can ensure that many of our members can be kept informed. Even though we do post such information on our website and Facebook page, your email is a vital component of our communication strategies.

If you haven't already provided us with your email address, we encourage you to do so. We have 2 email groups: one is for those who wish to receive our newsletter by email, and another group is for those who still wish to receive our newsletter via Canada Post.

Sign up is easy. You can visit our website to receive our newsletter electronically ([Newsletters - CN Pensioners Association of Manitoba](#)). This helps the Association to save money on printing and postage plus you will receive each edition about 2 weeks sooner than through snail mail. Other advantages are that you can adjust the size of the page and font for easier reading and since all of the links are there, all you have to do is just click on the link of the article you are interested in and you will be taken directly there.

Or you can just sign up for notifications in general by visiting our Join Us page by clicking here [Sign Up - CN Pensioners Association of Manitoba](#) or by emailing anyone of the Executive with your address. If you are already a member, fill out the form on the righthand side of the screen.

One last thing - please remember to advise us of any changes to your email address.

Your Executive thanks you!



## 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. This document is available on our website under our Health Care page. Here is the link: <https://www.cnpensioners.ca/health-care.html>



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)

## CONGRATULATIONS to the Transcona Museum!



On Friday, July 14th, 2023, the City of Winnipeg and the Transcona Museum Board and staff were pleased to announce that CN will be the major sponsor for the CN 2747 Steam Locomotive protective enclosure with a contribution of \$200,000 over four years.

The CN 2747 steam locomotive is an artifact of significant historical importance not only to the community of Transcona but to Canada. It was the

first steam locomotive constructed by CN at the Transcona Shops and the first locomotive built in Western Canada in 1926. After 34 years of service, CN 2747 was retired and placed on permanent outdoor display in 1960. CN 2747 and the structure are located in Rotary Heritage Park at 735 Kildare Avenue West.

The Transcona Museum wishes to thank everyone who attended their announcement event. As well, they greatly appreciate all those who have supported the CN 2747 Protective Enclosure project - past, present, and future including Canadian National Railway Company, Russ Wyatt City of Winnipeg MP, Daniel Blaikie Radisson MLA, James Teitsma, and Transcona MLA Nello Altomare.



### *Congratulations to the following:*

**Rose Chapman** - applied for and received grants totaling \$2250 for the Grace Hospital Foundation.

### REMINDER - MEMBERSHIP RENEWAL - Cheque paying Members ONLY.

It's that time of the year for cheque paying members. Your **2024 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](mailto: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: [zajacz.nancy.cnpa@gmail.com](mailto:zajacz.nancy.cnpa@gmail.com)) or Peter Moloney (email: [moloneypeter.cnpa@gmail.com](mailto:moloneypeter.cnpa@gmail.com)) You may also pay by "eTransfer" to: [joannegabor@hotmail.ca](mailto:joannegabor@hotmail.ca)

Cheque paying members should send \$12 for dues by December 31, 2023 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](http://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, 2024 will be removed from CN Pensioners Association. No change for Members paying on payroll deduction. Your \$1.00 a month contribution will continue automatically.**





## ANNUAL CHRISTMAS LUNCHEON - DECEMBER 6th, 2023

On Wednesday, December 6th, our Christmas luncheon was once again a great success with 184 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.



CHRISTMAS  
merry

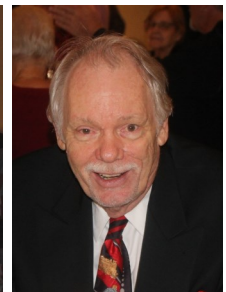


Joy  
To the  
W  
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\*\*\* More photos can be found on our website as well as on our Facebook page





Ho  
ho  
HO



### Door Prizes (including wine)

Dave Kane  
Gus Conci  
Jim Gorin  
Darryl Deserranno

Roy Kading  
Bruce Anderson  
Dale Brown  
Collette Mozol

Orlando Medeiros  
Ken Parker  
Terry Hirt  
Georgette Kozakewich

Debby Balamatowski  
Dennis Zilinski  
Debbie Woods  
Ray Paulson



**CN PENSIONERS  
ASSOCIATION OF  
MANITOBA**

10 Greenwich Bay  
Winnipeg, MB  
R2J 1T6

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

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

***Frequently Called Numbers***

**The CN Pension & Benefits Administration 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

**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)

CN Pensioners Association of Manitoba  
10 Greenwich Bay  
Winnipeg, MB  
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