



CN Pensioner Association of Manitoba



Meets the first Wednesday of the month at 01:30 P.M.
at the
Norwood Legion, 134 Marion St.

Except—July, August & December

Fall Edition 2011

Members:—Check out your Website —www.cnpensioners.ca
Get involved in —our online community
See What's New

Janet Lewis Anderson
275 0482

Executive Council 2010 — 2011



Back Row L to R: John Mozol, Carson Hull, Wayne Zaharia, Ernie Borowski, Gary Davis, Bill Cameron, Harvey Hosfield.
Front Row L to R: Janet Anderson, Ron Davis, Patrick McMullin, Linda Schram, Missing is Rose Chapman.

President Ron Davis Report

Preliminary estimates of the balance in Escalation Account as of December 31, 2010 shows there are no excess funds over the 10% of the actuarial liabilities of the non-active, (means retirees), members.

There should be enough funds in the Escalation account to provide indexation in January 2012 at 60% of inflation, which is above the guaranteed minimum. Final figures will be presented to the Pension Committee at the September Meeting.

Although there are no excess funds to provide additional ad hoc improvements, the plan is in a comparably strong financial position and considered among the top pension plans in Canada

Next Meeting

Wednesday, September 7th is our first meeting in the 2011-2012 season. Make sure to attend and bring a new or old CN Pensioner with you.

Consider letting your intentions known to run for a position on your local CN Pensioners Association of Manitoba Executive. Local elections are at the **November** regular meeting .

CNPA of Manitoba, Winnipeg Vet's Mixed 5-Pin Bowlers League

. Mixed bowling starts on Thursday, September 8th. Don't let your league die, plan on coming out and join the Gang!

Wally Payonk	President	338 2130
Marge Jacobson	Secretary	222 6012
Dean Danforth	Treasurer	452 9203

The above is your CN Vet's Bowling Mixed League executive for 2011/12. We bowl at the Mosenko Lanes at the corner of Redwood & Main, Thursday mornings at 10.00 A.M., the cost is \$9.00 which includes prize money and wind-up banquet.

We are a mixed league and fun is the name of the game. New bowlers are encouraged to come out. This will help get you out of the house, rain or shine. As we are a fragile bunch, we can find a spot on one of the teams.

Please call **Marge Jacobson** at 222 6012, she will place you on a team. **Spares are wanted, you pay only \$6.50**

CN Retirees 20th Golf Tournament Kingswood Golf & C.C., La Salle MB Held Tuesday, June 28, 2011

Ron Davis, is your Golf coordinator, and his phone number is 489 4485 for more information. If you want to get on his e-mail address list please call **Ron** and he will oblige.

There were 39 players at the June Golf Tournament held at Kingswood Golf & C.C. on Tuesday, June 28th. It was a perfect day for golf, light wind, lots of sunshine and no mosquitoes, plus a great meal. There were prizes for everyone.

Lorne Gardiner had the lowest score of 81. Other low scores were: **Lawry Lintotts** with an 89, **Joe Tachinski and Bill Hancock 94**, **Jim Molnar and Philip Shaw 95**, **Ken Thompson 96**, **Norm Peloquin 97** and **Garry Hebert, Wally Sumpter and Jim Somerville 99**.

2011 Executive

President

Ron Davis 489 4485
ronvel@mts.net

Past President

John Mozol 885 6031
kayomoz@shaw.ca

Vice President

Carson Hull 269 2692
cbh@mts.net

Secretary

Patrick McMullin 415 0358
pmmcullin@shaw.ca

Treasurer

Ernie Borowski 255 1123
darlern@mts.net

Committee Chairs

Out-Reach:

Rose Chapman 832 1105
rchapman17@shaw.ca

Hospitality

Gary Davis 663 7722

Special Events

Linda Schram 255 5636
klschram@mts.net

Membership

Wayne Zaharia 694 5133
wayne-cnpa@zaharia.ca

Web-Site Coordinator

Janet L. Anderson 275 0482
jelretiredmama@hotmail.com

Publicity & Editor

Harvey Hosfield 489 6257
harveyhosfield@mts.net
Janet L. Anderson 275 0482

Member at Large

Bill Cameron 256 6488
bandmcam@shaw.ca

National Council Directors

Carson Hull 269 2692
cbh@mts.net

Janet L. Anderson 275 0482
jelretiredmama@hotmail.com

Ron Davis 489 4485
Past Pres. N.C. ronvel@mts.net

Membership Report:

Wayne Zaharia 694 5133

As of August 31st, 2011 membership is 3,829 made up as follows:

Payroll Deduction	3,635
Fees Paid by Cheque	<u>194</u>
Total Paid Membership	3,829

As you will note our membership is decreasing and we would appreciate your help in signing up new members. We need all the help we can get. So if you know somebody who is not a member please get them to join. Remember this is your Association and we need your assistance to keep it strong.

If you move, please let me know as well as Mercer and others that need this information. For those who pay by cheque, please consider on paying by pay-roll deduction. It's only \$1.00 a month and it makes it so much easier for me and the National Treasurer to keep track of you. Just give me your PIN and I will do the rest. We are volunteers and anything to make our job easier is appreciated.

Welcome to the following new Member

Glenn Bach
Ike Boehmer
Edgar Boudreau
Anita Chapman

Anthony Bezdek
W. Dean Bogan
Bernie Chapko
Bela Faskerti

Barry Kalichak
Les Lilley
Brian MacDonald
T. Patrick Moran

James Krokosh
Juana Loupul
Lillian Marshall
Mary Pachkowski

Jim Paradis
Maurice Plourde
Gordon Rybuck
Vicki Sturtridge
George Zitek

Neil Peden
Floyd Reichel
Randy Silzer
Agostino Torchia

I'm looking for information as to where **William A. Firby** and **David Kumk** of Selkirk. They moved and did not advise us of their new address. Any help will be appreciated. Please call me, **Wayne** at 694 5133

Ron Davis, report on the Mixed Golf Tournament.:

Held at the Oakwood Golf Course on Tuesday, August 9th. Due to some scheduling conflicts there were only 17 players. Low scores were **Kae Gawne with 94, and Joan Boudreau with 98. Lorne Gardiner had an 80, Jeff Sawler with a 91, Ed Grzadka with 92, Bill Hancox with a 94.**

Prizes for all along and a delicious dinner was enjoyed by all.

Out-Reach Committee

Rose Chapman - Chairman 832 1105

Hank Gosselin	255 2722	Linda Ksionzek	669 8308
Mel Rusieki	255 1361	George Lintick	254 1032

The Outreach Committee thanks the members for keeping us updated on the well being of our members, and on special birthdays and milestone anniversaries.

To those previously mentioned on our Sick List, we hope that you are feeling much better. 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 a speedy recovery.

We have received reports and updates on the following Pensioners since the last newsletter (*denotes member).

John Almdal*	had a second operation on his shoulder Wednesday, Aug. 17th. He is in Concordia Hospital.
Ivan Campbell*	has been in St. Paul's long-term care home since August 2010.
Victor Doroschuk*	retired locomotive engineer now lives in Deer Lodge Centre, 2109 Portage Avenue. He says hello to all those who remember him.
Therese Fillion*	is currently wheelchair bound and is in Tache Centre, 185 Despins St.
Andy Gibson*	is on long-term disability due to spinal stenosis.
Fred Hill*	had gall bladder surgery in June and is doing very well.
Larry "Smiley" Lange*	is currently experiencing heart valve problems.
Tom Nicholl*	is home recuperating from hernia surgery in June and is feeling fine.
Martin Roy	is now in Beacon Hill Lodge, 190 Fort Street.
Donna Stevenson*	had gall bladder surgery recently and is still having health problems.
Wally Thomson*	is now in the Holy Family Nursing Home at 165 Aberdeen Avenue.

Birthdays and Anniversaries:

Congratulations and best wishes for many more years of good health and happiness to the following:

Dale Campbell*	celebrated his 81st birthday on June 24th.
Harry Craig*	celebrated his 75th birthday on June 7th.
Tom Nicholl*	celebrated his 85th birthday on July 8th.
Stan Pardoski*	celebrated his 85th birthday on June 23rd.
Dale* and Alma Campbell	will celebrate their 60th wedding anniversary on December 1st.
Ivan* and Sharon Campbell	celebrated their 46th wedding anniversary on December 28th 2010
John* and Laureen Cochrane	celebrated their 63rd wedding anniversary in August.
Robert* and Eila Gill	celebrated their 60th wedding anniversary on July 7th.
Vic* and Beverly Guarino	will celebrate their 65th wedding anniversary Sept. 19th.
Harvey* and Sonia Hosfield	will celebrate their 59th wedding anniversary Sept. 19th.
Adam* and Ann Kwiatek	celebrated their 46th wedding anniversary on June 5th.
Jim* and Lorraine Miln	celebrated their 45th wedding anniversary on June 25th.
Henry* and Barbara Vacheresse	celebrated their 55th wedding anniversary on June 30th.

The following pensioners have passed away since the last report, (* denotes member of the M.P.A.)

Thomas Anderson, father-in-law of Janet L. Anderson*	Beatrice Andrusiak, mother of Ray Andrusiak*
Freda Argue*	Elsie Ausborn*
Wallace Berry*	Gerald Bourque*
Jeanne Brunet*	Lydia Buchholz
Edward Cancilla*	Grace Cathcart
Marcel Comeault*	Norma E. Cork
Manuel Costa*	Genoveffa Cuda
Phyllis Davidson	Jack Dawson*
Wesley Eby*	Pearl English*
James Fleury	Alphonsine Forest*
Lilly Gobillot	Audrey Goodman*
Catherine Halabut	Brian Hebert*
Patricia M. Hull	Leland Humphreys
Helena Kalisz*	Adeline Kauk
Fred Leclair*	William Leggett
Anna Lytwyn*	Hugh Marshall*
Roberta May	Doreen McKenzie*
Roderick McMillin	Andre Modla*
Helen Nelson	Michael Obsniuk*
Russ Pachkowski*	Joan W. Papai
Helen J. Pearson	Elizabeth Pelletier
Gerry Plamondon*	Jerry J. Pomor
Helen Popp*	Phillipe Prince*
Keith Richard*	Florence Rogers*
Mary Saranchuk wife of Ernie Saranchuk*	Steve J. Swatkoff
Irene Simpson	Estella M. Turner
Victoria Turcotte*	Angus Wallace*
Aime T. Vaudry*	Frank Wolfe*
Dorothy Wilson	
Vincent Yanno*	

The CN Pensioners Association of Manitoba extends our sincere condolences to the Family and Friends of the deceased

CN Pensioner Groups monthly Breakfast or Luncheon

<u>Electricians</u>	Breakfast at the Nor-Villa Hotel, 08.30 AM on the 2nd Tuesday of the month Call Bill 222 3073
<u>Sales & Marketing</u>	Luncheon at the Legion, on Henderson Hwy. & the Perimeter 12.00 noon on the 4th. Tuesday of the month. Call Wally 582 4250
<u>Transportation</u>	Breakfast at Canad Inn, Elizabeth Rd. 08.30 AM the 2nd Thursday of the month Call Mel 255 1361
<u>Engineering Clerical Group</u>	Breakfast at Canad Inn, Elizabeth Rd.. 09.00 AM the last Thursday of the month Call Harry Craig 222 6903
<u>T'Cona Machinists</u>	Breakfast at the Transcona Inn (Regent W.). 08.30 AM last Wednesday of the month Call Sooki Kambo 224 3677
<u>Purchases & Materials (Store)</u>	Breakfast at the Canad Inn, Elizabeth Rd., at 09.00 AM, first Tuesday of thee month. except July & August Call Lloyd Kreutzer at 339 0720

If other sub-groups wish to have their group notices printed here, please send me the information similar to the above either by regular mail or e-mail and I will add them to the above. Thanks Harvey.
In the previous notification there were approximately 11 other groups. I printed it in 2008 so there could be changes to the contact person and/or the type of function and the location.

Website Report & More**Janet Lewis Anderson 275 0482****Website Photo Section**

Photos from our summer "Picnic in the Park" are now available for viewing in the photo section of our website. Enjoy!

Newsletter On Line

Go to www.cnpensioners.ca then click on the Publicity page. On the right hand side of this page, you will see a link to "Members Only". Click on that. A pop up screen will appear requesting a username and password. Username name for everyone is: cnpamb; Password for everyone is: newsletter. Once you hit enter, it will take you to the Members Only page with links to several editions of the newsletter. If you wish to see an older version that is not shown, please just contact me.

Caribbean Princess – Come Cruise with Us

It's not too late to book on Bruce & Janet Anderson's cruise on The Caribbean Princess sailing the sunny Caribbean March 17th through to April 1st, 2012. Join us for some fun in the sun! For more information including airfares, please contact Bev Harbour at Carlson Wagonlit Travel, phone (204) 336-7240 or toll free at 1-800-661-3193.

Bursary Winners 2011 by Ron Davis

As President of the CNPA of MB, I am pleased to announce the successful recipients of our 2nd Annual Bursary Awards Program. Congratulations to Amy Stenhouse & Melissa Cavanagh!

Amy Stenhouse, the Granddaughter of Thelma Stenhouse (widow of the late Jim Stenhouse), currently resides in Hinton, AB but will begin her post-secondary education at The Grant MacEwan University in Edmonton this fall. Amy will initially pursue her Bachelor of Science degree with the eventual goal of a degree in the medical profession.

Melissa Cavanagh, the Granddaughter of Alice Bugera, is entering her fourth year of studies at the University of Manitoba working towards a B.Sc. (Agric.) degree in Animal Systems through the Department of Agricultural and Food Sciences. She plans to graduate next May and then apply for admission to the Western College of Veterinary Medicine in Saskatoon.

Both of the successful candidates have been notified of their awards. On behalf of the entire membership, we wish you much success in your educational pursuits and in all of your future endeavours.

To all of the applicants, we want to thank you for taking the time and effort to apply for the bursaries sponsored by our Association. The Selection Committee was very impressed by the quality of all the applications which undoubtedly made the selection process very challenging. We wish you all much success in all your future endeavours!

Special Events Report**Linda Schram 255 5636**

It was a sunny day for our Picnic at Assiniboine Park on June 23rd. My thanks to all the helpers that made it a great success. **Ron Davis** for running a great Bocce Ball tournament, **Janet Anderson, Rose Chapman, Jerry and Carroll Dunford** for putting together the lunch and helping set up.

I would like to thank two of our pensioners for donating prizes, **Sarah Scott and Barbara Lange**. Check out **Sarah's** website scojoh.net.

Our meeting on Wednesday, September 7th will have Tom Hosfield speaking on behalf of the United Way.

The regular meeting consists of regular business, a guest speaker, a birthday draw and 50/50 draw. Meetings start at 1.30 P.M. but some arrive a little earlier to have coffee and doughnuts and chat with old co-workers.

Our Christmas luncheon is December 7th at the Masonic Memorial Centre at noon. Tickets will be available at the September, October and November meetings or by calling **Linda** at 255-5636. Ticket price is \$18.00 which includes luncheon, wine, prizes and entertainment.

Family Day at Symington—Saturday, Sept 17th, 2011

This fun event will take place from 11:00 a.m. to 4:00 p.m. There are rides for the kids, food, beverage and ice cream for all. There are chauffeured rides to various work sites that one wishes to see, engine cab rides from M. Building and more.

Volunteers are needed to help load passengers on and off the engines at M. Building, sell tickets, help dish out food and meet at the entrance of the Yard to give parking directions. The more volunteers make the time one works reduced so that everyone can see the sites and eat. **Please call Rose Chapman at 832-1105 to submit your name.**

The coordinator will be at M. Building, at the lower building west of the two story Main Yard Office to distribute your volunteer shirt and give you a time and place to work. The Engineers Board room is just to the right as you enter the building.

Blue Cross - Message from Carson Hull

To all CN Pensioner's who are members of our CNPA Blue Cross. It is extremely important that all of us use our new pay "Direct Cards", and where ever possible purchase a 90 day supply when picking up your prescription drugs. Each of these 2 steps will help in saving money both for you and your plan. With the ever increasing cost of prescription drugs we must look at every possible way to hold down costs in order to keep any increase for 2012 to as little as possible."

Letters to the Editor are much appreciated. If you have something of interest to share with other CN Pensioners I will be happy to pass it along.

Mailing address:—
122 Borebank St.,
Winnipeg MB R3N 1C9

This **Newsletter** is mailed out by your local Association five quarterly. Total cost of the Newsletter is the responsibility of your Association.

Dec.-Jan.-Feb.
Xmas Luncheon & AGM report of the National Council .

Mar.-April-May
Income tax time! Ugh!

June-July-Aug.
Start of new season. .

Sept.-Oct.-Nov.
Start up after recess, election of local officers at the Nov. meeting.

No regular meeting in December.

This article concerns International retirees and spouse who receive a U.S. Railroad Retirement benefit.

When we received our June/2011 benefit cheque there was an insert saying that, "It's time to say goodbye to paper cheques. Switch Now ! www.GoDirect.org."

In the past the only recipients that could have direct deposit of their cheques had to have a bank account with the Royal Bank or the Scotia Bank. Fargo's RRB office advised that this was because the U.S. financial institution was in New York.

When I went on line at the above website I followed the instructions on the insert by going to my bank the TD/Canada Trust and they made a copy of our two cheques in order to have the 12 digit federal benefit cheque number and the amount of each cheque,

On the application form they also require your U.S. Social Insurance number and when filing for you spouse you provide them with her International Tax Identification Number, (ITIN). If your spouse does not have a ITIN, phone 1-800-333-1795 for the applicable information.

When you complete the application for direct deposit you should receive a two page confirmation of you request for direct deposit.

On page one under the heading of, Banking Information....Routing Number it shows the routing number that I had provided and on the same line....Bank of America.

I phoned the Fargo office of the R.R. Board and they advised that international recipients requesting direct deposit, the cheques are now transacted through the Bank of America.

On page 1 Confirmation...Registration Completethere is a note stating, If you have a paper cheque or receive one next month you will need to cash/deposit them normally. This direct deposit application that you have completed will not take effect for 1 to 2 cheque payment periods.

My application of direct deposit only took about 30 minutes and the "Registration Complete" acknowledgement came shortly after.

I received a letter from the U.S.R.R.Brd. Chicago dated July 29 that my application for direct deposit effective Sept. 2011 would be deposited in my savings account.

My wife also received the same notification

I hope that ends this procedure. .

The regional office of the U.S. R. Brd. has sent me a new set of direct deposit forms to fill out and forward to their head office in Chicago. I am not going to comply as I received an additional confirmation from "GoDirect " so I'll see if my August cheque is deposited direct.

Please see page 7 for more information re GoDirect.

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I visited Via Rail ticket office on Main street and asked if there policy was to issue one way tickets for CN pensioners? The clerk advised that if there was a "trip pass request" it's possible that only a one way ticket would be issued.

He stated that if a long service pass was presented, a round trip ticket would be issued on request. Only if someone had lost their long service pass and presented a trip pass would a one-way ticket be issued.

Call Mercer at 1 800 361 0739 if you have lost your long-service pass and they will set you on the right path to replace it.

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Linda Schram Special Events ordered up a beautiful day on June 23rd for the picnic at Assiniboine Park. The original site 16 was over booked for a school class outing but we ended up at an even better site nearby.

A large tent with 6 tables, chairs and protection from the sun was available. A lunch of fried chicken, potato salad, cold slaw was enjoyed by all Cold drinks and bottled water washed the cookies down with watermelon.

Ron Davis ran the 'Bocce Ball' competition and handed out prizes to the lucky ones. Fun was had by all!

Cost of printing and mailing
this Newsletter is born entirely by the local pensioners Association.

Volunteers in mailing:

Bill Cameron, Lyle Corbett, Fred Dagg, John Derksen, Myrtle DeReuck, Lorne Gardiner, Hank & Verona Gosselin, Bob & Elia Gill, Eleanor Gray; Marge Jacobson, Lloyd Lovie, Tom Nicholl, Chontel Paterson, Ron Poersch, Alban Prejet, Bill Reilly, Mel Rusiecki, Peter & Jean Sokol, Diane Walton plus the **Executive Members and Wives.**

Thanks to You All

Harvey.

National Council Directors 2010-11

Atlantic Region

Walter Agnew	Moncton
Reg Hebert 1st VP	Moncton
Bruce Peacock Treasurer	Moncton
Wayne Greenland	Mount Pearl

Quebec Region

Jean-Noel Cloutier VP	Jonquiere
Claude Lyonnais	St. Hubert
Luc Grenier	Beloeil

Ontario Region

David Simpson	President
Peter Maslak	London
Sylvester Peplinski VP	Thorold

Prairie Region

Gary Heasman	Saskatoon
Carson Hull VP	Winnipeg
Janet L. Anderson	Winnipeg

Mountain Region

Chuck Lewis	Coquitlam
Sig Poeppel	Kamloops
William Whiteman VP	Edmonton

Past President:

Ron Davis	Winnipeg
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Executive Secretary

Wayne Greenland	Mount Pearl
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Liaison Officer

Peter Maslak	London
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These people all volunteer their time to represent you. Legitimate expenses are paid. **Women are encouraged to run for Directors positions on the National Council.**

For recipients of U.S. Railroad Retirement monthly benefits:

For Direct Deposit, you must have an account with either the Royal Bank or the Bank of Nova Scotia to set up this service.

Call the Fargo regional office at 1 877 772 5772 and have your U.S. Social Security number available.

Others, if you do not receive your benefit by the 7th of the month, call this number and they will arrange for a duplicate to be mailed out.

If and when you receive the original cheque, it must be destroyed or returned.

continued

Wally Duggan writes from Kimberly B.C. that he phoned, (he does not say where), and they are sending his cheque directly to his credit union account.. **Wally** goes on to say, "say hello to Tom and anyone else that knows me".

U. S. Social Security cheques are able to have direct deposit for some years. Only U.S. Railroad Retirement cheques could not be direct deposit .

I received a letter and application form for direct deposit of my U.S.R.R. annuity in July from their head office in Chicago. Apparently they had been instructed by 'GoDirect', a U.S. government agency in Dallas Texas, that as I was receiving their annuity that I must complete their application which I did.. I had the T/D Bank fax the information to:

U.S. Railroad Retirement Board
Programs Support Division
844 North Rush St.
Chicago Ill. 606611-2092

Attention:

Mary Bartik
Operations Analyst

For more information phone her at 312- 751- 7157 or phone their regional office at: 877-772-5772.

I apologize for the many twist and turns that goes into my request for direct deposit of my U.S.R.R. annuity.

If and when I am finally able to go that route, I will let one and all know the out-come.

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I have decided that all you folk deserve a change, so I have asked **Janet L. Anderson** to put the Newsletter together in the future.

Janet will breathe fresh air into the up-coming Newsletters. I have been doing this since October 1990.

Thanks to all contributing members for making it a success.

Harvey

A little "Trivia"

If you are right handed, you will tend to chew you food on the right side of your mouth.

To make half a kilo of honey, bees must collect nectar from over 2 million individual flowers.

Heroin is the brand name of morphine and was once marketed by 'Bayer'.

Tourist visiting Iceland should know that tipping at a restaurant is considered an insult.

Astronauts can't belch—there is no gravity to separate liquids from gas in their stomach.

The Mona Lisa has no eyebrows. In the Renaissance era, it was the fashion to shave them.

Because of the speed at which Earth moves around the Sun, it is impossible for a solar eclipse to last more than 7 minutes and 58 seconds.

Google is actually the common name for a number with a million zeros.

Gold is the only metal that doesn't rust even if it's buried in the ground for thousands of years.

Drinking water after eating reduces the acid in your mouth by 61 percent.

Intelligent people have more zinc and copper in their hair.

A comet's tail always points away from the Sun.

A Notice on the front door at Symington "M" Building reads:

To apply for a position at CN, go to their web-site at.....

www.CN.CA
Click on..... About CN
Click onCareer
For more information.....
1 888 888 5909

Letters to the Editor are much appreciated. If you have something of interest with other CN pensioners I'll be happy to pass it along. Mail address—

122 Borebank St. Winnipeg MB R3N 1C9

The newsletter is mailed out quarterly by your local Assoc.. Total cost of the mail-out is born by the Assoc.

Frequently called phone numbers:

The CN pensioners Help Line 1 800 361 0739

Always have your PIN to better identify you when making inquiries. If you move, advise the above number. If you are married at the time of retirement, make sure that CN, (Mercer), 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.

Canada Pension & Old Age Security 1 800 277 9914

Canada Custom & Revenue Service 1 800 959 8281

Blue Cross, contract number 93115 775 0161

Phone numbers for International Employees

U. S. Railroad Retirement—Fargo 1 877 772 5772

U.S. Social Security Grand Forks 1 888 617 0456

Address for CN Scholarships:

Association of Universities & Colleges

600 350 Albert St.

Ottawa On K1B 1B1

Meals on Wheels

Do you want to meet a need in your Community?

Meals on Wheels always need drivers and/or servers, seven days a week. Deliver once a week, twice a month or spare when you can.

Call Shirley at 956 7711

Daily, 41 drivers are needed to deliver more than 600 hot noon time meals to clients. This only takes a maximum of 2 hours of your time. A worthy cause.

Albert Delbaere—In association with the Belgian Club is promoting a trip to the Shooting-Star Casino-Hotel, Oct 2nd - 4th, 2011.

All trips include transportation, 2 nights accommodation & on-board entertainment. Leaving 407 Provencher at 08.45 A.M., Burger King 244 Osborne at 9.00 & Sals. at 2081 Pembina Hwy. at 09.15 A. M.

Information call **Albert** 256 8419

The Book Store

CN Pensioners Who have Authored books for Sale:

Looking for Christmas gift ideas? How about one of the books authored by one of our fellow pensioners? To obtain a copy of one of these books and for an interesting read check out the following:

In One Lifetime: by **Theresa Shanoha** 774 7390

A Sentimental Journey: by **Karl Olafson** 256 5221

Through the Window of a Train:
by **Barbara Lange** 667 8521

In The Arms of the Angels — Our Journey Through the Darkness of Dementia: by **Janet L. Anderson** 275 0482

Events in the Life of Kei: by **Gerrit Boonstra** 204 268 3998

Carson Hull, VP and Blue Cross Representative on the National Council is also the one to contact if you want to order CN pensioner's jackets, golf shirts or other accessories.

Carson's phone number is 269 2692

Carson needs a minimum order of 24 units to receive the price he quotes.

Jim Miln, retired CN pensioner compiles personal income tax returns.

Jim will maximize your correct CN pension income splitting to reduce your income tax, he is familiar with recipients who receive U.S. Social Security and Railroad Retirement benefits and foreign tax credits.

Average exchange rate to convert U.S. funds to Canadian dollars not available at printing.

Phone**Jim at 253 0137** for a competitive filing rate.

New postal rates effective January , 2011 —
Domestic—\$.59 cents U.S.—\$1.05 Overseas—\$1.75

for service call 1 800 267 1177

Choice Hotels:—The CNPA has a discount agreement with Choice Hotels.

Phone 1 800 424 6423 and quote your ID# 00064447 give the city, date & time, arrival and departure etc. Always have your PIN to better identify you as a CN pensioner.

Their website is www.choicehotels.ca This information appeared in the Spring edition of the N.C. Newsletter.