



Gilbert Plains MB

### Special Points of Interest:

CNR Station at Gilbert Plains, Manitoba

The Gilbert Plains Railway Station is a flag stop located in Gilbert Plains, Manitoba, Canada. The station is served by Via Rail's Winnipeg – Churchill train.

### Inside This Issue:

100th Birthday Celebrations & CN Campus renaming 1

Membership Report & Special Events Report 2 & 3

Outreach Report 4 & 5

CN Eco-Connexions Tree Planting Events, Vice-President's Report & Webmaster Report 6 & 7

Annual Golf Tournament & Annual Picnic pictures 8 & 9

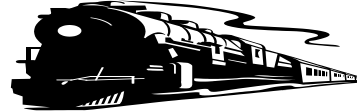
2017 Harvey Hosfield Bursary, National Scholarship Recipients & In Memoriam 10 & 11

# CN Pensioners' Association of Manitoba



Meetings held at 1:30 p.m. on the 1st Wed of the month at the Norwood Legion, 134 Marion St., Winnipeg except for the months of July, August and December

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



Fall 2017



Mary Gilmore celebrated her 100th birthday amongst many family and friends. Mary likes to read and continues to get the daily newspaper. Her husband Fred started with the railway in 1946.

## CN Claude Mongeau National Training Centre



On Thursday, September 7th, several of the Manitoba Executive were delighted to attend the naming of CN Claude Mongeau National Training Centre. Also in attendance were several Company Officers, local CN officials, local dignitaries, Training Centre staff and students. We first gathered outside to witness the unveiling of the new signage which was followed by a tree planting photo-op of a plaque at a tree that had already been planted near the front of the building commemorating the naming of the centre and Canada 150. The program continued inside

the campus with Sean Finn (Executive V.P. Corporate Services and Chief Legal Officer) as the master of ceremonies. Remarks were given by Robert Pace (CN Chairman of the Board), Luc Jobin (CN President & CEO) and Brian Bowman (Mayor of Winnipeg) who presented Claude and his wife Guylaine with a street sign "Claude Mongeau PL". Claude was then welcomed to the podium where he thanked everyone and shared a little of his retirement life. As a memento of the event, Claude received a framed photo of the new Campus signage.

## Executive Council 2016—2017

### President

Ron Davis, 204-489 4485  
[ronvel@mymts.net](mailto:ronvel@mymts.net)

### Past President

John Mozol, 204-885 6031  
[kayomoz@shaw.ca](mailto:kayomoz@shaw.ca)

### Vice-President

Linda Schram, 204-255-5636  
[fgl@mymts.net](mailto:fgl@mymts.net)

### Secretary

Patrick McMullin,  
204-415-0358  
[pmcmullin@shaw.ca](mailto:pmcmullin@shaw.ca)

### Treasurer

Jerry Dunford, 204-487-7478  
[jdunford@mymts.net](mailto:jdunford@mymts.net)

### Committee Chairs: Publicity & Editor

Jack Moore, 204-224-1019  
[jandbmoore@shaw.ca](mailto:jandbmoore@shaw.ca)

### Hospitality

Ron Yarema, 204-853-7413  
[mozartcat@yahoo.ca](mailto:mozartcat@yahoo.ca)

### Special Events

J. Wayne Gorin,  
204-224-4084  
[jwgorin@mymts.net](mailto:jwgorin@mymts.net)

### Membership

Joanne Gaborieau,  
204-253-8103  
[joannegabor@hotmail.ca](mailto:joannegabor@hotmail.ca)

### 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)

### Members At Large

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

Donna Bremner,  
204-853-7413  
[mozartcat@yahoo.ca](mailto:mozartcat@yahoo.ca)

John Yarema,  
204-253-9263  
[jy78@live.com](mailto:jy78@live.com)

## National Council Directors & Officers

Janet Lewis Anderson  
Linda Schram  
Joanne Gaborieau  
Albert Delbaere

Ron Davis, N.C. Advisor

## Membership Report - Joanne Gaborieau

Total paid membership - 3809  
Pension Cheque deduction - 78  
Fees paid by cheque - 3887

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

Terry Adams	Joel Gillespie	Sharon Mihalyk
Brent Berezowski	Victoria Gordon	Terry Murphy
Margaret Beyak	Robert Gray	Wayne Nobiss
Bertha Blanchette	Marvin Gudmundson	Tommy Petersen
Blair Brown	Ken Gunlaugson	Ian Pickering
Caroline Brunton	Kevin Guthrie	Donald Robinson
Victor Burdz	A. Roy Hall	Heather Roulston
Robert Carpenter	Sandra Hamm	Lloyd Sciberras
Barry Carroll	Ken Hiatt	Rick Small
Elizabeth Cherrie	Glen Kohut	Adeline Thomson
June Danners	Barbara Korb	Colleen Rita Titanich
Madeleine Delbaere	Arlene Lew	Asif Uppal
Tillie Dyck	Bruce Lysohirka	Mary Walker
Katharine Falk	John MacMillan	Mary Zaharia
Joe Farina	Ronald Meagher	
Elaine Gardiner	Grant Melia	

**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 Pensioners' pin:**

**September:** Doug McFadzean, Dominic Jones, Arnold Kratz

### Birthday Draw:

**August:** Marge Jacobson

**September:** Randy Rawluk

### Attendance Draw:

**September:** Sandra Seal, Rory Simpson, Gary Bell

### Door Prize:

**September:** Randy Rawluk, Barry Levandoski, Bob Mozol, Barbara Lange

***Editor's correction:** In the Fall newsletter, the May attendance draw winner was incorrectly identified as: John Poersch. It should have read: Ron Poersch. We apologize for the error.*

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

## Special Events - J. Wayne Gorin

Our meetings are held the first Wednesday of the month at the Norwood Legion on Marion Street and commence at 1:30 p.m. Many arrive earlier to have coffee, donuts and a visit. If you are interested in helping out in any way please contact Wayne at 204-224-4084.



### *Guest Speakers for Upcoming Meetings:*

**October 4th** - No speaker as meeting will be held at **CN Claude Mongeau National Training Center - 650 Pandora Ave East, Transcona.**

**November 1st** - No speaker as elections for CNPA of Manitoba Executive and National Council positions (Director, Alternate Director, Health Care Rep) will be held.

**December 6th** - No meeting due to Christmas Luncheon.

The **Shooting Star Bus trip** has been filled. We thank all those who have put their name on a waiting list. Watch for the next trip in the Spring of 2018.

### **Annual Christmas Luncheon**

will be held at the Masonic Hall at Corydon and Osborne on **Wednesday, December 6th, 2017.** Doors will open at 11:30 with luncheon served at 12:00. This is a sit down luncheon with wine at tables. There will be 50/50 draws and many door prizes. The cost is \$20.00 per person. This luncheon is open to contributing members and a guest. Tickets will be available at the October and November meetings. If you need more info please call Wayne at 204-224-4084. Cut-off date for ticket sales is November 15th.

**Annual Picnic:** The annual picnic was held on Thursday, June 15th at Assiniboine Park. Over 60 people enjoyed a day of cool weather, good food, seeing old acquaintances and meeting new friends. A special thanks goes to Wayne and Gloria Gorin for organizing this event and to all the people who gave their time to help serve food.

**The winners of the Bocce tournament were:**  
 1st Place - *Wayne and Gloria Gorin* (center)  
 2nd Place - *Lance and Linda Smallwood* (right)  
 3rd Place - *Ron Yarema and Eric Oman* (back row)  
 4th Place - *Terry Gysel and Joanne Gaborieau* (left)

### **Annual Golf Tournament:**

Tuesday, June 27th, 2017, was a warm summer day, just the right temperature for golf as 41 players participated in the tournament. The low scores were Lorne Gardiner with 76, Mike Laforge 85, Marc Lavallee and Rick Kuchel had 90, Jack Sinninghe 91, Rolly St. Laurent 92, Nigel Wyer 93, both Gord Hoskins and Burk Lusansky had 96 and George Gysel had 99. The rest of the players had other scores. All enjoyed a BBQ steak dinner plus dessert. A big thank you to the staff at Kingswood for treating us so well.

More pictures on page 9.



More pictures on page 8.

**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  
Jack Moore 204-224-1019

Mel Rusiecki 204-255-1361  
Albert Delbaere 204-256-8419

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:**

Wilfred Dickey celebrated his 95th birthday on September 3rd.  
Marlene Gerelus celebrated her 71st birthday on September 17th.  
Len Jackson celebrated his 89th birthday on June 10th.  
John Mozol celebrated his 85th birthday on September 9th.  
Nellie Serofin celebrated her 101st birthday on September 13th.  
Joe Stanwick will celebrate his 80th birthday on October 16th.  
Peggy Weir celebrated her 85th birthday on September 22nd.  
Orest Yarema will celebrate his 85th birthday on September 24th.

**Happy Anniversary to:**

William and Diana Baran will celebrate their 62nd Wedding Anniversary on October 8th.  
Dean and Stephanie Danforth celebrated their 55th Wedding Anniversary on September 22nd.  
Albert and Madeleine Delbaere will celebrate their 55th Wedding Anniversary on September 29th.  
Ken and Lorna Ivanyshyn celebrated their 52nd Wedding Anniversary on August 28th.  
Len and Joyce Jackson celebrated their 65th Wedding Anniversary on September 20th.  
Art and Jean Jones will celebrate their 65th Wedding Anniversary on October 16th.  
Tim and Claudette McCrindle celebrated their 40th Wedding Anniversary on September 10th.  
Ron and Stella Olinkin celebrated their 60th Wedding Anniversary on July 18th.  
Mel and Kathy Rusiecki celebrated their 57th Wedding Anniversary on July 16th.  
Frank and Susan Smid celebrated their 50th Wedding Anniversary on July 21st.  
Dan and Elaine Trochim celebrated their 55th Wedding Anniversary on September 8th.  
Bernie and Mary Wielgosh celebrated their 64th Wedding Anniversary on September 19th.

**ELECTIONS:** At our **November 1st meeting**, we will be holding our Annual Election for the Executive positions. Our Executive includes: President, Vice-President, Secretary, Treasurer, Publicity Chair, Special Events Chair, Outreach Chair, Membership Chair, Webmaster Chair, Hospitality Chair and Member(s) At Large.

There will also be an election for the National Council positions (Director, Alternate Director and Health Care Rep).

If anyone wishes to put their name forward for any position, please contact our Past President: John Mozol. If you require any information on these positions, please see any member of the current executive.

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:

## Sick List:

Frank Smid was diagnosed with lung cancer the end of March and it has now spread to his spine. He has undergone radiation and chemotherapy. He is at home and doing better.

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

Raymond Andrusiak	Arthur Gitzel	Walter Mudlo*
Sonya Baluk	Dorothy Grime*	Nellie Patson, <i>sister of</i>
Don (Bazzy) Basarab*	Bernhard Harder	<i>Stella Patson</i> *
Boris Beyak*, <i>brother of</i>	Rejane Harrison*	Margaret Wait-Purpur*
<i>Sonia Hosfield</i> *	Beulah Hasey*	Louise Polanski
Zdenek Bezdek	Dora Hazelwood	Mary Posyniak*
Anne Bilinsky*	Aileen Hrehirchuk, <i>wife of</i>	Gordon Quistberg
Frank Bishop*	<i>Larry Hrehirchuk</i> *	Susan Ratte, <i>wife of</i>
Smeraldo Bisio*	Rose Hrynyk*, <i>mother of</i>	<i>Marcel Ratte</i> *
Ed Brunton*	<i>Leonard Hrynyk</i> *	Ulrich Reling*
Gordon Campbell	Lena Humeniuk	Martin Roy
Leonard Chartrand*	Eric Kilbrai*	Polly Ruskin
Jessie Chernetz	Alex Kith*	Teresita San Diego*
Irvin Collins*	Marion Lepinsky*	Tilly Stolk
Lilian Derlago	Martha Lovell	Marlen Terlecki
Marilyn Dixon*	Arthur Lutz*	Stanley Topolniski*
Herbert Doberstein*	Kirk MacDonald*	Sheila Townsley*
Sally Dutchak*	Audrey MacPhail*	Margaret Wait*
Albert Earl*	Joyce Mann, <i>mother of Marshall</i>	Mary Watson*
Henry Falk*	<i>Mann</i> *; <i>widow of Marcel Mann</i>	Katherine Weber
Lawrence Friesen*	Dave McDougall*	Harold Wheeler*
Cecile Gaborieau, <i>mother of</i>	John McKee*	Edward Wilcock*
<i>Marcel</i> *; <i>mother-in-law of</i>	Rose McLeod	Edward Yagilashek *
<i>Joanne Gaborieau</i> *	Theresa McPherson-Mundt*	Melvin Yakowchuk*
Pamela Gereta	Alice Mills*	William (Bill) Zack*
Robert (Bob) Gill*	Predeth Morgan*	Wayne Zaharia*

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

## CN Eco-Connexions Tree Planting:



On Saturday, June 10th at Glengarry Park in Winnipeg, volunteers showed up to plant 150 trees after receiving a grant of \$25,000.00 through CN Eco-Connexions "From The Ground Up" program.

Pictured from left to right are: Ken Fosty (Tree Canada), City Councillor Janice Lukes, Martha Barwinsky (City of Winnipeg), Jack Moore (CNPA of Manitoba), Kate Fenske (CN), Linda Schram (CNPA of Manitoba), Kevin Schram (CNPA of Manitoba), City Councillor Matt Allard and kneeling, Ron Rentz (CNPA of Manitoba).



On Friday, June 16th at Island Park in Portage La Prairie, volunteers and special guests planted trees through the CN Eco-Connexions grant.

Pictured from left to right are: Inspector Mantie (CN Police), Charles Joyce (CNPA of Manitoba), Jim Feeny (CNPA of Manitoba), Kate Fenske (CN), Pete Wojcik (CN) and Al Owens (CNPA of Manitoba).

Unfortunately, due to weather, the Eco-Connexion Tree Planting ceremony planned for Dauphin Mb, on July 11th was moved indoors for the presentation only. We want to thank all the CNPA of Manitoba members who called from Dauphin, that volunteered to attend and plant trees that day.

## Vice-Presidents Report - Linda Schram

**Blue Cross** - There will be some changes for members to take note of **effective January 1, 2018**.

**Athletic therapists** will now be covered. You can see either a physiotherapist or athletic therapist. The reimbursement will be the same. If you choose an athletic therapist you must have a note from your doctor. Physiotherapy does not require a doctor's note.

Also, effective January 1, 2018, **the out-of-country free coverage for 5 days** will be deleted from the plan. You should always have travel insurance but the Health Care Committee felt that the coverage provided under the plan was insufficient if you should have a medical emergency. We decided that people may have had a false sense of security that all their emergency medical bills would have been covered but this was not the case. Therefore, we felt that deleting this part of the plan was in the best interests of our members. You can still access Blue Cross coverage for travel or some other travel plan that will give you much better coverage.

### Webmaster Report - Janet Lewis Anderson

The average cost of printing our newsletter per edition is \$4400.00 of which approximately \$2300.00 is for postage. This equates to approximately \$17,600 annually. Of our 3900 membership, only about 275 receive the newsletter via email. However, we have approximately 425 additional emails in our data base of members who could be receiving the newsletter electronically. These email addresses were either provided to us at retirement or since retirement. If all of the other members who are in our email data base opted to receive the newsletter via email, this would save our association approximately \$250+ per edition or over \$1000 annually on postage costs alone. Please consider signing up.

### New Email Delivery Platform:

Effective with our Fall newsletter, we will be migrating to a new platform for sending out the newsletters via email. It will show coming from CNPA of Manitoba on behalf of CNPA of Manitoba. Please ensure that your [mailadmin@cnpensioners.ca](mailto:mailadmin@cnpensioners.ca) is in your safe senders list so that our emails do not fall into your spam or junk folder. In order to ensure your receipt of the Fall newsletter, we will also send it out from our previous email box which shows the sender as Mail Administrator. We encourage members to please sign up for the electronic version of our newsletter if you have not already done so. You can do this by visiting the Newsletter page on our website ([www.cnpensioners.ca](http://www.cnpensioners.ca)) and then completing the sign up form. After submitting the form, you will receive an email requesting you to click on a link to confirm sign up. Please ensure you complete this final step in the sign up process to ensure that you are added to our data base. Please note that you can also unsubscribe at anytime. On occasion, we may send out a broadcast to all 700+ members who have given us your email address. These broadcasts would be to notify you of relevant information or events.

### CNPA Bowling League:

CNPA Mixed 5 pin bowling league meets every Thursday at 10:00 a.m. at Billy Mosienko Lanes. New bowlers are needed even though bowling started on September 7th, 2017. We currently have 35 regular bowlers and 2 spares. There is room for 5 more bowlers, if you would like to join. Cost is \$11.50 for 3 games and the league runs for 32 weeks.

There is a Christmas Luncheon, a windup banquet with a fantastic meal and prizes.

Our motto is that we bowl for fun, socializing and exercise.

Ron Yarema - President (204) 853-7413 or email:

[mozartcat@yahoo.ca](mailto:mozartcat@yahoo.ca)

Dean Danforth - Treasurer

Donna Bremner - Secretary



### Railroaders In The Community:

**Ernie Borowski:** \$500 for Khartum Shrine whose philanthropy is for the Shriners' Hospital for Children.

**Darlene Borowski:** \$250 Spousal grant for Khartum Ladies Auxiliary who also support Shriners Hospitals for Children, the Children's Rehabilitation Foundation, and any organization ministering to children living with disabilities within the Khartum Shrine jurisdiction.



### CN Employees' and Pensioners' Community Fund 2018 Campaign

You could win 2 tickets to travel to any destination of your choice in Canada or the USA (excluding Hawaii and Puerto Rico) with Air Canada. Email: [communityfund@cn.ca](mailto:communityfund@cn.ca) or call toll free 1-877-552-7555.

You can contribute to CN Community Fund by:

- Automatic pension benefit deduction or lump-sum contribution by credit card, cheque or cash; 100% of your donation goes directly to your chosen non-profit organization and is subject to zero administration fees; You can choose from over 500 organizations or add the charity of your choice;
- A tax receipt is issued for all donations over \$20;
- Planning to do a fundraising for a non-profit organization, the Community Fund is there to help you.



CAISSE DE BIENFAISANCE  
DES EMPLOYÉS ET RETRAITÉS DU CN  
CN EMPLOYEES' AND PENSIONERS'  
COMMUNITY FUND

## Annual Golf Tournament:



## Annual Picnic:



A special thanks to the referees: Ron Davis, Albert Delbaere, Jack Moore, John Mozol, Ron Yarema, Bruce Anderson and Jerry Dunford.

## HARVEY HOSFIELD BURSARY RECIPIENTS - 2017

### Congratulations to the following recipients:

**Jennifer Leslie**, (no photo available) granddaughter of Doris Lewy. Jennifer is pursuing her Bachelor of Education at the University of Winnipeg and is enrolled in the integrated Bachelor of Arts/Bachelor of Education program.



**Rachel Treffner**, granddaughter of Kathleen Kelly. Rachel is currently enrolled at the University of Manitoba, to obtain her Bachelor of Commerce degree with a double major in Accounting and Marketing.

On behalf of all members of the CNPA of Manitoba, we congratulate both Jennifer and Rachel and wish them all the best in their educational goals.

We also thank all who applied for our Bursaries and wish all applicants the best in their future.

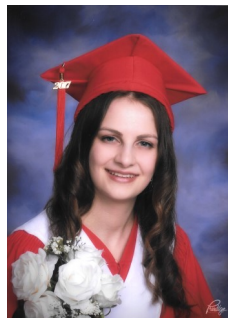
## NATIONAL SCHOLARSHIP RECIPIENTS - 2017 PRAIRIE REGION



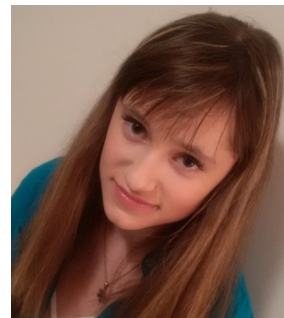
**Jennifer Kent**



**Tyler Szun**



**Ashley Heilmann**



**Sarah Stelmack**



NO IMAGE  
AVAILABLE

**Jennifer Leslie**

**Jennifer Kent** - Winnipeg Mb, Granddaughter of Evelyn Kent

**Tyler Szun** - Winnipeg Mb, Grandson of Gloria Szun

**Ashley Jade Heilmann** - Winnipeg Mb, Granddaughter of Irene Heilmann

**Sarah Stelmack** - Winnipeg Mb, Granddaughter of Pearl Stelmack

**Jennifer Leslie** - Winnipeg Mb, Granddaughter of Doris Lewy

On behalf of the CN Pensioners' Associations, we wish our recipients success in their studies and future endeavours. A full report of the 2017 Scholarship Program will be in the Winter Edition of the National Newsletter.

## CNPA OF MANITOBA TRADE BURSARY- 2017

The CNPA of Manitoba also wishes to congratulate the recipient of the first ever Trade Bursary offered through any CN Pensioners' Association.

**Andrew Brunton**, (no photo available) son of Bruce Brunton.

Andrew will start his Heavy Equipment Technician - Level 1 this fall at Toromont Cat - A Division of Toromont Industries Ltd. Andrew will be taking his schooling at Confederation College in Thunder Bay, Ontario.

We wish Andrew all the best in his educational goals.

### IN MEMORIAM

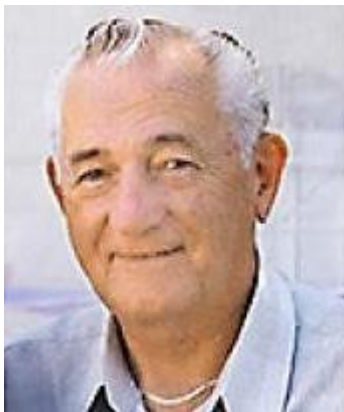
This past July, the CNPA of Manitoba was very saddened to lose two Honorary Members of our Association. Both Bob Gill and Wayne Zaharia were called home to the Great Railroad in the Sky on July 21st. Bob and Wayne also served on the Executive Committee for many years. Even after they "retired" from their volunteer roles, they continued to be faithful in attending our general meetings and events. We will miss their smiling faces, their presence and their friendship. God Bless you both. The CNPA of Manitoba wishes to extend our heartfelt sympathy to the Zaharia and Gill families.



#### **Wayne Zaharia, December 27, 1940 - July 21, 2017**

Affectionately known as the "Big Z", Wayne retired in 1995 after a 36 year career with CN Rail. In retirement, he continued his railway affiliation by volunteering with the CN Pensioners' Association as the Membership Chair from 1999 to the fall of 2015. He was responsible for many successful membership recruitment drives. When Wayne took over the Membership Chair position, our numbers were just under 900 members. Within one year, the membership increased to more than 2100. In time, Wayne increased our membership to more than 4000. By then, the CNPA had convinced CN to deduct one dollar per month from every member's pension. Wayne put a lot of time and energy into our Manitoba Association, and our increase in numbers over the years is proof of that. Wayne was also instrumental in connecting us to

his son Ryan who helped us create and build the first version of our website. In early family life, Wayne enjoyed camping and holidays across the border. He enjoyed woodworking and being involved in the community with his children's and grandchildren's many activities. He had a great smile and a wonderful sense of humour. May he rest in peace.



#### **Robert (Bob) Gill, October 14, 1930 - July 21, 2017**

Bob was employed by the Canadian National Railway starting in July 1947 and retiring at age 55, in January 1986, as a Pricing Officer in the Marketing-Pricing Department after 38 and a half years of service. Bob was an athletic person and was a member at Elmhurst and River Oaks golf clubs. He curled in various leagues, and also enjoyed running and skating. After retiring, Bob volunteered with the CN Pensioners' Association of Manitoba as the Outreach Chair from 2007 to 2009 and continued as a member of the Outreach Committee from 2010 to 2016. He also volunteered with Meals on Wheels and the Manitoba Golf Association. Bob had a great sense of humour and a ready smile. May he rest in peace.

**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 Pensioners Help Line (Morneau Shepell) 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
National Claims Direct	204-775-9261
Income Tax Preparation - Jim Miln	204-253-0137
Health Links Info	204-788-8200, or 1-888-315-9257

#### **Phone numbers for International Employees:**

U.S. Railroad - Fargo	1-877-772-5772
U.S. Social Security - Grand Forks	1-888-617-0456

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