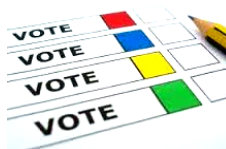


A young boy with dark hair and a mustache stands with his hands on his hips in front of a wall. The wall is covered in blue graffiti that reads "Dear Terry" and "DEAR TERRY" in various sizes and orientations. The boy is wearing a white t-shirt with a graphic that says "BERRA" and "OF THE" above a red maple leaf, and dark shorts. He is also wearing black sneakers with white laces.



CN will double the impact of
your donation.

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Tim and Claudette McCrindle are looking for someone to replace their positions. After over 4 years, they are ready to pass on their hat.

Executive Council 2023

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Ron Davis, 204-489 4485

ronvel@mymts.net

Past President

John Mozol, 204-771-6037

kayomoz@shaw.ca

Vice President

Patrick McMullin, 204-415-0358

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Secretary

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Hospitality

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Claudette McCrindle,

204-255-5688

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CNPA National Level

Bruce Anderson - Director

Joanne Gaborieau - Director

Patrick McMullin - Alternate

Director

Joanne Gaborieau - Pension and

Health Committee

Representative

Membership Report - Joanne Gaborieau

Regular Membership	-	3347
Associate Members	-	17
Age Exempt	-	9 (100 years of age & older)
Total Paid Membership	-	3373

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

Brent Anderson	Helen Gillingham	Norm Marion
Jim Assailly	Cecil Greenblat	Eleanor Morrissey
Diana Baran	Sharon Guarino	Clark Owen
Ken Barker	Paul Hackett	Janet Reimer
Ferne Bezdek	Annette Hamilton	Ian Stevenson
Jennifer Bynkoski	Sandra Hammerback	Wendy Tanghe
Roberta Cornock	Sandy Harris	Adelaide Thoroski
Anne D'Ottavio	Catherine Helbren	
Jeanette Douglas	Wade Kabel	
Myrtle Emro	Lena Koch	
Joanne Fletcher	Marlene Kondryshyn	



We invite spouses to become associate members for 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 Pensioners' pin:

May: Kevin Drennan, Charles Stevens, Don Archer

June: Myron Chunick

September: Jamie Franzmann

Birthday Draws: **April:** Janet Lewis Anderson

May: Don Declercq

June: Albert Delbaere

July: Bernice Dimond

August: Ray Paulson

September: Eldon Dimond

Attendance Draws: **May:** Kurt Miller, Don Seal

June: Curtis Shymko, Ron Cripps

September: David Allan, John Stuve

Lance Smallwood, Dennis Brown

Door Prize Draws: **May:** Joan Young, Barry Levandoski

Tim McCrindle, Janet Lewis Anderson

June: Joan Young, Viviane Bessette,

Wayne Gorin, Freeman Stevenson

September: Gerrit Vanderklok, Glen Toews,

Ken Yaworski, Janet Lewis Anderson

Hope to see more new faces at future meetings!



Special Events - Ernie Yakiwchuk



Location of meetings (unless otherwise stated below) will be held at the **Claude Mongeau Training Centre (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:

Oct 4th - Doreen Landry from Diabetes Canada.

Nov 1st - We will be holding the CNPA Manitoba Elections.

Dec 6th - NO MEETING due to Christmas Luncheon at Masonic Memorial Centre.



Annual Christmas Luncheon 2023

With December just around the corner, we are happy to announce that we are once again holding our Annual Christmas Luncheon. It will be held on **Wednesday, December 6th, 2023** at the **Masonic Memorial Centre**, 420 Corydon Ave. Doors will open at 11:00 a.m. with lunch being served at 12:30 p.m.

This is a sit down luncheon with wine at tables. There will be door prize draws and many more prizes. The cost per ticket is \$20.00 a person and is open to contributing members and a guest.

Tickets will be available for purchase in person at the October 4th and November 1st general meetings at the **Claude Mongeau Training Center.**

If you are unable to purchase your tickets in person, please contact Ernie Yakiwchuk at 204-254-1441 to make alternate arrangements. Please contact Ernie within reasonable hours, as he no longer works night shift. 😊 He will return all calls when convenient.

Cut off date for ticket sales will be November 15th (no exceptions).

Important: We will continue to follow the **PROVINCIAL HEALTH GUIDELINES.**

Outreach Chair's Report - Rose Chapman 204-832-1105

Mail Outreach info to 186 Windham Rd, Wpg, R3J 3B8 or
email: rchapman17@shaw.ca

Outreach Committee:

George Lintick 204-254-1032
Linda Ksionzek 204-669-8308
Carson Hull 204-269-2692

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



*Please contact any member on the Outreach Committee with information on pensioners who are hospitalized, or ill at home, and on those who have had or will be celebrating **special birthdays** or **milestone anniversaries**.*

Remember—please keep us informed!

HAPPY BIRTHDAY WISHES TO:

Kurt Bekker – 80 July 8th
Nancy Bially – 90 September 18th
Isabel Brownlee – 104 November 2nd
Ken Carroll of Winnipeg – 70 December 7th
Brian Croxford – 90 December 16th
Joan Davidson – 95 November 7th
Louise Dyck – 100 December 12th
Elizabeth Golis – 62 November 28th
Joyce Jackson – 90 November 11th
David Kane – 68 November 21st
Lou Koldy – 91 October 28th
Peter Lupky – 85 October 19th

Bill Malazdrewicz of Winnipeg – 90 September 10th
Claude Martin – 72 May 18th
Juan Molina – 81 November 11th
Jenny Pieczko – 90 November 4th
June Ross of Morris – 85 December 6th
Gerry Russell – 94 November 2nd
W (Jack) Shmon – 85 November 29th
Barry Unsworth – 91 November 20th
Ernie Yakiwchuk – 66 October 20th



HAPPY ANNIVERSARY WISHES TO:

Dean and Stephanie Danforth – 61st September 22nd
Larry & Elizabeth Golis – 40th October 22nd
Barry and Pat Jackson – 65th September 13th
Emil and Donna Kowalski – 60th July 13th
Jack and Isobel Melville – 62nd December 9th
Bill and Wendy Mitchell – 45th September 23rd
Leon and Janet Moen – 55th June 29th
Juan and Isabel Molina – 62nd September 23rd
Harold and Linnea Prystie – 68th September 3rd
Leigh and Phyllis Rea – 48th September 27th

Gerry and Mary Ann Russell – 51st October 14th
Carl and Shirley Sobkowicz – 65th August 2nd
Larry and Carole Trush – 40th September 3rd
Trevor and Eileen Wilson – 55th November 2nd



To those previously mentioned on our Sick List, we hope that you are feeling much better, and well on the road to recovery. To those who are currently ill or still experiencing health problems, please know you are in our thoughts. The membership joins us in extending Best Wishes for improved health and a speedy recovery. We have received reports and updates on the following Pensioners since the last newsletter:

Sick list:

Emil Kowalski fell and broke his knee cap in the Spring. He is on the mend and recuperating at home.



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



Evelyne Alderson*
Lorraine Antosh*
Gertrude Archer, *wife of*
 *Don Archer**
Gordon Artimowich
Marguerite Auld*
William Baran*
Geraldine Bates*
Ernie Bernat*
Stanley Bidowski*
Martha Bolbecher*
Charles (Bud) Burgess*
John Burik
Jason Butchart, *son of*
 *Ken Butchart**
Patricia Campbell*
Lorraine Cebrowski
Eileen Chanowski
Dianne Chody*
Stephanie Didur
Lino D'Ottavio*
John Douglas*
Tannis Duerinckx, *wife of*
 *Ray Duerinckx**
P.A. (Al) Fletcher*
Ernest Fuhr*
Albert Gaborieau, *brother of*
 Marcel (Joanne*) Gaborieau*
Les Galatiuk*
Marie A Gauthier
Mary Giardino

M Agnes Giasson*
John Gillingham*
Allan Hammerback*
Wayne Hazelwood*
Eric Helbren*
Joan K Holmes*
Edward Hologroski*
Maria Holowachuk
Esther Keeley
Lloyd Keon*, *father of Greg Keon**
Frank Koch*
Walter Kondryshyn*
Alice Lacroix
Irene Landry
Berthe Le Gal
Fred MacDonald*
Frank Maida*
Jennie Malazdrewicz, *wife of*
 Bill Malazdrewicz of Winnipeg*
Lillian Marcoux*
Alice Michalczuk*
Paul Moonah
Roy Morrissey*
Verna Nelson*
Izena Owen*
Martha Parker*
Peter Pawluk
Waltraud Philipp
Jennie Pransy
Gerald Prejet*
Beryl Pressey*

Mary Ann Pull*
Kenneth H Ritzer
Joan Ruban*
Stella Sciberras*, *mother of*
 *Lloyd Sciberrss**
Luba Shchudlo
Samuel Shulhan*
Joseph Smalley*
John Stadnyk*
Joseph Stefaniuk*
John Stoesz*
Robert Tanghe*
Melvin E Taylor*
Bruce Telfer*
Lorraine Toews*
Freda Wasyluk*
Beverley Watson*
Jean D Wells*, *mother-in-law of*
 *Ken Meissner**
Dolores Weselowski*
Ronald Widenmaier*
Gordon Willetts*
Glenn B Wilson*
Marcel Yaskiw, *brother of*
 *Lorne Yaskiw**
Helen Young*
Edeltraud Zaluckyj*
Paul Zink*



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

Happy Birthday!



Erma Murray was born in Transcona on April 8th, 1923 and lived most her young life on Regent Ave. Her dad James Sward (CN engineer), brother Albert (CN engineer), brother Arnott (CN conductor) and twin brother Earl (Symington Yard) were all employed by CN Railways. Erma and Helen (sister) would walk down the midway to deliver Liberty Magazines to the Round House and the Bunk House when they were young.

Mom was introduced to the Rebecca Lodge Confidence # 40 by her Mom Ida Sward and has been a member for 80 years and counting.

Erma married Thomas Murray on July 5, 1947 and lived on Walker Ave. where Dad worked at the Fort Rouge Shops and was later transferred to Symington Yard. Erma has two children Wendy Zimmer and Bill Murray. Mom stayed at home until we were in high school then got a job at the Attorney General's Office and retired from that in 1988.

Besides being a member of the Rebecca's her other greatest joy was being a church member at Churchill Park United church (also still a member). Erma was well known for her baking and knitting donations at both the church and Lodge. Erma's health has been declining since 2012 with main issues being her eye sight (declared legally blind in 2016) and her hearing. Erma is now living at Deer Lodge Centre (long term care) since November 2022.

Erma and her family would like to thank CN Pensioners Association for honouring her on her 100th Birthday with the CN Crystal Locomotive Plaque.



Government Contacts for Birthday & Anniversary Certificates

Manitobans celebrating a significant anniversary or birthday can request congratulatory messages from Federal and Provincial (**Manitoba**) Dignitaries through the services of the Province of Manitoba Greetings Branch: [Congratulatory Message Request](#) | [The Legislative Assembly of Manitoba \(gov.mb.ca\)](http://TheLegislativeAssemblyofManitoba.gov.mb.ca)

The messages fall into three categories: Birthday, Wedding Anniversary, and Special Messages. Residents of other provinces should contact their provincial government for similar services.

Greetings are for residents who are celebrating birthdays of 75 years and up in five-year increments (e.g. 75, 80, 85) and anniversaries starting at 50 years and up in five-year increments (e.g. 55, 60, 65).

Provide the following information in all greeting requests:

- name of celebrant(s), including title (Mr., Mrs., Ms., Dr. etc.)
- address of celebrant(s)
- name and address of who and where to send greetings (if different from above)

* Greetings from the Governor General of Canada must be received at least eight weeks prior to the required delivery date.

* Greetings from the Mayor of Winnipeg should be received at least 30 days in advance.

His Honour Scott Gillingham
Mayor of Winnipeg
Send to: 2nd Floor, Council Building
510 Main Street
Winnipeg, MB R3B 1B9
Phone: 204-986-5665
Email: mayorgillingham@winnipeg.ca



CN produces a monthly electronic magazine called **CN Spotlight** in which they feature stories about active employees and events from across the system. You can access the magazine by following the links to Spotlight on our website (www.cnpensioners.ca) on the "Breaking News" page, or on our national website (www.cnpensioners.org) in the "What's New" banner, or on the "Community" section homepage.

Rivers & Area Game & Fish Celebrate Grand Opening

On Friday, 7th July, 2023, Rivers & Area Game & Fish celebrated its official grand opening of the Education Centre and Outdoor Range located at the edge of the town in Rivers, Manitoba. The masters of ceremonies were Donna Falkevitch (President) and Kelvin Lamb (Treasurer)/CN retiree.

Some History: Walter Chernos was the longest serving Chief of Police in the history of Rivers Police with 31 service years. During those years, his passion for hunting and fishing and his position as Chief encouraged him to find a safe location to sight in his weapons and perfect his precision shooting skills. The reclaimed CN gravel pit area was selected for its safe location and proximity to town. Having grown up in Rivers, and previously worked for CN, Walter spearheaded this initiative. In 2019, RAGF formed an Outdoor Range Committee with members Bob Futrell, Craigie Madden, Roger Beaudin and Kelvin Lamb. It was an opportunity to honour Walter, but also to enhance the former CN gravel pit and build an Education Centre.

Through many provincial grants, community foundations, conservation organizations and many volunteer hours, including volunteer hours from CN retirees Kelvin and Heather Lamb who submitted their hours to the Railroader in the Community transforming them into \$7400 over the past four years of volunteering. These monies in totality enabled the 19.24 acre licensed shooting range with 1200 square foot Education Centre.

The work of developing proper shooting ranges, obtaining licensing, and building an Education Centre will greatly aid in the promotion, education, and conservation programs endorsed by Rivers & Area Game and Fish Association. With the opening of the Outdoor Shooting Range & Education Centre, members will continue to pass along sustainable practices to ensure the preservation of healthy fish and wildlife populations via outdoor heritage and the facilitation of time-honored traditions such as hunting and angling for future generations.

The facility officially opened with a police tape ribbon cutting ceremony cut by Dan Mazier, Member of Parliament for Dauphin-Swan River-Neepawa and Heather Lamb, Mayor of Riverdale Municipality.

CN Retirees Heather & Kelvin Lamb wish to thank CN for their continued generosity enabling the program, Railroaders in the Community, promoting non-profit organizations by encouraging volunteerism from the CN family, both active and retirees, providing funds to organizations.

Photo below: Kelvin Lamb with Heather Lamb, Mayor Riverdale and Dan Mazier, Member of Parliament for Dauphin-Swan River-Neepawa and Roger Beaudin cutting ribbon to announce grand opening of the Rivers & Area Game & Fish Education Centre and Outdoor Range.

Photo below: Heather & Kelvin Lamb in front of CN jigger that was at the Rivers Train Restoration after the 110 years of Rivers Parade. Over the past three years, Heather Lamb submitted volunteer hours for the Rivers Train Restoration Committee totalling \$400.

Photo below: Rivers Train Restoration Committee accepting Building Sustainable Communities Grant. Grant Jackson, PC Candidate for Spruce Woods, Marguerite Woytowich, Donna Morken, Chair RTRC, Dan Mazier, Member of Parliament for Dauphin-Swan River-Neepawa, Heather & Kelvin Lamb in front of CN Train and Rivers Train Station.



HARVEY HOSFIELD BURSARY RECIPIENTS - 2023

Congratulations to the following recipients:



Jessica Walker



Lauren Woodbeck



Aurora Andrews



Caitlyn Hogan



Nate Harris

JESSICA WALKER: Jessica is the Granddaughter of Mary Walker (Irwin Walker, Signal Maintainer, deceased). Jessica graduated with very high honour marks. She is currently enrolled in the Faculty of Science of the University of Manitoba with hopes of attending medical school after the completion of her undergrad. One of her greatest accomplishments is founding the Little Red Barn Sanctuary in 2019; a place for children and families to meet rescued farm animals.

LAUREN WOODBECK: Lauren is the Granddaughter of Linda Edwards (Robert Edwards, deceased). Lauren graduated High School as an Advanced Placement – AP Scholar with Distinction. She will be attending the University of Alberta to study biological sciences with a minor in psychology. After obtaining her Bachelor of Science, she plans to continue her education into medical school to pursue a Doctorate of Medicine. She is also dedicated to highly competitive Irish dance competing in North America, United Kingdom and Ireland.

AURORA ANDREWS: Aurora is the granddaughter of Fay Robertson (Frank Salm, deceased). Aurora is enrolled in the School of the Arts, Media, Performance and Design at the York University in Toronto. Aurora was involved in several Technical Theatres as Stage Manager/Sound Designer and performer.

CAITLYN HOGAN: Caitlyn is the granddaughter of John Wayne Gorin. Caitlyn will be working towards a Bachelor in Health Science; Biomedical Sciences (Honours). Caitlyn graduated high school (including Advanced Placement classes) with high grades. Her interests include playing baseball/fastpitch. She is also a passionate baker and avid reader. She plays piano, completing Grade 6 in Piano Royal Conservatory with Honours.

NATE HARRIS: Nate is the grandson of Wally Harris. Nate graduated high school top in his class in a specialized STEM program. Nate will be attending the University of British Columbia pursuing a Bachelor of Applied Science (Engineering) degree and then working towards a degree in Mechanical and Environmental Engineering.

TRADE BURSARY RECIPIENTS - 2023

We regret to announce that there were no candidates for the 2023 Trade Bursary, however we encourage applicants to apply next year if they are still in their program.

NATIONAL COUNCIL SCHOLARSHIP RECIPIENTS - 2023

Congratulations to the following recipients :

JESSICA WALKER: Jessica is the Granddaughter of Mary Walker (Irwin Walker, Signal Maintainer, deceased).

NATE HARRIS: Nate is the grandson of Wally Harris.

LAUREN WOODBECK: Lauren is the Granddaughter of Linda Edwards (Robert Edwards, deceased).

CAITLYN HOGAN: Caitlyn is the granddaughter of John Wayne Gorin.

COLE LIBNER: Cole is the grandson of Helen Libner (Frank Libner, deceased). Cole is currently a second-year medical student at the University of Saskatchewan.

On behalf of the CN Pensioners Associations, we wish our recipients success in their studies and future endeavours.

A full report of the 2023 Scholarship Program will be in the Winter Edition of the National Newsletter.

PRAIRIE REGION COMMITTEE:

Gary Heasman
Jane Halyk

Carl Moslenko
Patrick McMullin

Dennis Brown
Joanne Gaborieau

CNPA OF MANITOBA BURSARY COMMITTEE:

Patrick McMullin

Dennis Brown

Joanne Gaborieau

Thank you to all Committee members for their time and dedication for helping to choose the winners. There was a total of 28 Prairie Region applicants to the National Scholarship program, and 25 applicants for the CNPA Bursary programs.

To all Bursary and Scholarship Recipients



You did it!
Congratulations



We are always looking for interesting stories about our CNPA of Manitoba members. If you want to let your former co-workers know what you are up to after retiring, let us help tell your story.

You can submit stories and photos to:

Tim McCrindle
CNPA Publicity Chair
tc2mccrindle@gmail.com



Treasurer Report - Bruce Anderson

In accordance with Article 10.02 of our CNPA Constitution, an audit was conducted on our books for the fiscal year ending August 31, 2023. The audit was conducted by two members of our local Executive, neither of whom have signing authority, and the records and results were found to be accurate.



Introducing our CNPA Manitoba Provincial Legislative Liaison Officer



Congratulations to Albert Delbaere who was elected on July 1, 2023 as the CNPA Manitoba Provincial Legislative Officer. In this role, Albert will monitor provincial legislation, and will provide info on any issues that impact our association members. Any inquiries regarding these specific pieces of legislation can be directed to Albert at albert1a@mymts.net

This is a new position within the Association and there will be a normal period of familiarization within it for Albert, so please practice patience and cooperation as this role gets developed and Albert puts his stamp on it.

Congratulations



THANK YOU!



On Tuesday, June 27th, members of the CNPA of Manitoba Executive gathered together with Linda and Kevin Schram at Bellissimo's Italian Restaurant to honour and thank Linda for her volunteer time she so generously gave to our Association over approximately 15 years.

During those years, she served in various capacities and initiatives. Some of those years also included serving as a Director, as well as Pension and Health Care Rep, all at the National level.

Thank you again and Best Wishes to Linda and Kevin! We hope to continue to see you out at the General Meetings!





Pictures of our meeting held at the Royal Aviation Museum on June 7, 2023



Get Involved. Together We Can Save Lives

Each time you cross a railroad track irresponsibly there is a potential danger. At CN, we look out for each other, and by everyone looking out for others in their communities, we can help keep them safe. Our ultimate goal is to bring railroad crossing/trespassing accidents down to zero. By joining efforts, we can prevent railroad crossing/trespassing accidents.

"Rail Safety Week 2023 across Canada and the United States falls on September 18th - 24th. This very important initiative is vital to increasing awareness of the importance of safe behavior in and around railway property. Operation Lifesaver Canada and Operation Lifesaver U.S. work in partnership with the railway industry, government, police, unions and many public organizations and community groups to highlight safe practices around railway property. Railway Safety Week is a great opportunity to spread the safety message to the general public, stakeholders, contractors and CN employees.

"In 2022, Canada had two hundred and thirty two incidents, resulting in sixty six fatalities and forty three serious injuries. The focus of the CN Police is to reduce these incidents as even one is too many" Said Cst. Michael Reid, Prairie Division - Community Relations Officer, who works out of Symington Yard.

CN Police use the "4 E's" approach to rail safety, Enforcement, Engineering, Engagement and Education to address calls for service.

If you observe any unsafe behavior on or near CN property, call the CN Police at 1-800-465-9239."



Test your knowledge and take the pledge.

Rail Safety Event

This event will be held on Monday Sept 18th from 10am-2pm at the **Claude Mongeau Training Centre, 650 Pandora Ave. East**. All pensioners are welcome to come by and participate.

- There will be a photo booth with props which will provide free pictures on a rail safety week photo for participants
- Free Coffee and Tea
- Free mini donut and lemonade truck
- Take the Rail Safety Pledge and/or answer a spinning wheel question on Rail Safety to receive a ticket for the mini donuts or fresh lemonade
- CN and Safety tip giveaways
- Yard style games to play and win raffle tickets
- 5 draws (using the game raffle tickets) for CN prize packs, each of which includes a \$50 Amazon Gift Card .



Holo
A L E R T

If you are looking for a service provider for medical alert and fall detection services, we recommend you check out available suppliers for their rates, service capabilities and contractual requirements. As information for your research, **HOLO Alert** has the following rate and contract structure in place with the CNPA for qualifying members of the Association.

Holo Alert, is a provider of Medical Alert and Fall Detection devices with the following features:

- Emergency alert button for events requiring medical assistance
- Automatic fall detection for emergencies where the button cannot be pressed
- Two way voice communication directly through the device during an emergency
- Cellular network coverage throughout Canada & US, no personal cellphone required
- GPS enabled to provide emergency response personnel with your precise location
- Water resistant allowing for usage in the shower or bath
- Multiple options available: pendant worn around the neck or watch for usage on wrist
 - Watch includes heart rate monitoring and step counter
- Chargers for devices are included, no battery replacement required
 - Watch requires charging daily, pendant approximately every 3 days

How it Works:

1. Upon pressing the emergency button or when a fall has occurred, family members and monitoring professionals are immediately notified of the emergency
2. Utilizing the built in microphone and speaker, our monitoring professionals are able to verify the emergency by speaking with you directly through the device
3. Upon confirming the emergency, our monitoring professionals will aid in dispatching the local emergency response team to your precise location
 - ◇ **Please note that the monthly subscription for medical alert monitoring does not cover any medical expenses incurred as a result of the emergency, including ambulance costs. The subscription fee is solely intended to provide access to the monitoring service, which ensures prompt response and assistance during emergencies.**

For **contributing members** of the CN Pensioners Association:

- \$44.99/month for monitoring services (originally \$59.99/month) for a pendant or watch
 - ◇ Rate is guaranteed for 36 months from your signup date
- No contracts, cancel any time without penalty

For **non-contributing members** of the CN Pensioners Association

- \$49.99/month for monitoring services using a GPS pendant
- \$54.99/month for monitoring services using a GPS watch
- 3 year contract required

For all members of the CN Pensioners Association

- \$0.00 device and activation costs (originally a \$250 savings)
- 10 day money back guarantee
- One time \$50 credit towards any approved Fall Prevention Accessory
 - ◇ Must be a HOLO Alert customer for a minimum of 6 months to be eligible

How to get started, or request further information:

* Call: 1-888-411-4656

* Email: hello@holoalert.ca

* Website: www.holoalert.ca

**** To qualify for the Contributing Member discounts you must provide Holo Alert with an image of your CNPA membership card (Name and PIN) ****

CN Pension & Benefits Web Portal - A Tool For You

- Did you know that you can view / print your pension statement through the Web Portal?
- Did you know that you can view / print your tax statements through the Web Portal?
- Did you know that you can change your address through the Web Portal?
- Did you know that you can even change your banking information through the Web Portal?

This Portal gives you the ability to view / print your pension and tax statements, change your address or change your banking information on line. Before logging in the first time, you must register. This Online Portal is for your convenience. However, if you prefer, you can still contact CN Pensions & Benefits through their toll free number at 1-800-361-0739 with your question or change request.

Please note that even though you can change your address through the Web Portal, we do recommend that you also advise the Membership Chair of the Council to which you belong. This will help to avoid any time delays in the transfer of information from CN to your local association.

To register and log in, click on this link cnbenefits.hroffice.com. To sign up, click on the Register link (**note the red arrow that is pointed to the Register link**).

- Enter your last name, then your date of birth. Be sure to enter it in the correct format. For example, if your birthdate is January 1, 1950 you would enter 19500101.
- Next enter your postal code or zip code in the format shown. For example, if your postal code is A9A 9A9 you would enter A9A9A9.
- Before clicking continue, you must check off the box (to the right) that says “I’m not a robot”. Then click continue and follow the instructions on the next screen.
- Create a **brand new and unique but difficult password**.
- **You will also be asked to create 3 security questions and answers.**
Please ensure you record these and keep them in a safe place for future verification should you forget your password.

Once you have completed the registration process, in order to log in, you would use your **CN PIN** as your user id, then the password that you just created. ***Don't forget to logout when you are finished.***

CN Pensions and Benefits Administration Help Line @ 1-800-361-0739
1-514-673-7730 from all other countries outside Canada or the U.S.

PO Box 8111, Montreal, QC H3C 3N3

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

9th Annual Picnic & Bocce Ball Tournament



Our CN Pensioners Association of Manitoba's 9th Annual Picnic and Bocce Ball Tournament was held at the St. Vital Park on June 15th 2023 and was a great success.

We had a wonderful turnout for our annual picnic with 75 guests in attendance which included 29 Bocce teams. The weather was perfect, the catered chicken lunch was excellent and everyone had a great time visiting and competing in the Bocce Ball tournament!

Congratulations to our Bocce Ball tournament winners for 2023 Picnic at St. Vital Park.

- 1st place** - Betty Thiessen & Chris Evans
2nd place - Gus Conci & Mel Martin
3rd place - Marcel Ratte & Cindi Klinkhammer
4th place - Veronica Slota & Alex McCorriston



Congratulations also to our raffle winners: Albert Delbaere, Bonnie Papadopoulos, Nancy McCormick, Tracy Deserranno, Georgette Kozakewich, Henry Telenko, Kathy Baldwin, Denys Audette, Bryan Lipski, Gus Conci.

Thank you to 94.3 NOW Radio who had two representatives stopping by, handing out Popsicles. What a great surprise that was!

Thank you to all those who assisted in making it a fun and successful day.



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A driving force: Ken Butchart provides rides and compassion through Wheels of Hope

CN retiree **Ken Butchart** started volunteering with Wheels of Hope in Winnipeg, MB, 20 years ago. Funded by the Manitoba Masonic Association of which Ken has been a member for over 46 years, the service provides people with cancer car rides to and from their life-saving medical appointments.

“I felt I needed to do something more to help in the community,” says Ken, who retired in 1994 with 27 years of service as a Supervisor in the Transcona Shops. “My wife, Mary, was also a driver for the service for 13 years and retired during the pandemic. She’s a cancer survivor and wanted to give back by helping those living with cancer get to their treatments.”

For over 25 years, Ken and Mary have also volunteered to act as Mr. and Mrs. Claus for children’s charities and seniors’ organizations.

Ken retired from the Wheels of Hope program in March. He drove about four to six hours a week using his own vehicle for the service. He took patients to their appointments, waited for them to finish, and then drove them home. “When most people get into the car they unload and tell you their problems,” says Ken. “I was happy to simply listen to help relieve their stress at such a difficult time. They appreciated it.”

Drivers do not accept any compensation or gifts for their service but one grateful patient’s gesture around Christmas time three years ago is one Ken will always remember fondly. “She presented me with a gift-wrapped bag of Hershey’s Chocolate Kisses,” he recalls. “It felt like she had given me a million dollars. I was deeply touched.”

Ken has high praise for the *CN Railroaders in the Community* program. “My volunteer time enabled the organization to receive \$2,300 from CN last year,” says Ken. “I am grateful for this wonderful program that has helped our communities to be that much better.”



Photo: Mary and Ken Butchart bring cheer to kids at the Children’s Cancer Clinic in Winnipeg as Mr. and Mrs. Claus.



If you are interested in volunteering with Wheels of Hope go to their webpage:

<https://cancer.ca/en/get-involved/volunteer>

**CN PENSIONERS
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We're on the web -
www.cnpensioners.ca

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

Frequently Called Numbers

The **CN Pension & Benefits 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

For quick access to the CN Pensioners Association of Manitoba:

CNPAMANITOBA@gmail.com

CN Boutique for CN Merchandise at: cnboutique.com

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