



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



Spring 2016

Special Points of Interest:

- Safety Aid information
- Harvey Hosfield Bursary information
- Railroaders in the Community
- Meet your fellow pensioner

Inside This Issue:

President's View & 100th Birthday Wishes

1

Membership Report & Special Events Report

2 & 3

Outreach Report

4 & 5

2015 Harvey Hosfield Bursary Information & Safety Aid Information

6 & 7

Did You Know & Equipment facts.

8 & 9

Meet Your Fellow Pensioner - Rob Nykoluk & Time to Laugh

10 & 11

President's View - Ron Davis

2016 marks the **20th Anniversary** of the amalgamation of the CN Vets and the UTU Seniors which became, what is now known as **The CN Pensioners' Association of Manitoba**. To help us celebrate this event both the National President Yves Bourdon and the National Treasurer Bruce Peacock will be in Winnipeg for the May 4th, 2016 meeting. We (the Executive Committee) are making plans to celebrate this event.

We will keep you informed of our progress.



To **Doris Rugg**, who turned 100 on March 7th, 2016. Mrs. Rugg's celebration of her 100th birthday was held in the party or family room of Lions Manor (her retirement home) in Winnipeg. Her entire family was there with many friends, including a number of Lions Manor residents.

The plaque presented from CN is hanging on the wall in her room so that she can see it from her favorite chair.



Also, to **Walter Netzel**, who turned 100 on March 22nd, 2016. Mr. Netzel's celebration of his 100th birthday was held in his own home. All 30 of his large and happy family were present to celebrate with him.

On behalf of all CNPA of Manitoba members, we wish you all the best on this milestone.

Executive Council 2015—2016

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ronvel@mymts.net

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kayomoz@shaw.ca

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Donna Bremner, 204-853-7413; mozartcat@yahoo.ca

National Council Directors & Officers

Janet Lewis Anderson
Linda Schram
Carson Hull

Ron Davis, N.C. Advisor

Membership Report - Joanne Gaborieau

Total paid membership - 3936
Pension Cheque deduction - 3842
Fees paid by cheque - 94

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

Vaughn Alexander
Shirley Busch
Rocco Cavallo
June Danners
Judy Erhart
Wilna Evans
Fraser Fisher
Jamie Franzmann
Randy Heatherington
Harri Liivamagi

Ron Rentz
Sophie Romas
Randy Seeley
Moir Skelding
Lance Smallwood
John Stuve
Reginald Wiebe

REMINDER:

To those who pay **2016**
membership by cheque:
\$12 dues should be sent
to:

**10 Greenwich Bay,
Winnipeg, MB,
R2J 1T6**

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:

January: Erna Brennenstuhl, Kerry Falk, Ray Lussier, Ray Golis, James Klaue, Harold Prystie, Bill Osachuk, Mitch Cloutier, Vern Peterson, Fraser Fisher, Ray Paulsen, Wayne Balichowski, Ken Thompson, Al Sum, Roland Jolicoeur, Charles Boudreau, David Stachowich, Neil Rutherford, Ken Yellowega, Dennis Goodfellow, George Harlow, Brian Galka, Marshall Mann, Mike Bobko, Kerry Perrault, Laurent Bissonnette, Ray Defosse, Ron Aminot, Fred Fudge and Manjit Bhullar

February: Kurt Burstahler, John Delvecchio and Jack Robb

March: Ed Fullerton

Birthdays: **January:** Bill Cziffra

February: Allan Prejet

March: Stella Patson

Attendance: **January:** Norm Ilchyna, Stella Patson - both winning CN Pensioners' Association jackets

February: Ken Ryback - Car Safety Kit, Bill Noble - CN Pensioners hat and golf shirt

March: Ed Fullerton, Richard Lalonde - both winning CN Pensioners' Association jackets

Door Prizes: **January:** Bob Miller, Mitch Cloutier, Neil Rutherford and George De Serrano

February: Albert Delbaere, Al Madriga, John Yarema and Wayne Gorin

March: Frank Phipps, Richard Fullerton, Dave Curti and Bill Jenkins

Hope to see more new faces at future meetings!

Special Events - Linda Schram

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 Linda at 204-255-5636.

Guest Speakers for Upcoming Meetings:

April 6th - Heather Dixon - Lawyer who specializes in Wills, Estates and Elder Law

May 4th - Yves Bourdon, National Council President CNPA and Bruce Peacock, National Council Treasurer CNPA

June 1st - To Be Arranged



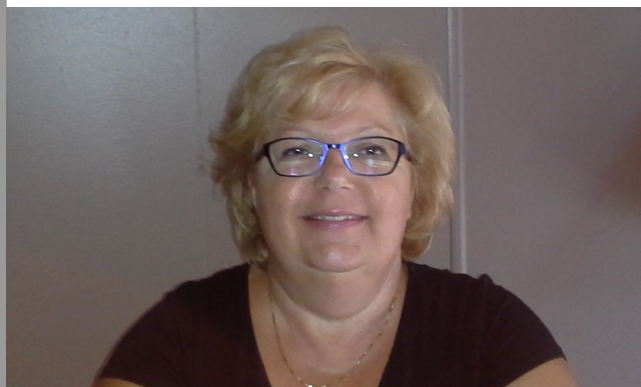
Annual Picnic: the annual picnic will be held on **Thursday, June 16th** at Assiniboine Park (near the conservatory) under the big white tent. Picnic starts at 11:30 a.m. - 3:00 p.m. Cost per person is \$5.00 (limit 2 tickets per member) and includes a delicious lunch, bocce ball tournament and prizes. Tickets available at the May and June General meetings or by calling Linda Schram @ 204-255-5636.

Tickets must be purchased in advance of the event.



Golf Tournament: The Annual Golf Tournament will be held at **Kingswood G&CC** on **Tuesday, June 28th, 2016** starting at 9:30 am. Be there half hour earlier. Cost of \$86.00 to include a shared cart, golf and a BBQ steak Dinner. Part of the cost (\$5.00 is to purchase prizes and \$2.00 is for gratuities). Please have cheque or cash in to Ron Davis 204-489-4485 by **June 3rd, 2016**.

Meet Linda Schram - Special Events Chair of the CNPA of Manitoba



Coming from a long line of railroaders totalling over 350 years of service, Linda followed the family tradition and began her career with CN in 1969. Serving in various positions within the Passenger, Payroll, Express, Inter-modal, Accounting and Customer Service departments, Linda gained much experience and made many friends. After 30 years of active service, Linda retired as Local Chairperson Unifor (CAW) - CSR on a bridging package in 1999. During her working life, Linda had always been active in Union activities and held various executive positions at the local level. Her volunteer activities included being an Executive member of many amateur

sporting organizations (swimming and football) as well as volunteering as a mentor for Big Brothers Big Sisters. Throughout her life, she has always been a strong advocate for quality daycare, a fair and safe workplace and good pensions. Currently Linda is actively involved with the CN Pensioners' Association at the local and national levels. She is an Executive member of the CN Pensioners' Association of Manitoba and is a Director on the National Council. In addition, she also serves as an alternate on the CN Pensioners' Association Health Care Committee and was recently elected to the CN Pension Committee. ***This is quite an honor as Linda is the first female Pensioner to do so.***

Linda is married to Kevin (also a CN Pensioner) and is the proud mother of two children, one stepchild and 3 grandchildren. Her hobbies include reading, travelling and spending time at the cottage. She loves spending time with her grandsons and seeing the world through their eyes.

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	Mel Rusiecki 204-255-1361
Linda Ksionzek 204-669-8308	Bob Gill 204-256-3897
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:

Gerry Boonstra celebrated his 82nd birthday on February 12th.
Denise LaRocque will celebrate her 80th birthday on April 21st.
Walter Lesiuk will celebrate his 85th birthday on April 10th.
Gordon Moore will celebrate his 85th birthday on April 1st.
Walter Netzel celebrated his 100th birthday on March 22nd.
Mary Rody will celebrate her 80th birthday on April 2nd.
Hal Rubin celebrated his 83rd birthday on December 2nd.
Doris Rugg, widow of Murton Rugg, celebrated her 100th birthday on March 7th.
Kathy Rusiecki celebrated her 77th birthday on January 6th.
Steve Skrybalo celebrated his 83rd birthday on January 18th, not his 84th as reported in the Winter 2015 Newsletter.

Happy Anniversary To:

Gerry and Eileen Boonstra celebrated their 60th Wedding Anniversary on March 10th.
Ronald and Judith Ross celebrated their 45th Wedding Anniversary on February 26th.
Hal and Sandra Rubin celebrated their 56th Wedding Anniversary on December 20th.

Manitoba Provincial Election - Tuesday, April 19th, 2016

ADVANCE VOTING – You can vote from **April 9th to the 16th** at any advance voting station. Bring one piece of government-issued photo ID, or two other pieces of ID.

Did you know that you can apply to vote at your home if you are unable to get to a voting station due to a disability? For more information on voting options, contact your returning officer or Elections Manitoba:

Elections Manitoba
120-200 Vaughan Street
Winnipeg, Manitoba, R3C 1T5
Phone: 204 945-3225
Fax: 204 945-6011
Toll free in Manitoba: 1 866 628-6837
election@elections.mb.ca
or visit: electionsmanitoba.ca



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).

Sick List:

Bill Cameron had a fall at his residence. He is recuperating and is in good spirits.

Hazel English is now in Victoria General Hospital waiting for placement in a nursing home.

Marge Jacobson fell and broke her hip. She had surgery to repair it in Concordia Hospital March 1st.

Robert Kusyk underwent physio and speech therapy after suffering a stroke. He is home and on the road to recovery.

Ruth McCorrie fell recently and suffered bruises and fractures to her nose. She is recovering at home.

Bill Simcoe is now in Holy Family Home.

Ed Stardom has lost a lot of weight after a fall some time ago. He is slowly recovering and will receive visitors but they should call first as he sleeps much of the time.

Ed Woodward is slowly recovering from congestive heart failure.

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

Ervin Adams*	Alain Grouette*	Lilliane Norton
Lilliane Aird*	Beverley Guarino*	Martha Paul*
Alene Anderson, <i>Mother-in-Law of</i>	J. Franklin Hayhurst*	Maurice Pearce
<i>Janet Lewis Anderson</i> *	Elwood Henderson*	Juliette Perron
Olga Armstrong*	Hazel Hill*	Melina Perron
Mary Banack*	Mary Hnatyshyn	Mary Picklyk*
Theodore Bangart	Clifford Hodge*	Nick Piontkowski
Raymond Barrett*	Alexander James*	Jean Potosky*
Arthur Beavis*	Dennis Jason*	William Prystanski
Robert Blair*	Reynard Jones*	Samuel Pshebniski*
Emil Berglund*	Paul Kalinski*	John Rattigan
Noreen Cairns*	Elizabeth Keats	Dolores Robinson, <i>wife of Dale</i>
Gilbert Carmichael*	Phyllis Kilpatrick	<i>Robinson</i> *
Bernice Carroll, <i>Mother of Ken</i>	Robert Knox*	James Rodrigues*
<i>Carroll</i> *	Mary Kosheluk	Margaret Romaniuk
Thomas (Chamby) Chamberlain*	George Krempler*	Frank Romeo*
Edward Chanowski*	Doreen Kulchyski*	Alene Roy
Adeline Chihonik*	Anna Kuzmenk*	Bruce Scott*
William Clifford*	Margaret Larkins*	Peter Shaw*
Walter Cormie	Dorothy Lauder*	Betty Solomon*
Eileen Craig*	Denis Le Gal*	Beverly Spooner*
Harry Cummine*	John Lepine*	Ethel Stone*
Mary Lou Deblaere	Alma Link	David Todoruk*
Francis Desrochers*	Wilfred McArthur	Alma Tomkiw*
Elinor Dimock*	Stanley McPhee	Speed Walker*
Bill Duxbury*	Barbara Mills	Helen Waugh*
John Elliott*	Joan Mitchell*	Walter (Bill) Weaver*
Antonio Fiorentino*	Nelson Morris*	Leonard Wilson*
Karnail Gill*	Alan Morrison*	Milada Zitek

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

SafetyAid:

What is the SafetyAid program - *SafetyAid* is a crime/falls prevention program that helps prevent break and enters and gives seniors a greater sense of safety and security in their homes. *SafetyAid* also provides material on how to prevent falls. The program is offered in partnership with Province of Manitoba, Winnipeg Police Service, RCMP and local law enforcement.

How much does it cost - Individuals and couples 65+, are eligible for a free home safety and falls prevention audit. If *SafetyAid* is not accessible in your area, a video or DVD is available to educate you on crime prevention and falls prevention.

SafetyAid also provides free community presentations on crime and falls prevention.

Who is eligible for an audit and free safety devices - Seniors 65+ who live in the community and have a net income below \$25,000 if single or a combined net income of less than \$30,000 for couples. Victims of a break and enter or home invasion will receive first priority. Seniors who exceed the income levels are eligible for free safety and falls prevention audits.

What safety devices does SafetyAid provide - *SafetyAid* can install deadbolts, peepholes, swing bars, smoke alarm batteries and extra address numbers. The team also provides falls prevention material: non-slip bath mats, nightlights, flashlights, fluorescent stair tape, ice melt for sidewalks and ice grip tips for canes.

Who do I call - Age & Opportunity Inc. Toll Free: 1-888-333-1808. In Winnipeg call: 956-6440
Age & Opportunity Website: www.ageopportunity.mb.ca



Bert Andrews: applied for and received a \$500.00 grant for the Winnipeg Seniors Amateur Radio Club.

His wife, **Betty Andrews**, applied for and received a \$250.00 spousal grant for the Winnipeg Ostomy Association.

Gerry Russell: applied for and received a \$500.00 grant for the Abbotsford Hospital Volunteer program.

His wife, **Maryann Russell**, applied for and received a \$250.00 spousal grant for the Abbotsford Hospital Volunteer program.

Refer a CN Friend and increase your grant money!

Are you a CN Railroader in the Community? Do you know a CN colleague, retiree or family member who could lend a helping hand or who volunteers but doesn't know about the program? Encourage them to become a CN Railroader in the Community and you could receive more grants for your charity!

There is no better time to become a CN Railroader in the Community. Not only does your time make a difference to a needy charity or a youth amateur sports team but spreading the word about the program can increase the money they receive!

Visit www.cn.ca for more information.

Harvey Hosfield Bursary Program 2016

The CN Pensioners Association of Manitoba is continuing to offer a Bursary Program to the children, grandchildren or great grandchildren of members of the CN Pensioners of Manitoba who are members in good standing and in receipt of a CN Pension as outlined in the Terms and Conditions of this program. **Deadline for applications is August 15th.** We want to remind all new applicants as well as those who were **NOT** successful recipients in previous years, that as long as your application meets all of the Association criteria, you can re-apply for the current year. The application requirements can be found at www.cnpensioners.ca. Please note that eligible applicants may also apply for the National Council Scholarship Program at www.cnpensioners.org

*****Did you know that the children, grandchildren and great-grandchildren of Associate Members in the CNPA of Manitoba are now eligible to apply for the Harvey Hosfield bursaries*****

An interesting website that members may want to visit is: <http://trainweb.org/oldtimetrains>. You will find many interesting stories, pictures and more from days gone by.



For decades thousands of people used trains to reach Grand Beach from Winnipeg such as this one in 1923



CN6062 is hauling the last scheduled run of steam on passenger service, April 1960. Those two little guys are nearing pension now!

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

Symington Family Day

Will be held on Saturday, September 10th, 2016. More details to follow.

Manitoba Seniors: On January 14th, the Manitoba Government launched a new edition of the Seniors' Guide for 2015-2016. For a free copy of the **Seniors' Guide**, contact the Manitoba Seniors and Healthy Aging Secretariat at 1610-155 Carlton St., Winnipeg, Manitoba R3C 3H8, or call the Seniors Information Line at 204-945-6565 or 1-800-665-6565 (toll-free) or visit www.manitoba.ca/shas. The guide is also available online at www.gov.mb.ca/shas/publications/docs/seniors_guide.pdf.

Did You Know:

The **CNPA of Manitoba** purchased a MemoryStone as part of the Conservancy Program at Assiniboine Park. The brick has been installed and is located in the third phase of large MemoryStones which continue to fill the walkway along the duck pond. Our MemoryStone is **brick 13 in row P3**. Take a stroll by our MemoryStone.



Why the Width of Railroad Tracks

In Canada, the standard rail gauge is – 4ft, 8-1/2 inches. An odd number.

Why was that gauge used: That was the way they built them in England and English expatriates built the Canadian Railroads.

Why did the English build them like that: Because the first rail lines were built by the same people who built the pre-railroad tramways and that is the gauge they used.

Why did they use the gauge then: The people who built the tramways used the same tools and jigs that were used to build wagons, which used that wheel spacing.

Why did the wagon have that particular odd wheel spacing: If they tried to use other spacing the wheels would break on some of the old long distance roads in England as that was the spacing of the wheel ruts. Who built those old rutted roads: Imperial Rome built the first long distance roads in Europe (including England) for their legions. Those roads have been used since and the ruts in the road were originally formed by Roman war chariots, which everyone else had to match for fear of destroying their wagon wheels. Since the chariots were made for Imperial Rome, they were alike in the matter of wheel spacing. Therefore, Canada's standard rail gauge of 4' 8-1/2" was derived from the original specifications for an Imperial Roman war chariot. Imperial Roman Army chariots were made wide enough to accommodate the rear end of two (2) war horses.

Now a twist to the story:

A space shuttle sitting on a launch pad has two (2) booster rockets attached to the sides of the main fuel tanks called S.R.B.'s. They were made by Thiokol, at their factory in Utah. The engineers who designed S.R.B.'s preferred them a bit fatter but the S.R.B.'s had to be shipped by rail from the factory to the launch site. The rail line happened to run through a tunnel in the mountains. The tunnel was slightly wider than the railroad tracks and the railroad tracks were about as wide as two (2) horses rear ends.

Therefore, a major space shuttle design of what is arguably the worlds' most advanced transportation system was determined by the width of two horses rear ends.

Ancient horses behinds control everything.

NOTICE: CN Pensioners' Association of Manitoba, Constitution and Bylaws - In accordance with Article XIV – Amendments Item 14.01, please consider this as your written notice of proposed amendments to the constitution of the CN Pensioners' Association of Manitoba. The proposed amendments will be read out at our June 2016 General Meeting and then voted on at the September 2016 General Meeting.

Any member wishing to view the proposed amendments, please contact any member of the Executive for a written copy. Amendments may also be viewed on our website - www.cnpensioners.ca

Equipment Facts: CN1059 - TAWAW Lounge Reception Car:



The car was originally built as a sleeping-buffet-lounge car by National Steel Car in Hamilton Ontario in 1954 as part of a huge purchase by CN to modernize and renew the passenger car fleet with coaches, sleeping cars and dining cars.

It's first number was CN1088 "**Cape Chignecto**" and was a two (2) compartment, two (2) double bedroom, buffet lounge car. In 1978 the car was transferred to VIA Rail with the same name and number when CN exited the passenger business.

In about 1986, CN repurchased the car from VIA Rail and rebuilt it into the Marketing

Reception car with the number CN 15165 and the name "**TAWAW**".

The car was later renumbered to CN1059.

Low Cost Drugs: Costco is considered to have the most inexpensive prescription drug costs in most parts of Canada and it is important to know that you do not have to be a Costco member to use the pharmacy. Just mention at the door when you go in that you are going to the pharmacy. Remember, the less money you spend on prescription drugs, the more money you save your Blue Cross Group Plan.



The National Day of Mourning, held annually on April 28th, was officially recognized by the federal government in 1991, eight years after the day of remembrance was launched by the Canadian Labour Congress.

The Day of Mourning has since spread to about 80 countries around the world. The April 28th Day of Mourning is a time to remember those who have suffered or died through workplace injury and illness.

Our thoughts are also with their families, friends and colleagues.

Meet your fellow pensioner: Rob Nykoluk



Rob Nykoluk was a conductor for CN Rail for 34 years, retiring in 2005.

The best thing about retirement was not having to be on call anymore, and having the time to pursue any interest that I wanted, without fear of being called away at the last minute. Best job I ever had! (retirement, that is.)

Rob's 5 granddaughters keep him very busy with their various activities. Fishing, hockey, ringette, volleyball, as well as a very special monthly book club, which starts off with grandpa finding a new restaurant for the "kids" to enjoy with the instructions, "Don't tell grandma we were here. What happens at book club stays at book club".

Rob Nykoluk and his wife Sue are also founding members of **Gifts of Grace Street Mission**, part of an outreach of St. Saviours Anglican Church, run entirely by volunteers. They provide weekly Sunday breakfast and Thursday supper meals for Winnipeg's homeless, 52 weeks a year. Many of the patrons they serve have substance abuse or mental health issues and are not always served at other soup kitchens or shelters.



Their Sunday breakfasts are served outdoors in warmer months (May-October). In the colder months (November-April), they move indoors to the Main Street Project as **Breakfast and a Movie**. It is a great venue where their homeless friends can get inside for a few hours Sunday morning, kick back, enjoy a hot breakfast, and a movie (movies courtesy of Movie Village)

Rob is the social media director for Gifts of Grace, and manages the group's Facebook activities. "I've always been interested in computers and the internet, and I love people. I'm glad I could harness my skills to do something socially relevant. It's been a goal of mine ever since hearing about "the diggers" back in the 60's. His outreach to the community through his involvement in several local Facebook groups has resulted in setting up a number of local food drop off locations, as well as a clothing depot. The community learns what is needed and responds by donating food for preparation by the group as well as much needed clothing and hygiene products.

Rob distributing hygiene products

Rob collects the clothing and delivers it for distribution on the street, and the food for preparation of the hot meals that are served twice weekly. His granddaughters often join in the food preparation sessions.

Continued on page 11

Continued from page 10

People see what we are doing through our online posts and many have contacted me with offers of help, encouragement, donations, and some have turned out to be our most helpful volunteers themselves.



Rob and his granddaughters getting in some practise.

The power of social media is incredible.

Our Facebook page is:

[www.facebook.com/
GiftsofGraceStreetMission](http://www.facebook.com/GiftsofGraceStreetMission)



Rob and his granddaughters preparing food

Time to Laugh:

A man and his wife check into a hotel. The husband wants to have a drink at the bar, but his wife is extremely tired so she decides to go on up to their room to rest. She lies down on the bed... just then, an elevated train passes by very close to the window and shakes the room so hard she's thrown out of the bed. Thinking this must be a freak occurrence, she lies down once more. Again a train shakes the room so violently, she's pitched to the floor. Exasperated, she calls the front desk, asks for the manager. The manager says he'll be right up. The manager is skeptical but the wife insists the story is true. "Look... lie here on the bed -- you'll be thrown right to the floor!" So he lies down next to the wife. Just then the husband walks in. "What," he says, "are you doing here!?!". The manager calmly replies, "Would you believe I'm waiting for a train?"

A retired husband is often a wife's full-time job.

Ever Wonder? What do gardeners do after they retire?

An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength. After a few weeks the man came back to make sure the new equipment was working properly, which it was. The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."
"Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times."

**CN PENSIONERS
ASSOCIATION OF
MANITOBA**

10 Greenwich Bay
Winnipeg, MB
R2J 1T6

We're on the web -
www.cnpensioners.ca

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

Frequently Called Numbers

The CN 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
Blue Cross, contract number 93115	204-775-0161 switchboard
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 Retirement—Fargo	1-877-772-5772

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