



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

Summer Edition 2010

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

Janet Lewis Anderson

President Ron Davis :—

489 4485

Our Out-Reach Chairman **Bob Gill** has had to give up his duties to the Out-Reach Committee due to personal reasons. He has been good enough to complete his term until November's local election which at that time we will have to have an election to fill his vacancy. Consider getting involved as this is one of the most read reports as it contains information interesting to all.

Ernie Borowski, Treasurer advises that he would like to have someone become familiar with the accounting and filing of the treasurers monthly report, depositing of local funds and get to know the treasurers responsibilities. He will give anyone the help needed to familiarize themselves with these procedures. This can't be left to the last minute in case he has to resign.

.....

Our local Association Executives welcomed our invited guests, National Council President Dave Simpson, N. C. Treasurer Bruce Peacock and Mercer's Darlene Cherry to our re-scheduled regular May meeting on Tuesday, May 18th.

The guests were on their way to the quarterly CN Pensioners Committee meeting in Saskatoon on Thursday, May 29th.

Simpson and Cherry talked at length on the merits of the CN Pension Plan, it's history over the past decade and spoke on the Escalation Account, the ups and downs of the investments and how fortunate we are to have come out of the past market corrections intact. Bruce Peacock gave an in-depth video presentation on the demographics of the membership across Canada re CN pensioners and the importance of PRD, pension cheque deduction of \$1.00 a month to pay ones fees for joining the local Associations and keeping the National Council financially strong to monitor the Plan and Escalation Accounts.

Symington Family Day is on Saturday, August 21st from 11.00 AM to 04.00 PM.

Bring the Grand-children as there are lots of rides, inflated balls and slides and give-aways, OBIE will be here again with vans and buses to provide transportation to the various venues such as the Car Shop, Diesel Shop and see the Hump in action.

Hot food, **drinks** and ice cream is available under a huge tent. Silent auction proceeds goes to the Children's Hospital Foundation of Manitoba. Last year just over \$5,000 was raised and CN matched this. A trip to Vancouver for 2 has been donated by Via Rail and is to be won.

If you want to volunteer, an hour or two, please call
Janet L. Anderson at 275 0482 **Harvey Hosfield** 489 6257

5-Pin Bowlers Needed!

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

The above are your CN Vet's Bowling League executive and we bowl at the Mosienko Lanes at the corner of Redwood & Main, Thursday mornings at 10.00 A.M., the cost is \$8.00 which includes prize money and wind-up banquet. Thursday, September 9th.

New bowlers are encouraged to come out. This will help get you out of the house, rain or shine. The summer recess is over when bowling starts up Thursday, September 9th. As we are a fragile bunch, we can find a spot on one of the teams.

Our wind-up luncheon buffet was held on Thursday, May 6th at the St. Joseph Polish Centre located on Main St., with a sumptuous meal catered by Lewis Caters.

The following bowlers were recognized:—

Grand Aggregate winning team Captained by **Tom Nichol, Bob Balkaran, Lenna Malmas & Gord Reimer.**

Championship team Captained by **Jim May, Theresa Beck, Ivan Pisker, Frank Coveney & Louis Lavallee**

Consolation Captained by **Ron Poersch, Lucie Joyal, Maryann Bandola & Jim Bandola.**

Ladies high average	Barbara Walley
Men's high average	Louis Lavallee

2010 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
pmcmullin@shaw.ca

Treasurer

Ernie Borowski 255 1123
darlern@mts.net

Committee Chairs**Hospitality**

Gary Davis 663 7722

Special Event

Linda Schram 255 5636
klschram@mts.net

Membership

Wayne Zaharia 694 5133
wayne-cnpa@zaharia.ca

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bandmcam@shaw.ca

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cbh@mts.net
Janet L. Anderson 275 0482
jelretiredmama@hotmail.com
Ron Davis 489 4485
Past Pres. N.C. ronvel@mts.net

Just a thought:—

Politicians and diapers should be changed often and for the same reason

Membership:—

Wayne Zaharia
694 5133

As of May 31st 2010 membership is as follows:—

Payroll Deduction	3,474
Fees paid by cheque	250
Total paid Members	3,724

We sent out approximately 2,300 recruitment letters and then followed up with telephone calls and were successful in signing up 532 new members, (435 signing up for pension cheque deduction and 96 paying by cheque).

Thanks to all those who signed up!

New members are listed on the insert enclosed. If your name is not listed under new members reason probably is that your application was received after the newsletter went to press. Rest assured it will be in the next newsletter, September issue.

REMEMBER:—IF YOU MOVE, PLEASE LET ME KNOW!!

About Symington Family Day to be held on Saturday, August 21st from 11.00AM to 04.00 P.M.:—

Volunteers are needed to help spell off others. No need to be there at 11.00 AM and stay all day, but spend a couple of hours making the job easier on everyone.

Two attendants are needed, one at either end of the Cab of the locomotives to assist in loading the passengers. A convenient step up to the level of the cab at both ends of the engine makes it easy for all to enter the cab.

Passengers enter the Cab of the engine which is conveniently placed alongside "M Building" and the ride takes you to Marion

Street and return. Children are handed "freebies" as they get on the units.

There is usually a volunteer at the Fitness Centre who familiarizes people wanting to see what the procedure there is and what exercise equipment is available.

Selling of silent auction tickets is not a hard task but a couple of hours for a just cause is what it is all about. Generous gifts have been donated by many businesses that CN does business with. GM has been approached and perhaps they might donate a car or two, (just joking), buy, if you don't ask you won't get one.

Lawrence Webb and Harvey can always use assistance at the entrance to Symington Yard around 12 or 12.30PM when the rush is on to get a hot meal and we don't want traffic backed up on Lagimodiere.

Finally, at the end of the day, table and chairs have to be broken down and stacked. This chore happens at the end of the day after 04.00 PM.

Caution is advised as this is still a 'working yard', with trains coming and going, engines remotely operated.

NB is the abbreviation of "nota bene". mark well—used to call attention to something important. From a dictionary.

If you have reason to phone Merce it wouldn't hurt to remind Mercer of your date of marriage. This info is important as on the pensioners death, your beneficiary is entitled to 55% of your pension if you were married prior to your retirement from CN.

If not, the 10 year estate rule governs

Outreach Committee

Bob Gill Chair 256 3897
Mel Rusieki 255 1361

Hank Gosselin 255 2722
George Lintick 254 1032

Thanks to the above Committee for their assistance in keeping us up-dated on the well being of our members. Don't forget to keep us posted on "Happy Events" such as marriage or milestone anniversary or birthday that may be occurring amongst our members.

To those previously mentioned in our Sick List, we hope that you are well on the road to recovery and good health. To those that are currently ill or still experiencing health problems, please know that you are close in our thoughts and the membership joins me in extending Best Wishes to you. We have received up-dates and reports on the following pensioners since the last meeting:—
(an asterisk* denotes member)

George Clements* on February 27th was taken to Victoria Hospital with pneumonia, however he is now recuperating
Ron Cumming* is now in the Misericordia Health Hospital
Nick Hanuschuk* had a pacemaker installed last fall is doing well at home.
William (Bill) Mitchell* now has breathing problems and must have an oxygen tank with him at all times
John Mozol* had a heart attack and had a stint put in the St. Boniface Hospital, now home recuperating
Stan Pardoski* broke his thigh bone, now home recuperating
Linda Schram* had gall bladder surgery in early March, now home recuperating
Bill Shakespeare* is now in the Deer Lodge Nursing Home.
Carl Steele* was in the Victoria Hospital and had an operation on his esophagus, now home recuperating.

Special Anniversaries:

Frank Atchison* Celebrated his 90th Birthday in March
Elia Gill Wife of **Robert Gill*** Celebrated her 80th Birthday May 14th.
Jeannette & Ed Grzadka Celebrated their 50th Wedding Anniversary April 9th.
Harvey Hosfield* Celebrated his 81st Birthday May 5th
Isabelle & William Mitchell* Celebrated their 61st Wedding Anniversary in November 2009
Margaret & Vern Peterson* Celebrated their 60th Wedding Anniversary May 27th..
Bill Shakespeare* Will celebrate his 91st Birthday on June 21st
Doreen & Bill Shakespeare* Will celebrate their 70th Wedding Anniversary August 2nd.
Jean & Gordon Waver* Celebrated their 60th Wedding Anniversary May 27th.
Marian & Edward Yagilashek* Will celebrate their 50th Wedding Anniversary June 30th.

Birthday of the Month Draw

We encourage all members to come out to our monthly meetings—especially if you are having a birthday that month—you too could be a winner!

March winners—	Stella Patson
April winner—	Marcel Ratte
May winner—	Harvey Hosfield

The following pensioners have passed away since the last report,
(an asterisk* denotes member of the Manitoba CN Pensioners Association).

Kathryn Akister
Jean Ball
Juliette Barton
W. Richard Brownlee*

John Armstrong*
Mary Bangart
Bernice Bell
Anne Burtney*

Sarwan S. Atwal*
Rose Bartel
May V. Boyd*
Donald Campbell*

Mike Ciurka*
Victor Deneka*
Edwardine Donnelly
Roger (Raymond) Duseigne*

Norman Cowan
Joseph (Joe) De Reuck*
Florence Dubray
Bill Egan*

Bruce Coyle
Thomas Diduck*
Evelyn Dunn*
Raymond Eger

Edna Fedeluk
Jaqueline Hall*
Dorothy Holland*
Anna Iwuc

Alfred L. Frost*
Henry Harper
Walter Hrymak
Dale Jasson*

Thomas Grabon
Olga Hillman*
Merle Hunt
Marie Jones

John Juskow*
Boleslaw Kurylo
Hermann Link*
Margorie McCallum

Phyllis Jonasson
Thomas (Ted) Labarge*
Lawrie A. Marchylo*
Gretta McLaughlin

Joan Kinniburgh
Dorothy Legin
Neale McCall
Freda McGrath*

John Millar
Joseph Nestor*
Elsie Riske
Olga Shier

Thelma Moir
Rosalie Ragot
Elizabeth Robb
William Sitarik

Gladys Nattrass
George A. Richter*
Kathleen Shelvey
James Stapleton

Nick Steanec*
Grace Terry-Fearnley
Gerald Young*

James R. Stevenson
Louis Toupin
Janet Wepler

Hubert Stoffels
Roland R. Vouriot*
Joseph Zubiak*

Our condolences go out to the Family and Friends of the Deceased.

Accolades to **Cliff Yerex** and his phoning committee with the help of **Wayne Zaharia**, Membership Chair for a job well done in getting over 500 to join our pensioners Association. To the new members please consider becoming active in your local. We need active participants with energy to keep abreast of the mechanics of your CN Pension Plan. The Company does not sit ideally by while lobbying the Federal Government when changes to the regulations of the defined benefit plan are considered. The Group of Six, (Bell, Canada Post, CN, CP, MTS Allstream and Nav Canada), put their chief financial officers to come up with favourable solutions for their companies.

We must stay alert to protect our interests.

Website Report & More**Janet L. Anderson**

Some Trivia:—for the month of April, we had 179 visits to our website with 589 pageviews. Average number of pages per visit was 3.29. The most frequently visited pages were the Home Page, the Wiki Page, Events Page, the Forum and the Executive Page.

As we turn 3 years old, we just want to thank the membership for their support and we hope that our website is and will continue to be a dynamic resource. Happy 3rd Birthday!

Bursary Program:—

Just a reminder, the deadline for applications is fast approaching—July 7th for graduating high school students and June 15th for all others. We are excited about this program, so please talk it up and spread the word to your children, grandchildren and great grandchildren. Our Bursary Program may be a way to assist them with their educational pursuits. A link to the application form as well as the Terms and Conditions of this program are on our website and can be found on the Home Page (www.cnpensioners.ca) as well as on our FAQ page (www.cnpensioners.ca/faq.html). If you don't have access to a computer and would like a copy of the Terms and Conditions and/or Application Form, please contact anyone of the Executive or just give this information to your children or grandchildren as no doubt, they will have access to a computer.

Transcona Homecoming 2010:—

Just a reminder, the dates to remember are Friday, June 4th, through Sunday, June 6th for the Transcona Homecoming Reunion 2010. For more information, refer to our February Newsletter or visit our website.

Westwood Collegiate 50th Reunion October, 2010:—

Did you or a family member attend Westwood Collegiate in Winnipeg? If so, be sure to attend the 50th Reunion Celebration taking place October 7th, 8th and 9th, 2010. For more information visit the reunion website at www.westwoodreunion2010.ca.

The Book Store:—

Did you know that some of our local pensioners have authored books? To obtain a copy of one of the 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 a Window of a Train" by **Barbara Lange....667 8521**
 "In the Arms of the Angels —Our Journey Through the Darkness of Dementia" by **Janet Lewis Anderson...275 0482**

Albert Delbaere in association with the Belgian Club is promoting a trip to the Shooting-Star Casino-Hotel, leaving September 26-28th.

All trips include transportation, 2 nights accommodation & on-board entertainment. Leaving 407 Provencher at 08.45 AM, Burger King 244 Osborn St. at 09.00, Sals, 2081 Pembina Hwy. 09.15.

Phone **Albert** at **256 8419** for reservation and more info.

Special Events:—**Linda Schram 255 5636**

June 2nd Regular meeting 01.30 PM, Norwood Legion, guest speaker is Lauren Cooke. Lauren is from a company Transitions. Topic is downsizing and moving.

July and August No meeting

Sept. 1st Regular meeting and guest speaker is Lori Yorke. Lori is from Sno Bird Medi Quote and the topic is on travel.

October 1st. Prairie Dog Central dinner and dance.

December 1st CN Pensioners Christmas Lunch.
no regular meeting at the Norwood Legion

If you have any ideas for speakers or outings, give me a call **Linda 256 5636** or e-mail FGL@mts.net

"ALL ABOARD"

CN Pensioners Association will be onboard the Prairie Dog Central

Come out and bring your friends and join us on Friday, October 1st, 2010. There will be dinner at the HITCH'N POST.

Tickets are \$45.00 each and we will depart at 02.00 PM, and arrive back at 10.30 PM

Tickets will be available at the June and September regular meetings of the Pensioners Assoc. at the Norwood Legion.

Tickets can also be purchase by calling **Janet Lewis Anderson at 275 0482** or **Linda Schram at 255 5636** or e-mail FGL@mts.net

Get your tickets early for this fun adult event. Maximum number of tickets available, 225 but we can always accommodate more if need be. At some point we will need a 'count' for the number of dinners ordered.

Lawrence Webb:—

Advises that local CN pension member **John and Lauren Cochran** have retired from delivering "Meals on Wheels", after 35 years in the Transcona Area.

Ed. comment... now that's worth a note as my wife and I did this for over 25 years mostly in the North End.

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.

Mr. J.P. Chester of Portage la Prairie writes, "I notice name **Josephine Aminot**, wishing you the best on your 100th Birthday.

Mr. Chester remarks on a co-worker **Ron Aminot** working together at Lakeland MB around 1952. He sends a couple of pictures that unfortunately that I can't reproduce, but have given same to **Janet Anderson** as she might want to include his letter and pictures on our web site.

Please look for it there.

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It was brought to my attention that I had two phone numbers for the U.S. Railroad Retirement Board, the correct # is 1 877 772 5772. Sorry for any inconvenience.

Prairie Dog Central No. 3 Update: **Paul Newsome**

No. 3 is undergoing its annual maintenance work prior to the start of the season on the Mother's Day Weekend.

As part of this annual work, the washout plugs are being renewed because it was found during the 2009 season that some of them were not properly "seated" and leaked. The PDC Steam Gang is working with Saskatoon Boiler in this project to replace 22 washout plugs.

In addition to this, No. 3 is getting prepared for its annual hydrostatic test. For those who don't know what this is, it's a test done each year in which the boiler is pumped full of warm water to a pressure equal to 150% of the working steam pressure. The purpose of this test is to ensure that there are no leaks anywhere on the boiler or the piping. Warm water is used because it is the safe way of locating any leaks. A hydrostatic test is a steam locomotive requirement covered by federal standards and adopted by the province. The Department of Labour—Mechanical Services is the provision to which the PDC is responsible in all matters for No. 3's boiler. Annual hydrostatic tests have been a steam locomotive requirement since back in the steam days.

Since No. 3's working pressure is 160 pounds per square inch, (PSI), the hydrostatic test will be 240 PSI. During this test the pressure is maintained for several minutes while all seams, joints, piping and orifices are examined by Department of Labour inspectors. The test will be scheduled in late April or early May.

To prepare for this test, the netting and exhaust bridge in the smoke box must be removed in order that the front end tube sheet and the front end washout plugs can be properly examined during the test.

I received a petition in the mail in March from the Council of Canadians, 700-170 Laurier Ave, West Ottawa, ON, K1P 5V5. Phone 1-800-367-7177. This groups mission, "ACTION for SOCIAL JUSTICE".

The letter goes to say, "Please take a moment to sign and send me the enclosed "Save our Water". This is a 6 page document and I have edited to this size do to the amount of space available.

Quoted—

"So far, Canada has not allowed bulk fresh water exports. But if we do, it will be next to impossible to stop them."

"You see, under the rules of the North American Free Trade Agreement, (NAFTA), once we begin exports, other foreign investors—most often U.S. -based corporations--will be entitled to the same favourable treatment as Canadian investors".

"And if our government tries to pass a law prohibiting these exports, corporations can sue our government for lost business."

"In fact, Sun elt Water Inc. of California has tried to sue Canada for \$10.5 billion (U.S.) because the B.C. government banned water exports in the early 1990's".

"**Lobbying the federal government** in Ottawa to develop a **National Water Policy** that ensures control of our water remains in public—not corporations—hand".

"So if you and I are going to succeeded in getting the government to protect our water by implementing a strong, comprehensive **National Water Policy**—remember, Ottawa could do this tomorrow if it wanted—we'll have to work together."

"Our fresh water is under terrible threat now. If even one province allows water exports, trade rules say every province must allow them—**with no limits on quantities.**"

These edited comments were made by Maude Barlow, National Chairperson

Ms. Barlow is also asking for \$45., \$60 or \$100. Contribution or whatever you can afford.

Cost of printing and mailing

this Newsletter is born entirely by the local pensioners Association.

Volunteers in mailing:

Bill Cameron, Tom Cassels, Rose Chapman, Lyle Corbett, Fred Dagg, John Derksen, Myrtle DeReuck, Lore & Myrna Gardiner, Hank & Verona Gosselin, Elanor Grey; Marge Jacobson, Lloyd Lovie, Tom Nicholl, Karl Olafson, Chontel Paterson, Ron Poersch, Albert Prejet, Bill Reilly, Mel Rusiecki, Gerry Savoie, Gord Stein, Egon & Helga Stanik, Wally Thomson, Diane Walton plus the Executive Members and Wives.

Thanks to You All

Harvey.

National Council Directors:— 2009-2010

Atlantic Region

Walter Agnew Moncton
Reg Hebert VP Moncton
Bruce Peacock Treasurer Moncton
vacant St. John's NL

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 Edmonton V.P.

Past President:

Ron Davis Winnipeg

Executive Secretary:—

Wayne Greenland Mount Pearl NFL

Liaison Officer

Peter Maslak London

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. All others are out of luck.

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.

Interesting Trivia

Stewardesses—is the longest word typed with only the left hand

And

Lollipop—is the longest word typed with your right hand.

No word in the English language rhymes with month, orange, silver or purple.

Dreamt—is the only English word that ends in the letters, "mt".

Our eyes are always the same size from birth, but our nose and ears never stop growing.

The sentence— "The quick brown fox jumped over the lazy dog", uses every letter of the alphabet.

The words—racecar, kayak and level—are the same whether they are read left to right or right to left, (palindromes).

There are only four words in the English language which end in "dous"—tremendous, horrendous, stupendous and hazardous.

There are two words in the English language that have all five vowels in order. Abstemious, and facetious.

TYPEWRITER—is the longest word that can be made using the letters only on one row of the keyboard.

A cat has 32 muscles in each ear- A goldfish has a memory span of three second— A 'jiffy' is an actual unit of time for 1/100th of a second.

A shark is the only fish that can blink with both eyes—a snail can sleep for three years.

Almonds are a member of the peach family.

Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.

February 1865 is the only month in recorded history not to have a full moon

c o n t i n u e d

In the last 4,000 years no new animals has been domesticated.

If the population of China walked past you 8 abreast, the line would never end because of the rate of reproduction.

Leonardo Da Vinci invented the scissors.

Peanuts are one of the ingredients of dynamite.

Rubber bands last longer when refrigerated.

The average person's left hand does 56% of the typing.

The cruise liner, "QE 2", moves only six inches for each gallon of diesel oil that it burns.

The winter of 1932 was so cold that Niagara Falls froze completely solid.

There are more chickens than people in the world.

Winston Churchill was born in a ladies room during a dance.

Ever Wonder Why??

Why the sun lightens our hair but darkens our skin?

Why is it that doctors call what they do "practice"?

Why is it that men who invest all your money are called, "brokers"?

Why are they called, 'apartments' when they are all stuck together?

For the Ladies Only!

A little know fact.....The first testicular guard, (Cup), was used in hockey in 1874 and the first helmet was used in 1974.

That means it took 100 years for men to realize that the brain is also important.

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.

Summer edition—June, July & August

Fall Sept.-Oct.. November

Winter Dec.-Jan.- Feb.

Spring Mar.-April-May

Election of local CNPA executive at the November mtg.

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 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 1 701 772 5518

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.

Volunteers in mailing out the Newsletter:—

Tom Cassels, Lyle Corbett, John Derksen, Lorne & Myrna Gardiner, Hank & Verona Gosselin, Marge Jacobson, Lloyd Lovie, Tom Nichol, Karl Olafson, Chontel Pateron, Ron Poersch, Albert Prejet, Bill Reilly, Mel Rusieki, Gerry Savoie, Gordon Stein, Egon & Helga Stanik, Wally Thompson, plus:—

Members of the Executive and their wives.

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 for 2009 is 1.14%. Received this from Revenue Canada Phone**Jim** at 253 0137 for a competitive filing rate.

CN Ladies Professional golf Association

To be held at St. Charles Golf & Country Club Winnipeg
August 23rd to 29th 2010.

Looking for volunteers—application forms on the CNPA website.

New postal rates effective January 11, 2010 —

Domestic—.57 cents U.S.—\$1.00 Overseas—\$1.70
30 to 50 grams \$1.00

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.

Interesting reading authored by local CN Pensioners

In One Lifetime:—	by Theresa Shanoha	774 7390
A Sentimental Journey	by Karl Olafson	256 5221
Through the Window of a Train--	Barbara Lange	667 8521
Our Journey Through the Darkness of Dementia		
by Janet Lewis Anderson		275 0482

Welcome to following new members.

Adams, Lynore	Cope, Barry	Hague, Robert	Law, Stephen
Akerstream, Gerald	Corbin, Richard	Hamilton, Evelyn	Lucki, Tony
Alvarez, Angel	Coughlin, Ruth	Hardy, Peggy D.	Lundie, Joe
Anderson, Gladys	Cowan, Dennis	Hawryshko, Paul	Lusansky, Burkhard
Andrychuk, Peter	Dare, Thomas	Hawthorn, Wayne	Lyon, Robert
Archer, Donna M.	Dasilva, Edward	Hayes, Florence	MacDonald, Fred
Armstrong, Joan	Davey, Ronald	Hayes, Ron	MacKenzie, Ken
Azarcon, Juan	Davies, Mary	Haysom, Myrtle	MacPhail, Gordon
Baker, Tina	Debrecen, Gerald	Hazelwood, Wayne	MacPhail, Patricia Jo
Baldwin, Doris	Delorme, Gilbert	Heintz, Wayne	Marchylo, Nancy
Bandola, Anna	Deluca, Assunta	Herda, Gerald	McCorriston, George
Barker, Darryl	Devenny, Murray	Hildebrand, Dwight	Mcivor, Douglas
Batiuk, Sophia	Dheere, Jacqueline	Hildebrand, Norman	McKay, Frances
Beauchamp, Spencer	Difonzo, Rocco	Hill, Roger	McMahon, Angus
Beaudoin, Wayne	Dimond, Bernice	Hnatuk, Gene	Melville, Ron
Bell, Suzanne	Dirks, Alice	Hodgins, Donna	Miller, Richard
Bellmore Betty	Dolphin, Brian A.	Hodgson, Sarah	Milling, Winston
Bernier, Gerald	Donnelly, Edwardine	Hoel, Helen	Milo, Fisher
Bestland, Milo	Dottavio, Lino	Hoffman, Richard	Molin, Victor
Bialkoski, Terrance	Dowhanik, Pauline	Hogan, Jack	Morin, Simone
Blanchard, Lawrence	Drost, Elizabeth	Holleron, Peter	Moszynski, Mary
Blanchette, David C.	Ducharme, Josephine	Hooey, Vaneen	Mott, Shirley
Blanchette, Kelville.	Duczminski, Ronnie	Hoppensack, Margaret	Mousseau, Aline
Boda, Tibor K.	Dudych, Christina	Horobec, Mike	Mrozek, Stella
Bogden, Rietta	Duffill, Robert	Houle, Russell	Mueller, Helmut
Boles, James	Duffy, Shirley	Howorth, Barry	Myron, Richard
Boretski, John	Duke, Eleanor	Ireland, Lawrence	Myskiw, Jeannine
Brian, Herbert	Dutko, Anna	Jamault, Albert	Nabess, Simon
Brommell, Alan	Ellis, Lynette, U,	Jeffers, John	Nadolny, Mary
Brouillette, Patricia	Feakes, David	Johnson, Frank	Nash, Sheila
Brown, Andrea	Fiola, Roland	Kailay, Gurmail Singh	Natale, Elsie
Bruce, Donald	Freeman, Bruce	Kashak, Art	Nault, Betty
Buchannon, Jeannine	Garry, Andrew	Kasmerski, Lyle	Naworynski, Virginia
Buenaventura, Roberto	Gee, Ken	Kasper, Ron	Neill, Edna
Burr, Robert	Gerelus, William	Keeley, Brian	Neimor, Florence
Calanza, Romeo	Gill, Karnail, Singh	Kinnaird, Robert	Nelson, Verna
Campbell, Dorothy N	Gillespie, Gary	Francis	Neufeldt, Amelia
Candaele, Glennis	Gnutl, Walter	Komarnicki, Andrew	Norris, Verona
Carroll, Donald	Gooding, Loni H	Kostelniak, Oresta	Noyes, Mona
Carroll, Rita	Goodz, Annie	Krause, Martha	Nykon, John W.
Cates, Ryan	Goran, Gloria	Kuzenko, Olga	O'Rourke, Rolande
Chagnon, James, K	Grande, Giuseppina	Kuzmenk, Anne	Owen, Izena
Chmuhalek, Ed	Green, Lucille	La Haie, Elizabeth	Pacheco, Joao
Ciurka, Marion	Greer, Dorothy	Labady, Helen	Pajic, Risto
Clark, Mary	Greer, Robert	Lalonde, Richard W.	Pangilinan, Eduardo
Clements, Scott	Greig, Ken	Landiak, Julia	Parberry, Gary
Clyde, Eunice	Grodecki, Gail	Lanthier, Denis	Parker, Eatl
Cochrane, Richard	Grouette, Alain	LaRocque, Joyce W.	Patterson, Bruce
Colasuonno, Frank	Guyot, Helene	Lasson, Ernie	Patterson, Jean
Colucci, Gino	Hadden, Ross	Laviolette, Grant	Paul, Derek

Paul, Martha
Pawlett, Howard
Pawluk, Anthony
Payette, Cecile
Peacock, Betty
Pearson, Ronald
Phillips, June R.
Pierre, Irma
Pitre, Vera
Polischuk, James
Porath, Clementine
Posthumus, Matt
Pressey, Beryl, M.
Proulx, Adelard
Ptashnick, Alice
Pypka, Elsie
Ravestein, Larry
Regula, Robert J.
Reitmeier, Irene
Remillard, Leslie
Rempel, P.
Ritchot, Maurice
Rock, Margaret
Romero, Luis
Ross, John
Ross, Maurice W.
Roy, Edmond
Rozmus, Stan
Rygiel, Adele

Ryz, Henry J.
Salvador, Teodoro
Samborski, William
Sawchuk, Gary
Scaletta, Dora
Scheller, Gloria
Schlamp, Russell
Scott, Ethel
Scott, Robert
Scotten, Martin
Seniuk, Harry
Serson, Marion
Shalapata, Mike
Shoell, Bryan
Silvius, David
Skiba, Walter
Slessor, Norman
Spillett, John
Spooner, Beverly
Spuzak, Myron
Sroay, Gurmukh
St. Germaine, Rosaire
Stanger, Gordon H
Stanley, Olafia
Staryk, Glen
Stefaniuk, Joseph
Steiner, Robert
Stelling, Donald
Stelmack, Pearl

Stelman, Frances
Stevens, Michael
Stewart, Theresa
Stordeur, Alma
Streber, Rudy
Streib, Patricia
Styran, Annie
Surynicz, Peter
Sutton Janice
Svenningsen, Martin
Switzer, Thomas
Szabo, Adele H.
Tanchuk, Roman
Tanghe, Barry
Targonski, Sophie
Tarr, Lillian
Taylor, Melvin
Taylor, Regina
Tchir, Anne
Teles, Joao
Templeton, Hazel
Tench, Murray
Tennant, Billie
Thomas, Garry
Thompson, Kenneth
Thompson, Roland
Thompson, Sadie
Thorimbert, Margery
Toppozini, Ken

Trepanier, Maurice
Twersky, Lawrence
Tytgat, John
Unger, Gordon
Ure, Valentine H.
Valentakis, Constanti
Van Normand, Lilian
Venesia, Grace
Wager, Florence
Wakeman, Fred
Wazny, Olga
Wegner, Elsie
Wells, Robert
Welsh, Elaine R.
Werschler, Donald
White, Joyce
Whitebread, Gerry
Wickstead, Robert A.
Willetts, Gordon
Willms, Nancy M
Wishart, Diana R.
Wojciechowski,
Margaret
Wood, Jeffrey
Zebinski, Mary
Zebrynski, Robert
Zimmer Edward
Zushman, John