



CN Pensioner Association of Manitoba

Meets the first Wednesday of the month at 01:30 P.M.
at the

Norwood Legion, 134 Marion St.

(No meetings in July or August)

Summer Edition 2009



Members:—Check out our Website — www.cnpensioners.ca
Get involved in The Forum....our online community!

Janet Lewis Anderson
See what's new.

5-PIN BOWLERS NEEDED

Wally Payonk, President at 338 2130 and
Marge Jacobson, Secretary at 222 6012 and
Dean Danforth, Treasurer at 452 9203 are there for
more information.

Our 5-Pin Bowling starts up again on Thursday,
Sept. 10th. Whether you are new or experienced, you
are all welcome as well as your partner. At the end of
spring season we were 6 players short.

We perform at the Mosienko Bowling Lanes at the
corner of Redwood and Main, Thursday mornings at
10.00A.M. \$8.00 covers the cost of bowling, the an-
nual banquet and prizes. There's lots of parking
on site and there's a group that retire for lunch at Kele-
kis Restaurant..

Come on down and join the fun.

The annual wind-up of the CN Vets 5-pin Bowling
League was held at the St. Joseph Club, 1476 Main St.
on May 7th with **President Wally Payonk** presiding.
John Mozol, President of the local CNPA and his wife
Colette attended as guests of the League. A sumptuous
buffet luncheon was enjoyed by all.

Awards and prizes were made to the quarterly win-
ners, the League winner and high bowlers averages for
the year were awarded.

After the last newsletter went out, our request for
more 5-pin bowlers was answered as we got four more
retirees out. All we need now are six more bowlers
and we'll have a full compliment of bowlers. The
Lanes can accommodate as many bowlers as needed as
they have two levels of bowling available and would be
happy to fill all the lanes with CN retirees.

John Mozol, President is back in the harness and wants
everyone to know that summer is coming and with the months
of July & August your local CNP Association does not meet
for regular meetings for the summer months.

Regular meetings start up again on Wednesday, **Septem-
ber 2nd**. Hope to see you there.

Mixed Golf—Thursday, August 13th, 2009

At the Oakwood Golf Course, tee-off time
10.00 A.M. Cost is \$62.00 which includes golf, share a
cart, prizes and Baron of Beef dinner. Contact **Ron
Davis** at 489 4485 for more information.

There won't be another newsletter out before
this date, Friday, August the 28th is the **next** newsletter
so let **Ron** know by July at the latest so that he can ad-
vise the kitchen of the number of dinners to order.

Please Note:—Your local Association has invited the
National Council's President Dave Simpson, the na-
tional Treasure and hopefully a person of interest from
Mercer to address our meeting.

The earliest available date is something the latter
part of **May 2010**.

Confirmation will appear in our future newsletters.

As you all know that we CN pensioners belong to a
“defined benefit” (DB) pension plan. Annual current service
costs as determined by the Company's actuaries and actives
contributions are paid into the CN Pension Trust Fund, ad-
ministered by the CN Investment Division which funds are
pensions.

In 2006 the Company introduced the “defined contribu-
tion”, (DC), benefit pension plan. Current management em-
ployees at the time had a one-time option of electing into the
DC plan for future service or remaining in the DB plan. All
future management hires joined the DC plan after January 1,
2006

The DC plan funds reside with Manulife and are com-
pletely separate from the DB trust fund. **Harvey**

2009 Executive**President**

John Mozol 885 6031
kaymoz@shaw.ca

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jelretiredmama@hotmail.com

Notice:—Change of venue, **Electrician's Breakfast**—effective **September 2009**, formerly at the **Nor-Villa** will be held at the **Canad Inn Regent Ave. 08.00 A.M.**

For more information contact...

Irwin Freeling 222 1534

Membership:—**Wayne Zaharia**

.As of May 31st, membership is as follows:-

Total Membership 3,172 made up of:—

Payroll Deduction	2,984
Fees Paid by Cheque	187
Exempt	1

We welcome the following new members..

Ager, Earl	Amundsen, Keith
Armstrong, Wallace	Ashton, Vernon
Aguilera, Jose I.	Bandola, James
Bolen, Donald M.	Coutts, Dan
Curwin, John	DeBaets, Douglas
Delaney, Gary	Finley, Alice
Fleury, Gordon	
Fontaine, Roland	
Gingera, Erwin	Gobeil, Mitch. J.
Gregoire, Gilles	Grywacheski, Darrell
Johnston, Lou	Kendall, Grgory
Klos, Bohdan	Kucbel, Rick
Lanyon, Catherine	Lenoski, James
Lintott, Lawrence	Maslij, Anastasia
McCorvie, John	McGregor, Barbara
McLennan, Audrey	Morris, Nelson
Motluk, William	Nadolney, Shirley
Naylor, Karen	Nohlgren, Wayne
Patterson, Gary	Rindall, Ken
Schultz, Brian	Shaw, Joan
Wachtendorf, Reginald	Wavey, Mary

Christmas Luncheon Linda Schram

CNPA will be having a luncheon on Dec. 2nd at the Masonic Centre.

Tickets will be available at all regular meetings starting in Sept. Arrangements can also be made to pick tickets up at other locations.

More information will be released in the fall newsletter.

Any questions or suggestions: Please call me at 255 5636 or e-mail

FGL@mts.net.

There will be no tickets sold at the door and there will be no regular Pensioners' meeting in December.

Please Note:—Associate Members....of our local Association who retires from VIA Rail cannot join the CN Blue Cross health care plan as monthly premiums cannot be deducted off their VIA pension cheques.

Treasurer's Report:—**Ernie Borowski**

Ernie presents his monthly report at our regular meetings.

Come on out to the meeting if you have any questions.

Membership continued.....

We are planning to establish an e-mail list so that we can reach pensioners if a need arises for their quick input. This list will be confidential and only used if necessary. Your e-mail address will not be broadcast to anyone on the list. The only e-mail address you will see will be yours and yours alone. If you are agreeable to receive these e-mails please send your e-mail address to.. wayne.zaharia@cnpensioners.ca

Following members have moved and did not give a forwarding address. Would appreciate hearing from anyone who knows where they might have moved. Thanks.

Argue, Freda 212-Fafard Ave. The Pas
Belmore, Steve, 420-110 Lincoln St.

The Bay, ON

Brown, Duane N. 159 Royal Mint Dr.

Burke, Florence S. 554 Banning St.

Crawford, R.R. PO Box 11 Comp. 3,

Broad Valley MB

Curtis, Iris 404-275 First St.

Duncan BC.

V9L1R3

Deckert, Harold 229 Kildare Ave.

Diaczun, Walter 1375 Molson St.

Firby, William 217 Aldine St.

Flynn, Michael J. 206-880 Arlington St

Graham, Edward J. 213-3161 Grant Ave

Grogrenz, Frank 946 Ingersoll St

Lisenchuk, Kenneth J. Box 973

Sioux Lookout ON

McCormick, Robert 1015-3033

Portage Ave

Miechkota, Katherine 105-1126

Molson St.

Norris, Emma 227 Stradbroke Ave

Perreault, Jean Box 742

Sioux Lookout ON

Scott, Glen 706-400 Osborne St.

Vaudry, Aime Box 244

McGregor MB

If you move please give me your new address. Unfortunately when you advise Mercer of any changes they do not pass it on to us because of the Privacy Act.
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Membership cont.

There are approximately 2,000 pensioners/survivors in Manitoba who are not members of our Association. If you know any of these we would appreciate you signing them up. Unfortunately because of the Privacy Act we are unable to access these names from Mercer. Remember an organization is only as strong as it's membership and we need your help in making ours stronger.

Outreach Committee

Bob Gill Chair	256 3897	Hank Gosselin	255 2722
Mel Rusiecki—	255 1361	Geo. Lintick	254 1032

Thanks to the above Committee for their assistance in keeping us updated 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 membership.

To those previously mentioned on 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 you are close in our thoughts and the membership joins me in extending Best Wishes to you. We have received updates and reports on the following Pensioners since the last meeting. (an asterisk * denotes member).

Jean Baron	wife of Archie Baron* had an operation for a brain tumour in Edmonton, now home recuperating.
Michael Bobko*	was in St. Boniface Hospital with fluid on the lungs, now home recuperating.
Walter Code*	had a stroke and is now in Meadowood Manor on St. Anne's Rd.
Helve Dawson*	had a pacemaker put in, now home recuperating.
Joe DeReuck*	was in Concordia Hospital with breathing problems, now home recuperating.
Barry Duncan*	was in St. Boniface Hospital with health reasons, now home.
Marion Hill	wife of Fred Hill* , had a stroke, now home recuperating.
Peter Horobec*	was in the Steinbach Hospital with heart problems, now home recuperating.
Jim Johnston*	is now in Deer Lodge Nursing Home.
Doug MacDonald	is now in Deer Lodge Nursing Home.
Tom Nicholl*	had his operation in St. Boniface Hospital, now home recuperating.
Harold Pappin*	had extensive surgery at St. Boniface Hospital, now in Dakota House recuperating.
Ken Rigaux*	was in St. Boniface Hospital and had another aortic valve replacement, is now home doing very well.
Jerry Savoie*	having health problems.
Andrew Sawler*	was in Grace Hospital with a heart attack, now recovering.
Daphin Sawler	wife of Andrew Sawler* had double pneumonia was also in Grace Hospital, now recovering.
Bill Scurfield	is now in Deer Lodge Nursing Home.
George Turnley*	was in St. Boniface Hospital undergoing tests, now home.
Hugh Walker*	was in Seven Oaks Hospital with pneumonia, now home recovering.

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Special Events

Nancy & Lawrie Marchylo*	Will celebrate their 60th Wedding Anniversary June 4th.
Lawrie A. Marchylo*	Celebrated his 88th Birthday May 28th.
Julie & Ted Kozan*	Celebrated their 50th Wedding Anniversary January 3rd.
Florence & Doug Small*	Celebrated their 57th Wedding Anniversary April 26th.
Clara & Harold Weitzel*	Celebrated their 60th Wedding Anniversary February 28th.
Mary & Tom Willows*	Celebrated their 60th Wedding Anniversary May 12th

Here are our most recent Birthday of the Month winners—

Month—March—**Harold Prystie**
 April—**Janet Lewis Anderson**
 May—**John Yarema.**

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!

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

Leonard A. Anderson*	Vernon B. Anderson*	Arthur Bellamy*
Michael Bobko*	Terry Buckhannon	William M. Buckels*
Douglas Campbell	John S. Carpenter*	Vince Chubey*
Robert W. Deans*	Bernice Dubeski wife of Joe Dubeski*	
Peter Dubeky	Patricia Dunn*	Elsie Figus
David Finley*	Velma Gagnon	Jake Gowryluk*
George Graham	Wilfred O. Hendrickson	Darlene Houghton partner of Bryce Chesser*
Ludwig Kufowski	Sam Lazar*	
Harvey H. Little William	H. Logan	Gladys Lussier*
Stanley Holatko	Waldemar Koehn	
Max Merrick*	Kitty Morre*	Julia Okell
Emily Osinsky	Bryan D. Paterson	Joseph L. Paullus*
Caroline Piragus	Virginia Pottinger*	Lorne Self*
George Snead*	Helen Thomas	Beatrice Trann wife of Alvin Trann*
Ken Ulrich*	John Wasylchuk	

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

Submitted by Karl Olafson—

Josephine Aminot, a very proud member to celebrate her 100th birthday.

Our member, **Ron Aminot**, formerly Regional Supervisor of Work Equipment Operators at Transcona tells me that his mother, **Josephine Aminot**, (nee Robitaille), will be celebrating her 100th birthday this July 19th. She is in residence at the Foyer Notre Dame nursing home in Notre Dame De Lourdes.

Mrs. Aminot, along with her late husband John, who worked on the section on the Carman & Miami Subs. For 23 years, raised eleven children. Three of these also followed in their father's footsteps and also with grandchildren, this family has contributed something like 144 years of service with the CN. **Ron** said it was a common practice at the time for his siblings, on leaving school to simply walk directly down the tracks from the school house to join the railway.

All members of the CN Pensioner's Assoc. of Manitoba congratulate you **Josephine** and wish you well on this very special occasion.

Website Report

Janet Lewis Anderson

Happy 2nd birthday to Us! Our website has now been in operation for two years! This has been such a great experience as we have developed, constructed, launched and now maintained our very own website. We hope that you agree that it is clean, informational, user friendly and dynamic and we hope that all of you—our Pensioner audience, will continue to visit the site and benefit from it.

As your Web Co-ordinator, I have sincerely enjoyed the challenge and learning experience this opportunity has provided me. I hope that as we embark on our third year, we will continue to keep our site current, refreshing, informative and educational. It is for your enjoyment, so we encourage all to bring forth ideas and participate in its ongoing development.

Once again, our sincere thanks to our Technical Consultant, Ryan Zaharia, and also to all of you who have brought us stories and photos to share.

Greek Isles & Mediterranean Cruise—It's not too late to sign up for our Greek Isles & Mediterranean Cruise on the Beautiful Grand Princess, October 1st—13th, 2009. Princess Cruises is currently offering a reduction deposit of \$125 Cdn.

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person until June 16th.

Space is getting tight but it is not too late to take advantage of this once in a lifetime vacation and chance to visit many famous and historical sites. Your Hosting Trio (**Diane Walton, Janet & Bruce Anderson**) would be delighted to have you join them on this wonderful cruise adventure.

Also, don't forget, the airfare from Winnipeg has been reduced by \$200 per person. Remember, you don't have to be a CN Pensioner to join us on this cruise.

For more information, go to our website or contact Bev Harbour of Carlson Wagonlit Travel at 946 1553. If calling from outside of Winnipeg, you can call toll free at 1 800 661 3193 and then ask for Bev.

We promise you a great time!

And more Fun Get-Aways!!!!

Moose Jaw Mineral Spa Tour October 25th to 28th, 2009

CN Pensioners, Family and Friends are invited to join us on this fun and relaxing tour which includes 4 days/3 nights at the Temple Gardens Mineral Spa, Unlimited Spa Pass (treatments not included), Guided Tours of Moose Jaw, Rebate at Casino Moose Jaw, Fehr-Way Lunch, Transportation by Luxury Motor Coach.

This tour makes for a great "Getaway for the Girls", but it has many things to offer for the men as well. Relax at the Mineral Spa or enjoy the sites of this popular Prairie town. This will be a fun getaway! Cost is \$425 plus taxes for double occupancy and \$625 plus taxes for single occupancy. Optional travel insurance is extra. You can reserve your seat for only a \$200 deposit. Final payment is not due until September 11th.

For more information about this trip, go to our Events Page on our website at www.cnpensioners.ca, or to reserve your seat, contact Fehr-Way Tours at 989 7011.

Be sure to make mention of your affiliation with the CN Pensioners.

Special Events Report:—

Diane Walton 269 1303

Well, we have survived another winter and hopefully summer will be wonderful....we certainly deserve it, after all the nasty weather!!! Get out and enjoy it.

The past year we have had some wonderful speakers on very informative topics:

March 4th—Cathy Taylor & Associates from the Wpg. Regional Health Authority (831 2969) out-lining the many benefits and services offered to seniors...call her if you need help.

April 1st—Heather Dixon (944 8844) talking about the role of the Executor...extremely informative and entertaining. Please call Heather if you ever need an honest lawyer.

May 6th—Kim Wilson, Habitat for Humanity (235 2400) talking about the project Habitat has in Winnipeg and opportunities to help others by volunteering or donating goods.

Coming Up:—June 3rd—Dr. Rick Holley, U. of M. Food Sciences Dept. How Safe Is Your Food? Do you know what is lurking in your refrigerator? Come hear how to make safe and healthy choices in purchasing and storing your food.

We have more great speakers and topics lined up for the Fall....dates have yet to be finalized but include:—

CN Family Day at Symington Yard—Saturday, September 19th—this is one event you do not want to miss, something for all the family.

CN Track of Glory Race—Sunday, September 20th—always need volunteers for a few hours...very easy, lots of fun and always appreciated....phone Lori Orchard 231 7718.

Genealogical Society....have contacted them re: a speaker...how to trace your family tree, how to get started, what resources are available....something you always wanted to do?

Tai Chi—a very ancient art that can be done by people of any age,, even those who are in wheelchairs! Come learn how this can help YOU!

Sorry not to be able to give you a specific date for each topic but I am awaiting confirmation from speakers.

However, each meeting is a great opportunity to socialize with old friends, have a cup of coffee and donut, and learn something that could greatly improve your life. Hope to see you all out at the next meeting Wednesday, June 3rd.

Al Hintz, retired train dispatcher has compiled the following indexing increases re our CN pension;—

2000	0.66%	2001	3.7%
2002	2.98%	2003	1.28%
2004	1.98%	2005	1.02%
2006	1.26%	2007	1.5%
2008	1.08%	2009	1.32%

Al further writes.....

I have taken the liberty of compiling the above chart regarding the percentage increases in our monthly pensions commencing with the year 2000.

I hereby wish to add a few comments if I may. I'm always dismayed and disappointed when I read that each year a number of our members decline to renew their membership. That also goes for some reluctance to use the payroll deduction provision and here we can only encourage our members to do so.

I retired at age 55 on March 31, 1990 and first qualified for the indexing provision in Jan. 1998 at age 63. The increase for me amounted to \$14.63 per month. The percentage I've indicated on the chart should be relatively the same for all pensioners while the actual dollar amounts would vary and are subject to the maximum increase allowed.

As pensioners, all of us whether dues paying members or not, owe a deep sense of gratitude to the Pensioners Association for having been instrumental in achieving a larger increase in the years since 2000 than would otherwise have been the case. Their efforts have been and continue to be invaluable and I sincerely thank them for all they've done on our behalf.

One more comment before I bring this letter to a close. I note that CPP benefits were increased by 2.5% for 2009. This increase is based on federal statistics. However, the formula used for CN pensioners is calculated as 60% of 2.2 instead of 2.5%. Perhaps a common sense explanation can be forthcoming from experts in this field. How can there be more than one "cost of living" figure when only one is required and should apply across the land?

Al Hintz

Pickled Northern Pike or Whitefish

This recipe is worth repeating as summer is approaching and fishing season will be opening shortly:

Cut fish in bite size pieces. Fill quart jar 3/4 full and for each jar put in

1	sliced onion
1 1/4	cup white vinegar
1/2	cup sugar
2	tsp. salt, coarse pickling
1	tsp. pickling spice
1	small clove garlic.

Shake well, put jars in refrigerator and shake once every day for 10 days.

Ready to eat.

Stroke Identification:

Recognizing a Stroke

Remember the "3" steps, STR.

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S—Ask the individual to SMILE.

T—TALK. Ask the person to SPEAK A SIMPLE SENTENCE, (Coherently) (eg., "It is sunny out today").

R—Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call 911 immediately!! and describe the symptoms to the dispatcher.

Note: Another sign of a stroke is

1—Ask the person to stick out their tongue.

2—If the tongue is crooked, if it goes to one side or the other, that is also an indication of a stroke.

Something to think about!!

Questions?

What's the biggest gripe of retirees?

A....There's not enough time to get everything done.

Among retirees, what is considered formal attire?

A....Tied shoes.

How many days in a week?

A....6 Saturdays, 1 Sunday.

When is a retiree's bedtime?

A....Three hours after he falls asleep on the couch.

What do retirees call a long lunch?

A....Normal.

What's the biggest advantage of going back to school as a retiree A.....If you cut classes, no one calls your parents.

What do you do all week?

A....Mon. to Fri. nothing: Sat. & Sun., I rest.

Why do retirees count pennies?

A....They are the only ones who have the time.

What is the common term for someone who enjoys work and refuses to retire? A....Nuts!

National Council Directors:—
2007-2008 Atlantic Region

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

Quebec Region

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

Ontario Region

David Simpson	President
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Gary Heasman	Saskatoon
Carson Hull	Winnipeg VP
Janet Lewis	Winnipeg

Mountain Region

Chuck Lewis	Coquitlam
Sig Poeppel	Kamloops
William Whiteman	Edmonton V.P.

Past President:

Ron Davis	Winnipeg
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Executive Secretary:—

Wayne Greenland	Mount Pearl NL
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Liaison Officer

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

Clinton Park, a long, long, long-time resident of Rainy River ON and a retired CN pensioner celebrated his 105th birthday with his wife **Doris** and their daughter and son-in-law at the Rainy River Health/Long Term Centre.

Mr. Park attributed his longevity to hard work. Now that's something to celebrate!!

The Honourable Minister of Finance, Jim Flaherty called for "Joint Submissions to Department of Finance Canada on its January 2009 Pension Plan consultation Paper".

Open meeting were called across Canada for corporations, unions the National Council, interested groups and/or individuals to make written or oral presentations to promote their views. Of interest to me was the "Group of Seven, Chief Financial Officers of Air Canada, Bell Canada, Canada Post, CN Railway, CP Railway, Allstream and NAVCANADA."

I attended the local meeting here in Winnipeg, April 14th with most of your local executive members in attendance. The meeting opened with a statement by a member of parliament from Alberta in the "chair" and then four, 15 minute presentations were read out, **VP Ron Davis** was one of the presenters.

The Group of 7 basically want the 5 year period to pay off any solvency obligation to 10 years. As the stock market goes up and down, when returns on investment provide surplus again, with a 10 year period for this to happen is more likely than in 5 years.

In the TCRC unions written brief, the most important phrase I saw was, "With regard to changing the pension standard of care for defined contributions plan, from "fiduciary to good faith", the TCRC is of the opinion that the pension standard of care remain as it is today. As I understand this phrase, "fiduciary responsibility", in our case the Company is responsible by law to protect the interests of all members of the Plan. We belong to a defined benefit plan, CN has already introduced the defined contribution plan and if they get that changed in the DC it won't be long until it applies to the defined benefit plan.

please see footnote below

Joan Davidson writes:—

I would like to convey my sincere thanks to you for advising me to call **Carson Hull**, who resolved my problems with Blue Cross. I certainly was given a run around with them. However, **Carson** handled everything so expertly and quickly. I am so grateful to him.

We, as pensioners are so fortunate to have these retired men/women willing to spend their time devoted to helping us with our problems.

Would you please print this letter to be inserted in our pensioner's paper so that other pensioners will know how valuable you and people like **Carson** are to us.

Many, many thanks to both of you.

Signed

We as pensioners don't have too much bargaining power when it comes to protecting our CN pensions. The courts are our only protection. Look at 2001 & 2002, \$130 million was lost, 2007 \$62 million has been promised in the future

Harvey

If your looking to buy a new car, your CNPA has a deal with any participating Ford Dealership. To get the proper procedure go to www.fordpartner.com, click on this link and fill in the appropriate forms.

The code is 0C208, that is zero c 2 zero 8. It works as I pressed the links above and got the application. This includes Fords, Lincolns and Volvo vehicles.

Letters to the Editor are much appreciated. If you have something of interest to share with other CN pensioners I'll be happy to pass it along. Mailing address :—
122 Borebank St., Winnipeg MB, R3N 1C9

This Newsletter is mailed out by your local Association quarterly. Total cost of the newsletter is born by the Assoc.
Summer edition—June, July & August.
Fall edition September, October & November
Winter edition December, January & February
Spring edition March, April & May

Election of local CNPA executive at the November mtg.

The Pensioner's Help Line number:— 1 800 361 0739

Always have your P.I.N. to better identify you when making inquiries. Adjustment to tax deducted off your cheque, advise the above number. If you are married at the time of retirement, make sure that CN has your spouse's name on file. Direct Deposit, never close your old account until your cheque shows in the new account.

Canada Pension and Old Age Security information 1 800 277 9914
Canada Customs & Revenue Service, re income tax 1 800 959 8281
Blue Cross, contract number is 93115 775 0161

Phone Numbers for International Employees

U.S. Railroad Retirement Fargo ND 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 real 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.

Volunteers in Mailing the Newsletter:—

Tom Cassels, Lyle Corbett, Joe & Myrtle DeRenck, John Derksen, Lorne & Myrna Gardiner, Eleanor Grey, Hank & Verona Gosselin, Harry Kaye, Marge Jacobson, Lloyd Lovie, Karl Olafson, Chontel Paterson, Alban Project, Bill Reilly, Mel Rusieki, Gerry Savoie, Gordon Stein, Egon & Helga Stanik, Wally Thompson plus
Members of the Executive and their wives.

Caron Hull at 269 2692 is your contact if you want to order a CN pensioner's jacket, golf shirt or other accessories.

There is a surcharge of 15% on xxxl

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 retired from Transportation at Symington in 1988 and has filed income tax returns prior to then.

He is familiar with recipients who receive U.S. Social Security and Railroad Retirement benefits and foreign tax credits.

His phone number is 253 0137

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

Phone 1 800 424 6423 and quote your ID# 00064447 and give the City, time, arrival, departure etc. Always have your PIN to better identify you and 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

Christmas Luncheon 2009:—

Linda Schram 255 5636

Mark your calendar so you don't miss this upcoming event, **Wednesday, December 2nd, 2009**, at the Masonic Centre, (Osborne St. & Corydon).

(There will be no regular meeting at the Norwood Legion on Dec. 2, 2009.)