



Crossarms and spurs

MAINLINE NEWSLETTER London CNPA

May 2021

Due to the ongoing COVID-19 outbreak all meetings have been cancelled for now. Video conferencing has replaced executive meetings at the National, Provincial and Local levels of CNPA.

CNPA Council C7
Executive and Delegates



May 2021

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**CN Pension & Benefits
Administration**

National Website & National Facebook

www.cnpensioners.org

www.facebook.com/cn.pensioners.92

www.facebook.com/cnpa.french.3



CN Pensioners Association London Council (C7)

Message from your President

As the year moves on, we are all in the third lockdown at this time I hope you are all safe and doing well.

Your executive is working with a pharmacy to help you get your prescriptions for \$ 2.11 and if you have Blue Cross, it may not cost you at all.

Do not forget to call members that may be home alone they would love to get a call from someone that they work with.

You may contact me; my address is 49310 John Wise Line Aylmer On. N5H 2R4 e-mail hewson@eastlink.ca or phone 519 671 3321.

Thank you and stay safe,

Ron Hewson

Scholarship Programs Submissions April 15th to August 15th, 2021

CNPA ONTARIO PROVINCIAL COUNCIL TRADE BURSARY:

The CN Pensioners Association of Ontario are pleased to sponsor a CNPA Trade Bursary. The purpose of the Bursary is to assist financially in the educational pursuit and career development of children, grandchildren, and great grandchildren of supporting members of the CN Pensioners Association belonging to the Ontario Provincial Council.

Applications will once again ONLY be accepted BY EMAIL and must include all scanned or electronic supporting documentation as one complete PDF file.

There will be one Trade Bursary each year for \$1500.00
Please visit the website

<https://www.cnpensioners.org/scholarships.cfm>

CN Rail and Johnson Insurance have scholarships available, with the deadline for submission for the Johnson Insurance scholarship being July 15th, 2021.



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Exclusive Perks for CNPA Members

- Dare to compare and **SAVE** with our low dispensing fee and markup
- Pay a max of **\$2.11** per prescription covered by ODB

~~\$6.11~~
you pay
\$2.11

- **FREE** delivery anywhere in Ontario. Same day delivery in London!
- Speak with our Pharmacist Specialists Mon-Fri 8AM-7PM
- **SAVE** on over 10,000 health essentials and home healthcare products
- Enter promo code: **CNPA20** to **SAVE 20%** off your first purchase
- CNPA Members get **5%** off all future health store purchases
- Shop online at www.TheHealthDepot.ca



Scan QR Code to learn more about our unique offerings and special services!

Toll Free: 1-855-844-2242



Elizabeth (Betty) Walsh
Receiving her New Centenarian Award. Presented to her by her son David. May 8th, 2021.

What every older Canadian should know about: Fraud and scams

Identity theft

Identity theft occurs when a con artist steals personal information from someone so they can pretend to be that person and then do things like apply for a credit card, take out a loan or mortgage, get a cell phone or withdraw bank funds. The con artist will try to get information such as a bank card number and personal identity number (PIN), credit card number, health card number, driver's license and Social Insurance Number (SIN). Sometimes they will steal or copy the documents; sometimes all they need is the information. If your wallet is lost or stolen, or mail you are expecting goes missing, you should report it right away to your bank or credit union.

Credit/debit card fraud

Credit card and debit card fraud occurs when a con artist uses your card, or a copy, to make purchases or withdraw money from your account. Keeping your card in sight, memorizing your PIN, and shielding your hand when you enter your PIN are ways you can reduce the risk of your credit card or debit card information being stolen and misused.

Online scams

There are many online scams and new ones appear all the time. Some appear to be asking for your help; some say there is a problem with your bank account or tax return. Scam e-mails are often easy to spot because of spelling and other mistakes, but some can look like they are coming from a person or organization you know. If you are not sure about an e-mail for example, if it asks you respond with personal or financial information or to go to another Website and enter information there – call to check, and do not respond to the e-mail.

Phone and door-to-door scams

Phone and door-to-door scams are also very common. Someone will call or come to your door pretending to be a representative of a charity, an employee of a credit card company, or even a distant relative. You might be offered a free prize or trip. If you aren't completely sure who you are dealing with, do not give the person any money or information.

Sometimes people call or come to your door using high-pressure sales tactics to get you to buy something you don't want or need, or to talk you into getting work done on your house and then overcharging you or doing a bad job. While this is not always illegal, it is wrong and should be reported.

Tips and safeguards

- Keep all personal documents in a secure place. If you don't need them, do not carry your birth certificate, passport or SIN card.
- Never tell another person your PIN or account passwords and take care to cover your hand when entering your PIN at bank machines and when making store purchases.
- Safely dispose of old bills and statements—shredding is best.
- Do not click on pop-up windows or respond to e-mails, open attachments or go to Website links sent by people you do not know. Your bank or credit union will not send you anything by e-mail unless you ask them to.
- Never give out your credit card, bank account, or personal information to someone over the phone, at the door, or over the Internet unless you know the person or organization you are dealing with, or you made the contact.
- Do not sign an agreement or contract to buy anything without giving yourself time to think it over. If a salesperson insists that an "offer" is "time limited" and you must decide that moment, it is probably better not to buy.
- Be suspicious if someone you don't know asks you to send them money or a cheque, or to return money they "accidentally" sent you.
- Before hiring someone or agreeing to have work done on your home, ask for proof of identity and references and check them.

From the Desk of Louise Bayer, Membership

It is *imperative* if you move, get a new phone # or a new email address you let Louise Bayer know. If you no longer want to be a member of the CN Pensioners Association, please telephone Louise.

Louise Bayer:
519-438-2433,
693 Brant St., London, Ontario N5Y 3M9.
email lbayer@hotmail.com

Stay Well, Stay Safe
Regards
Louise Bayer
Membership



Zacher Robert	09 Dec 2020
Lamb Kenneth	20 Dec 2020
Pastorius Elfrieda	09 Jan 2021
Edens Marion	11 Jan 2021
Holliday Lorrene	12 Jan 2021
Sherry Alexander	17 Jan 2021
Bojars Juris	26 Jan 2021
Barbosa Maria	01 Feb 2021
Huffman Joyce	02 Feb 2021
Hemmen Joseph	03 Feb 2021
Racho Catherine	06 Feb 2021
Murray Florence	14 Feb 2021
Kuntze Dorothy J	11 Mar 2021
Fiddler Violet	25 Mar 2021
Dowson Robert	30 Mar 2021