



Canadien National Pensionner association

Provincial Council of Québec

Provincial Bulletin March 2021

Word from the president and Health care	1
Presentation of the committee	2
St-Patrick in Richmond, Qc	3
CN Rails in the Community	4
Scholarship program	5
Checklist	6

MESSAGE FROM YOUR PROVINCIAL PRESIDENT

After a very restrictive confinement, we see the light at the end of the tunnel, because according to the objectives of our Provincial government, it is quite possible that all our retirees will have received the two doses of the COVID-19 vaccine. This would mean that finally in September the activities of the Councils would gradually resume their activities, which will represent for many of us an injection of happiness!

The next annual general meeting of the Provincial Council will take place on May 27, 2021, and it will once again be virtual (ZOOM)

This year we have 28 retirees and / or retiree survivors who will be celebrating their 100th birthday. Thank you to everyone who is part of the team for making sure every centenary receives their commemorative plaque.

We thank you for your usual collaboration and look forward to having the opportunity to meet again soon.

Yves G Bourdon president

Health care by Arthur St-Hilaire

We are still in the midst of the COVID -19 pandemic without knowing how much our insurance system will be affected.

Unlike some provinces, premiums for Quebec members will not be increased in 2021. We do not yet know what the next few months have in store, or what effect the pandemic will have on our insurance plan.

There is no change to Contract 93115 for members of Medavie Blue Cross in Quebec for the year 2021. The health care committee is trying by all means to keep the premiums at an acceptable level with in mind that each increase may have a negative effect on many of our retirees.

When purchasing your prescription drugs we recommend that you always use your Blue Cross card.

IMPORTANT: Remember to submit your claims as soon as possible after obtaining the services, and **ESPECIALLY** keep in mind that claims for services received in 2020 must be submitted no later than April 30, 2021.

Arthur St-Hilaire Representative of the ARCN Quebec Health Care Committee

Presentation of the Provincial Council CNPA 2020-2021

Claudette Hudon, auditor
Boris Klco auditor
Rémi Lahaie, treasurer
Rejean Leprohon, vice president
Yves G. Bourdon, Provincial President, National Director,
Co-Chair of the Pension Committee,
Louis-François Garceau, secretary
Arthur Saint-Hilaire, representative of health care in Quebec
and vice president at National-Québec
Paul Goupil substitute health care in Quebec
Denis Cousineau provincial representative pension committee
Sonia Tremblay substitute pension committee

To join us

President: Yves Bourdon Tel: 450-449-3444 or yvesgbourdon@aol.com
Vice-president: Rejean Leprohon Tel: 819-538-5362 or rejeanleprohon206@aol.com
Treasurer Rémi Lahaie Tel: 514-631-3283 or remi.lahaye@gmail.com
Secretary: Louis-François Garceau Tel: 418-955-2466 or arcnq2012@gmail.com
Director Mario Michaud Tel: 819-538-3852 danielle_mario@hotmail.com
Director Rejean Simard Tel: 418-546-6525 or rejols@hotmail.com
Pension committee: Denis Cousineau Tel 514-210-2939 or dc.cousineau@gmail.com
Health care Arthur St-Hilaire Tel: 819-820-2848 ou a.n.sthilaire@gmail.com

A warm thank you to our important collaborators
Marc Tessier, Éditor and president of B14 council
Arthur St Hilaire, representative of health care in Quebec and vice president at National for
Québec and president of council B12
Rémi La Haye Trésorer Provincial and Council B-7
Yves G Bourdon President Provincial of CNPA

NATIONAL PENSIONERS NEWSLETTER:

You may have noticed that we have a new team of managers for our Pensioners' Newsletter.

If you have an article or articles about people or stories from one or more people that may be of interest to readers of our National Newsletter, please feel free to send them to Rémi La Haye From B-7 council.

Rémi La Haye remi.lahaye@gmail.com our new representative on the National Pensioners' Newsletter Management Committee.

If you would like me to address some topics in my column, please do not hesitate to contact me. yvesgbourdon@aol.com or at 450-449-3444.



Irish Heritage Festival

St.Patrick's Society

Richmond and vicinity

Par Arthur St-Hilaire

Now the steam whistle

Between 1851-1854 the railway was the most important factor in the growth and development of Richmond and vicinity.

St-Lawrence & Atlantic Railway built the first station approximately 1 mile south of the actual location of today's station.

There is much speculation as to why the station was moved to its actual location. In the same era, the **Quebec Richmond Railway** construction was under way.

1856 The Grand Trunk Railway took over both the St-Lawrence & Atlantic Railway and the Quebec Richmond Railway.

The present station was built by **GTR in 1912** in replacement of its predecessor destroyed by fire.

1923 GTR merged into CN

The station once housed lodging for train crews, train dispatching offices, ticket agents, telegraph operators, track supervisors, track maintenance employees as well as transportation officers.

1998 CN sold the line from Ste-Rosalie Quebec to Auburn Maine to the Saint-Lawrence and Atlantic Railway.

As you can see the railway has gone one full circle back to the original name.

The station today is privately owned and operated as a restaurant and motel.

ON behalf of the Richmond St-Patrick Society **SLAINTE**

Image fades to the sound of the modern locomotive whistle

By Arthur St-Hilaire march 2021

And Arthur-N St Hilaire whose maternal ancestors are the Murphys.

CN PENSIONERS IN THE COMMUNITY

Good news, at the end of 2020 we had 67 volunteers out of a total of 226 in Canada, we sincerely thank all of our volunteers for your important contribution to helping our fellow citizens who have not had the luck we have had.

This initiative by CN and retirees allows volunteers and their spouses to raise up to \$ 2,250 in / to charities. CN will contribute \$ 15 for each hour worked or 150 hours to maximize a donation of \$ 2,250. In addition, a bonus of \$ 100 will be added to the charity of the CNPA member in good standing. There is no minimum hour of volunteering, it's \$ 15 for every hour worked.

Important: For all those who are volunteers we would like to have a short text indicating the description of your activities as volunteers and if possible your photo or your photo during your volunteering. If you prefer to send us a draft of the text we will finalize it.

A National committee will evaluate the various articles proposed for publication in the National and Provincial Newsletter committee and on the Benevity website. They administer this program for CN.

To represent us on the National and Article Selection Committee I chose Marc Tessier who was most involved in helping all those who needed help with the form etc. I sincerely thank Marc for helping the volunteers in the community and for taking on this important task.

We encourage you to send us your item as soon as possible, thank you.

Send us your texts at arcn.provincial@gmail.com

Yves G Bourdon

Canada Life Assurance Company

On January 1, 2020, Canada Life, Great-West and London Life adopted a unique brand: the new Canada Life.

Each of the companies has a fascinating and remarkable history, as they were each founded over 125 years ago.

Now that we are all united under one brand, we look forward to continuing our mission: to improve the financial, physical and mental well-being of Canadians.

Morneau and Shepell 1-800-361-0739

Mrs. Nancy Blackburn 514-350-7690



Important

It is very important to make your address changes to Morneau Shepell by dialing

1-800-361-0739

**You change your email
Let us know**

CN Pensioners' Associations Scholarship Program

The 2021 SCHOLARSHIP Program, sponsored by the National Council of CN Pensioners (CNPA), will be open online to Applicants effective April 15th. Applications will once again ONLY be accepted BY EMAIL and must include all scanned or electronic supporting documentation as one complete PDF file.

The application package must be received no later than August 15th, 2021. Please read all the instructions, terms and conditions and submission requirements carefully before emailing your submissions as these have been updated. Incomplete submissions will be rejected.

Please ensure you use the current application form below as the form has changed from previous years. Applicants must have a minimum 80% average over the most recent 2 full school years in order to be considered. The results of the 2021

Program will be communicated to applicants by September 7th, 2021.

Click here to download the [Application](#)

Click here to download the [Terms / Conditions / Completion Instructions](#)

Click here to download the [CN Pensioners Scholarship Program - CHECKLIST](#)

<https://cnpensioners.org/scholarships.cfm?language=en>

CNPA Quebec, Luc Grenier Trade Bursary

Click here for the [Luc Grenier Trade Bursary cover page](#)

Click here for the [Terms and conditions & completion instructions](#)

Click here for the [Application form](#)

The main lines

From the 2nd year of cegep or college
80% average of the minimum marks
Form duly completed
1 PDF file per email
A complete CV
Deadline from April 15 to August 15, 2021

5 University scholarships of 1500\$ each
2 Luc Grenier job grants of 1500\$ each

Trades scholarships send email arcn.provincial@gmail.com

NB: If you have subjects to add, send us an email at the address next:

arcn.provincial@gmail.com

Canadien National pensionners association

Memory helper

Provincial email association: arcn.provincial@gmail.com

National web site of CNPA Association : <http://www.cnpensioners.org/councils>

Questions about your benefits Morneau Shepell Ltée: 1-800-361-0739

Blue Cross Médavie representant for CN Arthur ST-Hilaire
2605 Vaudreuil Sherbrooke, Qc 819-820-2848 a.n.sthilaire@gmail.com

Blue Cross Médavie for Québec : 1-888-873-9200 contrat 93115

Via Rail Canada: www.viarail.ca réservation : 1-888-842-7245

Coop d'habitation les cheminots à Laprairie
président Jean-Marc Théorêt 450-907-7060
Courriel : cncoop@hotmail.com ou coop.cheminots@videotron.ca

Canadian National national email: <http://www.cnpensioners.org>

Travel insurance www.johnson.ca/medoc ou 1-866-606-3362

House and car insurance Johnson 1-888-424-2649

Choice Hôtels : www.choicehotels.ca code client pour CN 00064447

Hôtels avec IHG club privilèges <https://www.ihg.com>

Budget car rental CN A07730 corporate rebate number

Avis car rental CN corporate discount number C810900

Fastbreak truck rental CM corporate discount number for trucks A077380

Cellulaire Rogers: Planetemobile.biz utilisateur CN mot de passe Mobile

Vacances Évasion CN Vision 1-800-263-1163

Discount on Ford Product 1-877-294-7554

See the travel and discount web page <http://www.cnpensioners.org/travel.cfm>

Boutique CN <http://www.boutiquecn.com>

Blue cross manual http://www.cnpensioners.org/PDF/BC_2018_01_CN_Broshure_en.pdf

Bruce Peacock national treasurer
51 Weyburn Road, Moncton ,NB E1A 5M5 Tel: (506) 383-9045