

CNPA London

Mainline Newsletter January 2020



We are on the Move Again !

Our Meetings beginning in 2020 will be held at

The Marconi Club

120 Clarke Rd, London, ON N5W 5E1

Due to contractual differences with our current meeting place it was decided to relocate.

Meetings in 2020 will be held on the third Thursday of the following months:

February, April, June,

September, and December.

With Meeting Time of 1 PM

With the reduction of monthly meetings, more Luncheon Meetings will be possible with subsidized luncheons for our members!



**CN Pensioners' Association
London, Ontario Council C7
Executive and Delegates
As of November 21st, 2019.**

President Ron Hewson
49310 John Wise Line
Aylmer, ON N5H 2R4
519-671-3321
Email: hewson@eastlink.ca

Card Secretary Norm Campbell
23 Frobisher Crescent
London, ON N5V 1G7
519-455-3066
Email: normmar@start.ca

**Vice-President/Secretary
Rick Dixon**
167 Marconi Blvd.
London, ON N5V 1A6
519-455-8856
Email: rick.dixon@sympatico.ca

**OPC Delegates : Rick Dixon see VP/S
Larry Armstrong**
14 Vineden Dr.
St. Thomas, ON
519-637-2127
Email: larmstrong001@sympatico.ca

Treasurer Rick McManis
44 Dundas St. PO Box 95
Princeton, ON N0J 1V0
519-458-4233
Email: mcmanis@sympatico.ca

**OPC Alternate Delegates
Ron Hewson see Pres.
Ken Gosnell**
1018 -744 Proudfoot Lane
London, ON N6H 5H8
519-438-0173
Email: donna.gosnell@hotmail.com

**Membership, Event Tickets
Newsletter Distribution Louise Bayer**
693 Brant St.
London, ON N5Y 3M9
519-438-2433
Email: lbayer@hotmail.com

Newsletter Editor Ken Roberts
21 Gablewood Crescent
London, ON N6G 2Z8
519-472-3930
Email: robertsoflondon@icloud.com



The National Council Directors



1-800-361-0739

CN Benefits and Pension Administration

The National Council met in November of 2019

Highlights of the meetings are:

CN Partnership, a new agreement for another 5 years has been signed starting January 1, 2020.

The money is intended to be used to encourage CNPA participation as Ambassadors at various events:

Tree Plantings

Railway Safety Days

Community Events

Operation Lifesaver

Centenarians

Etc.

Each new retiree that signs up to be a member of CNPA, CN will pay their monthly dues for 24 months.

Railroaders in the Community

Current contributions to a participating pensioner of \$500 will increase to \$600 for contributing members only.

Contributions of \$250 to a spouse of a participating pensioner will increase to \$300 for contributing members only

CN100

The CN100 book is available to participating pensioners at a cost of \$25, which will be donated to a general charity fund and an income tax receipt will be included on your yearly pension tax form statement.

CN will donate \$1000 to a charity of the CNPA member's choice for every CN100 volunteer/family that works 20 or more hours at a CN100 event.

A tie or pair of socks with CN100 on them can be purchased through the CN Community Fund for \$25 each. A receipt will be issued as a donation for prostate cancer.

Also, the Health Care Report and Pension Report, which are mentioned in the President's Message.



Message from your President,

2020 will be a new beginning for our meetings. We are reducing to five Luncheon Meetings a year. We are also going to have our Spring Luncheon this year in April and our annual Christmas Dinner in November; we hope to see you at the luncheons this year.

Update from the National Council meetings in Montreal in November 2019 are that the **CN Pension** will be getting a 1.1% increase, which will result in a minimum of \$9.00 and maximum of \$35.75 a month increase depending on your pension amounts. They are sending out a notice in July to some of our members for validation of recipients. Please reply to the notice as the Pension Board is just looking to see if you are still with us. The CN Pension Fund is performing very well.

Health Care update:

- Rates have been frozen for 2020 and the deductible is going down to the 2015 rate
- The plan allows for 100 days prescription instead of 90 days
- Shingles vaccine costs about \$300 but with our plan it only cost about \$40
- Pneumococcal Pneumonia vaccine is covered under our plan
- We have a new 5-year contract with Medavie Blue Cross (MBC)
- Their administration fees are frozen for the contract term
- New initiatives include: looking into introducing mail order pharmacy to reduce prescription fees

- Promote maximum volume per prescription to reduce the number of prescription fees
- Use of low-cost prescribing pharmacies such as Costco and Walmart
- Also, a strong recommendation to involve your pharmacist in your protocol of prescriptions and get their input.

We are willing to listen to all new ideas that you may have on getting new members involved with our meetings.

Please contact me,

My address is

49310 John Wise Line, Aylmer, ON. N5H 2R4

Email: hewson@eastlink.ca

Phone: 519-671-3321

Thank You

Ron Hewson

CNPA President C7 London

Alternate OPC Rep

Director National Council

Alternate Health Care Member



Elections were held at the November meeting.

Page 2 reflects the changes to the Executive and Delegates for the council.

The Christmas Dinner was held this year at Richards Memorial Church, with attendance of 48 members. After the dinner, door prizes were drawn and given to the lucky ticket holders. In all \$180 worth of prizes were handed out.

It has been decided to reduce the number of meetings per year and a new location has been chosen:

The Marconi Club on Clarke Rd. London.

This will enable the council to subsidize the cost of the lunches.

The Marconi Club has an all you can eat

Pasta Buffet on Thursdays which include:

Pasta Salad, Salad, Soup, Buns with Butter

currently for \$9.99 plus HST. This may change in the future?

With the council's subsidy the cost to members who attend the meeting following the luncheon will be \$4.99 plus HST.

So, plan on coming out and enjoy another benefit of your membership fee of \$1.00 per month.

See you next month !

CNPA Council 7 London



Centenarian Evelyn Lockwood of Brampton is seen here being presented with her 100-year plaque from Toronto CNPA Council President David Bradshaw Feb. 14th, 2019

Christmas Dinner 2019

Season Greetings from the Desk of Louise Bayer

It is imperative if you move, get a new phone # or a new email address let Louise Bayer know at 519-438-2433, or lbayer@hotmail.com right away. Our data base must be kept updated.

It is costly for our local to send out newsletters by Royal Mail and have them returned because a member moved and didn't inform us. All you need to do is email lbayer@hotmail.com giving your permission for us to send the MAINLINES and other information from time to time to you by email.

2020 Membership Dues of \$12.00 are now due.

It would be much more cost effective for you and our local if you give your permission to start paying your dues by payroll deduction of \$1.00 a month from your pension cheque. It is simple for you to switch to PRD (payroll deduction), just inform Louise Bayer ASAP at either 519-438-2433 or lbayer@hotmail.com so this can be started for your 2020 dues.

If you still want to pay by cheque, then please send your check ASAP to Louise Bayer, CNPA Membership, 693 Brant St., London, Ontario N5Y 3M9. These cheques MUST be made payable to the CN Pensioner's Association.

A big thank you to members who have paid their 2020 dues already and to those who have given permission to go PRD as of Jan. 2020. There are still many that can elect to pay their dues by payroll deduction. ARE YOU one of them?

We would like to see more of you come out and join us at the monthly meetings and other social events. A good time to renew acquaintances' and swap some stories. If there is a speaker you would like us to try and get for one of the meetings just let any one of the Executive know.

Our Spring luncheon will be at the **Mandarin on Wellington Rd., London, at 12 noon, Thursday, April 23, 2020.** You should arrive at 11:30 to be checked in and we ask you to bring the exact amount whether you pay us ahead of time or at the luncheon. The cost will be made available at a later date once the Mandarin has set their prices for spring 2020. Drinks are extra and at your own expense.

Please let Louise Bayer know by **April 19, 2020** if you are going to attend this luncheon.

All the best to everyone for 2020

Sincerely, Louise Bayer

Current obituaries



Doris McDermott	July 28 th , 2019	Edward Stevens	Nov 10 th , 2019
Frederick E Edens	Aug. 11 th , 2019	Dorothy Humphrey	Nov. 11 th 2019
Freida Kirk	Aug. 23 rd , 2019	Elizabeth Bodaly	Nov 14 th , 2019
Joseph O'Brien	Oct. 10 th , 2019	Felicien (Phil) Belliveau	Nov.15 th , 2019
Jessie Troyer	Oct. 22 nd , 2019	Louise Edwards	Nov 20 th , 2019
Robert Chamberlain	Nov. 4 th , 2019	Irene H Burt	Nov 25 th , 2019
Donna Bushell	Nov 9 th , 2019		