



**Canadien National
Pensionner association**

Provincial Council of Québec

**Provincial Bulletin
December 2021**

A word from the President

Another outstanding year is coming to an end; we have learned to live differently in a restrictive environment because of Covid. Some of our Local Councils have started some activities in compliance with the Quebec health measures. It is very important that people who participate in these activities have at least had 2 doses of the vaccine. The meetings of the Provincial Council and several Local Councils are held virtually.

I would like to take this opportunity to wish you a Merry Christmas and a Happy New Year of health and happiness.

Your Provincial President: Yves G Bourdon

Happy Birthday to our Provincial President 18 December.

Notice to pensioners

If you are summoned to appear before the Tribunal Administrative because CN is contesting the decision rendered by the CNESST regarding your partial hearing loss and the allocation of financial compensation and hearing aids; contact either:

Robert Beaudoin 418-903-1452

Paul Goupil 418-559-5737

Arthur St-Hilaire 819-820-2848

Before you go to court, check with them to see if there is any help available.

Last call to register your volunteer hours

RRITC: \$15 per hour or \$2,250 maximum for your organization.

For more information, see the national council's webpage. Your spouse can also contribute + if you are a member 1 bonus per PIN of 100\$ to the organization.

If you have connection problems, please contact

Lorenza at cheminotsdanslacollectivite@cn.ca

Visit the national website of the association: <https://cnpensioners.org>

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: Arthu St-Hilaire 819-820-2848 a.n.sthilaire@gmail.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 a
nd vice president at National for Québec
Rémi La Haye Trésorer Provincial and Council B-7
Robert Beaudoin Council B-9
Yves G Bourdon President Provincial of CNPA

Deaths in October 2021, 146 across the country
Deaths in November 2021, 144 across the country

On December 2nd, Gilles Legault from CN, by means of Sean Finn, donated a cheque for \$5000 to the South Shore Grande Guignolée.

In order to update the waiting list, the Railroaders housing coop in Laprairie offers 3½ or 4½ apartments at affordable prices. Register by email at arcn.rs@gmail.com . Certain rules apply. You must be retired from the rail-road, no dogs and income limit.

Morneau Shepell is becoming LifeWorks, the number remains 1-800-361-0739

Centenarians

This year we have 32 Centenarians who will be honoured by the Association and CN. They will receive a personalised commemorative souvenir.

Community Volunteers

Very important to update your volunteer hours in the Computer system before 31 December 2021

If you have any system problems contact

Lorenza cheminotsdanslcollectivite@cn.ca

Advise your organisation's treasurer to sign up for direct deposit to avoid the 3% fee

National CNPA website

The addresses, phone numbers and emails of Council executives have been removed from our website to prevent the many scam attempts we have had. If you wish to join a Council Executive please let us know by sending us an email at arcn.provincial@gmail.com and we will send you the telephone number or email of the Council Executive you wish to contact.

Change of address

It is very important to make your postal address changes with LifeWorks

(Ex Morneau) at 1-800-361-0739

Change or add an e-mail

To continue to receive the association's newsletters, sign up or send your email changes to arcn.provincial@gmail.com

Budget / Avis

We have been informed, via CN, that due to a shortage in car supply, they are taking steps to ensure that they can continue to supply their corporate customers therefore they cannot honour this discount code for CN pensioners. Once their supply of cars has returned to previous levels, they will be able to restore the discount to pensioners.

CN's 2022 calendars are in the hands of Canada Post

Blue Cross premiums for the year 2022 in Quebec will be reduced by 10%.

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 Itée: 1-800-361-0739

Blue Cross Médavie representant for CN Arthur ST-Hilaire
1006 Albert Charpentier J1L0E3 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

Hertz car rental CN corporate discount number 2196840

Fastbreak truck rental CM corporate discount number for trucks A077380

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 brochure https://cnpensioners.org/PDF/BC_2021_01_CN_Brochure_en.pdf

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