



**Canadien National
Pensioners association**

Provincial council of Québec

**Provincial Bulletin
December 2020**

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Message from the president

This year more than in previous years it would be important for each of us to phone our oldest elders, especially those who are alone, in order to inquire about their health, to offer them our support and good wishes for celebrations.

MERRY CHRISTMAS AND A HAPPY NEW YEAR.

I wish everyone a Merry Christmas and a Happy New Year, that 2021 brings us a vaccine to allow us to return to normal life and until then, caution in complying with health measures.

Yves-G Bourdon

Provincial president of CNPA

MESSAGE FROM YOUR PROVINCIAL PRESIDENT

Hello dear member

Another year is coming to an end soon and we are not going to forget it, because since March, Covid-19 has forced it, it works slowly and in several circumstances it has stopped completely. The social activities of your Councils have been canceled given the health measures necessary to fight Covid-19. However, ARCN's administrative activities at all levels continued to be active in preparing for the eventual takeover, as well as recruitment, etc.

Those of you who have life insurance from The Great West, we inform you that this company was purchased by Canada Life. According to the calls I have received several people have not received the change notice or simply discarded it because this change apparently was posted on a postcard type card! If you don't have to change beneficiaries, you don't have to take any action. For your information and / or if you need to update your file, please contact Ms. Nancy Blackburn at 514 350-7690. We will continue to request a toll-free 1-800 number to facilitate our members' access to Canada Life

This situation allowed us to know and use the ZOOM communications platform. For this purpose we had our virtual Annual General Meeting using ZOOM and it was the same for the National. Also the Council of Montreal Rive-Sud, Lanaudière, Laurentides held its first virtual meeting, monthly since the start of the pandemic. We had our Regional election at said assembly using ZOOM. The following people were elected for a period of three years: see page 3

We also elected Sonia Tremblay as substitute for the Pension Committee. Sonia is a recent retiree and we are very proud to have recruited her and we thank her for applying, being elected and accepting this important position.

Yves-G Bourdon

Provincial president of CNPA

Very important to make your address change Morneau Shepell 1-800-361-0739

Presentation of the Provincial Council CNPA 2017-2018

Claudette Hudon, auditor

Boris Klco auditor

Rémi Lahaie, treasurer (reelected 3 years)

Arthur St-Hilaire vice-president (elected 3 years)

Yves G. Bourdon, Provincial President, National Director, (reelected 3 years)

Co-Chair of the Pension Committee,

Louis-François Garceau, secretary (reelected 3 years)

Arthur Saint-Hilaire, representative of health care in Quebec (reelected 3 years)
and vice president at National-Québec

Rejean Leprohon, director (reelected 3 years)

Mario Michaud director (reelected 3 years)

Paul Goupil substitute health care in Quebec

Denis Cousineau provincial representative pension committee (reelected 3 year)

Sonia Tremblay, substitute pension committee élue 3 ans

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

Substitute health care Paul Goupil Tel :418-839-2764 ou pgoupil@sympatico.ca

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

Rémi La Haye Trésorer Provincial and Council B-7

Yves G Bourdon President Provincial of CNPA

Denis-C Cousineau pension committee

Ginette Langlois Proof reader

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.

Word from the health care representative in Quebec 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 can 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 by April 30, 2021.

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

Report on the meeting of the Pension Committee held on November 18, 2020

The CN Pension Committee met virtually to take stock of the state of the Pension Plan. The Committee is made up of representatives from the Company, employee unions, and the CN Pensioners Association. It was the third virtual meeting of the year after those in May and September.

Following a review of the amounts of pensions and survivors' benefits determined in August and September, the Committee was then informed about the communication to come on January 1 on the subject of the indexation which will be applicable for 2021, i.e. 1, 05%. The Committee also heard from the company Mercer, administrator of the Plan, regarding certain minor actuarial changes to the Pension Plan.

The CEO of the CN Investments Division which manages the sums placed in the Pension Fund, Ms. Marlene Puffer, accompanied by two of her colleagues, came to talk about the performance of the Fund as of mid-November 2020. He It turned out that things are going well despite the volatile year in the financial markets. Barring significant unforeseen events by December 31, 2020 should be a good year for the Fund, following the excellent year 2019. The Fund's value as at December 31, 2019 was \$ 17.5 billion.

Denis Cousineau, Representative to the Pension Committee

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

arcn.provincial@gmail.com

Railroaders In The Community CN Introduces Exciting New Program

Announcement: The Step-by-Step Guide is now available to view it and then follow the instructions to enter your volunteer hours in the new platform. Please note that an FAQ (Frequently Asked Questions) will be available soon.

Step by step Spark user guide

https://cnpensioners.org/pdf/Step_by_step_guide_to_Spark_EN.pdf

How the CN Railroaders in the Community program works

<https://cnpensioners.org/railroaders.cfm>

Login

<https://cn.benevity.org/user/login>

Assistance

railroadersinthecommunity@cn.ca

Railroaders In The Community – Incentive Bonus

Incentive Bonus: if you are a current member of the CNPA (paying your \$1 per month membership), CN will give an additional reward of \$100 to one of the charities you volunteered for. This is another great reason to become a member of the CNPA, and to enter your 2020 volunteer hours into the new platform before Dec. 31.

How the Incentive Bonus Works: At the end of each calendar year, the CNPA will send a list to CN of all Pensioners who have paid their membership fee. CN will cross-reference this list with the Pensioners who applied for volunteer awards in RRITC in that calendar year. Through the Spark website, CN will send \$100 to a single charity that each member volunteered for. If a member volunteered for more than one charity, CN will contact the Pensioner in early January to ask them which charity should receive the bonus \$100. The bonus payments will be entered in January with the funds being transferred by mid-February. Please note that there is one (1) \$100 bonus **per PIN** and applies equally to surviving spouses.

As the RRITC program ends December 31st and restarts January 1st annually, all awards are reset. Therefore, any volunteer hours for the current year should be entered into Spark in that year in order for the bonus to be paid out in January/February. In order to qualify for the bonus \$100 for your charity, the minimum volunteer time is just one hour.

Should you have any questions about this incentive bonus, please write to: railroadersinthecommunity@cn.ca.

Volunteers in the community

Deadline to produce your hours for the year 2020 december 31th

If you have volunteered this year send us your names and

The organization from which you have claimed volunteer hours has

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 Itée: 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