



BELLEVILLE

Belleville and District Newsletter

Winter 2025 Edition (January)

Spring 1986



May They Rest In Peace :

<i>Susan Pelow</i>	<i>30 June 2024</i>
<i>Lawrence DeGrace</i>	<i>2 August 2024</i>
<i>Helen Martens Kinloch</i>	<i>3 August 2024</i>
<i>James Kenneth Tracey</i>	<i>17 September 2024</i>
<i>Rose Marie Budgetel</i>	<i>25 September 2024</i>
<i>Gordon Prosser</i>	<i>27 September 2024</i>
<i>Robert Matthew McMahon</i>	<i>15 October 2024</i>
<i>Stuart Robert Muirhead</i>	<i>18 October 2024</i>
<i>John Bernard "Jack" Pitt</i>	<i>21 October 2024</i>
<i>Jacqueline Caroline Nix</i>	<i>7 November 2024</i>
<i>James David Elwood "Jim" Bronson</i>	<i>15 December 2024</i>
<i>Harold Farr</i>	<i>23 December 2024</i>

*"What the caterpillar thinks is the end of the world
... the butterfly knows is only the beginning."*

- anonymous

IMPORTANT...

When a pensioner moves or dies, **CN Pension and Benefits Administration** must be advised immediately by calling (1-800-361-0739).

A surviving spouse does **not** automatically remain a member of the CN Pensioners Association. To remain a member of the Belleville Council, the surviving spouse must complete a new membership application and arrange their own payment of dues (\$1.00 per month).

Belleville Council (C3)

Please address all correspondence to the President.

Directors may choose to hold meetings at any time, virtually, in person, or a combination of both.

President Alt. OPC delegate	Les MacDonald 92 Bay Breeze St. R.R. 7 Belleville, ON K8N 4Z7	(613) 962-7574 <u>jlesmacdonald@gmail.com</u>
1st Vice President Membership OPC Delegate	David Simpson	(613) 395-3250 <u>ddsimpson01@gmail.com</u>
2nd Vice President	Harry Hebbourn	(613) 966-1371 <u>harryhebbourn@sympatico.ca</u>
3rd Vice President	Rick Phillips	(613) 922-6473 <u>phillipsr@xplornet.ca</u>
Secretary Past President OPC Delegate	Roger McDevitt	(705) 632-1012 <u>rogermcdevitt@gmail.com</u>
Treasurer Sick & Visiting Alt. OPC Delegate	Elaine O'Hara	(613) 968-8217 <u>aeohara292@gmail.com</u>
Director	Trul Trulsen	(613) 962-3845
Director Newsletter Editor	John Mueller 148 Cherrywood Parkway Napanea, ON K7R 0C3	(613) 354-5241 <u>jwmueller44@yahoo.ca</u>
Director Calling Committee	Mary Czechowski	(613) 962-8253 <u>jczechowski@cogeco.ca</u>
Director	Bruno Di Genova	(613) 968-6328 <u>colombo44@hotmail.ca</u>
Director	Norm Crawford	(613) 966-7755 <u>norman.crawford@sympatico.ca</u>
Director	Tim Spice	(613) 966-4240 <u>spicesr@yahoo.ca</u>

President's Message

Happy New Year

Hopefully this year brings you more Good Health and Happiness than last year.

There's much progress been made at our Yardman Monument which is great to see. Many Thanks go out to Dave Simpson for spear heading this project.

Our National Scholarship Funds have been approved for 2025. We have 5 National and 1 OPC scholarships worth \$1500.00 apiece for Ontario. You can find all Guidelines on the CNPA Website.

We need to find or have more new Members on our Local C3 Committee, if we expect the CNPA Committees to continue in Future Years. We're lacking New Members all across Canada.

If anyone needs assistance with their pension needs you can contact any one of us on our Local C3 Committee or I can be reached at email: jlesmacdonald@gmail.com

For Blue Cross assistance PLEASE contact Roger McDevitt, Email: rogermcdevitt@gmail.com

I would like to thank all Members on our Local C3 Pensioners Committee for their Dedication and Time they put in to this worthwhile committee. Please join us, Smiles are many and the pay is low.

I can't forget our Calling Ladies who give of their time and patience to get as many as we can out to our Lunches. THANKS for a Great Job Ladies.

Please take time to check out our new website at: www.cnpensioners.org

Hope to see and meet you this year.

If you can Be anything, Be Kind.

**Cheers,
Les MacDonald**

It was a chilly fall day when the farmer spied the little sparrow lying on its back in the middle of his field. The farmer stopped his plowing, looked down at the frail, feathered creature and asked "Why are you lying upside down like that?"
"I heard the sky is going to fall today," replied the bird.
The old farmer chuckled. "And I suppose your spindly little legs can hold up the sky?"
"One does what one can," replied the plucky sparrow.

- D'ette Corona



January Birthdays

- | | | |
|----------------------|-------------------|-----------------------|
| 1. Rita Carriere | 2. Lydia Stratton | 3. Joseph Leroux |
| 5. Michael Fahey | 8. Dorothy Hughes | 10. Evelyn Aide |
| 12. Yves Leroux | 12. Donna Simpson | 13. Elizabeth Aldrich |
| 15. Darlene Crawford | 15. Joan Fletcher | 17. Harriet Nickerson |
| 19. Doreen Gray | 20. Marie Barr | 23. Donald Nolan |
| 23. Norm Newton | 24. Trul Trulsen | 25. Bill Hrynick |
| 26. Deborah Black | 28. Dale Duvall | 30. Norman Lentz |

January Anniversaries

- | | |
|------------------------------|---------------------------|
| 21. Bevan William, Catherine | 22. Mueller John, Heather |
|------------------------------|---------------------------|

*"Every day is a fresh beginning,; every morn is the world made new."
- Sarah Chauncey Woolsey*

February Birthdays

- | | | |
|---------------------|-----------------|------------------------|
| 2. Yolanda Gutoskie | 2. Elsie Machan | 3. Robert Eric Mckague |
| 3. Eva Smith | 5. Steve Thorne | 6. Donna Bellwood |
| 6. Nancy Bunnnett | 12. Wm J Nolan | 15. Timothy Spice |
| 17. Rana Harris | 17. Mary Sheedy | 19. Sharon Graham |
| 23. Edna Beaton | | 26. Terry Meers |

February Anniversaries

9. Smith. Jack, Sandra

March Birthdays

- | | | |
|----------------------------|----------------------|----------------------|
| 1. Don Bishop | 2. Audrey Fox | 4. Paul Bently |
| 4. Bessie Bonter | 5. Tim Verge | 7. William Bevan |
| 7. Collette Benight | 7. Faye Clancy | 7. Emily Hebbourn |
| 8. Nelson Fitzgerald | 8. Denise M Vernier | 10. Ryan Hackett |
| 11. Frances Grant | 13. Bill Black | 15. Beth Collyer |
| 16. Giselle Clement | 20. Lloyd Kellett | 20. Ernest Hollister |
| 21. Evelyn Tripp | 21. Gwendolyn Newton | 22. Wilfred Beaudrie |
| 22. Gerry Hughes | 22. Aloise Muskiluke | 24. Bryan Smith |
| 24. Ethel Pearl Asselstine | 24. Mary Walsh | 24. Marion Coveduck |
| 25. Jennie Ellen Gregg | 26. David Simpson | 26. Don Harris |
| 27. Ingrid Harrington | | 31. Arthur Quesnel |

March Anniversaries

- | | | |
|----------------------------|------------------------|---------------------------|
| 2. Phillips Rick, Cheryl | 3. Carrol John, Joanne | 9. Dafoe Donald, Donna |
| 14. Spice Timothy, Deanna. | 17. Leroux Yves, Betty | 26. Hughes Gerry, Dorothy |

We cannot direct the wind ... but we can adjust the sails.

April Birthdays

- | | | |
|----------------------|---------------------|----------------------|
| 1. Margaret Pumple | 10. Jesse Ladoucier | 10. John Mueller |
| 16. Eva Bellis | 17. Marie Johnson | 25. Harry Hebbourn |
| 25. Jack Smith | 26. Bev Verge | 27. Marlene Glenn |
| 28. Doris Hiddleston | | 30. Robert Bellewood |

April Anniversaries

- | | | |
|--------------------------|---------------------------|--------------------------|
| 3. Hampson Larry, Debbie | 3. Cousins Robert J, Marg | 5. O'Hara. Elaine, Allan |
| 10. Simpson David, Donna | | 21. Verge Tim, Bev |

Welcome to the CN Pensioners Association:

Patricia Lacombe

Bernice Prosser

The purpose of the CN Pensioners' Association is to represent the needs of retired CN employees. Our objective is to protect your interests, financial and otherwise, regarding your pension, your benefits and support and enhance your social interests and activities.

Our Mission

To be an association of honesty and integrity whose goal is to be second to none in protecting the interests of all CN pensioners financially, socially and emotionally. An association which can be called on at any moment of need.

Our Vision

To grow this association with integrity, for the people and by the people with a team of volunteers whose ultimate goal is to do their best in an effort to achieve a better standard of living for our fellow pensioners and surviving spouses.

CN Pensioners' Association

Benefits of membership:

- *Blue Cross Health Care Plan*
- *National newsletter 3 times per year plus the **CN** calendar*
- *Regional and Local Association newsletters*
- *National Council Scholarship Programme*
- **CNPA** members discounts
- *and more!*
- *check out our website cnpensioners.org*

Did you know?

When a contributing member of our association dies, the surviving spouse is welcomed to our breakfast and/or dinner meetings at no charge for a full year!

Do you volunteer in your community?

Railroader in the Community

The *CN Railroader in the Community* programme provides grants to employees, **retirees & spouses** in recognition of time volunteered to registered charities in their communities. It is highly recommended to participate in this programme if you qualify. Not only can your charity benefit from your volunteering, it may also benefit financially! Go to cnpensioners.org click on “**CN Community**” for more information.

“We make a living by what we get, but we make a life by what we give.”
- Winston Churchill

Did you know...

...good dental hygiene leads to good nutrition which can prevent falls and frailty. To be able to comfortably chew meat, fresh fruit, vegetables, and bread is a great pleasure. We need to be able to access that good nutrition all through our lives. It is a major cornerstone to avoid becoming frail. We know that older adults who are frail are more likely to suffer fall-related injuries. Regular dental and dental hygiene check-ups are needed throughout your lifetime. Dental check-ups include teeth as well as tissues in and around the mouth. Brush your teeth for 2 to 3 minutes, two times a day, and floss at least once a day. Smile.

“In the game of life, heredity deals the hand
and society makes the rules: but you can still play your own cards.”
- Peter's Almanac

Health Care Matters

The Health Care Plan for CN Pensioners brochure is complex; there are lots of pages and it is difficult to find what you need. Even so, it might be helpful to read it if you want to maximize your benefits. The plan brochure is on the **CNPA** national website cnpensioners.org under Healthcare and Blue Cross.

Put your troubles in a pocket with a hole in it.



Newsletters are published each January, May and September.

We would love to have some contributions from you for future newsletters.
How about it? Do you have a story or tale to share with our readers?
Maybe you have an idea or other topic of interest to submit.
Perhaps you could report on an event you attended.

"Has anyone ever said...

*"It is important to spend less time on how we look
and more time on how we see?"*

...If not, someone should."

- Carmen Richardson Rutle

"How far you go in life depends on your being tender with the young,
compassionate with the aged, sympathetic with the striving,
and tolerant of the weak and the strong.
Because someday in life, you will have been all of these."
- George Washington Carver

Let me tell you something about....**YOU**....CNPA member

Your story is much more interesting than **you** think!

How and when did **you** become involved with **CN**?

Where did your journey take **you** and what stops did **you** make along the way?

We would all like to know a little more about **you**.

Contact the editor at the CNPA meetings or send an email to jwmueller44@yahoo.ca subject line "CNPA Belleville Newsletter".



Desk "A" Belleville
January 1981

*Let me tell you something about....**John Mueller**....CNPA member.*

When I started at **CN** back in 1967, it was in Belleville, headquarters of the Rideau Area. My first assignment was Brighton, to commence training as a Telegraph Operator. Many of the things learned there stayed with me throughout my career. Of course, on the job training was ongoing & **CN** continued to provide training sessions at various times and locations, including Belleville, Montreal, Ottawa, Toronto (Union Station), Toronto (MacMillan Yard) and Gimli, Man. **CN** seemed focused on teaching me things that they thought I needed to know. It does seem curious to me that in my last position before retirement, I was the one providing training as a "Technical Instructor - Rules" with CANAC at Macmillan Yard. That's a full circle story.

AT **CN**, I came in contact with many people and after more than 57 years, there are still those that I am proud to claim as friends. I worked with, and for, some very nice people (a few not so nice). I got along with very nearly everyone although there were issues with a few. Overall the positive interactions outweighed (by far) the negative and my involvement with the **CNPA** continues with that positive trend.

When I started with **CN**, the "Uniform Code of Operating Rules" (UCOR) was in effect. When I finished, it was the "Canadian Rail Operating Rules" (CROR). That was a major change! I have worked single track, double track, double track ABS, multi track and interlockings. Method of control for trains and engines may have been, at one time or another, either; Time Table and Train Order, Centralized Traffic Control (CTC), Manual Block System (MBS), Computer Assisted Manual Block System (CAMBS), Occupancy Control System (OCS) or, of course, Interlocking Rules. I worked with them all.

When necessary, I travelled to work by automobile, passenger train, freight train, airplane or bus. If work was too far from home for a daily commute, I slept in Hotels, Motels, Rooming Houses, Bunk Houses, Crew Rooms, Bunk Cars and Grandma's house. For a period of time, I even slept in my boat docked on the shores of the St. Lawrence River. And, almost always, I carried a spring cot in the trunk of my car if the best option was setting up sleeping quarters in the back of the station where I was working. Some places I stayed for years, others for months, some for a few weeks or a few days. A couple of places I worked at for a single shift, Some, when I left, I never saw again and some had more than a few repeat appearances. Some stations I worked at still stand, some have been repurposed, some are museums, some are designated as heritage sites, some have been neglected beyond the point of rescue, some have been destroyed (accidentally or on purpose), and some are simply gone.

Some shifts were so busy that they were over before there was time for lunch. Some shifts were so boring you searched out something, anything, for entertainment. Have you ever ridden a velocipede up and down yard tracks at 3:00 in the morning? Some jobs included duties that went even beyond those that were learned at Brighton. Things like: operating hand throw switches (ask about the derailment at Port Robinson), checking the yard, or calling train crews. At some locations, the responsibility of cleaning the station (including windows and bathrooms) fell to the Agent/Operator. At one location (think Northern Ontario), the Operator was required to clear snow from the station platform in advance of passenger train time using a big, old John Deere tractor (plow attached). Swinging the drawbridge in Black Rock, N.Y. over the Erie Canal to allow boat traffic to pass earned me some US service (not enough for a US pension, though).

During my stint as a Rule Instructor, I was given the opportunity to uncover the intricacies of the Toronto Terminals Railway Company, learning from Train Movement Directors, Track Maintenance personnel as well as TTR Supervisors and then collaborating to produce study material and rules exams specifically designed for employees of the truly unique TTR.

So where were those jobs? Where have I worked? Let me tell you.
In no particular order:

As an Operator and/or Agent Operator:

Morrisburg	Brockville	Kingston	Walkley Yard (Ottawa)
Ernestown	Napanee	Brighton	Cobourg
Port Hope	Newcastle	Belleville East	Belleville "B" Office
In the Belleville Train Dispatching Office:			
	"MF" Operator	"TRACS" Operator	"Hot Box" Operator
Strathcona	Wellington	Whitney	Hornepayne
Armstrong	Opasatika	Copetown	Lynden
Masseys	Glencoe	Caledonia	Port Robinson
Stratford	Guelph	Guelph Jct.	Kitchener
Hanover	Harbour Draw		

As a Train Dispatcher and/or Rail Traffic Controller (RTC):

Belleville
Ottawa
Toronto - at 277 Front St. W., across the tracks from the CN Tower and the SkyDome.

As an Assistant Chief Train Dispatcher:

Belleville

As a Rule Instructor:

Toronto Union Station			
Toronto MacMillan Yard - The Admin Building - The Diesel Shop - The CANAC Complex			
Toronto - RedPath Sugar			
Hamilton - Columbia Carbide			
Syracuse, N.Y. - Pandrol Jackson			
Moncton	Brockville	Belleville	Niagara Falls
London	Hornepayne	Capreol	Sudbury
North Bay	Winnipeg	Edmonton	

And there you have it.
And now? In my 25th year of retirement and still "Living the Dream".

JWM

"CN Dispatcher Belleville, Ont."

Disclaimer.....I try not to let too many facts get in the way of my stories.
Sometimes, I disremember things, but, I can convince myself I know the truth.

*God, grant me the senility to forget the people I never liked anyway,
the good fortune to run into the ones I do,
and the eyesight to tell the difference*

Letter from the Editor

Over the years I have been involved one way or another with any number of clubs, organizations, associations, societies, etc. It might have been a social club or work related or community related or sports related or union related or recreational. It might have been a fraternal organization or an Older Adults Association or the **CNPA**. Whatever the case, as a member at large or as a member of the executive, one thing has become apparent to me.

The organizations that are most vibrant, lively and progressive seem to be the ones that continually refresh their executive, the people who lead the organization. New faces, fresh ideas and renewed energy tend to enliven the whole organization. Not to suggest that the incumbents become incompetent and are to be released to the wild. They should be encouraged to stay, close at hand, in some capacity, to provide continuity and as a source of historical information and reasoning. It is akin to a proactive plan of succession.

The organizations that, year after year, retain the status quo become complacent, boring, stagnate and become stale. The incumbents stay in position because no one steps up to take over. No one steps up to take over because the incumbents are doing a good job. The incumbents stay because no one else can do the job. No one steps up because they fear they cannot do an equally good job and/or they don't want to offend the incumbents. The incumbents stay because they don't want to see the organization left in the lurch. The organization comes to "belong" to those incumbents. So the incumbents stay until they are gone (as is their knowledge). The continuity ends and the organization suffers.

It is time to let other, younger "train guys & gals" have a say in running their association. You see, I'm simply a believer that no job should be a job for decades, much less a job for life. You do not have to live in Belleville to get involved with your Local Council. All are welcome to the executive meetings. Become involved to keep your association strong.

2025 is an election year.

Think about it.

JWM

"CN Dispatcher Belleville, Out."

*"I am only one, but still I am one,
I cannot do everything; but still I can do something;
and because I cannot do everything,
I will not refuse to do the something that I can do."*

- Edward Everett Hale