



BELLEVILLE

Belleville and District Newsletter

Fall 2024 Edition (September)



CN 2649 at Peterborough, Ontario in 1959

photo John Cowan

May They Rest In Peace :

Alphonse George	10 March 2024
John Sharkey	14 April 2024
John Robert Bunnett	7 May 2024
Elizabeth Jean Barton	10 June 2024
James Graham	13 June 2024
Doug H Thrasher	14 June 2024
Murray Angus Martin	16 June 2024
Tania Toini MacLellan	24 July 2024

*"We enjoy warmth because we have been cold.
We appreciate light because we have been in darkness.
By the same token, we can experience joy because we
have known sorrow."*

- David L Weatherford

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!

IMPORTANT...

When a pensioner moves or dies, **CN Pension & Benefits Administration** must be advised. Call (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>
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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>
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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

Greetings

Hopefully this message finds you Happy and Healthy. Fall is falling down on us shortly. But as you know we're all up for this Season.

Our Yardman Monument is finally taking shape and you can see some of it in place. Many thanks go out to Dave Simpson for spearheading this project. Will keep you posted on its completion.

Our National Scholarship for 2024 is now complete. We had 40 applications from Ontario of which 5 Scholarships were awarded along with 1 Ontario Provincial Scholarship. Each worth \$1500.00 apiece.

Hope to have a Birthday Party later this year. Our CN Pensioners Association is 50 yrs old.

We're always looking for new and old pensioners to join our local C3 Pensioners Council.

If anyone needs assistance with their pension needs, you can contact anyone of us on the Pension Committee and we will be glad to assist you.

I can be reached by email at: jlesmacdonald@gmail.com

Blue Cross assistance please contact Roger McDevitt email rogermcdevitt@gmail.com

I would like to thank our local C3 Committee for all their Time and Patience they put into our Local C3 Council to make it a success.

We can't forget our Calling Ladies, who get us all together for our Luncheons at the Dugout. We're very lucky to have the the Staff at the Dugout look after us.

Looking forward to seeing you all on September 16th, 2024.

Cheers

Les MacDonald

"The reason that the all-American boy prefers beauty to brains is that he can see better than he can think."

- Farrah Fawcett

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.

Feeling tired in the afternoon? Put down the caffeinated beverage and pick up a cucumber! Cucumbers are a good source of B Vitamins and Carbohydrates that can provide a quick pick-me-up lasting for hours.

While **CN** Pension and Benefits Administration (**1-800-361-0739**) is the primary contact for your specific Pension Plan issues and questions, you or your spouse can also ask your **CNPA** contacts about any issues or **concerns you may have**.

Find out more on our extensive website, www.cnpensioners.org.

Squeaky hinge? Rub a slice of cucumber along the problematic hinge. Presto, squeak gone!

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".

HAPPY

100th

BIRTHDAY

GEORGE

COOPER

12 August

Hired 1945

Retired 1981



"Youth is a gift of nature,
Age is a work of art."

- Helen M Carrall

September Birthdays

- | | | |
|--------------------------|-------------------------|---------------------|
| 1. Joanne Carrol | 6. Bill Aide | 6. John Carrol |
| 6. Marg Bovay | 7. Aileen McLean | 9. Bernice Prosser |
| 9. Bryan Smith | 10. Thelma Bishop | 11. Donna Marshall |
| 12. Robert McFee | 13. Lorna Walsh | 16. Kathleen Glenn |
| 17. Eugene Kirkham | 18. Doreen Elliott | 19. Doug MaMillan |
| 20. W R Dunlop | 23. Roberta Rolston | 25. Greg Culhane |
| 25. Doreen MacMillan | 25. Catherine Hollister | 27. Linda Soule |
| 27. Edith Seymour-Taylor | 27. Barbara Millerchuck | 29. Peggy Di Genova |

September Anniveraries

- | | | |
|---------------------------|-----------------------------|---------------------------|
| 5. Perry Robert, Virginia | 7. Harris Don, Rana | 10, Beaton Tom, Edna |
| 13. Clancy Ray, Fay | 18. Nolan William J, Noreen | 19. MacDonal Les, Carolyn |
| | 30. Kellett Lloyd, Sheila | |

*"Every leaf speaks bliss to me, fluttering from the autumn tree."
- Emily Bronte*

October Birthdays

- | | | |
|--------------------|---------------------|----------------------|
| 5. Gerald Hart | 5. Marion Munro | 6. Sylvia Foster |
| 11. Sheila Kellett | 12. Ray Clancy | 15. Jim Bronson |
| 16. Winnie Helm | 18. Bruno Di Genova | 20. Dorothy Stoliker |
| 27. Donna Dafoe | | 31. Beverly Brayton |

October Anniversaries

- | | | |
|----------------------------|---------------------------|---------------------------------|
| 6. Schreider Bob, Ada | 13. Lamorre John, Marilyn | 14. Hollister Ernest, Catherine |
| 18. Muskiluke Dave, Alaise | 19. Stein Morley, Sharon | 31. Prosser Gordon, Bernice |

November Birthdays

- | | | |
|--------------------|----------------------------------|-------------------------|
| 1. Bob Schreider | 1. Mabel Lucas | 1. Carolyn MacDonald |
| 4. Ann Schwager | 5. Gord Birt | 6. Thomas Beaton |
| 6. Darlene Gaffney | 11. <i>Lest We Forget</i> | 12. Joan Di Genova |
| 12. Anna Mae Stone | 12. Alma Westall | 14. Anna McMechan |
| 14. Debbis Hampson | 22. Theresa McClintock | 25. Catherine Thiffault |
| 27. Jack Pitt | | 27. Betty Leroux |

November Anniversaries

- | | |
|----------------------|-------------------------|
| 4. Schwager Ted, Ann | 27. Black Bill, Deborah |
|----------------------|-------------------------|

"It's Christmas in the heart that puts Christmas in the air."

- William Thomas Ellis

December Birthdays

- | | | |
|----------------------|---------------------|-------------------------|
| 2. Orlan Lee Fairman | 6. Harold Farr | 7. Dave Findlay |
| 8. Bernie Kotelinski | 12. Mona House | 13. Bertram McQuaid |
| 13. Cheryl Phillips | 14. Shirley O'Grady | 17. Robert L McGill |
| 17. Lucille Murray | 18. Noreen Nolan | 19. John Lamoore |
| 20. Betty Howes | 24. Kiki Trulsen | 27. Norm Crawford |
| 28. Ken Geen | 28. Donna Foote | 31. Lorraine Cunningham |

MERRY CHRISTMAS
and
HAPPY NEW 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 have to help each other; it’s the law of nature.”

- Jean de La Fontaine

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*

*“Life isn’t about finding yourself.
Life is about creating yourself.”*

- George Bernard Shaw

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.

Did you know...

...being active for at least 150 minutes per week where you
hear yourself breathing a little more can help with physical endurance and well-being

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.

Did you know...

...medications are the leading cause of poisoning in Canada. If taken by mistake or used incorrectly, prescription and over-the-counter medications can cause poisoning.

"Nothing can stop the man with the right mental attitude from achieving his goal; and nothing on earth can help the man with the wrong mental attitude."

- Thomas Jefferson

Requests for confidential information

Have you received an email or text message asking for your Client Number, Account Number, Secret Questions or PIN? If you ever receive an email or text message that asks for any of these things, it's smart to be suspicious of it.

When in doubt, contact the organization that the letter claims to be from to confirm if it is real.

*"Experience is a hard teacher, because she gives the test first,
the lesson afterwards."*

- Vernon Saunders" Law

Dear Railroader,

Rail Safety Week is just around the corner, from **September 23 to 29**, and we need your help to make it a success!

Why get involved?

Your experience and commitment can truly make a difference in promoting safety around railway tracks and crossings. By volunteering with us, you'll play a crucial role in educating others about safe practices and raising awareness about the importance of rail safety.

Here's how you can contribute:

- 1. Volunteer:** Join our team of dedicated volunteers during Rail Safety Week. Whether it's distributing educational materials, assisting at events, or engaging with the community, your participation will be invaluable. Organizing or attending an event in your area? Let us know about it at cn.ca/RSW2024
- 2. Educate:** Visit [Rail Safety Week](#) or operationlifesaver.ca to help educate yourself and your family and friends on the importance of being safe around rail property
- 3. Spread the word:** Help us spread the message far and wide. Share information about Rail Safety Week with your friends, family, and neighbours. Use the hashtags **#RSW2023** and **#StopTrackTragedies** to join the conversation on social media

We are very grateful for the countless hours you donate to your community through our Railroaders in the Community program and for your care for everyone's safety. We thank you very much for contributing to stronger and safer communities and making them proud to have CN as a neighbour.

To sign up or learn more about how you can contribute, please email rsw@cn.ca.

Thank you,

Janet Drysdale
Senior Vice President and
Chief Stakeholder Relations Officer

Steven Covey
Chief of Police and
Chief Security Officer



Hi John

Here's this year's National & OPC Scholarship Finalists for Ontario.

Ava Bell - C13 Thunder Bay - Sponsor Stewart Crawford

Abby Giffen - C2 Barrie - Sponsor David Birrell

Peter McDevitt - C3 Belleville - Sponsor Roger McDevitt

Rowan Radzinski - C14 Toronto - Sponsor Arcadio Magnaye

Travis Murphy - C2 Barrie - Sponsor Garry Murphy

Ontario Provincial Council (OPC) Finalist:

Julia Aikenhead - C8 Niagara Falls - Sponsor Grant Dunkley

Cheers

Les