

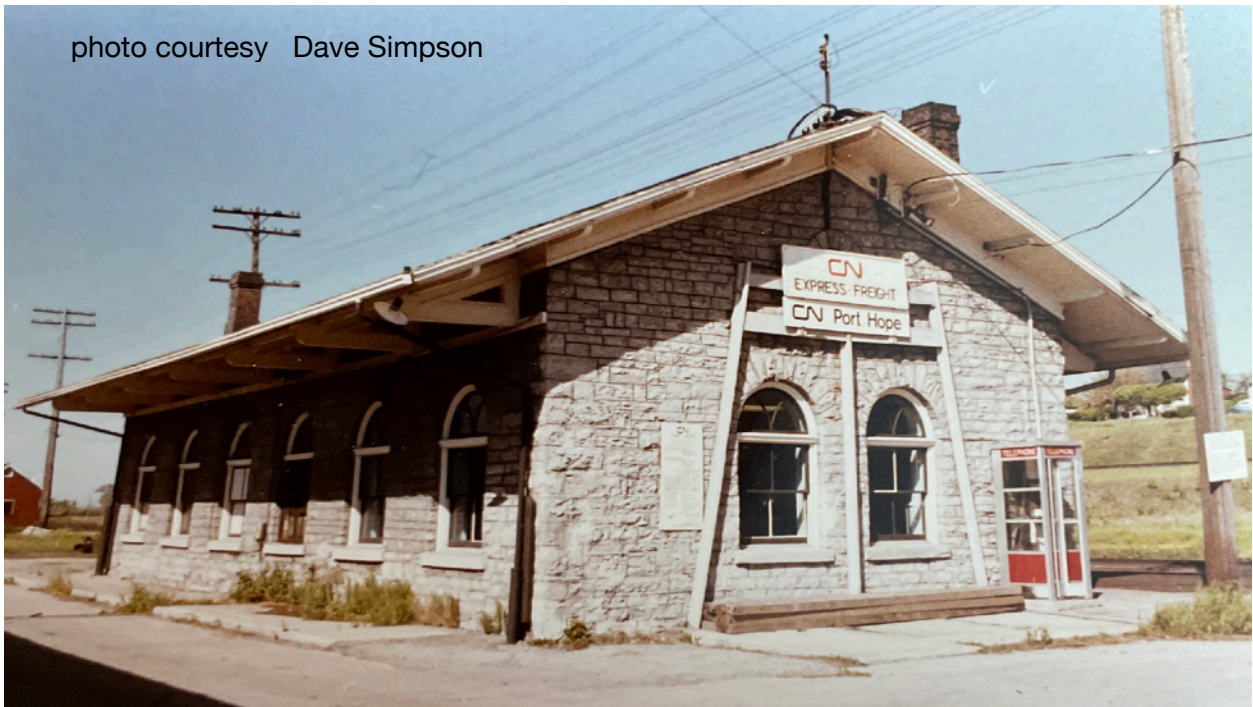


BELLEVILLE

Belleville and District Newsletter

Winter 2024 Edition (January)

photo courtesy Dave Simpson



May They Rest In Peace :

<i>Minerva May Bonham</i>	<i>5 August 2023</i>
<i>Wilbert “Wob” Henry Collins</i>	<i>5 August 2023</i>
<i>Mary Faye Pippy</i>	<i>25 August 2023</i>
<i>Eleanor Lola Radford</i>	<i>20 September 2023</i>
<i>Francis “Frank” Llewellyn Trombley</i>	<i>30 September 2023</i>
<i>Keith Foster</i>	<i>1 October 2023</i>
<i>Thomas Edward “Ted” Jury</i>	<i>5 October 2023</i>
<i>Ruth Ann Millar</i>	<i>6 October 2023</i>
<i>Doris Helene Lupinette</i>	<i>11 October 2023</i>
<i>Wayne Bates</i>	<i>31 October 2023</i>
<i>Annie May Agnes Bradley</i>	<i>31 October 2023</i>
<i>Clarence Watkins</i>	<i>12 November 2023</i>
<i>Viola Edna Janet Andrews</i>	<i>26 November 2023</i>
<i>Gerard Philip Harris</i>	<i>29 November 2023</i>

“I would rather walk with a friend in the dark, than alone in the light.”

- Helen Keller

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!

Belleville Council (C3)

Council meetings & general meetings may be held at any location and at any time.
Directors may choose to hold any meeting virtually, in person, or a combination of both.
Please address all correspondence to the President.

President Alt. OPC delegate	Les MacDonald 92 Bay Breeze St. R.R.7 Belleville, ON K8N 4Z7	(613) 962-7574 <i><u>jlesmacdonald@gmail.com</u></i>
1st Vice President Membership OPC Delegate	David Simpson	(613) 395-3250 <i><u>ddsimpson01@gmail.com</u></i>
2nd Vice President	Harry Hebbourn	(613) 966-1371 <i><u>harryhebbourn@sympatico.ca</u></i>
3rd Vice President	Rick Phillips	(613) 922-6473 <i><u>phillipsr@xplornet.ca</u></i>
Secretary Past President OPC Delegate	Roger McDevitt	(705) 632-1012 <i><u>rogermcdevitt@gmail.com</u></i>
Treasurer Sick & Visiting Alt. OPC Delegate	Elaine O'Hara	(613) 968-8217 <i><u>aeohara292@gmail.com</u></i>
Director Entertainment	John McGinnis	(613) 962-1326 <i><u>jmcginnis5@cogeco.ca</u></i>
Director	Trul Trulsen	(613) 962-3845
Director Newsletter Editor	John Mueller 148 Cherrywood Parkway Napanea, ON K7R 0C3	(613) 354-5241 <i><u>jwueller44@yahoo.ca</u></i>
Director Calling Committee	Mary Czechowski	(613) 962-8253 <i><u>jczechowski@cogeco.ca</u></i>
Director	Donna Simpson	(613) 395-3250 <i><u>ddsimpson01@gmail.com</u></i>
Director	Bruno Di Genova	(613) 968-6328 <i><u>colombo44@hotmail.ca</u></i>
Director	Norm Crawford	(613) 966-7755 <i><u>norman.crawford@sympatico.ca</u></i>
Director	Tim Spice	(613) 966-4240 <i><u>spicesr@yahoo.ca</u></i>

President's Message

Happy New Year

Hopefully this message finds you Happy and Healthy and ready to start off a New Year. The past few years have been hard on us all, with sickness and death, so hopefully it's behind us now and we can continue with our luncheons at the Dugout where the Staff do an excellent job for us in providing great & tasty meals.

Our Yardman Monument has started and Mr. Dave Simpson and Committee will be real happy when it is completed.

Our National Scholarship, along with the Ontario Provincial Scholarship, was once again a success and we will be ready to do it again in 2024 with all funding in place.

The Belleville and District Pensioners Association (C3), has donated a copy of the **CN** commemorative book "100 Years of Building a Legacy Together" to the Belleville Public Library for anyone who has a desire to check it out.

We would like to welcome all new Pensioners, both new and those that transferred from other councils.

We have some new members on our Local C3 Council... .. *Rick Phillips* and *Tim Spice*. If you need any assistance with your pension needs or Blue Cross, PLEASE, feel free to contact me at my email: jlesmacdonald@gmail.com.

Any member of the council can also provide assistance.

Also I would like to thank our calling ladies who do an excellent job in calling all who would like to come out to our dinners, some of them have been replaced with new ones and to those that have resigned I would like to *Thank You* for all the years of service you have given us.
CHEERS.

We always welcome new council members who would like to join our CN Pensioners executive. This doesn't take away much of your time.

On a last note I would like to thank the members of our local council for their time and patience in a job well done.

Please take time to smile today.

Cheers

Les MacDonald

*To the guy who invented zero.
Thanks for nothing...!*

Welcome to the CN Pensioners Association:

Dianne L Bartlett

Johanna Jeronimus

Rosemary Quibeell

Mark A Kernaghan

Paul Prokopczwk

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.

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).

*At the beginning of the year I made a resolution to lose 10 lbs.
Only 15 more to go...!*

*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".



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 |
| 14. Helen Kinloch | 15. Joan Fletcher | 17. Harriet Nickerson |
| 19. Doreen Gray | 20. Marie Barr | 23. Donald Nolan |
| 23. Norm Newton | 24. Trul Trulsen | 25. Bill Hrynich |
| 26. Deborah Black | 28. Dale Duvall | 28. Ann Schwager |
| | 30. Norman Lentz | |

January Anniversaries

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

February Birthdays

- | | | |
|---------------------|-----------------|------------------------|
| 2. Yolanda Gutoskie | 2. Elsie Machan | 3. Robert Eric Mckague |
| 3. Eva Smith | 5. Steve Thorne | 6. Donna Bellwood |
| 6. Nancy Bunnett | 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. Doug Thrasher | 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 |
| 10. Graham James, Sharon | 14. Spice Timothy, Deanna. | 17. Leroux Yves, Betty |
| | 26. Hughes Gerry, Dorothy | |

Can February March? April May..

April Birthdays

- | | | |
|----------------------|---------------------|----------------------|
| 1. Margaret Pumple | 10. Jesse Ladoucier | 10. John Mueller |
| 13. John McGinnis | 16. Eva Bellis | 17. Marie Johnson |
| 18. Shirley Thrasher | 21. Murray Martin | 25. Harry Hebbourn |
| 25. Jack Smith | 26. Bev Verge | 27. Marlene Glenn |
| 28. Doris Hiddleston | | 30. Robert Bellewood |

April Anniversaries

- | | | |
|--------------------------|---------------------------|---------------------------|
| 2. Pitt Jack, Nancy | 3. Hampson Larry, Debbie | 3. Cousins Robert J, Marg |
| 5. O'Hara. Elaine, Allan | 10. Simpson David, Donna. | 11. Schwager Ted, Anne |
| | 21. Verge Tim, Bev | |

Many people think that too many transport trucks are clogging up the highways. They propose taking those trucks off the roads and putting them on the rails. This photo is probably NOT an example of what they mean.



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.

“For it is in giving that we receive.”

- St. Francis of Assisi

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.

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

Stanley drove his new car into a tree.
He now knows how a Mercedes bends!

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.

Money scams

Online shopping fraud

Ever see an offer online or receive an email with a product offering that sounds too good to be true? Then there's a real chance that it is. Fraudsters pose as sellers offering items for an amazing price or with free shipping, but all they're after is your money.

Card skimming

Credit and debit card fraud can happen at bank machines, ABMs and retailers virtually anywhere. Make sure whenever you're entering a PIN into a machine, you keep it private, and keep your eyes open for suspicious-looking devices attached to the machine so you don't unknowingly help thieves gain access to your Account.

Think twice before putting that cheque in the mail...

Sure, the letter looks legitimate, but is it? Are you being asked to send in money or provide confidential information? If so, you may be looking at a case of attempted mail fraud. Fraudsters use several tactics to trick you, including:

- Get-rich-quick schemes
- Fake charity solicitations asking for donations
- Prize winnings that require you to pay for shipping expenses

Remember, when in doubt, contact the organization the letter claims to be from to confirm if it's real.

"You can't win them all, but you can try."

- Babe Didrikson Zaharias

Imposter scams and CRA fraud

In imposter scams, fraudsters will impersonate a trusted source, like the police, your bank, or in many cases, the Canada Revenue Agency (CRA), to convince you to send them money and/or your personal information. These scams happen year-round but spike during tax season when you might get a text, call or email claiming that you owe the government a tax payment or have a refund waiting for you. Pay attention to red flags, like if the call is coming from a strange number, and ignore requests from unknown sources asking for your personal and financial details. If you're unsure, contact the CRA or institution they're claiming to be directly.

Grocery rebate scam

Watch out for fake emails and text messages offering you the Federal Government's new **grocery rebate**, a one-time payment to eligible Canadians meant to compensate for higher grocery prices due to inflation. If you get an email or text claiming to be from the CRA asking you to click a link to collect a grocery rebate, don't respond and contact the CRA directly if you have questions. You can also learn about the eligibility for the rebate on the CRA website.

Phone Scams

Banks and government agencies will never request gift cards or prepaid cards in payment of a debt or bill. If you ever receive a suspicious call, don't provide any personal or sensitive information and get in touch with the organization they claim to be representing.

Want to avoid a hangover or terrible headache?

Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!

AND

A single cucumber contains most of the vitamins you need every day. Cucumbers contain Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorous, Potassium and Zinc.

Common fraud

Account takeover

If a fraudster does manage to steal your personal information, their next move is to gain access to your online accounts. They can really do damage by making purchases, withdrawing your money or even changing the details of your account.

Identity theft

Identity and information theft is a serious problem facing consumers and businesses today. Hackers are no longer interested in breaking into computer systems and causing them to crash. Instead, they want to keep a system up and running so they can steal information from it, or use it as a launch pad for attacks against other computers. If your identity is "stolen," you may find yourself with a poor credit rating as the fraudster has taken out loans, credit cards, etc. in your name. If you notice any abnormal activity in your financial records, don't hesitate to contact your financial institution to follow up..

Looking to fight off that afternoon or evening snacking binge?
Cucumbers have been used for centuries and often by European traders, trappers and explorers for quick meals to thwart off starvation.

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. Never the less, 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.

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*
- *etc.*

photo courtesy Dave Simpson

