



Belleville and District Newsletter

Fall 2026 Edition (September)



May They Rest In Peace :

Sharon Ann Brohm	10 April 2026
George “Coop” Cooper	19 April 2026
Clare Erwin Reid	20 April 2026
Margaret Helen Haskin	14 May 2026
Bonnie J Kernaghan	24 May 2026
Darryl Barth	7 June 2026
Theodore Collin “Ted” Kornblum	10 June 2026
Randolph James “Randy” Scott	24 June 2026
Glen Alan Hull	7 July 2026
Marjory Forrest Cooper	17 July 2026

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.
Lunch meetings are usually held the 3rd Monday of each month (except June, July, August and December).

President Alt. OPC Delegate	Les MacDonald 92 Bay Breeze St. Belleville, ON K8N 0L4	(613) 962-7574 <i>jlesmacdonald@gmail.com</i>
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Director	Bruno Di Genova	(613) 968-6328 <i>colombo44@hotmail.ca</i>
Director	Norm Crawford	(613) 966-7755 <i>norman.crawford@sympatico.ca</i>
Director	Tim Spice	(613) 966-4240 <i>spicesr@yahoo.ca</i>
Director	Sherry Scott	(613) 969-5202 <i>scottsherry@sympatico.ca</i>
Director	Wayne Latchford	(613) 849-4771 <u><i>catherinelatch50@yahoo.ca</i></u>

President's Message

Good Day Folks

Here we are heading into another fall season, which usually means cleanup time for our gardens and yards.

Hope this message finds you all Happy and Healthy.

Our Local C3 CNPA Committee are already for you to come back to our Monthly lunches. The Calling Ladies will be calling you monthly to tell you the menu and price, and from what I see and hear they do a wonderful Job.

Jen and her staff at the Dugout do a Great Job and are very easy to work with.

If you have any Pension issues or complaints please feel free to contact any of our Committee Members or myself at email: jlesmacdonald@gmail.com or Cell phone 613-921-7785.

Need Help with your Blue Cross. Please contact Roger McDevitt: rogermcdevitt@gmail.com

We have a member- Thomas Beaton celebrating his 100yr Birthday in Nov, 2026

We can't forget our Newsletter Editor – John Mueller for doing an Outstanding job on our local Newsletter, way to go John.

If You Can Be Anything – Be Nice.

CHEERS

Les MacDonald

President C3

*"I like a good story well told.
That is the reason I am sometimes forced to tell them myself."
- Mark Twain*

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 any member of your **CNPA** council (see page 3) about any issues or **concerns you may have**.

This information was included with the 2025 Pension Committee Annual Report mailed out in July 2026. If you missed it, or forgot it, here it is again...

Pension Reference Guide

When to contact us

✓ Changes

- Address
- Banking information
- Beneficiary
(only if there is a remaining guaranteed period)
- Taxes

✓ Events

- Marriage breakdown
(divorce/separation)
- Deaths

✓ Documents

Power of attorney

✓ Questions

General or specific questions:
Call us or visit the web portal

Have your PIN ready when contacting us



Phone

1-800-361-0739
Monday – Friday,
8 AM to 6 PM Eastern Time



CN Pension Web Portal

CNbenefits.hroffice.com,
available 24/7



Mail

P.O. Box 8111
Montréal, Quebec
H3C 3N3

Web portal features

- Monthly pension deposit notices and tax slips
- Update banking information online
- Annual pension statements
- Browse pension-related articles
- Change address

How to connect to the web portal: You will be able to connect by entering your Login ID (PIN) with your password. If this is your first time, you can click on "Register" and enter your personal information to initiate your account. You will then be prompted to choose a password and set up your recovery questions in the event you need to recover your password.

Whether you have questions about your pension, need to update your information, or require assistance during a difficult time, our team is here for you every step of the way.

If we want to change our lives we must first change our attitudes.
Happiness is not created by what happens to us,
but, by our attitude toward each happening.

*What Programmes and Benefits Do the **CNPA** Manage or Provide?*

Health Care: With the assistance of key partners, our Health Care Committee of volunteer pensioners manages one of the best retirement health care plans in Canada. Our **CNPA** Health Care Plan (93115) for **CN** Pensioners provides coverage for some of the costs not covered by your province.

Scholarships; Children and grandchildren of **CNPA contributing** members get access to our annual **CNPA** Scholarship Programme, which offers 25 scholarships of \$1,500 across Canada, plus additional regional bursaries/scholarships.

Our **National Newsletter** and local communications with members keep you up to date on what is happening, like Family Days, special events, or changes to legislation, policies or programmes. We also provide the annual **CN** Employee Calendar, **CN** Magazine and **CN in the Community** brochure to *contributing* members.

As a *contributing member*, you can attend various events coordinated by the local councils across the country. Most hold regular meetings where current or special issues are discussed, as well as other local activities and events.

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**.

You qualify as a real old timer if you can remember when one woman thought the next one was lazy if she bought canned goods.

Welcome to the newest CN Pensioner:

Andre Persaud

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.

A kick in the rear is a step forward.

September Birthdays

- | | | |
|--------------------------|-------------------------|---------------------|
| 1. Joanne Carrol | 3. Geraldine Latchford | 6. Bill Aide |
| 6. John Carrol | 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 MacMillan |
| 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. MacDonald Les, Carolyn |
| | 30. Kellett Lloyd, Sheila | |

"If you don't think every day is a good day, try missing one."
- Cavett Robert

October Birthdays

- | | | |
|---------------------|----------------------|-----------------------|
| 5. Gerald Hart | 5. Marion Munro | 6. Sylvia Foster |
| 11. Sheila Kellett | 12. Ray Clancy | 16. Winnie Helm |
| 18. Bruno Di Genova | 20. Dorothy Stoliker | 21. Cornelius Quinlan |
| 27. Donna Dafoe | | 31. Beverly Brayton |

October Anniversaries

- | | | |
|--------------------------------|---------------------------------|----------------------------|
| 6. Schreider Bob, Ada | 14. Hollister Ernest, Catherine | 18. Muskiluke Dave, Alaise |
| 18. Quinlan Cornelius, Susanne | | 19. Stein Morley, Sharon |

November Birthdays

- | | | |
|----------------------------------|--------------------|------------------------|
| 1. Bob Schreider | 1. Mabel Lucas | 1. Carolyn MacDonald |
| 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. Debbie Hampson | 22. Theresa McClintock |
| 25. Catherine Thiffault | 27. Jack Pitt | 27. Betty Leroux |

November Anniversaries

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

December Birthdays

- | | | |
|----------------------|-------------------------|----------------------|
| 2. Orlan Lee Fairman | 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 | 20. Betty Howes | 24. Kiki Trulsen |
| 27. Norm Crawford | 28. Ken Geen | 28. Donna Foote |
| | 31. Lorraine Cunningham | |

December Anniversaries

19. Latchford Wayne, Geraldine

MERRY CHRISTMAS
and
HAPPY NEW YEAR



29 August 2026



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 jwmueller9@gmail.com
subject line "CNPA Belleville Newsletter".

"When things are bad, we take comfort in the thought that they could always be worse.
And when they are, we find hope in the thought that things are so bad,
they have to get better."
- Malcolm S Forbes

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.

How do you keep pieces of Canadian bacon from curling in the skillet?
- Take away their little brooms!

This item reprinted from Pensioners' News Volume 29 . Number 3 . Winter 2025

It Starts With Raising your Hand

You lifetime of railroading skills - from the shop floor to the front office - are invaluable. We need your expertise to keep our organization strong and to support your fellow pensioners. Whether you can lend a hand at a pensioner meeting, share a newsletter story, or even help from home, there's a place for you. We need volunteers of all types to help with different kinds of tasks, including running our organization. Reach out to your local **CNPA** Executive Council and see how a small commitment of your time can make a big difference to your friends and coworkers.

“A man who wants to do something will find a way;
a man who doesn't will find an excuse.”
- Stephen Dolly Jr.

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.

The really happy man is the one who can enjoy the scenery
when he has to take a detour.

Rail Safety Tips for people using Wheeled Mobility Devices crossing train tracks

Use Designated Crossings

Stop, Look and Listen for Trains

Plan Ahead

Proceed with Caution

Get immediate help if you get stuck

Remember: Trains are wider than tracks. They can extend on both sides by as much as 1 metre.

So keep your distance!

See OperationLifesave.ca & LookListenLive.ca for more information.

“What would life be if we had no courage to attempt anything?”

- Vincent Van Gogh

Rail Safety Week September 21 to 27, 2026

Rail safety is a shared responsibility and we ask everyone to be especially careful when on or near railroad property and at crossings. Look, listen and live! That's what it means to be rail smart!

Each time someone crosses a railroad track irresponsibly there is a potential for danger. At CN, we look out for each other. When everyone looks out for those in their communities, we can help eliminate railroad crossing/trespassing accidents.

Tips to “BE RAIL SMART”

- Stop a safe distance from tracks and crossings.
- Look both ways to ensure trains are not approaching.
- Listen for approaching trains.

How can you help?

- Say something! Save the CN Police phone number and call if you witness any unsafe situation near the railroad: 1-800-465-9239.
- Act as a role model around trains and tracks.
- Share rail safety tips with your family, friends, colleagues and community.
- If you live in a CN-served community email CN Safety to organize a safety presentation in your local school.

Did you should know?

On the home page of cnpensioners.org there are many things to explore.

Click on **National** to meet the Directors of your national council.

Click on **Councils** to meet the executives of the provincial, regional and local councils. There are links to click that will provide information about “**Pension**”, “**Healthcare**”, “**Scholarships**”, “**Membership**”, “**Newsletters**” & “**CN Community**”.

In addition there are quick links that cover topics like “Death of a Pensioner”, “Member Discounts”, “Pension Portal” and “Change of address/bank info”.

Nothing is as frustrating as arguing with someone who knows what he is talking about.

OPC - 2026 CNPA Scholarship Report

Another Scholarship Season has come to an end and it was a successful one. We had 175 National Scholarship Applications with 43 of them rejected for various reasons. We had 43 Ontario Scholarship Applications with 11 rejected for various reasons.

2026 Ontario Winners

Jennifer Aikenhead --Sponsor Lydia Dunkley – Welland – C8

Ellie Stevens – Sponsor Paulina Schweitzer – Hamilton – C4

Ashna Nijhawan – Sponsor – Sant Lal Nijhawan – Richmond Hill – C14

Carson Vogel – Sponsor – Thomas Fuchs – Dresden – C7

Dominic Beyak – Sponsor – Annette Beyak – Rainy River -C13

OPC Winner

Alanna Pullen – Sponsor – Harold Pullen – Hornepayne -C13

Les MacDonald
CNPA Scholarship Chair
Ontario Region

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.

