



Belleville and District Newsletter

Fall 2025 Edition (September)



Turbo at Brockville, Ontario

photo John Cowan

May They Rest In Peace :

Donna May Neal	13 April 2025
Thomas Roger Hodgson	23 April 2025
Mary Evelyn Sheedy	28 April 2025
Donna Charlotte Simpson	1 August 2025

*Be not afraid of going slowly. Be afraid of standing still.
- Japanese Proverb*

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).

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**.

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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Director	Tim Spice	(613) 966-4240 <u>spicesr@yahoo.ca</u>

President's Message

Good Day

Hopefully this message finds you all Happy & Healthy and you enjoyed your summer.

Our Yardman Monument is in the final stages of being completed.

We finished another CNPA Scholarship Season. We had 49 applications from Ontario. 5 National Scholarships and 1 OPC Scholarship each totalling \$1500.00 were awarded.

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

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

We're always in need of new people to join our Local C3 Committee.

I would like to THANK our Calling Ladies for doing a Great Job for us.

Also, I would like to take a moment and give Thanks our Local C3 Committee for doing a Great Job in keeping our Local running well.

Many Thanks to The Dugout Crew for putting on great meals for us.

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

Hope you come out & visit us at our lunches, usually on the third Monday of the month.

The most wasted day of all is that in which we have not laughed.

Cheers,
Les MacDonald

"You only live once, but if you do it right, once is enough."

- Mae West

2025 is an election year.

All executive positions are open for nominations.

Voting is scheduled to take place at our October General Meeting.

Secretary Roger McDevitt is heading up the nominating committee.

Please contact him to express your interest or suggestions.

*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.

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

Welcome to the CN Pensioners Association:

Dennis S Brown

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.

*"It sounds so simple, but if you just be yourself,
you're different than anyone else."
- Tony Bennett*

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.

Happy 100th Birthday



Pictured L to R: **Clarence Coveduck**, his son Richard and Les MacDonald, President **CNPA** Belleville and District Council. **Clarence** hired on in 1943 as a Messenger Boy and Retired in 1986 as Vice-President of Administration & Archives in Montreal.

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 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. MacDonal Les, Carolyn |
| | 30. Kellett Lloyd, Sheila | |

Troubles are like babies.
They grow bigger by nursing.

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 |
| 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. Debbie Hampson |
| 22. Theresa McClintock | 25. Catherine Thiffault | 27. Jack Pitt |
| | 27. Betty Leroux | |

November Anniversaries

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

Concerned citizens have reported a health concern at the local grocery.
A snowman sorting through the carrots was obviously picking his nose!

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 | |

MERRY CHRISTMAS
and
HAPPY NEW YEAR



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".

"Do what you can,

with what you have,

where you are."

- Theodore Roosevelt

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.

"No act of kindness, no matter how small, is ever wasted."

- Aesop

Thank you to those CN Pensioners who represented CN at last year's Terry Fox Run.

On September 15, 2024, nearly 300 CN employees, retirees, and family members took part in six runs across Canada, raising over \$16,500 for cancer research. This was part of CN's \$1 million commitment over three years to help fund life-saving research and innovation. In 2023–24 alone, the Terry Fox Foundation directed \$43.9 million to cancer research, supporting over 170 projects and nearly 600 researchers. Definitely something to be proud of!

This year's run - the 45th annual - takes place on Sunday, September 14, 2025 across Canada! As we look ahead to this year's events, we invite more of you to get involved.

For your information:

The following received from CNPA Ontario Provincial Council President Robert Haggart

Good afternoon Ontario Council Executive

Please utilize whatever tools you use to provide news to your council members.

I have been made aware that passholding CN Pensioners are no longer receiving VIA Preference Points.

When I queried this situation I received the following:

This is purely a VIA issue. They no longer provide VIA preference points for any coach fare covered by our LS passes. If upgraded accommodation is purchased in conjunction with the free coach fare, you would be entitled to preference points for the cost of the upgraded accommodation only.

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*

*"Not everything that is faced can be changed,
but nothing can be changed until it is faced."*

- James Baldwin

Playing with purpose

Hockey Helps The Homeless, in partnership with CN, raised \$7.8 million

They laced up, volunteered and showed what it means to play with purpose. Hockey Helps the Homeless, sponsored by CN, raised an incredible \$7.8 million for local organizations fighting homelessness across Canada through a series of friendly hockey tournaments.

"Sports don't build character - they reveal it."

- Heywood Hale Brown

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...

...good dental hygiene leads to good nutrition which can prevent falls and frailty.

To be able to comfortably chew meat, fresh fruit, vegetables, and breads 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.

"Simple pleasures are the last healthy refuge in a complex world."

- Oscar Wilde

"If you have built castles in the air, your work need not be lost;
That is where they should be.
Now put the foundations under them."
- Henry David Thoreau, in *Walden*



The former CN station in Hornepayne, was built in 1921, according to the Canadian Register of Historic Places. Hornepayne was founded as a railway community, with the station playing an important role as a division point on the CN mainline. The station is situated on the edge of the community's large train yard, on the edge of the town.

Here are the National Scholarship Winners and OPC winners.

2025 Ontario National Winners

Nicole Holen -- McGregor ON- C8

Megan Fraser - Barrie, ON -- C2

Nayna Nijhawan - Toronto --C14

Alessandra Gaspari -Mississauga -C14

Katie Di GregorioToronto C14

OPC Winner

Dominic Beyak -- Manitoba --Sponsor Elaine Beyak - Rainy River --C13

In case you missed it ...

The following two paragraphs were written by our CNPA National President, Bruce Anderson, and were included as part of his President's Message in the *Pensioners' news* Volume 29 * Number 1 * 2025. It's worth repeating.

“I would encourage everyone to connect with someone on your Local/Regional/ Provincial Council, and see if there's anything you could do to make that Council run a little bit better. Extra hands and fresh ideas are always going to be welcome wherever they are offered.”

“ We currently enjoy a well-organized, well-staffed, productive organization that is focused on maintaining the well-being of our members in a number of vital areas. We need to be sure that we continue to be staffed, and that we get replacements for folks that decide to step down after many years of service. You can be one of those replacements, by just checking in with any of the councils that represent your area and finding out where they could use your help. You'll find it can be very rewarding.”



29 August 2025

*“The future belongs to those who believe in the beauty of their dreams.”
- Eleanor Roosevelt*

excerpt from “When Any Time Was Train Time’ by Elizabeth A. Willmot first published 1992.

The railroad was a man’s world in the 1920s. Few positions were held by women. One of the lucky few employed by the railway in Woodstock was a young farm girl named Beryl Hart, who was just four feet eleven inches tall. Beryl became an efficient telegraph operator at the station and trained many other girls in this important field.

One of her jobs as an operator was to keep the batteries in working order. Eleanor Gardhouse, daughter of the late Beryl Hart, recalls that two large two-gallon jars were kept filled with water and bluestone. A copper “frog” (a device resembling a frog) was suspended in the liquid. A wire from the “frog” travelled to the instruments, providing the power. Care had to be taken not to splash this solution onto one’s clothes.

One of the high points in Beryl Hart’s career as a telegrapher was taking the message when the famous racehorse Man O’ War won the race which set a new world record on July 11, 1920.

During the 1860s, a Frenchman by the name of Callaud invented a variant of the Daniell cell which dispensed with the porous barrier. Instead, a layer of zinc sulfate sits on top of a layer of copper sulfate, the two liquids are kept separate by their differing densities, often with a layer of oil added on top to prevent evaporation. This reduces the internal resistance of the system and thus the battery yields a stronger current. This variant, called a gravity cell, consists of a glass jar in which a copper cathode sat on the bottom and a zinc anode is suspended beneath the rim in the zinc sulfate layer. Copper sulfate crystals are scattered around the cathode and the jar then filled with distilled water. As the current is drawn, a layer of zinc sulfate solution forms at the top around the anode. This top layer is kept separate from the bottom copper sulfate layer by its lower density and by the polarity of the cell. A disadvantage of the gravity cell is that a current has to be continually drawn to keep the two solutions from mixing by diffusion, so it is unsuitable for intermittent use. In addition, it was vulnerable to loss of integrity if too much [electric current](#) is drawn, which also causes the layers to mix.

Sometimes called the crowfoot cell due to the distinctive shape of the electrodes, this arrangement is less costly for large [multicell batteries](#) and it quickly became the battery of choice for the American and British telegraph networks. Even after most telegraph lines started being powered by motor-generators, the gravity battery continued to be used in [way stations](#) to power the local circuit at least into the 1950s. In the telegraph industry, this battery was often assembled on site by the telegraph workers themselves, and when it ran down it could be renewed by replacing the consumed components.^[12] The zinc sulfate layer is clear in contrast to the deep blue copper sulfate layer, which allows a technician to determine the battery life with a glance. On the other hand, this setup means the battery could only be used in a stationary appliance, otherwise the solutions would mix or spill.