



BELLEVILLE

Belleville and District Newsletter

Winter 2026 Edition (January)



28 October 2025

May They Rest In Peace :

<i>Georgina (Jo) Sutherland</i>	<i>8 June 2025</i>
<i>Brenda Lee MacPherson</i>	<i>22 July 2025</i>
<i>John Charles William Griffin</i>	<i>21 August 2025</i>
<i>Barbara Gladys Bronson</i>	<i>23 August 2025</i>
<i>Gladys Evelyn Dainard</i>	<i>3 September 2025</i>
<i>Muriel Wells</i>	<i>3 September 2025</i>
<i>Kevin Fulton</i>	<i>5 September 2025</i>
<i>Rodney C. Smith</i>	<i>9 September 2025</i>
<i>Margaret Bernice Bovay</i>	<i>8 October 2025</i>
<i>Alice Laura Knox</i>	<i>18 October 2025</i>
<i>Graham Blake Harrington</i>	<i>24 October 2025</i>
<i>Gary Rene Jackson</i>	<i>8 November 2025</i>
<i>Gail Farr</i>	<i>5 November 2025</i>
<i>Robert James Cousins</i>	<i>13 November 2025</i>
<i>Micheline Jeanne Farnworth</i>	<i>29 November 2025</i>
<i>Richard Wayne Casselman</i>	<i>13 December 2025</i>
<i>John “Jack” Marshall Uens</i>	<i>19 December 2025</i>

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

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Director	Trul Trulsen	(613) 779-6964
Director	Harry Hebbourn	(613) 966-1371 <i>harryhebbourn@sympatico.ca</i>
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>

President's Message

Happy New Year Folks

Hope this message finds you all Happy and Healthy and ready to enjoy a New Year.

This year we have 2 Centenarians who will celebrate their 100yr birthdays, Norma Lentz and Thomas Beaton.

If anyone needs assistance with their pension needs, we're here to help you. I can be reached at Email: jlesmacdonald@gmail.com

You can also reach out to any of our Committee Members.

If you need help with Blue Cross then Roger McDevitt can be reached at Email: rogermcdevitt@gmail.com

Our meal prices are going up - this is the first increase since we started at the Dugout.

Our C3 Committee remains about the same with one new member, Sherry Scott and one member, Dave Simpson, retiring. Many THANKS Dave.

All our call ladies are doing a Great Job in getting everyone together for our luncheons.

Special Thanks to our Editor John Mueller in putting our Newsletter together.

Also would like to Thank all our C3 Committee Members for a Great job in keeping our Local C3 running smoothly.

Cheers,
Les MacDonald
President C3

*Never trust a man who says he's the boss in his home.
He'll lie about other things, too.*

Welcome to the newest member of the Belleville Council

Director Sherry Scott

*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**.

Welcome to the CN Pensioners Association:

Lillian Griffin

Jo-Anne Labreche

Rhonda L Leavey

Francoise Smith

We may not be responsible for all the things that happen to us,
but we are responsible for the way we behave when they do happen.

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
SYLVIA



On her 100th Birthday, 6 October 2025, Sylvia Foster with her son Stewart and daughter Sue. Sylvia's husband, John Philip Foster hired on in 1948 as a carman. He retired in 1985



January Birthdays

- | | | |
|-------------------|-----------------------|----------------------|
| 1. Rita Carriere | 2. Lydia Stratton | 3. Joseph Leroux |
| 5. Michael Fahey | 8. Dorothy Hughes | 10. Evelyn Aide |
| 12. Yves Leroux | 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 Hrynck | 26. Deborah Black |
| 28. Dale Duvall | 28. Ann Schwager | 30. Norman Lentz |

January Anniversaries

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

Andy Rooney said it well; it's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone.

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 | 19. Sharon Graham | 23. Edna Beaton |
| | 26. Terry Meers | |

February Anniversaries

9. Smith. Jack, Sandra

March Birthdays

- | | | |
|----------------------|----------------------------|----------------------|
| 1. Don Bishop | 2. Audrey Fox | 3. Wayne Latchford |
| 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 |

What sport is played all over the world, has four letters in its name
and starts with a T?

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 | 5. O'Hara. Elaine, Allan | 21. Verge Tim, Bev |
|--------------------------|--------------------------|--------------------|

"Most players practice until they get it right.
Great players practice until they can't get it wrong."
- Annika Sorenstam

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*

In a remote Canadian community, a newsletter editor called at the home of an elderly resident, a retired railroader 100 years of age, He asked the usual question: "To what do you attribute your great age?" "It's very simple," said the old man. "I've been taking vitamin pills since I was 99>"

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.

Roger: "I see your wife has a new mink stole. That must keep her warm."
Les: "I didn't buy it to keep her warm, just to keep her quiet>"

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.

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".

"If you've heard this story before, don't stop me,
because I'd like to hear it again."
- Groucho Marx

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 local **CNPA** contacts about any issues or **concerns you may have**. See page 3.

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

The policeman, questioning a witness, asked "What does the man look like?"
"Does he have a moustache?"
"Don't know," was the answer. "If he does, he keeps it shaved off."

CN Pensioners' web portal

The portal is now available at cnbenefits.hroffice.com

It will allow you to access relevant pension information and update your address and banking information. On your first visit, you will need to register. You will then be able to access the portal using your **CN** PIN (login ID) and the password you created. If you require assistance with registering or logging in, please call the Pensioners' Help Line at **1 800 361-0739**.

Husband: "My dear wife, I have taken you safely over all the rough spots
of life, haven't I?
Wife: "Yes. I don't believe you missed any of them."



The City of Belleville officially unveiled the new CN Yardmen Memorial Project Monument outside the Quinte Sports & Wellness Centre on Tuesday 28 October 2025.

The project was first introduced as a tribute to the Belleville Yardmen – a group of railroaders who contributed over \$3 million towards the construction of the facility which opened in 1978 and was known as The Yardmen Arena.

“Today is a special day for our city as we honour the history of this cherished community facility,” Belleville Mayor Neil Ellis said at the ceremony. “In the ’90s it was eventually given its name, the Yardmen Arena, to honour those railroaders and their contributions to the area and the community. This monument has been erected to honour the efforts of the Belleville Yardmen who had a vision to build a facility for winter sports for generations to come.”

Canadian National Rail’s Daniel Salvatore, senior manager, Incident Management and Safety, drove for three hours from Hamilton to bring best wishes from the railway firm. Salvatore said, “we say it all the time, “we’re proud to support the communities in which we operate”, and we felt it was important to be here in person today to recognize this monument that’s not going anywhere anytime soon.” He said the monument is “a permanent testament to the legacy of contributions of pensioners and active railroaders today in their own way.”



Left to Right: Belleville Mayor Neil Ellis, retired Recreational Director Doug Moses, and representing the **CNPA**, Belleville and District (Council C3): President Les MacDonald, Secretary Roger McDevitt and Vice President David Simpson.

The moments fly - a minute's gone;
 The minutes fly - an hour is run;
 The day is fled - the night is here
 Thus flies a week, a month, a year!
 - author unknown

Dave Simpson, a CN pensioner who helped form the Yardmen Monument Committee in 2017, said it's been a challenge to bring the project to fruition to create a permanent memorial. "Back in 2017, the pensioners got quite a shock coming down the road. The "Yardmen Arena" sign was missing off the building, but shortly after another sign came up," Simpson recalled. "So, we said, well, nothing's facing the road, people coming in and future generations will never know what went on here. So, we made a committee of eight people, took a piece of paper and said, what do you think we should do? We've had to modify it a bit because COVID came in. All of a sudden, the money we had to begin with was a lot less than we needed. We got to work again and raised some more money and we have most of what we originally started with — the stone on the front and the engines," he said.

He thanked pensioners, volunteers, the city and The Parrott Foundation and others who donated to make the monument a reality for future generations.

Simpson added the city should always remain thankful for the role played over the decades by the Yardmen to grow the city in order to create a community that looked after each other. "Our future pensioners are still coming, not as many as they used to be. I should just draw your attention that this town owes a lot to the railroad because they had a very big employment number here at one time, a lot of people worked there and when they started this draw, it helped a lot of the poorer people here," Simpson said.



Do more than exist – live.
Do more than look – observe.
Do more than hear – listen.
Do more than think – ponder

Do more than touch – feel
Do more than read – absorb.
Do more than listen – understand
Do more than talk – say something
– John H. Rhoades

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.

A Senior's Prayer

Lord,

Release me from craving to try to straighten out everybody's affairs.

Keep my mind free from the recital of endless details, help me get to the point.

Give me grace enough to listen to the tales of others' pains.

Help me to endure them with patience.

Seal my lips on my own aches and pains, they are increasing and my love of relating them is becoming sweeter as the years go by.

Teach me the glorious lesson that on occasion it is possible I may be mistaken.

Keep me reasonably sweet. I don't want to be a saint, some of them are so hard to live with, but a sour old senior is one of the crowning works of the Devil.

Make me thoughtful, but not moody, helpful but not bossy.

With my vast store of wisdom, it seems a pity not to use it all, but

Thou knowest, Lord, that I want a few friends at the end.