

OBSERVATIONS

Engineering & Transportation

Pages 7 & 8

Serge Beauchamp

Luc Larose



See Page 6

healthy living

A workplace wellness update



Page 3

Steele Rail
Don SteeleRailway
Operations Live
Agenda

See Page 10

OCR Welcomes Special Visitors!

Photo: Jerry Kelly

Members of "The Mayor's Transportation Task Force" dropped by OCR for a visit on Sunday, June 24. Before heading out for a ride on 525, Chair David Collette (left), Susan Brownrigg-Smith, Hume Rogers, Hanif Patni, Harry Gow and Roger Beauchesne posed for a quick photo.

OCR IS CN'S NUMBER ONE SHORTLINE PARTNER!

Ottawa Central Railway has moved to the number one spot among CN's shortline partners!

Categories "Timeliness" and "Completeness" improved to 98.4% from 98.0% in May, 2007 over the previous month. CFQ's NBEC follows right behind in second place.

CN connects with more than 75 shortlines, which originate or terminate almost 25 per cent of CN's business.

In a November News Release, Ed Harris, CN executive vice-president, Operations, explained the importance of the reporting process:

"Accurate, timely reporting of the location and status of freight cars by our short-line partners to CN and the Association of American Railroads is critically important to CN's precision railroading model and our shared customers.

See Partners on Page 4**CHTR'S "RAILWAY OPERATIONS 'LIVE'" RETURNS TO OCR**

Railway Operations "Live" returns to Ottawa Central Railway facilities at the end of August. Sponsored by the Railway Association of Canada, its an introductory program to Canadian Railway operations.

Facilitated by the Alberta based

Canadian Heritage Training Railway, the two day program covers a wide range of classroom and hands-on activities covering two key objectives.

The course is intended to enhance each participants' understanding of the Canadian railway industry and to provide an insight into day to day rail operations. Secondly, it offers a unique 'hands-on' practical experience in basic aspects of rail operations.

See Railway Ops, Page 3**Inside The Spareboard**

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Backtrack

By Dave Watts

The fifth in a series of profiles
on classic
North American trains

THE "SUPER CHIEF"

The Atchison, Topeka and Santa Fe's "Super Chief" was the first diesel powered, all-Pullman sleeping car train in the U.S.

Often known as the 'train of stars' with frequent celebrity passengers, the "Super Chief-1" began regular service from Chicago on May 12, 1936.

A year later, the "Super Chief-2" was introduced providing faster service to Los Angeles over upgraded track.

The 2,227 mile (3,584 km) trip was completed in just under 40 hours with an average speed of 90 km/h.

The route from Chicago to L.A. was the longest of all transcontinental high-speed rail routes often traveling through sparsely populated areas.

The Santa Fe "Super Chief" was the last passenger train in the United States to carry an all-Pullman consist.

The end of the era for the Super Chief came on May 1, 1971, when Santa Fe ceased passenger operations.

However, Amtrak continued to use the name for the next three years.

In 1974 amid a perceived drop in service, Santa Fe negotiated with Amtrak to drop the train's name.

The new train over the same route was to be known as the "Southwest Limited".

In the early 1980s, a delivery of new Superliner equipment prompted a compromise between Santa Fe and Amtrak and the train was renamed again, this time the Southwest Chief in 1984.

*Backtrack appears regularly in
The Spareboard*



GENERAL OPERATING INSTRUCTIONS Section 8

12.1 Train Crews Conducting a Job Briefing

PURPOSE: To ensure crew members communicate critical information pertaining to safe train operations prior to and throughout their tour of duty.

Steps to Job Briefing

1. Plan Briefing:

- review work assignment, materials and resources.

2. Job Basics

- discuss sequence of basic job steps;
- point out potential hazards and discuss how to protect against them;
- ensure emergency equipment is available (first aid kit etc.);
- review emergency procedures.

3. Work Assignment

- review employee responsibilities and confirm understanding of instructions.

4. Follow Up

- additional job briefings must be held as work conditions change.

Originating Terminal

After reporting for duty, all crew members must ensure they are aware of conditions that will affect safe train operations. Each employee must have a copy of the current Operating Rules and Timetable accessible while on duty.

Employees Must:

- ensure Bulletins and Notices are read and understood;
- obtain, read, discuss and sign or initial operating authorities as required (GBO/DOB/OCS Clearance);
- confirm proper designation of train/engine on journal and all operating authorities;
- identify presence of dimensional, speed restricted and special dangerous cars;
- ensure proper documentation for all dangerous goods;
- discuss and review items affecting the territory the train or engine will operate over;
- obtain permission to depart and confirm routing and limits of authority, including those limits applicable on their GBO or DOB.

En-route

To ensure all crew members maintain awareness of conditions that will affect safe train operations, they must verbally discuss among themselves:

- fixed signals encountered;
- GBO/DOB/Clearances restrictions en-route;
- set-off and lifts prior to reaching work location and ensuring proper marshalling;
- proper train speed;
- documentation;
- transfer requirements if relieved en-route.

Note: Train crews must promptly report locomotive defects discovered on line to the RTC and the ERS Equipment Department.

Final Terminal

Ensure crew members discuss the following:

- arrival and yarding instructions;
- ensure proper securement of train and locomotives;
- report any car or locomotive defects or any needed supplies;
- confirm documentation and details of enroute work is reported.

Fern

Railway Operations from Page 1

Program instructors and presenters are seasoned railway professionals where program participants can draw upon their years of experience and knowledge.

The CHTR is a federally incorporated not-for-profit business organized to support the practical training needs of the railway industry both in Canada and around the world.

Services are provided on a fee for service basis to its membership base and to third parties.

It's all about building railway expertise through practical application.

The CHTR operates as a short line railway on trackage leased from CN-CWR at Stettler, Alberta and over track operated by Alberta Prairie between Big Valley and Stettler. The operations base is located in the railway station in the village of Big Valley.

Railway Operations Live takes place at OCR August 29 and 30.

To book your place in Railway Operations Live, contact Kim Dugas at the RAC via email at kdugas@railcan.ca or phone (613) 567-8591.

See Operations Live Agenda
Page 10



Developing Training Videos a Demanding Process

In 2006 I was asked by CFQ to produce a video on freight car and train inspection. I gladly agreed to participate in this project and finally have an effective training aid for this very important aspect of railroading.

Now I must tell you that I try very hard to be trustworthy and do what I promise. Well, I was not able to live up to this promise when it came to making a video because frankly, I didn't have a clue how demanding and time consuming the whole process is.

I finally delivered a 20 minute English video on inspections at the beginning of July and have started repeating the process for the French version. I began the process during the Christmas holidays and what I thought I could finish in a month took me more than 6 months.

The first problem I encountered was that even though I knew what I wanted for content, I had to learn how to use the computer program and it was a lot more complicated than I anticipated.

With the help of my son (before he ran off to teach English in Taiwan) we succeeded in producing about 5 minutes of video before the program we were using crashed and had to be replaced by another program which never really worked properly either.

See Don Steele, Page 4



Quick & Easy "SENSATIONAL STRAWBERRY & SPINACH SALAD!"

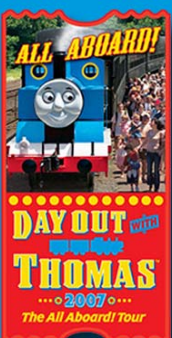
- 2 5 oz (142g) packages of washed baby spinach – tear into smaller pieces
- 1 pint of strawberries – wash, cut into halves or fours and arrange on spinach
- 1 cup of toasted almond slivers (1 pkg) – toast in 250 degree oven for 10-15 minutes (until slightly golden)

Sesame-Poppy Seed Dressing

- ¼ cup sugar (or less) – depends on your taste
- 2 Tablespoons sesame seeds
- 1 Tablespoon poppy seeds
- 1 ½ teaspoons chopped fine onion (green onion or Spanish onion)
- ¼ teaspoon Worcestershire sauce
- ¼ teaspoon paprika
- ¼ cup vegetable oil – not olive oil (Sunflower oil works well)
- ¼ cup apple cider vinegar

Stir dressing to blend all ingredients then pour over salad just before serving. Gently toss salad then sprinkle on the almond slivers.

An excellent accompaniment to both Chicken and grilled beef dishes.




Less than a month to Thomas!

August 17-19 & 24-26

www.ticketweb.ca

or call toll free 1-888-222-6608

Presented in Association with 

INCIDENTS & ACCIDENTS

Through June, 2007



	Jun 2007	FIN 2006	FIN 2005	FIN 2004	FIN 2003	FIN 2002	FIN 2001
--	-------------	-------------	-------------	-------------	-------------	-------------	-------------

Main Track Accidents*	1	0	4	0	2	0	1
-----------------------	---	---	---	---	---	---	---

Non-Main Track Accidents*	4	13	10	9	11	6	8
---------------------------	---	----	----	---	----	---	---

Crossing Accidents	3	1	1	2	2	4	2
--------------------	---	---	---	---	---	---	---

Trespassing Incidents	0	0	0	0	0	1	5
-----------------------	---	---	---	---	---	---	---

Employee Injuries*	1	1	3	2	5	8	0
--------------------	---	---	---	---	---	---	---

Cardinal Rule Violations	0	0	1	0	0	0	2
--------------------------	---	---	---	---	---	---	---

Hyrail Accidents	1	0	0	1	0	0	0
------------------	---	---	---	---	---	---	---

Vehicule Accidents	1	1	1	1	1	0	1
--------------------	---	---	---	---	---	---	---

TOTAL	11	16	20	15	21	19	19
--------------	-----------	-----------	-----------	-----------	-----------	-----------	-----------

Other	5	7	8	20	13	12	0
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	JUN 2007	TOT 2006	TOT 2005	TOT 2004	TOT 2003	TOT 2002	TOT 2001
--	-------------	-------------	-------------	-------------	-------------	-------------	-------------

Human Factor	1	2	4	3	5	3	4
Ice & Snow	0	1	0	0	0	1	1
Track Conditions	1	4	1	1	0	1	1
Vandalism	0	1	0	0	0	0	1
Equipment	0	0	0	0	0	0	0
3rd Party	2	5	5	5	6	1	1
Other	0	0	0	0	0	0	0
	4	13	10	9	11	6	8

Shortline Partners, from page 1

"With solid information in hand, CN and its short-line partners can execute their operating plans efficiently and on time. This information is also vital to customers who need to track the progress of their shipments across the railway network.

"We value our short-line connections, whose local managements, operational flexibility and customer focus have preserved and expanded rail service in many areas of eastern and western Canada and the United States."



Shortline Partners Event Reporting Scorecard

Phase IV April 2007 Score		
Timeliness	Completeness	Total

Phase IV May 2007 Score		
Timeliness	Completeness	Total

OCR	99.3%	98.8%	98.0%	99.3%	99.1%	98.4%
NBEC	99.2%	98.8%	98.1%	99.3%	98.9%	98.2%

Don Steele from Page 3

Now I was falling further and further behind my deadline and decided to get some professional help on the technical aspects. I found a bright talented young man who did free lance work and we began this very long process of cutting and pasting video clips and doing the narration, sometimes one line at a time. On the average we did 2 minutes of video per day. Although this was quite a demanding job, I enjoyed the experience nonetheless.

Next time I will be a lot more realistic with my deadlines and I thank CFQ for their patience.

Steele Rail continues on Page 5

-----Original Message-----

From: Marc Laliberte
Sent: June 29, 2007 5:50 PM

To: James Allen

Cc: Christian Derome;
Gilles Richard; Denis Cliche;
Luc Larose; Michel Nadeau

Subject: FW: Scorecard for May 2007

James,

Congratulations !

You are now number 1.

I am glad to see that the two first positions are held by QRC's divisions.

As for CFC, they are working at improving their score, so that in a very near future the three divisions will hold the first three positions.

Marc



Performance Indicators

June, 2007



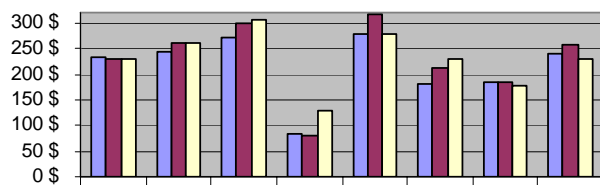
Our Mission:

Grow profitably while becoming our customer's preferred supplier of transportation logistics services to help them meet the needs of their own customers.

Basis of the Mission:

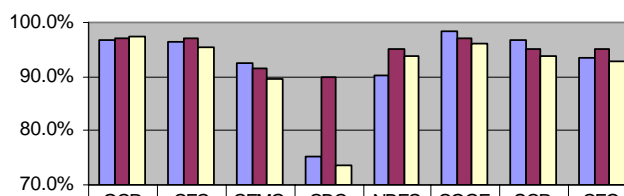
To make a significant contribution to our customer's commercial success by providing safe, efficient and cost-effective transportation logistics services.

Total revenues/employee (000 \$)



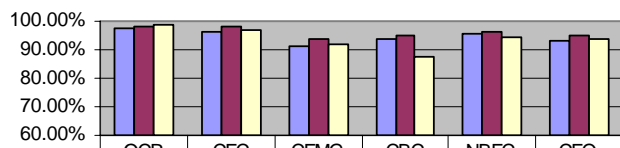
	OCR	CFC	CFMG	CBC	NBEC	COGE	SCR	CFQ
Cum 2007	233 \$	244 \$	271 \$	85 \$	279 \$	181 \$	184 \$	239 \$
Obj 2007	230 \$	260 \$	300 \$	80 \$	315 \$	213 \$	185 \$	259 \$
2006	229 \$	262 \$	306 \$	128 \$	279 \$	228 \$	178 \$	229 \$

Attendance



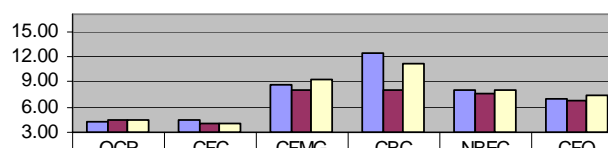
	OCR	CFC	CFMG	CBC	NBEC	COGE	SCR	CFQ
Cum 2007	96.8%	96.4%	92.5%	75.1%	90.1%	98.3%	96.6%	93.5%
Obj 2007	97.0%	97.0%	91.5%	90.0%	95.0%	97.0%	95.0%	95.0%
2006	97.4%	95.4%	89.5%	73.7%	93.8%	96.0%	93.9%	92.8%

Weekly Car Placements (% Placed / Guaranteed)



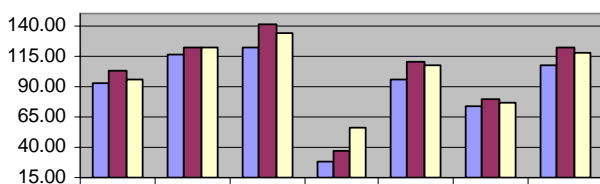
	OCR	CFC	CFMG	CBC	NBEC	CFQ
Cum 2007	97.40%	96.20%	91.30%	94.00%	95.40%	93.40%
Obj 2007	98.00%	98.00%	94.00%	95.00%	96.00%	95.00%
2006	98.50%	97.00%	92.00%	87.50%	94.50%	93.50%

Car cycle (Days (empty-load))



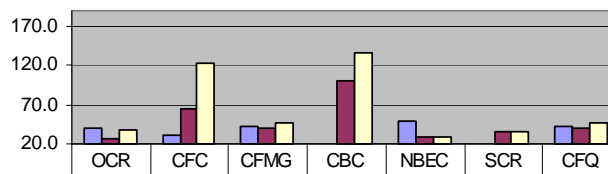
	OCR	CFC	CFMG	CBC	NBEC	CFQ
Cum 2007	4.30	4.42	8.55	12.42	7.94	6.89
Obj 2007	4.50	4.00	8.00	8.00	7.70	6.80
2006	4.46	4.12	9.35	11.07	7.98	7.40

Fuel Consumption (GTM/litre)



	OCR	CFC	CFMG	CBC	NBEC	SCR	CFQ
Cum 2007	92.24	116.13	121.41	28.70	95.93	74.34	107.50
Obj 2007	102.50	122.00	141.00	37.50	111.00	80.00	122.00
2006	96.18	122.42	133.21	55.51	106.75	76.81	117.55

Ratio - Train Accidents (# Accidents / Train mile) X 1M



	OCR	CFC	CFMG	CBC	NBEC	SCR	CFQ
Cum 2007	41.2	31.0	42.4	0.0	49.8	0.0	42.3
Obj 2007	27.5	65.0	40.0	100.0	28.0	35.0	40.0
2006	37.4	124.0	46.8	135.5	29.7	36.0	46.4

Steele Rail from Page 4

As far as the video is concerned, I think it will be appreciated in our training sessions and has gotten good reviews so far. One of the highlights of the film is OC's Malcolm Dobie demonstrating how to inspect a car

for wheel bearing failure. We filmed this in -20 degree weather last winter and Malcolm did a marvelous job explaining this important aspect of freight inspection.

I look forward to my next training session at OC and hope everyone

enjoys a safe and relaxing summer.

- Don



OCR's
Malcolm Dobie

Special to "The Spareboard"

healthy living

A workplace wellness update

Refreshing Your Role
Renewing Your Enthusiasm for your Work

Drawing up the Blueprints

After recognizing your strengths and weaknesses and weighing your options, it's time to start laying out your plan. Setting goals is important to making progress. You can motivate yourself and maximize your opportunities for success by:

- **Knowing your wants** – Leave no room for ambiguity. Keep your goals clear and you will find that your plans naturally become more concrete too.
- **Putting pen to paper** – Solidify and legitimize your goals by writing them down. Setting structured objectives can make a difference between a real world goal and a mere 'wish.'
- **Making your goals attainable** – Setting smaller, achievable goals will help keep your confident and help you stay motivated on the way to your ultimate objective.
- **Setting deadlines** – Setting due dates for your goals will help you remain focused on attaining them.
- **Making your wants a priority** – Be ready to adjust your targets to reflect the priorities in your life and be flexible about changing them if they shift.
- **Value your wants** – Your goals need to be in sync with your values or you may end up disappointed by 'empty' achievements.

From upgrading your computer skills, to taking classes to work towards specialized accreditation in your industry, adult education or training sessions are usually a good place to start strengthening the foundations of your career path. Education can also help you feel more confident in your abilities and open your eyes to new ways of doing things.

Learning the ropes of a new job can be exciting or daunting, but it's rarely boring. Once you've been at it for a while and the learning curve begins to wane you may start to wish for more challenges. Opportunities for personal growth may seem like they've come to a stop leaving you wondering if there's anything new you can glean from your current job. But you might want to consider giving your current position a little lift. Rather than starting from the ground up, why not spruce up a tired routine by giving your role at work a mini makeover? Chances are a few small changes will go a long way!

Making the Most of Your Job

Refreshing your role on the job is about reinvigorating what you already have. By choosing this path, you can infuse your work with the same excitement and spirit you had when you started working at the company without demolishing the foundation that you've built over time. It is possible to regain the 'green behind the ears' enthusiasm you once had while also keeping the valued work relationships and hard-earned seniority you have achieved.

Taking Stock

Before you can realize your career goals you need to honestly assess your strengths and weaknesses. What do you excel at and what skills are you lacking? Are you hoping to move into a management position or explore other avenues within the company? If so, consider the qualities, experience and education you need to get there. Even if your aspirations exceed your abilities, it doesn't have to mean you'll never accomplish your long term goals, but you may need to take some calculated steps to close the gap.

Finding a good mentor is another way to boost your skills. A mentor can help you identify and enhance your skill set and introduce you to career options within the company you may not have considered before. Mentors can also be a great sounding board to bounce your career path ideas off of. The investment of time and talents that a mentor provides can offer you an invaluable experience with lasting results.

The important—and often difficult part of taking stock—is self-evaluation. You may need to ask a colleague or a friend for their own objective assessment of your skills and flaws. Being open to constructive feedback may be a challenge, but it will improve your understanding of how others perceive you and can also help you get to know yourself better.

Weighing Your Options

Once you've uncovered what areas you need to improve upon, decide where it is you want to go. This takes thorough investigation, so it's vital that you do your homework. Learn about the different departments in your organization and how they work. Join a committee or take on a role you wouldn't normally do. You'll not only feel good about your new found skills, but others are also sure to take notice.

Remember, when considering your options don't limit yourself. Keep your thoughts positive and self-affirming. Replace confining statements such as, "I can't do that" with ones that take a more active approach like, "What skills do I need to master to move up?" Negative thoughts may actually be the source of dissatisfaction keeping you from pursuing your dreams. Boost your confidence; lighten your attitude and support new skill development by:

- Taking initiative. Want to demonstrate your organizational and people skills but find it difficult in your current role? Then look for opportunities outside the sphere of your job. Volunteer to organize the next company event or offer to help train new coworkers as a way of tapping into unleashed potential. If you are bored, take on a 'make work' project that will allow you to dig into an area you find interesting. Taking initiative lets you explore your interests, shows colleagues what you're capable of and gives you the satisfaction of knowing you're helping others in the process.
- Taking another look. Joining a professional organization or socializing with like-minded people through a training workshop may help you gain the fresh perspective you need on your career. It can also offer new approaches to your job you might not have considered.

Weighing your options is an active process that gives you the chance to seek out new tasks and explore possibilities for growth. It usually takes time, imagination and a bit of effort, but the rewards are worth it: it will help you rediscover what you enjoy and places you back in the driver's seat of your own career.

See Healthy Living on Page 9

**Observations
Non-compliance** **ENGINEERING (Track Dept)**

By Serge Beauchamp

Track employees	Jan	Feb	Mar	Apr	May	Jun	Tot YTD
Benoit Beauchamp	3	4	5	4	2	7	
Serge Beauchamp							
Georges Brohart	3	3	2	8	6	6	28
Lavern Brohart	3	4	4	8	2	11	32
Wayne Brohart	3	3					6
Sean Gill	4	3	7	4	2	2	22
Vincent Mayhew	3	3	3	8	2	10	29
Richard Myre	4	3	7	4	2	2	22
Cyril Wolfe	3	3	4	4	6	10	30
Contrator Train Crews	10				10		20
X-Rail	2	2	1				5
Patrick Beauchamp	3	4	3	4	2	4	20
Monthly Totals	41	32	36	44	34	52	214

**Monthly Observations
Per employee** **ENGINEERING**

Subject (rules)	Jan	Feb	Mar	Apr	May	Jun.	YTD
Securing work equipment, machinery							0
Fusees (CROR 11)							0
Emergency Protection (CROR 35)							0
Protection of track work on other than main track (CROR 40.1)							0
Planned work (CROR 42)							0
Slow track protection (CROR 43)							0
Protection both directions (CROR 45)							0
Mounting of signals (CROR 46)							0
Track occupancy permit (TOP) (CROR 49)							0
Defining clearance limits of authority (CROR 81.2)							0
Copying, repeating and Completing (CROR 136)							0
Clearance in lieu of TOP (CROR 312)							0
Protection of track work (CROR 807)							0
Track occupancy permit (TOP) (CROR 815 and SI 1)							0
Cancelling authority (CROR 825,826)							0
Hand operated switches (CROR 104)							0
Derails (CROR 104.5)							0
Inspecting passing trains (CROR 110)							0
Radio terms (CROR 120)	1	1					2
Positive identification (CROR 121)	1						1
Content of radio Communications (CROR 122)							0
Verification procedures (CROR 123 SI 1)							0
Authorities placement in cab of TU							0
QRC job briefing Policy (GOI 4(4.8))							0
Personal Protective Equipment (PPE) (GOI 8(4.3))						1	1
others							
Safety watch							
TOTAL Non-compliance	2	1	0	0	0	1	4
TOTAL Observations	13	10	15	14	17	18	87
% Non-compliance	15%	10%	0%	0%	0%	6%	5%



Happy Birthday

Claude Talbot, Bruce McRae, Shawn Kelly,
James Allen

*Congratulations
from all your friends at OCR!*

The Corner Office
by James Allen

**Revenues good but
accidents in train
miles requires
immediate attention!**

Revenues for the month of July of \$780K are 3% greater than Budget in spite of a slowing economy. Expenses were less than expected however most of this variance is timing related (Program Spending).

Our rate of accidents expressed in train miles continues to be unacceptable.

The Corner Office continues, Page 9

Observations Non-compliance

TRANSPORTATION

By Luc Larose

Monthly Observations Per employee

TRANSPORTATION

Employee	Jan	Feb	Mar	Apr	May	Jun	Total YTD
Brisson A	7	9	4	5	4	6	35
Campbell B	7	5	11	10	11	30	74
Campbell Jamie					4	20	24
Campbell John	4	4		5		6	19
Gagnon MA	15	19	18	20	17	25	114
Houle, M	12	5	10	17	21	16	81
Kelly S	14	11	17	8	13	4	67
Krasilycz J	7	9		16	5	17	54
Laing J	13	17	7	7	13	9	66
McRae B	15	18	14	5		6	58
McRea K	18	18	14	7	9	14	80
Perrier P	4	15	20	5		6	50
Proulx N	11	17	7	14	16	4	69
Ritarose M	17	11	15	7	19	4	73
Robinson P	6	6	11	7	9	23	62
Rushton R	8						8
Seguin B	9	8		16	5	6	44
Talbot C	19	19	17	14	24	10	103
Trempe, R	6						6
							0
							0
TRACK							0
RIDEAU BULK	1		1	1			3
CONTRACTOR							0
3rd PARTY							0
Totals	193	191	166	164	170	206	1090

Monthly Observations,
Transportation and Engineering appear regularly in
"The Spareboard"

Happy Retirement Mike
we'll miss ya!

From all your friends at



Subject (rules)	JA	FE	MR	AP	MA	JN	YTD
General Rule A							0
Switching by radio (CROR 12.2)							0
Engine bell (CROR 13)							0
Whistle (CROR 14)							0
Headlight (CROR 17)							0
Markers/TIBS (CROR 19)							0
Blue Flag protection (CROR 26)							0
Fixed signal recognition (CROR 34)							0
Planned Work (CROR 42)							0
Slow Track protection (CROR 43)							0
Operatin bulletins, DOB, TGBO (CROR 83, 83.1)							0
Train location report (CROR 85.1)							0
Public crossings at grade (CROR 103)							0
Hand operated switches (CROR 104)	1	1					2
Derails (CROR 104.5)							0
Speed on other than main track (CROR 105)							0
Train inspection (CROR 111)							0
Securing equipment (CROR 112)							0
Coupling to equipment (CROR 113)							0
Fouling other tracks (CROR 114)							0
Pushing equipment (CROR 115)							0
OCS Rules							0
Stopped by a red flag							0
Other - CROR_121_____	2			1			3
Riding equipment (GOI 8.(12.4))							0
Getting on and off moving equipment (GOI 8 (12.5))							0
Independent brake valve (GOI 6 (D3))							0
Crossing the track(s) (GOI 8 (4.5.3))							0
Walking on rail (GOI 8 (4.5.4))							0
Personal protective equipment (PPE) (GOI 8 (4.3))				1	1		2
Push/Pull Test							0
Other - Rules (May 117 and 135)				1	2		3
TOTAL Non-compliance	3	1	0	3	3	0	10
TOTAL Observations	20	23	20	20	18	18	119
% Non-compliance	15%	4%	0%	15%	17%	0%	8%

Healthy Living, from page 6

Reap the Rewards of Job Renewal

No matter where you are in your career, it's important to take a step back regularly and assess the path you're on. Knowing where your skills lie and how to improve them will help you reach your potential and attain job satisfaction. When you are prepared to succeed, you will be able to rise to new challenges when they happen and face unexpected changes with skill, grace and ease. Refreshing your job is about exploring the potential in yourself and your organization. It means taking a proactive approach to change and renewal instead of leaving a hard-earned foundation behind. Taking ownership of your career will put you on a path that may at times be unexpected, but is ultimately more fulfilling.

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"Healthy Living, A Workplace Wellness Update" was reprinted with permission from SSQ Financial Group. It is provided courtesy of Laurent Caron, CFQ.

Building Good Rapport

Good communication is not only an important part of an organization's success, but it's also a key quality of any highly regarded worker. Old-fashioned good manners haven't gone out of style and taking a professional, courteous approach shows colleagues you respect them and in return earns their respect.

Remember to:

- Be courteous
- Maintain integrity
- Practice listening attentively
- Use tact
- Be a team player
- Network
- Maintain ties with key contacts

If you have any questions about this topic, or if you wish to discuss a personal situation you may be experiencing, we invite you to contact your EAP. All contact between you and your EAP is completely confidential.

English Service: 1-800-387-4785
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By Luc Larose



Purpose and Procedure as the Safety Rule Of the Month

CN General Operating Instructions (GOI) Section 8, item 12.3

Purpose:

It is imperative that the movement of rail equipment be carefully controlled and properly protected at all times to avoid serious injury and damage.

Procedure:

1. Ensure switch is lined for the route to be used and there is no conflicting movement.
2. Determine the distance to be traveled.
3. Determine if there is sufficient room on the track to hold the cars.
4. Take into consideration the method to be used to control the movement (hand signals, radio, beltpack), and allow for differences in reaction time.
5. Determine which of the following point protection methods will be used.

Riding the point
Observing from the ground
Someone else delegated to observe the point
Known to be clear

- **All operating employees are requested to read the complete CN GOI Section 8, item 12.3.**

Every month, an OCR employee selects the "OCR Safety Rule Of the Month"

The Corner Office from Page 7

OCR is among the highest in CFQ. We must be more careful how we go about our day-to-day activities and keep our eyes open looking for unsafe conditions.

On a positive note I am very pleased how we have improved with regards to CN reporting. Let's stay on top!

As many of you know by now,

Mike Ritarose is retiring on August 24th. He is the very first OCR retiree!!!! It won't be the same around Walkley Yard without Mike. Best of luck, good health and a long richly deserved retirement.

Railway Operations Live

Agenda



Please note: The following Agenda is subject to change/modification.

Wednesday, August 29

- 0900** Participants will meet at the Ottawa Central Yard Office, 3141 Albion Rd S
- 0915** Operations Overview Presentation – Lunch to Follow
- 1200** Special RAC Railway Operations Live train will be prepared to depart Walkley Yard on OCR's system.

During the day - participants will experience:

- Safety First - A professional commitment to safety.
- "A day in the life of a railway crew member"
- Rail car and tank car design overview.
- Train make up and inspections
- Applying proven Canadian Rail Operating Rules and related operating practices
- Basic handling of equipment
- Locomotive operation
- Switching demonstrations.

Thursday, August 30

- 0900** Participants will gather at the Ottawa Central Railway Yard.
- 0915** **Group 1** - Introduction to railway switching

("Hands-on" practical training activity – our participants safely switch the cars and build a train.)

Group 2 - Introduction to railway maintenance of way

(Learn about maintenance of way practices and standards - plus participate in a live track and switch/turnout inspection)

- 1145** Lunch will be provided on site to Participants

- 1230** Group 1 and 2 will switch programs – Course will complete at approximately 1530.



Safety is timeless...

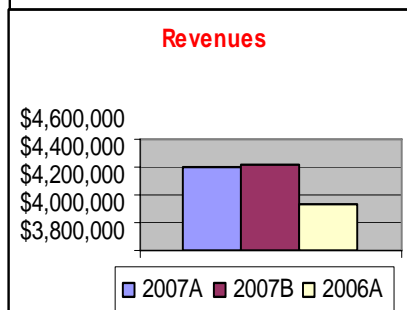
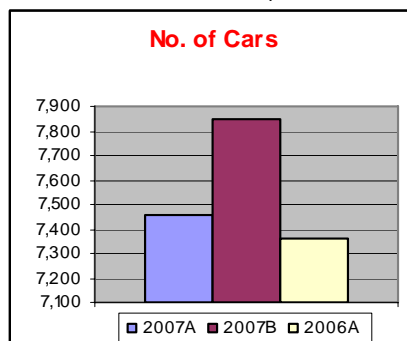


Photo courtesy Shawn I. Smith, CHTR

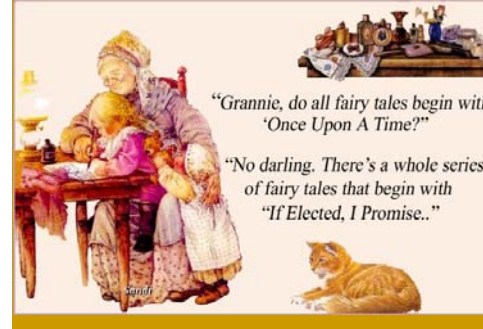
Canadian Heritage Training Railway's Shawn I. Smith sends along this photo and comment:

"I noticed this sign in the parking lot at Sutherland Yard the other day. It just reminded me - having the old CP logo on it, and with the newly painted yard engine in the background featuring our new logo - - that safety is indeed timeless, and our focus on safety remains the most important thing that we can do, each and every day, despite the continuous changes in railroading!"

Performance Indicators June, 2007



"IN BOX" Top Pick



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