

Martita Mullen named 'rising star' by *Progressive Railroading* magazine

Conductor Sean Howe shows the strength of a leader

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Taschereau Yard introduces "cool" new method of saving switch heater energy

Jasper EFAP Pool Party makes a splash

CN SPOTLIGHT

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System Manager for Track Standards, **Martita Mullen**, Homewood, IL

Martita Mullen named 'rising star' by *Progressive Railroading* magazine

Martita Mullen has been selected as one of the top 20 "Rising Stars" of North America's railroad industry by *Progressive Railroading* magazine. This is the first year the publication is recognizing the best up-and-coming young railroaders under the age of 40 – for making a positive impact on their company and their co-workers.

Martita, a System Manager for Track Standards, in Homewood, IL, joined CN in 2003 and is one of seven women who made the list. A feature story about her will appear in the magazine's September issue.

"I'm really excited; it's an honor to be named and to represent CN on this list. It was exciting to find out I had been nominated," says Martita. "It was such a pleasure to learn of this recognition, I'm still smiling!"

CN Conductor **Sean Howe**,
Symington Yard, Winnipeg



Conductor Sean Howe shows the strength of a leader

Weight training is a passion for **Sean Howe**. So it's not surprising that the Conductor in Symington Yard, Winnipeg, brings that strength and sense of balance to his job.

"Exercising is a good release for me. It's my play time but keeping fit also gives me the energy I need to perform in my job," says Sean who started his railroad career in 2011.

After some encouragement from relatives in the railroad business, he decided to apply at CN because he was "never meant for a desk job. I've always worked outside, whether it was construction or on oil rigs," says the 29-year-old.

Early on in his career at CN, his colleagues identified him as a born leader and he became an on-the-job trainer.

"I speak my mind and I think I have a good rapport with new hires, and I try to be someone they can look up to," says Sean.

"There's a good kind of pressure that comes with that, and I think I'm pretty comfortable with it," he adds.

Assistant Superintendent **Kyle Vantreight** is impressed with Sean's ambition and capacity to take on increasing responsibility.

"Sean has taken big steps in the development of the terminal. He's always striving to help us do better here," says Kyle.

Assistant Superintendent **Vincent Mask** adds that Sean has the right attitude to be a leader. "He's patient, articulate and able to help train new hires. That demands a strong skill set," comments Vincent.

As for the future, Sean is hoping to build a long-term career at CN.

"I see myself in this company for the long haul!" he says.



CN's Geismar, Louisiana team sets an impressive record: nearly 25 years without an injury

Their banner proudly proclaims, “9,000 days without an injury and counting!” That’s a very inspirational milestone for CN’s Car Shop in Geismar, Louisiana.

“We’ve worked hard to establish a real safety culture here and it definitely has paid off,” says General Mechanical Supervisor **Dan Hendrix**.

Dan attributes the team’s success to consistent mentoring and peer-to-peer communication about the “unforgiving dangers of not working safely on the railroad.”

“We have a team of 13 people, many of whom are relatively new hires. I think everybody has done a great job integrating new employees and bringing them totally onboard with safety,” comments Dan.

One of the key safety issues in the summer months in the car shop is extremely warm temperatures, which can lead to excess sweating and dehydration.

From left to right:
General Mechanical Supervisor **Dan Hendrix**; Carmen Michael Logsdon, Dustin Tingle, Scott Snyder and Jerome Milano; Apprentice Carmen Cameron Charville and Bruce Melancon

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Below, from left to right: Mechanical Supervisor **Victor Brooks**; **Carmen Dustin Tingle**, **Jerome Milano**, **Kevin Thomas** and **Bruce Melancon**; Mechanical Supervisor **Jason Walker**

"We make sure that people are drinking lots of water and being vigilant about how the weather can affect us on the job," he says.

To celebrate the safety milestone, his team was treated to a catered dinner. "As well, we ordered everybody platinum CN rings, which were engraved with 2013. It's a gesture to show we are very proud of our employees here," he adds.

CN Mays Yard employees in New Orleans, who work periodically at the Geismar car shop, also received CN rings, says Dan.

Dan's team intends to keep up the fast-forward momentum.

"We're going to keep shooting for 10,000 days and more!"



Jean-Pierre Bolduc was instrumental in introducing the electronic system that controls the amount of energy sent to each switch heater at Taschereau Yard, and which resulted in significant energy savings this past winter.

Taschereau Yard introduces “cool” new method of saving switch heater energy

In winter weather, heating elements in switch heaters can consume a lot of energy, but thanks to a pilot project at Montreal's Taschereau Yard, switch heater energy consumption has dropped significantly.

Conserving energy is a key pillar of EcoConnexions, along with reducing waste and improving housekeeping.

One aspect of the project involved installing brushes next to the switches to protect them from snow. As **Jean-Pierre Bolduc**, Senior Supervisor Facilities Management, who initiated the project, explains, “With the brushes in place, we use only 80 per cent of the energy we used to need to heat the switches.”

The second aspect – installing devices that automate the existing switch heater and snow blower systems to adjust to weather conditions – is resulting in major energy savings. Sensors detect temperature and snow on the switches and send signals to electronic control panels. “We program the system to automatically modulate the energy at each switch heater based on temperature and precipitation. And for snow blowers to start and stop based on precipitation,” explains Jean-Pierre. “The system enables us to monitor exactly how much energy is being used at any time.”

From December, 2012 to March, 2013, the project saved 1.4 million kWh of energy, equalling close to \$87,000 in savings. “This is despite the fact that snowfall this year was 51 per cent heavier than last year,” points out Jean-Pierre.

It is calculated that the the project will pay for itself in just over three years. A subsidy from Hydro Québec is helping to make the project even more viable.

Now that the pilot project has proved successful, Taschereau Yard is ready for whatever weather comes its way next winter! CN is currently studying the feasibility of extending the system to other locations.

All employees can help tackle energy inefficiencies big or small. For more information and best practices about conserving energy, make the Eco Connexion at econnexions.com.



The SnowProtec Strip Brush System Installed around a rail switch.

Did You Know?

Taschereau Yard's switch heater pilot project reduced their energy spend by 4.3 per cent. Follow their lead and continue to explore and identify energy saving opportunities.

EcoCONEXIONS



Testing the water at the Jasper Fitness and Aquatic Centre.



Family Day attendees had a chance to win door prizes.

Jasper EFAP Pool Party makes a splash

Swimming, pizza and cake: it was a winning formula for the Employee and Family Assistance Program (EFAP) Jasper pool party. Forty-two employees and their families turned out for the day to do some healthy exercise, play, eat and relax at the Jasper Fitness and Aquatic Centre.

“It was a beautiful summer day and we were very pleased with the turn-out. We have a lot of new hires out here, so this was a chance for people to get to know one another and hear about our great program,” says **Ellen Merilovich**, Locomotive Engineer and EFAP peer.

Ellen has been a peer for over 15 years and got started after somebody “said I had the right qualities to be a peer. I’ve been there every since!”

CN’s EFAP is a confidential and voluntary support service to help employees and their families deal with personal issues ranging from caring for elders to dealing with trauma.

Along with great food and swimming, there were door prizes, including kids’ scuba gear and goggle sets.

“We also packed gift bags with EFAP information about our program. Hopefully, people will take advantage of it when they see the need,” adds Ellen.

Claude Mongeau awarded an honorary doctorate

CN President and CEO, Claude Mongeau, recently received an honorary doctor of laws degree from the University of Windsor, in Ontario. To read Claude's acceptance speech, click here (http://cninet.cn.ca/portal/pa-docs/Windsor%20Univ_June%202013.pdf) or visit the ePortal homepage, under "Check it out!".



Reminder dates

President's Awards for Excellence. For more details and to fill out a nomination form online go to <http://presidentawards.cn.ca>

Deadline to send in your nomination for an individual or a team:

November 1, 2013

CN Railroaders in the Community. Employee volunteer grant program.

www.cn.ca/employeevolunteer or go to CN's intranet ePortal and click on Benefits and programs. Deadline to file 2013 grant applications:

November 30, 2013

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EFAP

Toll-free number for Employee and Family Assistance Program:

Canada: 1-800-268-5211

U.S.: 1-800-554-6931

Click on this link to read the latest edition of

Balance, the newsletter from Shepell-fgi, our Employee and Family Assistance Program (EFAP) provider in Canada.

Balance is a monthly newsletter designed to offer you helpful tips and tools for balancing your everyday work and family demands.