



# HUMBER

est. 1989 | *People helping people*

# NEWSLETTER

2016



## HUMBER CHAPTER EXECUTIVE

**PRESIDENT:** Diane Biggs  
**1st VICE PRESIDENT:**  
**2nd VICE PRESIDENT:** Tom Nichols  
**3rd VICE PRESIDENT:** Danny Pettit  
**TREASURER:** Barnie Joosten  
**SECRETARY:** Jayne Clayton  
**ASSISTANTS:** Karen Nichols, Elsie Pettit,  
Miranda Biggs

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## PRESIDENT'S MESSAGE

At our autumn banquet, Humber President, Eddie Nichols, announced his retirement after approximately 20 years of service. This event was attended by our National President, Mr. Bob Emmons.

Bob thanked Eddie for all his years of excellent and devoted service and stated that he had set the bar high for leadership and his endearing personality.

As 1st Vice President, I have undertaken the President's position until the spring elections. More information with regards to the nominations are included in the newsletter. We urge and welcome our membership to complete the enclosed nomination form.

We, as the Board, will be considering various activities and social events for 2016. And we have good news to report, that our Mandarin banquets will now be held at a more convenient location, 87 Matheson Blvd East. Come join your friends and Humber membership and welcome the spring. We look forward to seeing you there!

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## SAVE THE DATE!

\*\*\*NEW LOCATION\*\*\* We are happy to announce that our luncheons are now held at the Mandarin Restaurant located at 87 Matheson Blvd East, in Mississauga, ON. The closest intersection is Hurontario St and Matheson Blvd East

***Our upcoming luncheon dates are as follows:***

**SPRING AWAKENING** April 9

**SUMMER EXTRAVAGANZA** June 25

**AUTUMN FALL FESTIVAL** September 17

**WINTER WONDERFEST** (Christmas) November 19

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## MEMBERSHIP

All Heritage Clubs have been advised to become self-sufficient. Our chapter has a \$10.00 (ten dollar) annual membership fee. This fee will enable you to remain an active member and will be returned by way of subsidizing events that our chapter sponsors and that you attend. The members who donate ten dollars are also eligible to join WorkPerks and can gain entry to the fitness centre at Gateway.

Non-active members will remain on the mailing list for information from the National Office.

Any members who would like information about the Heritage Club can go to the website at [www.heritageclub.ca](http://www.heritageclub.ca) or you can contact Diane Biggs at (905) 487-4311.

By email, Diane can be reached at [humberchapter2@hotmail.com](mailto:humberchapter2@hotmail.com)

# A MESSAGE TO ALL HUMBER MEMBERS, FROM EDDIE NICHOLS

Dear Chapter Members:

After 20+ years of being the President of this wonderful Chapter, I have decided to retire from that position.

I have enjoyed being your President as we all share many memories together....

Remember the big banquets at the Constellation Hotel?? Those were memorable times...

Our club is a wonderful way to stay in touch with one another..... Nina and I look forward to seeing all of you at the upcoming luncheons.

Take care.....God Bless... and thank you for your support over that last 20+ years.



Ed Nichols



## Answers to puzzles on page 5

### Puzzle 1 Answer

Alan and Bill cross - 2 minutes  
Alan returns - 1 minute  
Carl and Dave cross - 10 minutes  
Bill returns - 2 minutes  
Alan and Bill cross - 2 minutes

=====  
Total - 17 minutes

### Puzzle 3 Answer

In 24 hours, the cold tap could fill 120 baths, the hot tap could fill 180 baths and the plug could drain 60 baths.

Therefore, in 24 hours, we have  $120 + 180 - 60$  baths full = 240 baths.

Therefore each bath would take 6 minutes to fill.



### Puzzle 2 Answer

Joust, queen, ozone, brand, water, idiom, lucky, exist, heavy, tough, fried, crypt, human.

or  
Joust, queen, ozone, brand, wafer, idiom, lucky, exist, heavy, tough, tried, crypt, human.

### Puzzle 4 Answer

From the top row of a keyboard - backwards.

My memory isn't so good so I changed my password to "incorrect". That way when I log in with the wrong password, the computer tells me, "Your password is incorrect."

# CANADA POST IN THE NEWS

## STAMP HONOURS BLACK CANADIAN UNIT IN FIRST WORLD WAR



OTTAWA (Ont.) – With their country going to war in 1914, Black Canadians stepped forward to join the fight but many were turned away because of racial prejudice. By persevering, they finally won the right to serve overseas, with hundreds of them joining a new, predominantly black unit.

Today, 100 years after the No. 2 Construction Battalion was formed, Canada Post is honouring its determined soldiers on a new stamp that marks Black History Month.

The stamp uses archival photographs in the foreground to depict the faces of some members of the unit, who represent their comrades. Below, against a backdrop of tall conifers, members of a forestry crew move in silhouette, their tools on their shoulders. The men felled trees in a mountainous region of France, then milled the timbers into lumber that supported the walls of trenches, built encampments and repaired the railway lines and roads that supplied the front. They worked 10 hours a day, six days a week, using hand tools. Living and working conditions were harsh. They endured segregation: their sleeping quarters were separate from those of white soldiers, as was the hospital wing where they received medical treatment, but they ate meals with white comrades. While most never saw combat, some died from pneumonia or other diseases.

“The Battalion’s creation is a story of persistence in the face of adversity,” says The Honourable Judy Foote, Minister of Public Services and Procurements, responsible for Canada Post Corporation. “They helped to pave the way for later generations of Black men and women and people of all diverse races to serve in Canada’s army, navy and air force.” “Their determination to serve and their contribution to the war effort were an important step on the journey to racial equality in this country,” says Deepak Chopra, President and CEO, Canada Post. “We are proud to highlight this little-known aspect of Canadians’ participation in that epic conflict.”

When the First World War broke out in August 1914, military recruiting offices were flooded with men eager to serve in a war that many thought would be over by Christmas. But Black Canadians who tried to enlist needed permission from the local regiment’s commanding officer. It was rarely granted.

By 1916, Canada had been at war for two years and began to face a growing manpower shortage. Black Canadians had continued to pressure the government to allow them to serve. In response, the No. 2 Construction Battalion was formed to recruit Black Canadians from across the country. Hundreds joined up, primarily from Nova Scotia, but also many others from Ontario, New Brunswick, Western Canada, and Quebec, as well as more than 160 recruits from the United States. They sailed overseas in the spring of 1917.

All of its officers, including the colonel who commanded the unit, were white – except one. The Reverend William White, the son of former slaves from Virginia, was a distinguished graduate of Acadia University and an influential pastor who spoke out against segregation in Nova Scotia. As the unit’s chaplain, he was given the rank of Honorary Captain, becoming one of the Army’s very few Black officers.

# HAMILTON WOMAN GETS SPECIAL DELIVERY - HER LOST WALLET

By Charlene Close, reporter, Posted on CityNews on Thu Feb 25 2016

A Hamilton woman received a special delivery from Canada Post on Tuesday – her missing wallet.

Tanya Radic lost her entire purse about



three weeks ago, so she cancelled her bank card and assumed she would never see the wallet again.

Imagine her surprise when a package arrived at her door, along with a letter from the post office saying the wallet was being returned free of charge after someone dropped it in a mailbox.

“It means a lot to me that they take the time to look into the ID and mail it back to the address because they gave me my life back. My whole life was in my wallet birth certificate, social insurance, everything,” Radic told 680 NEWS.

She said she had no idea Canada Post provided such a service.

According to a Canada Post spokesman, the post office has been providing the service to Canadians for more than 30 years. Last year it returned 18,000 wallets as well as keys and cell phones.

Radic was thrilled to have her wallet but noted that from now on she'd leave her SIN card and birth certificate in a safe place at home – just to be safe.

## 5 IDEAS THAT COULD HELP CANADA POST STAY VIABLE

By Vanessa Lu, Business reporter, Published in the Toronto Star on Thu Feb 11 2016

With fewer Canadians sending letters, the federal government needs to loosen the rules around Canada Post to make it more viable, according to a new research report from the School of Public Policy at the University of Calgary.

Philippe De Donder, an economist at the University of Toulouse in France, said post offices around the world are all suffering amid declining mail volumes.

But given Canada's large geography and small population base, Canada Post has greater challenges. Also, it continues to add a quarter of million new addresses each year, unlike other countries.

“The importance of letter mail will decline, but I don't think it will disappear,” he said. So here are five ideas to help keep Canada Post viable:

### Postage prices

Consider charging different postage prices depending on distance travelled, such as one price from Toronto to Vancouver or to a remote location in northern Quebec, and a different rate for a letter travelling within the city.

“It is much more costly to deliver mail in the remotest areas,” he said. “People in big towns are subsidizing those living in remote areas.”

Most Canadian mail is sent by large firms to customers and other businesses, while most mail is delivered in urban

areas, where delivery costs are lowest.

### Annual fees

Given last year's uproar over Canada Post's plans to end home delivery in urban centres, which was eventually abandoned when the Liberals took office, De Donder said it shows it's a service that some people really value.

“Some people may put a high value on this, so then we should ask them to pay for it,” he said, adding that using a community mailbox could be free. “There is no reason for others to pay for something you care about.

“If somebody else has to pay for it, it's not very fair and not transparent.”

### Less frequency

Under current rules, Canada Post must deliver five days a week. But with fewer people relying on mail, residents would likely be satisfied with less-frequent delivery, he said.

Given the costs of delivering to rural and remote locations, the government should consider lifting its minimum delivery frequency.

“People do care about their mail, as long as it gets there, so delivery could be reduced where it is extremely costly to deliver,” he said.

### Competition

Open up some of Canada Post's work to competition, such as collecting, sorting and transporting the mail,

especially items sent by businesses.

In the United States, companies specialize in preparing the mail for big banks or insurance companies, from addressing items to sorting them for delivery.

“It would not be surprising to find other firms with lower costs so work could be outsourced,” he said, adding it could bring additional savings if Canada Post could close some sorting plants.

### Privitization

Some countries including Germany and the Netherlands have moved to privatizing the postal service with success, but De Donder doesn't believe it would work in Canada.

“I don't think privatizing would change anything. It would face the same market and same constraints,” he said. “To privatize, you have to convince investors that this is a business that can make money.”

He noted that in both Germany and the Netherlands, letter mail makes up a small component of the companies' business. In other jurisdictions such as France and Japan, banking is a profitable component of the post office. While the union representing postal workers in Canada has pushed for postal banking, De Donder believes it's unlikely it would be successful, given that the banking system is already well established here.

# PUZZLES

## Puzzle 1

There is a concert that starts in just 17 minutes and all of the band members must all cross a bridge to get there. The four members begin on the same side of the bridge and you must help them to get across to the other side.

Due the age of the bridge, a maximum of two people can cross at one time. To make matters worse, it is night-time and there is only one torch. The torch is always required when crossing the bridge and the torch must be walked back and forth, it cannot be thrown, etc. Each band member walks at a different speed and a pair must walk together at the rate of the slower man:

Alan takes 1 minute to cross  
Bill takes 2 minutes to cross  
Carl takes 5 minutes to cross  
Dave takes 10 minutes to cross

For example, if Alan and Dave walk across first, it takes them 10 minutes to cross. If Alan then returns with the torch, a total of 11 minutes will have passed. There is no trick behind this, it is the simple movement of resources in the appropriate order.



## Puzzle 2

Below are thirteen 5 lettered words, each of which has had two of its letters removed.

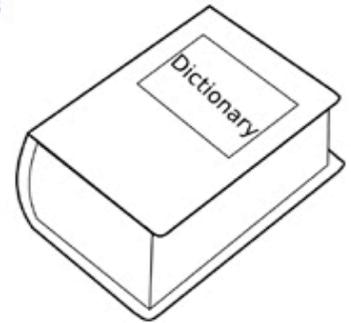
In total these 26 letters are A-Z.

The remaining letters in each word are in the correct order.

There are no words which are spelled differently based upon location (favour/favor, etc).

Can you determine the original words?

\_ \_ UST  
\_ UE \_ N  
O \_ O \_ E  
\_ \_ AND  
\_ A \_ ER  
I D \_ O \_  
\_ UC \_ Y  
E \_ I \_ T  
HEA \_ \_  
TOU \_ \_  
\_ RIE \_  
\_ RY \_ T  
H \_ M \_ N



## Puzzle 3

My bath has two taps and a plug hole.

The cold tap on its own fills the bath in 12 minutes, the hot one in 8 minutes.

The plug hole can drain the bath in 24 minutes with the taps off.

How long will the bath take to fill if I leave both taps on with the plug left out?



## Puzzle 4

What letter comes next in this sequence:

P O I U Y T ==?==

**ANSWERS ON PAGE 2**

# 7 LIFE CHANGING ACTIVITIES TO ENJOY IN RETIREMENT

## *Don't Let Retirement Get You Down: Seven Life Changing Activities To Embrace and Enjoy*

By Kimberly Aardal

Regardless of what you're called when you reach your retirement age (empty nester, middle-aged, baby boomer or just plain retiree), it all means the same thing. You have progressed to a stage in life where you have time to do whatever you want. No longer do you need to worry with raising a family, or running a business, working for a boss, or any other obligation that kept you from doing the things you wanted to as a younger adult.

The hard work of your younger adult life has passed and now you need something that will keep your retirement age jumping and hopping. You and your partner don't have to sit back in your rocker recliners thinking about those good ole' days. Instead, you can get up and do the things that you only dreamed you could when you were younger. Still not real sure how to enjoy your retirement phase of life? Here are seven ideas you're sure to like.

### **Seven Fun and Enjoyable Activities Baby Boomers Can Enjoy At Retirement**

#### **Activity 1 – Stay Active**

One of the first things you may want to do after you retire is rest. The problem with this idea is that you should never live a sedentary lifestyle, at least not for too long. You need to stay active and you can easily do this by taking walks or runs around your block. Take up a dancing class or go for a nice swim. Whatever you choose to do, you must stay active to keep up your strength, improve the blood circulation and release endorphins. Consult your physician before you begin any type of exercise program.

#### **Activity 2 – Strengthen Your Mind**

Retirement doesn't mean you stop learning about the world around you; it just means you have to work harder to learn about it. When you're no longer working, your mind doesn't stop learning... it just learns at a slower

pace. Keep that mind of yours sharp by challenging it with something new every day. Consider picking up a musical instrument and learning how to play. Learn a new language; something you may have wanted to learn for some time but never had the chance. If you're in the mood for something creative, consider joining an art class. The options are endless!

#### **Activity 3 - Stay Social**

Now that you're not near as busy it's a great time to get out and see old friends and make some new ones. It's a proven fact that when people are more socially active, they tend to be happier. Consider getting involved with a club where you can meet people who share a similar interest as you. You may find that you have more in common than you think with these folks. If you're unsure of the kind of clubs that are available in your area, do a search on the Internet to find them or local newspapers usually have volunteer opportunities. You can even check your local chamber of commerce for some ideas. If you live in an active adult community, the possibilities are endless.

#### **Activity 4 – Taking In A Pet**

You don't have to just make a human friend to have social interaction. Why not adopt an animal of your choice? If you love cats or dogs, you can visit your local animal shelter. These animals will love you unconditionally and give you some real purpose. For whatever reason you may not be able to adopt a pet; why not do some volunteering at the shelter? This allows you to be around animals, taking care of them. If you have a neighbor that owns an animal, consider helping them take care of their pet. If you don't making a new friend and helping them at the same time.

#### **Activity 5 – Mentor Young, Impressionable Minds**

As a baby boomer, you have lots to give the younger generation. If you've

got grandkids, share with them your knowledge and experience. If you can't see your grandkids (for whatever reason), consider asking your neighbors if you can be a mentor to their children. Many parents would be glad to have you be a part of their children's lives. You can always volunteer at the local schools, coach a sports team or teach a knitting class and so much more. You have endless options that will allow you to share your vast knowledge and experiences with an eager young mind.

#### **Activity 6 – Travel**

Have you always wanted to visit somewhere but never had the time? It can be across the International Dateline or right in your own backyard but traveling is a wonderful way to spend your time and expand your mind. Practice the new language you are learning and travel to the country that uses it. You don't have to travel alone especially if you feel apprehensive about it. Ease your mind by going with a tour group that also offers opportunities to make new lifelong friends. When you travel to other countries, you learn about other cultures and in turn enrich your own life from the experience.

#### **Activity 7 – Join A Cause**

If you have a particular cause you're interested in, this is the time to get involved (if you're not already). Working together with a group of people who share a common goal and purpose can be very fulfilling and gratifying to know that you are making a difference. On top of that, this type of work can help take your mind off of your own problems and oftentimes make your challenges seem smaller.

#### **Bottom Line**

Don't sit around doing nothing all day; use the seven suggested activities to continue to enjoy your life in the baby boomer years. Any one of the seven mentioned activities can bring you happiness and make you feel more involved with the fun side of life.

# GALLERY

Spring Luncheon - 2015



# SANTA LETTER WRITING PROGRAM

There was a change in the Santa letter writing program last year. Club members who wanted to be elves were advised to attend Gateway to write the letters from Santa.

Over 1,000 hours were registered by our Humber members. We are always looking for new volunteers. Please contact Danny Pettit, our 3rd Vice President if you would like to participate this year. [humberchapter2@hotmail.com](mailto:humberchapter2@hotmail.com)



Bill Burrell, our former Humber Chapter President and a WWII veteran of the Royal Canadian Air Force, was presented in November 2015 with the prestigious Senior Achievement Award by the Governor General in recognition of his contributions to his community after the age of 65. Bill has volunteered with the Brampton Canadian Legion (raising over \$700,000.00 through the Poppy fund), Canadian Red Cross, Ontario Minor Hockey League as well as Canada Post’s Letter to Santa program. Congratulations Bill from the members of Humber Chapter.

# HUMBER HERITAGE GIVES BACK

In December 2015, our Humber Chapter presented the Mississauga Food Bank with a cheque for \$500.00.

Some of the other charities we donated money to in December are as follows:

Wellspring Chinguacousy (Brampton).....	\$500.00
North York Food Bank .....	\$500.00
Mississauga Food Bank.....	\$500.00
Knights Table Brampton .....	\$500.00
Make-a-Wish Foundation GTA .....	\$500.00
<b>Total Donations .....</b>	<b>\$2,500.00</b>



## HOW JOHNSON LIGHTENS YOUR LOAD



*We're people too, and we'd expect the same if we were in your shoes*

We get a lot of heartbreaking stories from our clients in times of turmoil. How do you handle a situation that makes you feel like crying yourself? It takes experience and lots of empathy, and our Johnson employees have both.

Elaine Jackson, a Claims Specialist, had been working

with Mr. Pardy for many years. His charming wife, Mrs. Pardy, was losing her battle with cancer and the medical expenses were mounting. In February of 2012, she passed away after a heartbreaking three years of illness.

Mr. Pardy showed up at our office in May with his medical expenses in tow. Mrs. Pardy had been alternating chemotherapy sessions in different locations: one week in Newfoundland, and then one week in Germany. We do whatever it takes to prolong the lives of our loved ones.

But Mr. Pardy's medical expenses

were many. Elaine took the time to go over every single claim with Mr. Pardy, explaining which expenses Johnson Inc. would cover and which expenses MCP would cover. The meeting took hours, but Elaine went above her call of duty to comfort and aid Mr. Pardy in this difficult time. You can bet that Elaine herself had a new life perspective after such a session.

Why do we go that extra mile at Johnson? Because we'd expect the same if we were in your shoes, and many of us have been. We're all human, after all.

*All Heritage Club members are eligible for discounted rates from Johnson Insurance.*