



# Parkland News

January 2016

## In this Issue:



President's message  
Membership Renewal  
Volunteer Hours  
Annual General Meeting  
Social Activities  
Santa Letter Writing Campaign

Obits  
New Members  
Good to Know  
Travel Opportunities  
Executive

### Upcoming Events

February Lunch  
Feb 18, 2016

Spring BBQ  
June 9, 2016

Fall Banquet  
Sept 17, 2016

Annual General  
Meeting  
Oct 13, 2016

## President's Message

Hello Parkland members and welcome to 2016. Here's hoping you all had a good Christmas season and got through the New Year with good health.

Although like every year it is inevitable that we lose a few aging members, this year has been no exception. In the past week we lost one of our founding members and the first president of Parkland Chapter, Lonnie (Scotty) Heslep. Scotty will be remembered for his many contributions to the chapter during his time in office.

I wish to thank all of the volunteers who participated in the annual Christmas events. The Festival of Trees and the Edmonton outdoor Santa parade were well attended and very successful. Santa letter writing went off

without a hitch and a very special thank you goes out to Bob and Judy Broomhall for their exceptional effort in organizing and conducting the program as they always do.

I want to invite all members who are able to take part in as many of our volunteer projects and social functions as possible this year so 2016 can be a memorable year for our chapter.

Thank you again from myself and the executive of Parkland Chapter.

Lloyd Rogowski  
President Parkland Chapter

*Good Judgment comes with experience  
Experience – well that sometimes comes as a result of bad judgment*



## MEMBERSHIP:

The 2016 membership drive is now underway. Please complete the enclosed membership form, and submit your 2016 membership dues by mailing the form, and your cheque to the address shown on the form, by February 15, 2016.

Please remember that our Heritage Club chapter receives only a portion of our funding through the national office, (from Canada Post Corporation, and other club sponsors), and that your membership dues represent a large portion of our chapter's annual income.

We are updating our membership database with email addresses for those that have them. **We encourage you to provide an email address, if you have one,** as it is a quick and cost effective way of quickly informing members of news items and upcoming events between issues of the newsletter.



*Members will receive a card similar to the one shown above as acknowledgement of payment*

If at any time you are unsure of the status of your membership dues, or have any other questions regarding membership, please feel free to contact your membership representative, Judy Broomhall at 780-481-8627.

## Reporting Volunteer Hours:

Each year our chapter President submits a report of all volunteer hours worked by members of the chapter. These hours include not only volunteer hours with the Heritage Club, but also time worked in community events such as; fundraising activities, work done with religious or seniors organizations, or working with children groups, example coaching. Anything relating to volunteering counts in the report.

The Heritage Club National Community Service Award is awarded each year to a chapter demonstrating that they are actively meeting our club's motto of "people helping

people". Parkland Chapter has won this award in the past in large part because of the number of volunteer hours reported by our members.

Please help us demonstrate that we are one of the most active chapters. There is a Volunteer Hours reporting form on the bottom of the Membership Renewal form. This form should be used to report volunteer hours worked by members of Parkland Chapter for the betterment of the community. Please specify if the time worked is per week, month, or year,

## Annual General Meeting:

The 2015 Annual General Meeting was held October 1, 2015, at Buffet Royale, following the October quarterly luncheon. At this meeting, the positions of President, 2<sup>nd</sup> Vice President and Treasurer were up for election. Lloyd Rogowski was re-elected as President, Paul Otto was re-elected as 2<sup>nd</sup> Vice President and Bill Kobitowich was re-elected as Treasurer.

Congratulations to the above members, and thank you for allowing your name to stand. Our thanks also to the Nominating Committee.

A date was set for the 2016 Annual General Meeting. The 2016 AGM will be held on October 13, 2016 again in conjunction with the October quarterly luncheon.

*The world's newest country is South Sudan, which gained independence from Sudan on July 9, 2011. Before that, the newest country was Kosovo, which declared independence from Serbia in February 2008. Montenegro became a country in June 2006, after splitting off from Serbia. Since 1990, 29 new nations have come into being. Many of these emerged from the collapse of the Soviet Union (14 countries) and the breakup of the former Yugoslavia (7 countries).*

# February Luncheon

In 2016, Parkland Chapter will once again be hosting a quarterly luncheon and social get together. This year we intend to try and move it around a bit to various areas of the city.

Our first event for 2016 will be on:

**Thursday February 18, 2016  
11:30 AM**

Buffet Royale  
3318 Gateway Boulevard  
Edmonton, AB

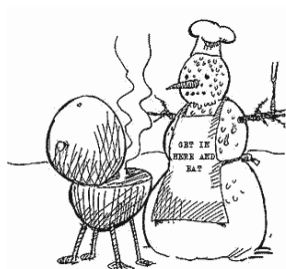
## PLEASE NOTE THE NEW LOCATION

Come and enjoy a great lunch at a great price, and share some good times with old and new friends.



Please call Rene Plouffe 780-476-7230 or Lloyd Rogowski 780-458-8936 to confirm attendance.

# Spring BBQ



It's -20C and snowing, but we're in the second half of winter. Soon it will be spring, and time for our annual Spring BBQ.

Your club executive is already busy planning the 2016 Spring BBQ.

Mark your calendar. The 2016 BBQ will take place on Thursday June 9 at the Devon Lions Park.

We will be sending out another Newsletter later in the spring that will contain complete information about this popular event, as well as the usual registration form.

# 2015 Fall Banquet:

Parkland Chapter's annual Fall Banquet was held September 12, 2015, at the Continental Inn on Stony Plain Road.

The banquet is always a great time to meet up with old and new friends and coworkers, and catch up on everyone's summer activities. As usual the buffet meal was excellent. The entertainment group had a bit of everything. They had lots of couples up dancing and yet quiet enough to allow people that were not on the dance floor to easily visit with friends.

The raffle of several donated items resulted in a donation of \$300 to E4C – an inner city school lunch program.

Mark your calendars now for the 2016 banquet which will be held September 17, 2016 at the Continental Inn. This is an excellent opportunity to meet old friends, and you can't beat the price, for a great night out.



*Today it is 0 C. Tomorrow is supposed to be twice as cold as today.  
How cold will it be tomorrow?*

## Santa Letter Writing Program:

- Santa Claus Parade
- Festival of Trees
- Santa letters



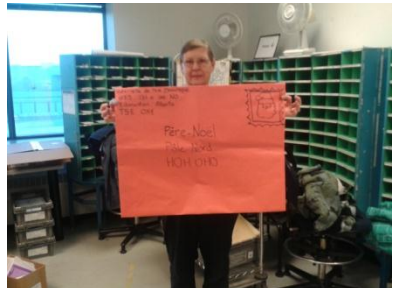
A great big thank you goes out to the many Parkland volunteers that helped out this year with the Santa Letter Writing Program. We were very fortunate to have been able to recruit a great group of volunteers that made the program exceptional this year.

This year's program started with the first outdoor Santa Claus parade in Edmonton. We were blessed with great weather, and had a terrific group of Canada Post and Heritage Club volunteers. We all had a blast. The route was lined with an estimated 10,000 parade viewers. We collected over 500 letters to Santa along the route.

Next up was the annual Festival of Trees. The Heritage Club participates with Canada Post to provide a booth where children can come and write their letter to Santa Claus. Over the 4 day festival we collected close to 4,000 letters.

Finally, on November 30, we started up Santa's workshop where over a 3 week span, Heritage Club volunteers sorted, counted, bundled and distributed just under 40,000 letters to Santa. A 10% increase over last year.

These letters were then sent out to the many many volunteers that took time from their busy schedules to write a return letter from Santa and bring a smile to the faces of 40,000 children.



### And what a team !!!!!

Our Parkland Heritage Club volunteers were a huge part of that letter writing team. Our Parkland volunteers answered an *Incredible* 21,000 letters, which was a little over half of the 38,900 letters received. *Well Done !!!!*

## Parkland Chapter – First President



### HESLEP, Lonnie Morgan "Scotty" 1924 to 2016

Scotty was the first President of Parkland Chapter when the Heritage Club was inaugurated in 1989. Scotty worked for Canada Post for 35 years before retiring in 1989.



Scotty passed away peacefully on Thursday January 7, 2016 at the age of 92. Our condolences go out to Scotty's family and friends.

*Many refuse to believe in Santa Claus, but are convinced they can beat Wall Street*

## OBITUARIES:

It is always with a heavy heart that we hear of the passing of some of our members. We have been made aware that the following people have passed away:

Gary Waselenchuk  
Le-Roy Robinson  
Eleanor Hoedl

Andrew Mulyk  
John Skitsko  
Perry Okerstrom

Douglas Smith  
Lonnie (Scotty) Heslep  
Nestor Chmilar

If you are aware of a member's passing, can you please contact one of the executive, and let us know the name, date, and any information that you may be aware of, as to their career with Canada Post.

How red is our face? We try very hard to double check all our facts, but last spring we goofed... We listed 2 members in the obits who are very much alive. Our sincere apologies to Karen Quint and Margaret Pelster.

## New Members:

The Parkland Chapter of the Canada Post Heritage Club is pleased to welcome the following new members of the Parkland Chapter:

Deborah Christiansen - Blackfalds  
Alice Chan - Edmonton  
Diana Fulk - Grande Prairie  
Rollande Dubrule - McLennan  
Dolores Beaulieu - Gunn  
Nancy Meyer - Camrose  
Marie Sharpe - Edmonton  
Gloria Darroca - Edmonton

Dalyce Howard - Wanham  
Erminello Martinello - Edmonton  
Brenda Vaudan - Edmonton  
Debra Fiddler - Edmonton  
Colette Lafrance-Joly - Sherwood Park  
Nella Imbrogro - Edmonton  
Margaret Stark-Czubey - Grande Prairie  
Cindy Lim - Edmonton

## Do You Know Where These People Are?

We have had mail returned for the following people. We suspect many of them may have moved, but we do not know their forwarding address. If you know the whereabouts of any of the following people, can you please contact Judy Broomhall at 780-481-8627, or any of the executive (contact info on last page).

Edward Cadore - Edmonton  
John MacIntosh - Edmonton  
Sylvia Nordstrom - Ponoka  
Donald Foster - Edmonton  
Darshan Haer - Edmonton  
Arthur Johnston - Red Deer  
Peggy Minnice - Edmonton

Kathleen Moncrieff - Wainwright  
Reginald Morin - Vernon  
Marian Nash - Cold Lake  
Katherine Padlewski - Sturgeon County  
Mary Romaniuk - Vegreville  
Catherine Theriault - Fox Creek

---

---

## Indexation

On January 1, 2016 your pension increases by a percentage that reflects the increase in the average of the Consumer Price Index for the previous 12-month period, calculated from October to September. This increase is known as indexing.

The indexing rate effective January 1, 2016, is 1.27%. If you have been retired less than one full year on January 1, you get a fraction of the increase equal to

the complete months you've been retired. For example, if you retired on September 20, 2015, your first increase, on January 1, 2016, would be 3/12 (October to December) of the total indexation percentage.

Indexing also applies to survivor benefits paid monthly to your survivor.

*Where do pianists go for a vacation?  
The Florida Keys*

# Prepare to Downsize

By Margit Novack

## 8 Tips to Downsize -- Even if Your Move Is Years Away

For many of us, belongings that once brought us pleasure now seem like a burden, an extra weight we would rather not have. But sorting through a lifetime of accumulations and deciding to part with them is hard.

Think of downsizing from your home that you may have lived in for decades as losing 100 pounds. You didn't gain the weight overnight, and you can't lose it overnight, either. Your belongings are like those pounds. It took years to accumulate them, and sorting through them will take time. Just as each pound, taken individually, doesn't appear to make a difference, there may not seem to be a lot of improvement from each

sorting session. But losing 100 pounds is accomplished by losing one pound one hundred times, and with planning, patience and perseverance, you can get ready to move and maximize your home's marketability, one bag at a time.

Here are some proven tips and techniques that you can begin implementing today, even if your move is years away. Remember that the key to losing 100 pounds is not losing the 100<sup>th</sup> pound; it's losing the first one. The key to downsizing is not finishing the process; it's starting it.

1. Stop warehousing your kids' stuff. Do they visit their things but not take them home? If so, put them in a box and place it by the door so your kids can take the carton with them the next time they visit. (If they don't want their college textbooks and tennis trophies, you don't need to keep them either).
2. Decide on what "go" means. It may sound silly, but "this goes" can mean you are getting rid of it or taking it with you. To avoid confusion, decide what "go" means and use it consistently. Better yet, use removable color-coded dots to separate what you are keeping and what you are getting rid of. You can find these dots in the school-supply section of your local grocery or drugstore.
3. Be clear. If you plan on temporarily storing things in trash bags, use clear bags for items being stored and opaque bags for regular trash. We once stored all our winter gloves and hats in a white kitchen trash bag, only to discover we had accidentally thrown them out!
4. Throw a downsizing party. Cover your dining room table with items you no longer need and invite friends over for coffee, with the caveat that they must take one thing away with them. It's fun, and since each person selects what she wants, everyone leaves thinking that they found a "treasure."
5. Develop a kitchen tracker. A kitchen tracker is simply a form that helps you track how often you use certain items in your kitchen. List the items that you don't use frequently—like the ice bucket, Cuisinart, electric mixer, blender, bundt pan, 30-cup coffee urn, heating tray, turkey roaster, dutch oven...the list could go on, right? Keep the list on your refrigerator. Whenever you use an item on the list, make a checkmark next to it. At the end of six months, look at the items without checkmarks. You may be surprised to find that you don't use some of those items after all.
6. Keep sorting sessions short. By that I mean two hours at most, and start with the simplest room first. Starting with the most complicated area means you may get discouraged, throw up your hands and quit. Starting with a simple room helps build the confidence to say, "I can do this."
7. Once you start working, don't leave the room. It's human nature to get distracted—especially from something we don't want to do in the first place.
8. And finally: DON'T PACK! Remember, you are months or even years away from moving. If you can pack something away knowing that you won't need it until you move, you probably don't need it now.

*Two – Thirds of the people on earth have never seen snow*

## TRAVEL OPPORTUNITIES FOR 2016

**March 30, 2016 - 12 day Spring bus trip, VANCOUVER RETURN.** Details are still being finalized, watch for news on the new itinerary for 2016. Contact the Heritage Club Travel Coordinator (contact info at bottom of page) for more information.

**APRIL 27, 2016 - 18- day Hawaii cruise, VANCOUVER RETURN** on the MS Zaandam Visit Hilo, Kona, Lahaina, Kauai and 2 days in Honolulu. Inside cabins start at \$2639.00 CAD plus taxes \$292.00 pp

**June 15/16 - 7 day Alaska cruise** on the Volendam, **VANCOUVER RETURN**, visit Juneau, Skagway, Ketchikan, Tracy Arm and Glacier Bay. Inside cabins from \$1199.00 CAD and Window cabins from \$1439.00 plus taxes \$268.00 pp.

**June 20, 2015 - 14 day Alaska cruise** on the Maasdam, Seattle return. Visit Ketchikan, Tracy Arm, Juneau, Hoonah, Anchorage, Homer, Kodiak, Sitka, Victoria. Inside cabins start at \$2279.00 plus taxes \$477.00 CAD pp

**July 20, 2016 - 35 day Voyage of the Vikings** MS Rotterdam. Boston return. Itinerary: Boston, Bar Harbour, Maine; Sydney, Nova Scotia; Corner Brook, Newfoundland; Red Bay, Labrador; Qaqortoq, Greenland; Cruising Prince Christianson Sound; Rekeyavik, Iceland (2 days); Alesund, Norway; cruising Hardangerfjord; Eidfjord, Norway; Rotterdam, Netherlands (2 days); Dublin, Ireland; Douglas, Isle of Man, UK; Belfast, Northern Ireland; Akureyri, Iceland; Cruising Eyjafjord; Isafjordur, Iceland; cruising Isafjordur; cruising Prince Christian Sund; Nanortalik, Greenland; St. John's, Newfoundland; Halifax, Nova Scotia; Boston. Inside cabins starting from \$8,048.00; outside cabins starting from \$9,199.00; Veranda cabins starting from \$16,098.00. Taxes and fees are an additional \$710.17 CAD p.p. A number of members have already booked this cruise. **We have several solo travelers looking for roommates for this trip.**



**September 17, 2016 - 7 day New England cruise** on the Rotterdam. Montreal to Boston (or back to back 14 days Montreal return) Visit Quebec City, Charlottetown, Sydney, Halifax, Bar Harbour., Boston. Inside cabins start at \$1679.00 plus taxes \$311.00 CAD pp.

**October 9, 2016 - 10 day cruise to California, VANCOUVER RETURN** on the Star Princess. Visit Los Angeles, Catalina Island, Santa Barbara and 2 days in San Francisco. No flights! This cruise was a highlight for members last year. Inside cabins starting at \$1349.00 plus taxes \$270.00 CAD pp. (Special sale til mid February/16 offers only \$135.00 deposit pp and \$200.00 USD shipboard credit in addition to \$75.00 Shipboard credit with Heritage Club group). **DON'T MISS!**

**REMINDER:** Be sure you have out of country travel insurance for any trip you book and that it is in effect before you pay for your trip. For those with MEDOC, ensure you have renewed your Heritage Club Membership for 2016 and paid your dues to be covered.

**HERITAGE CLUB Travel Contact Information:**

PHONE: 604 482 4311

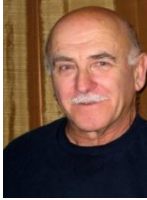
WEB SITE:

[www.vancouverheritageclub.com](http://www.vancouverheritageclub.com)

*The Guinness Book of records holds the record for being the book most often stolen from Public Libraries*

# Heritage Club - Parkland Chapter 28

## 2016 Executive



**President**

Lloyd Rogowski  
(780) 458-8936



**Secretary:**

Bob Broomhall  
(780) 481-8627



**1st Vice President:**

Rene Plouffe  
(780) 476-7230



**Treasurer:**

Bill Kobitowich  
(780) 476-8265



**2nd Vice President:**

Paul Otto  
(780) 484-8636

**Past President:**

**Committee Members:**

Bill Chrapko

Helen Chrapko

Doreen Rogowski

You can also contact us via our email address. If you have any questions, comments or concerns, please feel free to let us know by sending us an email at [parklandheritageclub@gmail.com](mailto:parklandheritageclub@gmail.com)

The executive will do their best to serve the members of the Parkland Chapter in every way possible. Please do not hesitate to call any one of us to answer any of your questions.

### 3D Printing

International Space Station commander Barry Wilmore needed a wrench. Normally NASA would send one up on the next mission to the International Space Station. It would arrive eventually, but that would have left Wilmore waiting for months. Instead, NASA “emailed” one to Wilmore and he printed it out right there on the ISS.

Commander Wilmore’s wrench wasn’t the first object 3D printed in space, but it was the first object to be designed on Earth and then transmitted into space for manufacture. California company Made In Space designed the 3D printer Wilmore used as well as the ratcheting socket wrench that made history.

*Memory is the key – but only if you remember where the lock is*