



Newsletter, Spring
April 2019

PINERIDGE Chapter

What's to come at a glance:

- * Group Luncheons at The Mandarin
- * Spring Time Lilac Festival
- * Annual Golf Tournament
- * Fall Bus Tours

Check out our Web Site:
heritageclub.ca, then
select Pineridge Chapter



President's Message

Dear Members,

It was nice to see a lot of you turn out to our first group luncheon on March 8, and here's hoping for many more happy "get together" times this year.

Once again, we have a pretty complete agenda of group luncheons, day excursions, golf tournament, and bus tours to entice you to come out and share some good times with your friends and former work mates.

As always, you can check out what's happening on our web site, heritageclub.ca, and select Pineridge Chapter, to see a list of our upcoming activities.

To all our loyal members who continue to support us with your membership dues every year, thank you, without your support, we could not continue.

I hope to see you soon and often, enjoy the Spring time.

J.P.

**Jean Pierre Leguerrier
President
Pineridge Chapter**

UPCOMING EVENTS for 2019

Wednesday, May 22, 2019: The Warkworth Lilac Festival

A jaunt into Northumberland County with guide Peter Brotherhood. We'll start off this enjoyable day in Roseneath at the **Primrose Donkey Sanctuary**, dedicated to the rescue, protection and rehabilitation of abused, neglected and unwanted donkeys. Then it's on to Warkworth to enjoy a **Buffet Luncheon at St. Paul's United Church**, before we enjoy the **Millenium Trail of Lilac Festival** itself (anyone with mobility issues can be taken by golf cart or van). After the tour you'll enjoy a short stop at **Glover's Farm Market**, followed by a visit to **Sprucewood Cookies** in Cobourg, before motoring home.

Motorcoach pickup: as this bus tour is going **East**, it will favour our membership greatly: we will be boarding last, and be the first off the tour bus! Departs from the Cedar Heights Plaza at Markham and Lawrence at 9:15, and returns at 17:45.

Contact **Time of Your Life Tours** directly (416-224-0684), the cost is \$95.00 per person, and includes motorcoach transportation, services of guides, lunch, all admissions, all taxes & meal tip. No Club discounts offered on this very affordable trip of less than a hundred dollars.

Thursday June 13th, 2019, noon: Luncheon Buffet at The Mandarin

We meet at noon at The Mandarin Restaurant, 1725 Kingston Road, in Pickering, for our second group luncheon of 2019. Register early, and don't forget to bring a non-perishable food item for the Food Banks. Seniors, please bring your ID.

The cost remains a low \$14 for members, \$20.00 non-member. As always, your parents and friends are welcome to attend. Anyone needing a ride to go to the restaurant, let us know.

Give **Bernie** a call (416-439-9505) to confirm your attendance or to set up an e-payment. Payments by cheques: **Pineridge Heritage Club**, 629 Markham Rd., PO Box 90593, Scarborough, M1H 3G7.

Heads up Golfers! Friday, June 21st, 2019: Annual Charity Golf Tournament

Calling all golfers in the Pineridge, Humber, Simcoe and Trent-Severn Chapters: The annual golf tournament and dinner will be held at the same location as last year, Lakeridge Links/Whispering Ridge Golf Course, located at 1355 Brawley Road, Brooklin.

The cost has remained the same now for the last few years: \$70 per member with no cart, \$83 for a senior/member with a cart, and a non-senior \$88 with a cart. The tournament will be followed by a dinner and many prizes will be awarded. When registering, please advise us if you require a cart, as we need to reserve these as soon as possible.

Contact **Les Kimmerer** to register at (705) 320-9480. Cheques should be made out to Pineridge Heritage Club, 629 Markham Rd., PO Box 90593, Scarborough ON, M1H 3G7. You can also contact Bernie Snyder (416-439-9505) if you wish to do an e-transfer of funds. Please specify what you are paying for. All registrations should be completed by May 31st.

Tuesday, August 27, 2019: Million Dollar Quartet, Capitol Theatre, Port Hope

On a Tuesday night shortly before Christmas 1956, four legends - Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley – gathered at the Sun Recording Studio in Memphis, where they had all launched their careers. Word leaked out of an impromptu jam session, and one newspaperman who was there wrote, “*This quartet is worth a million.*” Soon they were dubbed the Million Dollar Quartet. This was their only performance together, a cultural flashpoint that caught Rock n’ Roll at the moment of its creation! Enjoy this wonderful tribute show (2:00 p.m. – 4:30 p.m.) featuring such hits as ‘**Blue Suede Shoes**’, ‘**Folsom Prison Blues**’, ‘**Peace in the Valley**’, ‘**I Walk the Line**’, ‘**Hound Dog**’, ‘**Great Balls of Fire**’ and many more. This memorable show takes place in Port Hope’s Capitol Theatre, one of the last of the ‘atmospheric’ theatres, now beautifully restored in its 1930s art deco style. Prior to the musical matinee, enjoy a **Buffet Luncheon** (11:45 a.m. – 1:15 p.m.) **at the lovely Woodlawn Inn in Cobourg.**

Motorcoach pickup: another bus tour going **East**, departs from the Cedar Heights Plaza at Markham and Lawrence at 10:15, and returns at 17:45.

Contact **Time of Your Life Tours** directly (416-224-0684), the cost is \$123.00 per person, and includes motorcoach transportation, lunch, reserved orchestra seats, all taxes & meal tip. Identify yourself as a Heritage Club member to get a \$10.00 discount off the price.

Thursday September 12th, 2019, noon: Luncheon Buffet at The Mandarin

We meet at noon at The Mandarin Restaurant, 1725 Kingston Road, in Pickering, for a group luncheon. Register early, and don’t forget to bring a non-perishable food item for the Food Banks. Seniors, please bring your ID.

The cost remains a low \$14 for members, \$20.00 non-member. As always, your parents and friends are welcome to attend. Anyone needing a ride to go to the restaurant, let us know.

Give **Bernie** a call (416-439-9505) to confirm your attendance or to set up an e-payment. Payments by cheques: **Pineridge Heritage Club**, 629 Markham Rd., PO Box 90593, Scarborough, M1H 3G7.

Saturday, September 21st, 2019: Across the Pond, Lighthouse Festival Theatre, Port Dover

American music was never the same! Starring Leisa Way and The Lonely Hearts Club Band, ‘Across the Pond’ celebrates over 50 years of British pop and rock music. You’ll hear hits of **The Beatles, Dave Clark Five, Herman’s Hermits, Elton John, Petula Clark, Tom Jones, Queen, The Rolling Stones, The Animals, Dusty Springfield, Rod Stewart, Eric Clapton, Van Morrison, Sting, Annie Lennox, Joe Cocker and more!** Prior to the 2:00 p.m. matinee, enjoy **Luncheon at the Erie Beach Hotel in Port Dover** (Fresh Lake Erie Pickerel and Fries [or Grilled Chicken and Fries], assorted Salads, their trademark Celery Bread, plus Sherbet and Tea/Coffee.)

Motorcoach pickup: Departs from the Cedar Heights Plaza at Markham and Lawrence at 8:30, and returns at 19:30.

Contact **Time of Your Life Tours** directly (416-224-0684), the cost is \$115.00 per person, and includes motorcoach transportation, lunch, reserved orchestra seats, coffee and cookies at intermission, all taxes & meal tip. Identify yourself as a Heritage Club member to get a \$10.00 discount off the price.

Wednesday, November 27th, 2019: Toronto at the Festive Season

Enjoy some of Toronto's most popular attractions at the Christmas Season! We'll start off with a **Luncheon and the Christmas show 'Jingle all the Way' at the Famous People Players Theatre** (11:30 a.m. – 2:45 p.m.) **Enjoy a Full Course Chicken Luncheon** here, and then let the talented 'Black Light' Players take you on a festive journey, where you will *'Jingle all the Way'* with laughter!

After Dessert and Coffee here, we'll take you downtown to the historic **St. Lawrence Market** where you can shop and browse for everything from Fresh Meats and Seafood to Cheeses, Baked Goods, Fruits and Veggies (3:30 p.m. - 4:30 p.m.) Our last stop of the day will be the **'Toronto Christmas Market'** at the historic **Distillery District, beautifully decorated for the holidays.** Enjoy a visit here (5:00 p.m. – 6:00 p.m.) before we motor home.

Motorcoach pickup: Departs from the Cedar Heights Plaza at Markham and Lawrence at 10:00, and returns at 18:45.

Contact **Time of Your Life Tours** directly (416-224-0684), the cost is \$117.00 per person, and includes motorcoach transportation, lunch and show, all taxes & meal tip. Identify yourself as a Heritage Club member to get a \$10.00 discount off the price.

THE LOCAL NEWS

Welcome to New Members/Retirees and/or 25-year service veterans

Gerry Risi, Patricia Fauré

Congratulations/Best Wishes

To those we have heard about recently that were sick or requiring hospital attention since our last newsletter, we send our best wishes to: John Stotts, Danny Mulvihill.

Happy belated birthday wish: Debbie Greenwood.

Scholarships for your kids and/or grandkids

The Club will be awarding three scholarships to students starting their first year of full time studies, and the awards will be valued at \$1000 for university or college studies. In order to be eligible, students must be dependent children, including adopted children, stepchildren, grandchildren, and wards in legal guardianship of an active member (dues paying member of 2 years) of a Heritage Club Chapter. All applications must be post-marked by June 28, 2019.

The program details are available on the Heritage Club website at heritageclub.ca under LINKS. Eldred Holmes is the National Coordinator, and all applications and queries should be directed at holmese@nl.rogers.com.

PENSION ISSUE UPDATE

For any CPC employees who are still currently working and will eventually retire under the Canada Post Pension Plan, and for those who have retired under this Pension Plan (after year 2000), there are still two issues that should be uppermost in your mind as Election Issues:

Bill C-27: Still an Issue

In 2015, Prime Minister Trudeau clearly promised to the National Association of Federal Retirees in writing that defined benefit plans “which have already been paid for by employees and pensioners, should not be retroactively changed into [target benefit plans]”.

Target benefit pension plans or shared risk pension plans are often seen as middle ground between defined benefit plans, which offer a guaranteed pension, and defined contribution plans, which provide a lump sum amount based on investments.

Target benefit plans provide targets; pensions depend on plan performance. All the risk is transferred to employees and retirees. In tough times, target plan benefits can be reduced, providing less retirement security for its members.

We should be asking Prime Minister Trudeau will he now honour that promise?

If you are thinking of voting for another party, what do they propose to bolster up hard working Canadian’s pensions?

Pension Solvency Deficit

In 2014, Canada Post was in a financial position that they needed to ask the Conservative government at the time if they could have a relief period from paying into the Canada Post Pension Plan.

The then Harper government gave CPC a respite for topping up the pension fund for three years, until 2017.

Well, the government changed as you well know, and the new Liberal government as yet to address this unresolved issue, two years later.

For anyone who is or will be under the Canada Post Pension Plan, this fund is now currently close to six billion dollars in solvency deficit.

How much stronger to weather the financial storms would your pension fund be if Canada Post had been topping it up for the last six years, like they should have?

On the cpcpension.com web site, under frequently asked questions, in answer to the question “Are my pension benefits secure?”, you have the following response:

“The security of your pension benefits is directly linked to the financial health and sustainability of the plan sponsor, Canada Post...Pension relief adds a degree of potential risk for the Plan because Canada Post is not reducing the Plan’s deficit during the relief period. In the unlikely event that the Plan was terminated while it is in a deficit position, the pension benefits could be lower than if additional funding was put into the Plan”.

A current estimate of what this would mean is that the Plan might pay eighty cents on the dollar, should the unlikely happen.

Something to think about....

Note: The opinions expressed above are the Editor’s, but are also supported by numerous advocacy groups.

The “L I F E is G O O D” Section

Not to brag, but I just went into another room and actually remembered why I went in there. It was the bathroom, but still....

Remember when we had to smack the tv because the channel wasn't coming in clearly? I feel that way about far too many people.

Is anyone really confident with how they say “Worcestershire Sauce”?

During labor, the pain is so great that a woman can almost imagine what a man feels like when he has a fever.

I'm at the delusional age where I think everyone my age looks way older than I do.

Be the reason someone smiles today...or the reason they drink: whatever works.

My super power is holding onto junk for years and throwing it away a week before I need it.

I always knew I'd get old. How fast it happened was a bit of a surprise, though.

S o m e E n l i g h t e n m e n t

Before you speak, let your words pass through three gates:

Is it true?

Is it necessary?

Is it kind?

When a flower doesn't bloom, you fix the environment in which it grows, not the flower.

Plan in decades, think in years, work in months, live in days.

Dripping water hollows out stone, not through force but through persistence.

One day, you will wake up and there won't be any more time to do the things you've always wanted: do it now.

A wise man once said nothing.

Time & good friends are two things that become more valuable the older you get.

THE POST HORN



A POSTAL SERVICE STORY

The Post Office Rifles

Today, the Post Office Rifles are best remembered for their involvement as infantry on the Western Front in the First World War. Their bravery, tenacity and character during the severe circumstances of the trenches are well documented and their endeavours on the Somme, Passchendaele, and elsewhere have earned the regiment high praise and a prestigious place in British military history. They have many military medals and accolades in evidence of this. Comprised mostly of Post Office employees, approximately 12,000 men fought with the regiment, suffering losses of 1,800 and 4,500 wounded.

Roots of the Post Office Rifles

Interest in the Post Office Rifles has understandably focussed on the years 1914-1918. However, collaboration between the Post Office and the Army predates the Great War. Post Office volunteers went to Paris in 1816 to assist British Forces with communications following the defeat of Napoleon, and sorters also served in the Crimean War (1853-1856).

Fenian bombings

The association between Army and Post Office was well established by 1867. A series of bombings in London and Manchester were carried out in the name of Irish Independence. They resulted in the first formation of a group of Post Office volunteers to help defend installations under attack. 1,600 Special Constables enrolled to safeguard these installations which included post offices.

Once the immediate Fenian threat had passed, it was agreed with the War Office on 13 February 1868 that a regiment of 1,000 men be formed from Post Office employees.

The First World War

To accommodate the swell of recruits in the First World War, a second Post Office Rifles Battalion was formed in September 1914. They were titled the 2nd/8th Battalions, London Regiment.

The 2nd Battalion initially served as a reserve regiment, supplying reinforcements for the 1st Battalion but in January 1917 the battalion also moved to the front line in France. They first saw action in the Second Battle of Bullecourt in May 1917.

The Post Office Rifles fought at Ypres and at Passchendaele and suffered tremendous losses. More than half of their fighting force was lost at the Battle of Wurst Farm Ridge in September 1917. Alfred Knight was awarded the Victoria Cross for his bravery during this battle. They lost 1,800 and 4,500 men were wounded by the end of the War.

Although unique in its composition, the experiences of the PORs were entirely representative of life on the Western Front. The 1st Battalion embarked from Southampton on 17 March 1915 and after a period of training and acclimatisation, entered the trenches to fight in the battle for Festubert on 11 May that year.

The Post Office Rifles fought resiliently to secure and reinforce the British position there but the experience was traumatic.

Loos and the Somme

The regiment saw further action at Loos in the same year and in 1916, POR battalions were involved in some of the worst carnage of the war at the Battle of the Somme. For their part, the PORs entered the hostilities late in the battle (October) but still sustained forty dead, 160 wounded and some 200 missing.

However, the Post Office Rifles were in the thick of the fighting through 1917, at Ypres from the start of the campaign. Many POR descriptions of fighting on the front vividly tell of the grim realities of trench warfare.

Those that survived were commended for the Battalion's achievements. "I thought" said the Divisional General, on parade after an aforementioned attack, "you were a lot of stamp lickens, but the way you fought..., you went over like a lot of bloody savages".

The Post Office Rifles received 145 awards for gallantry including one Victoria Cross for Sgt. A.J. Knight.

After the First World War

In 1921 the 8th Battalion was amalgamated with the 'non-Post-Office' 7th Battalion. This represented a change in the role of the Post Office Rifles. The move was seen by some as a dilution of the Battalion's Post Office identity. It was subsequently merged with a London Anti-Aircraft battalion in 1935. It finds its successor today in the Royal Logistics Corps.



Ref: The British Postal Museum, edited.

Fraud Prevention Month



Benefits fraud – you can help prevent it

What is benefits fraud?

Benefits fraud happens when someone deliberately provides the wrong information or withholds information to try to ensure benefits are paid.

Did you know?

The cost of the benefits plans is shared between Canada Post and employees. When employees collect benefits payments they're not entitled to, it affects the cost of the plan and we all pay.

Do's

- Use the benefits plan for its intended purpose: to promote health and wellness and manage illness or injury.
- Make sure you understand the treatment being received and that your receipts accurately reflect the name of the licensed provider who provided the service.
- Before receiving treatment, visit GroupNet at gwl.greatwestlife.com to view delisted providers to ensure your provider is in good standing.
- To learn more about fraud, visit the GroupNet website and click on "How to spot the signs of benefits fraud."
- If you suspect benefits fraud or misuse, call Great-West's confidential tip line at 1-866-810-TIPS (8477) or email confide@gwl.ca.

Dont's

- Don't accept receipts for services or supplies you have not received.
- Never give a service provider signed, blank claim forms; they can be used to submit fraudulent claims without your knowledge.
- Refuse to take part in any fraud schemes a service provider may ask you to take part in.
- Don't be enticed by cash rebates, free merchandise or other products.

Who we are

Pineridge Chapter is one of 24 Chapters across the country; it covers an area of the Greater Toronto Area which is mainly east of Victoria Park Avenue (eastern York County), encompassing Scarborough, and areas within Ontario, Durham and Northumberland Counties.

Have you checked our national web site?: heritageclub.ca
Select **Pineridge Chapter**.

What we do

The Pineridge Chapter organizes subsidized luncheons, bus travel, annual banquet and golf tournament for its' members. Also, we collect and donate food for the food banks, as well as donations to various charities throughout the year. Many of our members generously donate their time to local, charity organizations. In December, we hold a Holiday banquet for our members and we participate in the Santa Letter writing campaign.

Do you have any suggestions for trips or special events you would like to participate in? Give our V-P Debbie a call: dagreenwood4@gmail.com, (905)-706-5285 or (905)-683-5750

Why Join? – The Membership Advantages

Johnson Home and Car Insurance: discounts of up to 35%

Discounts for you and who travels with you with **MEDOC Travel Insurance**

GoodLife Fitness: discounts up to 50% off the regular all club access rates.

Choice Hotels: discounts of up to 20% in Canada, and worldwide.

Discounts to **Pineridge** Chapter events, luncheons and bus trips.

Also, Canada Post employee **Telus Mobility** discounts.

Access to special **scholarships** for your kids and grandkids.

IMPORTANT: In order to benefit from these discounts, you must mention your Heritage Club membership number, and you must have paid your membership dues to the Pineridge Chapter for the current year, otherwise coverage could be denied or terminated.

Life Events

Have you had any life events you would like the Heritage Club to announce? Marriages, births, special anniversaries (i.e. 50th wedding anniversary), special awards, deaths, hospitalizations, etc. Let us know so we can pay tribute.

Payment for bus tours ONLY: cheques should be made out directly to **Time of Your Life Tours**, and sent to 500 Sheppard Ave. East, Suite 203, Toronto ON, M2N 6H7, (416) 224-0684. Mention you are a Pineridge Chapter Heritage Club member for any applicable discount.

YOUR EXECUTIVE MEMBERSHIP

J.P. Leguerrier, Chapter President, Writer-Editor, Newsletter
Web Master, Membership Database. *Email: jnglor@rogers.com*

Debbie Greenwood, Vice-President, Travel Co. Liaison
dagreenwood4@gmail.com

Bernie Snyder, Treasurer, Membership Dues, e-payments
jobernsnyder@gmail.com

Kenny Dayal, Secretary, *kennydayal@gmail.com*

Cheryl Leith, Special Events, *cherylleith@rogers.com*

Les Kimmerer, Past President, Annual Golf Tournament
kimmeles@hotmail.com

Support Staff: G. Mac Donald, J. Snyder, M. Fisher

CHANGE OF ADDRESS NOTICE FORM

Name:
Old Address:

New Address:
Postal Code:
Phone Number:

MEMBERSHIP

Membership dues for the following year are due with the last newsletter of the year, in OCTOBER. Remember: annual dues paid by our members are instrumental in keeping our chapter active.

New members applying to the Heritage Club will receive our Chapter's newsletters in the current year of their retirement and/or having achieved 25 years of service; after that, they need to signify their intent to join our Chapter by paying dues to the Pineridge Chapter, in order to continue receiving our communications.

Our membership year runs from **January to December** and costs only \$10 per member, or \$20 per couple. If you are no longer mobile, but still want to keep in touch by receiving only the newsletter, the cost is \$5.

MEMBERSHIP DUES RENEWAL SLIP

Name:

Name of spouse (if applying as a couple):

Address:

City:

Postal Code:

Phone Number:

Email (optional):

Renewal for Self: _____ Couple: _____

Amount Enclosed: \$ _____

Is this a Renewal: _____ or

a New Membership: _____

Volunteering (see below)

Do you do volunteer work: _____

Hours per month: _____

Name of Organization: _____

Send the completed above form and information to: Pineridge Heritage Club, 629 Markham Rd., PO Box 90593, Scarborough ON, M1H 3G7. You may also phone our Treasurer, Bernie: (416) 439-9505. **Cheques for luncheons and membership dues** should be made out to **PINERIDGE HERITAGE CLUB.**

Volunteering

The motto of the Heritage Club is “**People helping People**”; we would like to know of any activity you are currently participating in that benefits people and/or your community, such as fund raisers, work with health, religious or seniors’ organizations, coaching children groups, etc., and the hours you spend at it per month. This is one of the criteria we are measured on by CPC, and it affects our yearly funding. You can report these hours on your dues renewal form.

There are many examples of volunteering, ways you can help your community and fellow man, and feel good about yourself: church, organizations, knitting groups, literacy and schools, Santa Letters, Heritage Club, library and museums, hospital and seniors’ homes, soup kitchens, food banks, meal on wheels, shut in programs, income tax prep, fund raisers, Christmas hamper programs, etc.

Newsletter Distribution

This newsletter is produced quarterly and is distributed to every member and associate who has paid their annual dues to the Chapter. Also, a general distribution is made once a year to every person who have applied for general membership to the Heritage Club in our Chapter area. Articles of general interest for the newsletter are always welcomed.