



Heritage Club Terra Nova Chapter

December 2016

Inside this edition –

- **President's Message**
 - **Heritage Club Update**
 - **Executive News**
 - **Year in Review**
 - **Good to know - Useful information for retirees and about-to-be's.**
 - **Membership and Dues**
 - **Discounts and Deals**
 - **Website Navigation and Features**
 - **Volunteer Opportunities**
-

President's Message

We deserved a nice summer in Newfoundland, and I believe that most of us finally had one. I hope that you took every opportunity to get out and enjoy it.

My wife and I had the extraordinary pleasure this summer of welcoming some fellow Heritage Club members and sharing with them some of this beautiful province, of which we are all unashamedly proud.

We enjoyed spending a June day with the new president of the New Brunswick chapter and his wife, and were lucky enough to spot an iceberg, their first. In late August the cruise ship Rotterdam docked in St. John's, carrying a contingent of members from "out west". We provided a mini-tour to six members from British Columbia and four from Alberta. It was a very special day for all of us, as the pictures on our website show.

Also this summer I spent lots of quality time with old friends, working, playing, and laughing. And I lost a friend of many years. Too soon.

All of this causes me to think about the quality of friendships – old and new. And the life-giving value of those interactions. As we age, we will lose people who are important to us. That's a fact. But the moments we share with the friends of our youth, and our willingness to open ourselves to new relationships will help keep us healthy emotionally. The people who are important in our lives are our support system, as we are theirs.

As Heritage Club members we have a huge family, with a common link of long-service with Canada Post. We can make the most of those contacts with personal interaction across the provinces as I have been lucky enough to do. Equally important are our shared activities within our own communities. While we are doing good deeds for others we are also reinforcing the relationships which sustain our own lives.

So for this year, my wish for you is the very special joy of close friendships, old and new. Take care of each other.

El Holmes,

President, Terra Nova Chapter

Heritage Club Update

At the Annual General Meeting in Windsor Ontario, Terra Nova Chapter was honoured to be presented with the **2016 Community Service Award** for smaller chapters.

President Eldred Holmes accepted the award on behalf of the chapter, and acknowledged the hard work and support provided by our members across the province. This award belongs to all of our members.

Much of the focus of the National Club for the past year or so has been in the development and implementation of our new website. Its successful launch is making it easier to communicate with our members.

Executive News

The current executive of the Terra Nova Chapter, Heritage Club, consists of

- Eldred Holmes, President,
- Eric Howlett, Vice-President,
- Dave Roche, Secretary/Membership Officer, and
- Bill Marshall, Treasurer.

Elections for these offices were held in May 2016.

If for any reason you are unable to contact the president and you need information right away, you can refer your question to Eric Howlett. Eric can be reached at the same mailing address, email

cakesbyalice@yahoo.com or call him at (709) 368-2692.

If you'd like be more involved, particularly in organizing social or volunteer activities within your community, please contact El Holmes, and the Club will assist you in any way possible.

Age appears best in four things: old wood to burn, old wine to drink, old friends to trust, and old authors to read. - Francis Bacon

Year in Review

The past year has been a busy one for the Metro Chapter, 25 Year Club.

Monthly meetings resumed in September 2015, followed by a well-attended supper meeting at the Golden Phoenix Restaurant in October.

The annual Christmas Dinner and Dance was revived in December. Taped music was provided by John Boland of Metro Music, and the dance floor was crowded all evening. A great time was had by all who attended. The same format is planned for December 2016, so be sure to attend if you can.

The Santa letter writing campaign was another great success. A special thank you to everyone who participated in this huge effort. And a very special acknowledgement to members Dave Roche and Monique Dumesnil. Not only did Monique reply to all of the many French language letters

received, Dave and Monique took it upon themselves to personally deliver school letters which were received too late for reply by regular mail delivery. Santa's spirit definitely lives through them!

As in previous years the national campaign has awarded incentive prizes, and Henry Whalen was the winner for Terra Nova Chapter. Henry chose to donate his cash prize to the Fort McMurray Relief Fund – way to go, Henry! – and the 25 Year Club matched his donation.

A stellar effort all around.

In February a number of members participated in a tax seminar with the Community Volunteer Income Tax Program.

March saw the very popular Jiggs Dinner meeting at the Legion. A great meal, enjoyed by everyone.

The May general meeting was a barbeque, another well-attended event, which also included the election of officers for the Terra Nova Chapter. The incumbents were all returned to their positions. Thanks go out to all of our executive, both Heritage Club and 25 Year Club for their continuing service.

Sixteen of our members again helped out with the Janeway Telethon in June. A special thank you to everyone who supported these very successful efforts. Our volunteers prepared a total of 2,884 pledge forms for the telethon, contributing to a project which raised \$2.7 million dollars for the Children's Hospital.

Sometimes being a friend means mastering the art of timing. There is a time for silence. A time to let go and allow people to hurl themselves into their own destiny. And a time to prepare to pick up the pieces when it's all over. – Octavia Butler

Membership and Dues

Annual membership fees are still \$10.00 per year, payable either to the 25 Year Club **OR** the Heritage Club, and are due now for 2017. A renewal form is included for your convenience. Please complete the questionnaire and return with your payment in the envelope provided at your earliest convenience.

Please note that Chapter correspondence other than the annual newsletter will only be sent to **active, ie. dues-paying**, members.

In addition, you will need your membership number and you must be an active member in order to take advantage of any Heritage Club discounts.

Associate membership is available for the surviving spouses of deceased members who wish to continue receiving correspondence, participate in activities, and keep up with news from their friends in the Club. Paid up **Associate Members** will be issued their own membership number, which will allow them to continue to receive Heritage Club newsletters, and access discounts available to

regular members. If you wish to take advantage of this opportunity, please advise the Terra Nova Chapter President as soon as possible after the member's death.

A prize draw for paid-up Heritage Club members (other than Metro Chapter) is held each year. The lucky winners of small cash prizes for 2016 are Ima Bennett, Susie Blagdon, and Shari Porter. The winners were drawn in October by Bill Marshall, witnessed by Wayne Murphy.

Congratulations to this year's winners. A similar draw will be held in late 2017, so be sure to get your dues payment in and get your name in the hat.

You can't stay in your corner of the Forest waiting for others to come to you. You have to go to them sometimes. - AA Milne, Winnie the Pooh

Can you help?

Attached is a form to update member information. If you're moving, or have moved, or are aware of a member's death, please complete this form and return to us so that we can update our mailing list. We're also trying to update our email list. Please take a moment to complete the questionnaire attached and give us your current email address. A complete list could make communicating with you all much easier.

Do you have any information about the following "lost" members?

Terry Drover Grande Prairie, AB
Walter Watkins Deer Lake, NL
Linda Kendell Fortune, NL

A special thanks to those who helped us out with our list last year.

Discounts and Deals

Membership discounts have been negotiated with Johnson Insurance for home and auto policies. If you're planning to travel a bit, MEDOC travel insurance is a great plan, with discounts offered to Heritage Club members in good standing.

If you're buying or selling a home, Relocation Services Group can be of assistance, and may save you money. Call them before you call a realtor or a mover to ensure your maximum benefit.

A member's discount is available at GoodLife Fitness. Check for one in your area, and if you're interested contact the President for a membership application form.

It is not so much our friends' help that helps us, as the confident knowledge that they will help us. - Epicurus

Website Navigation and Features

The Heritage Club website can be found at www.heritageclub.ca. Navigation through the site is simple, and each chapter has its own page for posting local information.

The Terra Nova Chapter is doing its best to keep our information up to date, with upcoming events, meeting times, and minutes of recent meetings. Some photos of local activities have been posted as well.

If you have any suggestions for content to be included, please pass them on to the Chapter President. We will be adding as much local content as possible, including pictures and local activities. We do want to respect our members' privacy however, so if you would rather your name or photo not be posted to the site for any reason, please be sure to let the President know.

More information on accessing this site follows in the "Good To Know" section.

The capacity for friendship is God's way of apologizing for our families. - Jay McInerney

Upcoming Events

The 25 Year Club will be holding a Christmas Dinner and Dance at the Elks Club on Saturday, December 10, 2016. Taped music provided by Metro Music. Friends and family welcome. The tickets will be priced at \$30.00 each, and are available from El Holmes or Eric Howlett. If you're going to be in the St. John's area that weekend, please contact us for tickets.

Friendship has a special meaning when you have someone with whom to share tears as well as laughter, fears as well as dreams, and silence, when the time for words is past. - Unknown

Volunteer Opportunities

The Santa Claus letter writing campaign will be getting underway in the next couple of weeks. If you'd like to participate, contact your local post office. It's a simple way to put a smile on a child's face, and corresponding with Santa is a great way to encourage a child to read, which fits well with Heritage Club's focus on literacy.

The primary charity of the Corporation is the Canada Post Community Foundation for Children. The focus of their efforts is to extend financial assistance to support the grassroots volunteers and non-profit groups and schools who work every day to improve the lives of children. The sale of the Children's Charity stamp will support this Foundation.

The Heritage Club has been asked to assist in fund-raising efforts for this worthy cause, and if you see an opportunity to help out in your area, you're encouraged to participate wherever you can.

Take a look around in your community. Whether through a church or community group, you may be sure that there are real needs which you can help to fill. If each of

us volunteers an hour, great things can be done.

You can make more friends in two months by being interested in people than you can in two years by trying to get other people interested in you. - Dale Carnegie



Good to know –

Tips for retirees and about-to-be's!

✚ Heritage Club Website

The Heritage Club website address is www.heritageclub.ca. This is the national homepage, and from here you can view information about the national club, or drill down to specific information about any chapter. At the very top of the page are a number of selections, such as Forms, which includes the on-line membership application form.

The banner immediately below those selections includes a red tab entitled “Select a chapter”. Click on this and you will see a map of Canada with the names of all of the local chapters. To view information for our chapter, select “Terra Nova”. This will bring you to our home-page, where you’ll be able to view details of upcoming events, such as meeting dates and times, copies of recent minutes, and our current and some previous newsletters.

Have a look at the website. See what’s happening here in Newfoundland, and check out the activities in other regions. We’ll be doing our best to keep the information on the site up to date, and we’ll add more content as time goes on.

The friend who holds your hand and says the wrong thing is made of dearer stuff than the one who stays away. - Barbara Kingsolver

✚ Great West Life On-Line Claims

Many reimbursable medical expenses can now be claimed on-line on the Great West Life website and paid directly to your bank account. You can even claim on-line in many cases for expenses incurred by a spouse where co-insurance from another insurance company is involved. This process saves time and expense for the claimant, and is simple to use.

The list of expenses which can be claimed through the website is extensive, but includes prescription drugs, chiropractic treatments, podiatry, dental care, eye exams and glasses. So if your provider doesn’t bill directly to GW Life, you can have your reimbursement paid within a couple of days by filing the claim on-line. Be sure that you save the backup documentation in case the claim is audited later.

Being Prepared

Do you live alone? Or know someone who does? Whether relative, neighbor, or friend, there are ways that you can help and support each other, making both of your lives safer and easier.

Do you know what their health challenges are? Or who their family doctor is? What pharmacy they deal with? While you may not be able to make life decisions on their behalf, you could provide vital information which would speed treatment and maybe save a life. And they could do the same for you. You don't need to share every detail, but if you each know where to find the basic information, valuable time could be saved.

A simple wallet card with your contact information and theirs, and you each have a lifeline if you need one.

Often people don't realize that they need help. For example, even though people take great care of their cars throughout their lives, with aging and less driving, maintenance may not remain the priority that it should be. So if you have concerns about an older relative or friend, talk to them about the maintenance on their vehicle. Offer to take the car for servicing, especially if it would cause inconvenience for them. It's about safety – theirs and other drivers on the road.

In addition to medical information, it's essential that someone know where to find your important papers, such as wills, deeds, insurance policies, birth and marriage

certificates, etc. You should know where the documents are if you are going to be called upon to act on someone else's estate, and a trusted person should know where your papers are. Eventually that knowledge will smooth a rough path. At least a little.

It's rare that anyone "plans" to die. We all want and expect to live forever. Of course that's not reality, and we would all do well to take steps to ease the path of those left behind. By all means live life to the fullest – be active, eat well, participate in everything that grabs your interest. Hang-glide, if you want to! But make sure that your affairs are in order, and that the people who need to know, do know. It's only fair to you, your family, and your friends. Allow them to celebrate your life without the frustration of missing paperwork.

*May you always have work for your hands to do.
May your pockets hold always a coin or two.
May the sun shine bright on your windowpane.
May the rainbow be certain to follow each rain.
May the hand of a friend always be near you.
And may God fill your heart with gladness to cheer you.*

— Irish Retirement Blessing





Member Updates

If you are planning to move, or have moved, please let us know by completing the appropriate form below.

If you have any information regarding a member's death, please let us know by completing the appropriate form below.

Return all forms to us at P. O. Box 2506, St. John's A1C 6E8, in the envelope which accompanies this newsletter.

Change of Address Notice

Member # _____ (if known)

Name: _____

Old Address: _____

New Address: _____

Phone Number: _____

Member's Death

Member # _____ (if known)

Family Name: _____

Given Name: _____

Date of Death: _____

Last Address: _____

Phone Number: _____

**Postal Employees 25 Year Club
(A Council of Terra Nova Chapter,
Canada Post Heritage Club)**

is proud to present

Christmas Dinner & Dance

Elk's Club, Carpasian Road

Saturday, December 10, 2016, 6:30 p.m.

Music by:

Metro Music

DJ John Boland

\$30.00

Per Person

Family & Friends

Welcome

For tickets contact one of the following by Dec 4th:

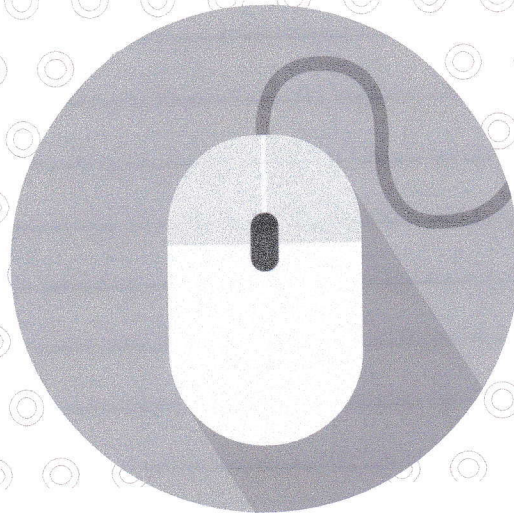
El Holmes 753-4231

Eric Howlett 368-2692

Wayne Murphy 364-1263

Janice Phillips

Margaret Donovan



Your claim, your way

If going online is the right option for you,
sign up for GroupNet™ for Plan Members.

Get paid
in as little
as one day.

Payments are
deposited directly
into your bank account.

Details of your plan coverage
and claims history are available
online anytime.

Here's how:

- » Go to **groupnet.greatwestlife.com**
- » Log in to your GroupNet account or click **Register now**
- » Click on **Your Profile** to set up direct deposit

To receive important updates on your health claims,
sign up for **epost.ca** and add Great-West Life as a mailer.

Please complete and return this questionnaire with your dues payment.



Terra Nova Chapter Questionnaire – December 2016

Your name _____

Has your address changed? If so, your new mailing address is:

Do you have an e-mail address? _____

A complete registry of e-mail addresses will help us communicate with you better.

Do you currently volunteer in your community? Yes No

If so, what sort of organizations do you work with? _____

How many hours per year do you estimate you volunteer? _____

Your Name _____

Dues: \$10.00 per year – 2017 payable on receipt

Amount Enclosed _____

Cheques payable to Terra Nova Chapter, Heritage Club.

Please note: Send \$10.00 only. If you have already paid dues to the 25 Year Club, it is not necessary to pay to the Heritage Club as well.

Please complete and return this questionnaire with your dues payment.