



Heritage Club Terra Nova Chapter

December 2017

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

I hope that you have enjoyed the summer. I can't speak for the rest of the province, but here on the Avalon we've had the kind of summer Newfoundlanders usually only get to dream about. Lots of sun, low humidity, a breeze to keep the air fresh – our friends in “upper Canada” were for once envying us. Yes!! We deserved this one.

It's been another challenging, but enjoyable, year for the Heritage Club and our St. John's counsel, the 25 Year Club. In the city there have been some successes, which will be described later in the newsletter. It would be wonderful, and it is still very much my wish, if opportunities to socialize and share activities could be availed of at more locations across the province. It would only take a few people in an area to start the ball rolling, so please, give it some thought. If you've got an idea that you'd like to put

forward, let me know, and the Club will do everything we can to help you get started.

At the Annual General Meeting of chapter presidents, held in May 2017 in Edmonton, I was honoured to be elected 1st Vice-President of the National Executive of the Heritage Club. This office is for a term of two years, and I very much look forward to the experience. It's a wonderful opportunity to learn more about how the national Club functions, and to work towards our common goals. I feel a sense of responsibility too, to help ensure that the Club continues to grow while maintaining the principles on which we were founded.

At its core, the Heritage Club (which as most of us in Newfoundland know is based on the Canada Post 25 Year Club formed in this province in 1984) was envisioned to be a means of recognizing long service to Canada Post, and to provide opportunities for members to enjoy social interaction and be

of service to their communities. Our challenge is to devise activities which will interest and invigorate our membership, and thereby encourage new members to refresh our ranks, and to do that without altering the foundations of the club.

It's a big ask, but we've got a dedicated National Executive, and with the ongoing support of our membership and of course Canada Post and our other corporate sponsors, we'll work hard to keep the Club moving forward. With that in mind, I would ask you to please let me know if you have any suggestions of ways we can serve you better. The Heritage Club can only be a success if the membership is involved.

El Holmes,

President, Terra Nova Chapter

Heritage Club Update

Our National President, Bob Emmons, resigned from his position this past spring, and we'd like to take this opportunity to sincerely thank him for his long and dedicated service to the Heritage Club. He will be missed.

At the AGM a new president was elected, J.P. Leguerrier of Scarborough, ON. J.P. has some great ideas, and we wish him well in his position, and look forward to working with him.

The Heritage Club has successfully launched its updated website, making it easier to communicate with our members. Detailed instructions of how to access and use the site follow, and we encourage you to visit the site soon and often.

An exciting new initiative for the Heritage Club this year is the launch of a Scholarship Program. We will be awarding three scholarships to worthy students who are children and grand-children of active Heritage Club members. Details of the awards, eligibility requirements and application forms are available on our website heritageclub.ca now, under "Links".

Executive News

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

- Eldred Holmes, President,
- Eric Howlett, Vice-President Terra Nova (President, 25 Year Club)
- Dave Roche, Secretary/Membership Officer, and
- Bill Marshall, Treasurer.

Elections for the Heritage Club officers will be held at the general meeting in May 2018. Check the website for the date and contact information if you'd like to attend.

If for any reason you are unable to contact the president and you need information right away, contact Eric Howlett at the same

mailing address, by phone at 368-2692, or via email at cakesbyalice@yahoo.com.

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.

Question: If you have x-ray vision, and you can see through anything, wouldn't you see through everything and actually see nothing??

Year in Review

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

Monthly meetings resumed in September 2016, followed by a well-attended supper meeting at the Golden Phoenix Restaurant in October.

In November an information seminar was presented for members, families, and friends regarding wills and estate planning. The presenter was Lynne Butler, of Butler Wills and Estates, and the nearly 40 people who attended found the information well presented and very timely.

The annual Christmas Dinner and Dance was enjoyed in December. Taped music was provided by John Boland of Metro Music. Just a note – a group of young professionals partying downstairs at the Elks Club wanted to come up to our dance because our music was so much better than theirs!

The Santa letter writing campaign was another great success. A special thank you to everyone who participated in this huge effort.

As in previous years the national campaign has awarded incentive prizes, and Bob Conway was the winner for Terra Nova Chapter. Bob is one of our most willing helpers, so congratulations, Bob!

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 25 Year Club. Congratulations to the executive, and thanks for your willingness to serve!

Fourteen 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 3,106 pledge forms for the telethon, contributing to a project which raised \$3.4 million dollars for the Children's Hospital.

In late May some of our members were invitees at the unveiling of the Terry Fox stamp, launched by Canada Post as part of the Canada 150 celebrations. The Club also cooked breakfast for the staff at the

Kenmount Road plant as part of the same celebrations.

Question: How does a shepherd count his flock without falling asleep??

Membership and Dues

Annual membership fees are \$10.00 per year, payable either to the 25 Year Club **OR** the Heritage Club, and are due now for 2018. 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 2017 are Ernest Roberts, Ima Bennett, and Harry Shepherd. The winners were drawn in October by Noel Keough, witnessed by Marje Keough.

Congratulations to this year's winners. A similar draw will be held in late 2018, so be sure to get your dues payment in and get your name in the hat.

Question: If water spins clockwise when it drains in the northern hemisphere, and counterclockwise in the southern hemisphere. . .which way does it spin at the equator??

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?

Tony Croucher	Beaumont
Harriet Curl	Princeton
Mamie Mullins	St. Lawrence
Gloria Nash	Branch
Linda Stroud	Labrador City
Joan O’Brien	Cape Broyle

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 substantial member’s discount is available at GoodLife Fitness. Check for one in your area, and if you’re interested there’s a link on the Heritage Club website so that you can now avail of this deal on-line. Please note, you must purchase your membership on-line (not at the gym), and you will require your Heritage Club membership number to participate.

Question: If you’re caught between a “rock and a hard place”, is the rock not hard?? How much deeper would the ocean be if sponges didn’t grow in it??

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.

Be sure that you also look around the website, particularly on the Home page under “Links”. Here you’ll find information regarding Johnson Insurance, GoodLife Fitness, links to Great West Life and much more.

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 prefer that your name or photo not be posted to the site, please be sure to let the President know.

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

Question: If you decide that you are indecisive, which one are you??

Upcoming Events

The 25 Year Club will be holding a Christmas Dinner and Dance at the Elks Club on Saturday, December 16, 2017. Taped music provided again by John Boland of Metro Music. Friends and family welcome. The tickets will be priced at \$30.00 per person, 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.

Question: Why would Superman want to leap over tall buildings in a single bound if he can fly?? And why, if he can deflect bullets, does he duck if someone throws a gun at him??

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 ties in 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.

Question: Why is it that when someone tells you there are a million stars in the universe, you believe them, but if someone tells you there's wet paint somewhere, you have to touch it to make sure??



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 “Links” tab is where you’ll find our new Scholarship Program, Goodlife Fitness, insurance plans, the CPC Pension Plan, and many more useful sites.

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.

Question: Doesn't it worry you that doctors call treating you their "practice"?

Changes to Great West Life Reimbursement

Great West Life has changed the way that they pay all claims for health care services, such as massage therapy, chiropractic, physiotherapy, etc. These expenses can no longer be paid directly to the provider by GW Life, but must be paid by the patient, and a claim submitted to GW Life. Claims for these services can be submitted on-line, and this process is very fast and easy to use. Go to groupnet.greatwestlife.com, and click **Register Now**, if you haven’t already registered. Click on **Your Profile** to set up Direct Deposit.

You can also claim on-line in many cases for expenses incurred by a spouse where co-insurance from another insurance company is involved.

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. You can usually have your claim paid to your bank account 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.

Question: What happened to the first 6 Ups??

Brain Boosts

There are no guaranteed ways to stave off mental decline in our senior years, but most experts agree that there are some things we can do to keep our brains healthy longer. There is total agreement that we should control our blood pressure, exercise regularly, maintain an active social life, and “exercise” our brains.

Regular medical checkups, and a willingness to follow doctor’s orders, should take care of the blood pressure issue. And following a good exercise program should also help with blood pressure, as well as adding to a feeling of overall well-being.

Social engagement sounds easy, but may actually be the most challenging need. As we age and our circumstances change, we will inevitably find ourselves losing friends and family, either through their death or our own mobility challenges. It is vitally important to strive for personal contact every day. Sometimes it’s as simple as a telephone call, but nothing can replace enjoying a comfortable “cup of tea” across from a friendly face.

If you find your circle narrowing too much, perhaps you could try joining a group. It’s hard to feel at home with a new group of people at first, but it’s a good idea to give

yourself three sessions. If you don’t feel a connection to the group after that, it’s probably not a good fit, so it’s time to try something else.

There are many ways to exercise our brains. It can be as simple as a mind-challenging game, or as ambitious as taking a course. Learn a language. Read a thought-provoking book. Take up a new hobby. Learn to play an instrument, or sing in a choir. If not now, then when?

All of these things will contribute to our good health, both mental and physical. We have to get older, there’s no choice about that. But we do have a little say about how we choose to spend our senior years, and how much enjoyment we can grab out of them!

*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: _____

Please complete and return this questionnaire with your dues payment.



Terra Nova Chapter Questionnaire – December 2017

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 – 2018 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.