



# Heritage Club Terra Nova Chapter

December 2018

## **Inside this edition –**

- **President's Message**
- **Heritage Club Update**
- **Executive News**
- **Year in Review**
- **Membership and Dues**
- **Discounts and Deals**
- **Website Navigation and Features**
- **Volunteer Opportunities**
- **Good to Know – Useful Information for retirees and about-to-bes**

## **President's Message**

Another year has passed – it's hard to believe that it has been ten years since I was first elected President of the Terra Nova Chapter. It's been ten years that I wouldn't have changed for anything, unless it was to have achieved greater member involvement across the province. That is my continuing goal. And this past year has been a particularly satisfying one, since part of my responsibilities as National First Vice-President has been the administration of our new Scholarship Program. That has been a challenge, a first for the Club, and certainly for me personally, but the end result is that three remarkable young people have a better start at their post-secondary education through our efforts. A worthwhile project, for sure.

All of which brings me to my thought for this year. I truly believe that we all need to challenge ourselves, to stay involved in our lives. As we get older, there are constants in our lives – everything from mowing the lawn and remembering medical appointments to dealing with the certain loss of family and friends. But we have to strive to work around those constants to keep our minds and bodies active and healthy.

The truth is, we all have limitations. Very few of us are Olympic tri-athletes, so we all have physical limitations. Not many of us are millionaires (and no amount of praying to the lottery

gods is likely to change that for most of us!), so we all must work within our budgetary limits. Very few of us can travel as much as we would like, for any number of reasons, but we live in arguably the safest and most beautiful area in Canada – most people would envy us our geographical limitations. Surely a scenic drive in your immediate area is still a thrill for you?

How many of us are pushing ourselves to the edges of those limitations? Do we willingly accept new challenges – mentally, physically, or emotionally? Studies have shown that everyone ages in a healthier manner if they stretch themselves wherever possible. That doesn't mean we all have to scale Mount Everest. Surely there are enough misguided and ill-prepared people doing that now. But we can and should be pushing ourselves out of our comfy chairs to walk more, work more, volunteer more, and actively participate in our daily lives. We sleep better when we're tired, and not just tired of sitting.

My wife and I took on the construction of a garage last spring. There were times when she doubted whether two “old people” should have taken on that job, and there were times when it seemed she might have been right. But working smarter and safer, not harder, the garage did get built, and it's an object of great pride for both of us. On the door is posted a motto: “It always seems impossible until it's done.”

That should be a motto for all of us. Stretch yourself. Try something new today. And if you truly don't enjoy it, try something else tomorrow. Just keep trying. That's what living is all about.

*El Holmes*, President, Terra Nova Chapter

*Life is not about waiting for the storms to pass. . .it's about learning how to dance in the rain. - Unknown*

## **Heritage Club Update**

At the national Annual General Meeting held in Toronto in June 2018 this chapter was honored to receive the 2017 Camaraderie Award. Congratulations to all of those members who made this award possible, particularly those in the St. John's metro area, as members of the Postal Employees 25 Year Club.

A new initiative for 2018 was the implementation of a Scholarship Program, which saw the presentation of three \$1000 scholarships to worthy high school graduates: Kathleen Myatt of Hanover ON, granddaughter of Grand-Saugeen member Carl Myatt; Elizabeth Lang of Edmonton AB, daughter of Parkland member James Lang; and Hannah Ronsky of Calgary AB, granddaughter of Parkland member, Nick Ronsky. More information on this program is available on heritageclub.ca under “Links”, as well as the application forms and criteria for the 2019 program. This is a great program, and we would encourage all members to pass the information on to eligible children and grandchildren.

The coming year, 2019, is the 30<sup>th</sup> anniversary of the formation of the Canada Post Heritage Club. It is also the 35<sup>th</sup> anniversary of the founding of the Postal Employees 25 Year Club. Over the past few years we have unfortunately lost a number of our original founding members, but we surely owe them all a debt of gratitude for their vision and initiative in forming the basis of this great organization. We all have cause to celebrate their achievement, and here's a toast to many more years of social and community involvement.

## **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
- Bill Marshall, Treasurer

These officers were all acclaimed during the election meeting in May 2018.

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 by email at [cakesbyalice@yahoo.com](mailto:cakesbyalice@yahoo.com).

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

*You can't go back and change the beginning, but you can start where you are and change the ending. – CS Lewis*

## **Year in Review**

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

Monthly meetings were held from September 2017 through to May 2018, normally at the Royal Canadian Legion, Blackmarsh Road. The most popular and best-attended meetings are always ones where food is involved, so the October buffet at the Golden Phoenix, Jiggs Dinner in March, and barbecue in May were definite standouts.

And speaking of food, the Club prepared breakfast for employees at the Kenmount Road plant in November and December, with proceeds going to the Canada Post Community Foundation and the Gathering Place, both very worthy causes.

The Santa letter writing campaign was a great success. A huge thank you to everyone who made our goal of answering every child's letter achievable. This year's winner of the national incentive prize was Gord Sheehan.

Unfortunately due to inclement weather we were compelled to cancel our planned Christmas Dinner and Dance. No matter what we plan in Canada we must always consider the dragon in the room – winter weather. But we persevere, and this year's event is planned for December 8<sup>th</sup>. Fingers crossed.

Our members once again participated in the Janeway Telethon, and their efforts contributed to the collection of \$3.3M in pledges to provide medical services for the children of Newfoundland and Labrador. The Club also held a fund-raising breakfast at the Kenmount Road plant in May to raise money for this worthwhile cause.

*We make a living by what we get. We make a life by what we give. – Winston Churchill*

## 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 2019. 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 to the surviving spouses of deceased members who wish to continue to receive 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. If you wish to take advantage of this opportunity, please advise the Terra Nova Chapter President.

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 2018 are Ethel Brown, Dennis Byrne, and John Keats. The winners were drawn in October by Len Carroll, witnessed by Marge Keough. Congratulations to this year's winners. A similar draw will be held in late 2019, so be sure to get your dues payment in and get your name in the hat.

## Discounts and Deals

Membership discounts have been negotiated with Johnson Insurance for home and auto policies, and if you plan to travel a bit, their MEDOC travel plan is a great choice.

A substantial member's discount is available at all GoodLife Fitness locations. Please note that you must purchase your membership on-line, not at the gym, and you will require your Heritage Club membership number to participate. Details on [Heritageclub.ca](http://Heritageclub.ca), under Links.

New to the Club this year is a partnership with Choice Hotels Canada, including Choice, Comfort, Quality, Clarion, and others. Full details are on our website, under Links.

Our friends and fellow Heritage Club members in Vancouver are very enthusiastic about travel as an activity, and every year they highlight a number of cruises and bus-trips for participation by members. If taking a cruise with potential new friends from the Club appeals to you, check out their newsletters, available now on the Heritage Club website, Van Fraser Chapter. It could be the trip of a lifetime for you, with a new circle of friends as an added bonus.

Remember, you must be a Paid Up member to partake of any of these bonuses.

*A comfort zone is a wonderful place, but nothing ever grows there. - Unknown*

## Website Navigation and Features

As indicated throughout this newsletter, the Heritage Club website can be found at [www.heritageclub.ca](http://www.heritageclub.ca). This site has been updated in recent years, and is now very attractive and user friendly. The site opens to the National page, on which can be found Links to programs and discounts as indicated elsewhere in the newsletter, as well as useful links to sites such as Great West Life, Sun Life, and the CPC pension plan.

To find out what's happening in your chapter, click on Chapters from the home page and choose Terra Nova. There you'll find newsletters, accounts of recent meetings, and pictures from local events, as well as notification of upcoming events. Check back regularly, as new information is added monthly.

If you have any suggestions for content to be included, please pass them on to the Chapter President. We wish to respect our members' privacy, so if you would prefer that your name or photo not be posted to the site, please let the President know.

## Upcoming Events

The Postal Employees 25 Year Club will be holding a **Christmas Dinner and Dance** (weather permitting, of course!) on Saturday, December 8, 2018 at the Elks Club. Taped music provided by John Boland of Metro Music. 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.

Then at 12:30 p.m. on Thursday, December 13, 2018 the Club will be gathering for a **Christmas Luncheon** at the Clovelly Golf Club, 100 Golf Club Rd. (off Stavangar Drive). Cost of the sumptuous buffet lunch will be \$25.00 per person, and members are invited to bring their spouses to this event. Contact El Holmes or Eric Howlett prior to December 9<sup>th</sup> if you will attend.

Don't forget to check our website for more information about these and other upcoming events.

*If there's a single lesson that life teaches us, it's that wishing doesn't make it so.  
– Lev Grossman*

## Volunteer Activities

The Santa Letter 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 huge project, carried out in a very tight time frame, so the more people who get involved the fewer disappointed children there will be.

The primary charity of the Corporation is the Canada Post Community Foundation. The focus of their efforts is to distribute grants to community groups which offer direct support to programs, initiatives and activities that benefit children. Donations can be made throughout the year, and once a year the Foundation distributes funds to worthy organizations. The Heritage Club fully supports the fund-raising efforts of the Foundation, and we encourage our members to participate wherever you can.

There are many ways to give – whether through the CP Community Foundation, through your local church or service group, hospital foundations, or food bank. Take a look around your community. You may be sure that there are very real needs that you can help to fill. If each of us volunteers an hour, great things can be accomplished.

*I still find each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see. - John Borroughs*

## **Good to know – Tips for retirees and about-to-be's!**

### **+ Motor Vehicle Registration**

Most of us have heard by now that the Newfoundland and Labrador Motor Vehicle Registration Division will no longer be mailing out notifications of expiration of registration stickers for our vehicles. Unfortunately knowing this is going to be no help to any of us in six or eight months time when we forget that our stickers are expiring. The fine for expired registration is significant, but perhaps more significant is that if you are stopped with expired stickers you may not be able to drive your vehicle away from the traffic stop. This could be a major inconvenience and expense as well. No one should rely on their memory alone to make sure this deadline is met. However, although notifications will no longer be mailed out, you can request to be notified by email when your motor vehicle registration comes due. Go to [www.servicenl.gov.nl.ca](http://www.servicenl.gov.nl.ca) and choose Registration Renewal under Vehicle Registration. You will need to update your email address in order to activate reminder notifications. For peace of mind, do it today.

### **+ Taking Medications Correctly**

As we get older, our reliance on medications to keep us ticking along often increases. It's crucially important that we maintain a close relationship with our primary care physician – our family doctor – so that he or she is aware of all of our health conditions and all of the medications we are taking. It's very much a three way partnership – between you and your doctor and your pharmacist – to ensure that the drugs you take aren't doing more harm than good. And don't rely on your doctor, no matter how close you think you are, to remember everything about your case. You only see one doctor (maybe!) but you're only one of many, many patients that doctor sees everyday. Even with electronic charts there's no way he can remember everything about you. Face it, you're not that special! So speak up, ask questions, and remind the doctor of pertinent events in your history.

Once you know you're taking the right meds, the next important step is to make sure you take them correctly. When should you take each one? Is there a combination of drugs which shouldn't be taken at the same time? What if you forget a dose? What are the consequences of doubling a dose? Those little plastic pill cases are an enormous help - and our age can often be determined by the size of our pill case! – but having the pills organized is only half the battle. We then have to remember to take them. And if you live with someone who's having trouble managing their meds, it may be necessary to take over that responsibility. The problem with many heavy pain medications, especially for cancer treatments, is that while relieving pain the medication also compromises the ability to reason well. We all need to be very careful of this, for ourselves and for those we love.

*Life is inherently risky. There is only one big risk you should avoid at all costs, and that is the risk of doing nothing. - Denis Waitley*

## **Protect Yourself from Scams**

As you've no doubt heard by now in the news, there are scam artists targeting the unsuspecting by playing on our healthy respect for all things tax related.

Please know that the Canada Revenue Agency will never call you to demand payment of a tax bill, nor will they ever email you requesting personal or financial information. Neither will CRA ever request that a tax bill be paid in the form of store gift cards or iTunes cards. That might seem obvious, but according to a source at a local Canadian Tire store, not only are these scam calls asking for CTC gift cards, frightened victims are complying – many of them younger people, and to the tune of hundreds and thousands of dollars. The CRA will also never leave personal information on an answering machine, and they do not make automated (robocalls).

These same principles can also be applied to Newfoundland and Labrador Hydro, whose customers have also been targeted with telephone scams.

In short, if you receive a call or an email demanding money, hang up. Do not engage, and never return such a call if a message is left on your voicemail. If you have any concerns about the contents of a call, contact the CRA or Hydro directly and discuss your account with 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**

Please complete and return this questionnaire with your dues payment.



## Terra Nova Chapter Questionnaire – December 2018

**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 – 2019 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.



# 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: \_\_\_\_\_