



SINCE 1989

Pineridge Chapter - Spring Edition Newsletter - April 2023

President's Message

Dear Members,

I want to thank everyone who renewed their club membership this year. We are grateful for your continued support. The Heritage Club is for everyone who worked for Canada Post from different jobs, ranks, unions and associations. We all want to have and enjoy social events, and offer support for one another. Our motto: people helping people.

I hope the newsletter we put together provides you and your family with useful information on our future social events, keeps you in contact with information for your benefits, and maintains a tie between you and other colleagues. The seed money we receive annually from Canada Post is based on the number of our **paid members**: *Your Club needs your support!*

To run a volunteer organization like ours, we also need more people to care, to get involved, to step up and to help. Anyone who could help and is interested in any positions on the Committee, please contact the President.

I also strongly recommend that you take advantage and check out our yearly Heritage Club scholarship program for your kids and grandkids, the info is in this newsletter. Complete information and enrollment forms are posted on our web site. Just one of the numerous benefits to you for being a paid member of the Chapter.

Happy Easter everyone!

J.P.

**Jean Pierre Leguerrier
Chapter President**

UPCOMING EVENTS FOR 2023

New Dining Experience for you: Milos Greek Restaurant, Thursday MAY 4th, 12:00

At the suggestion of one of our members, we are inviting you to try a new lunch experience at The Milos Greek Restaurant, located at 1450 Kingston Rd, Pickering. The food is plentiful and the prices on the lunch menu are extremely affordable, i.e., Pork and/or Chicken Souvlakis, \$10.75. Fish & Chips, \$11.75. Souvlakis on a Bun, \$10.20.

Please call or text, Pat @289-927-1521, and let us know how many people will be attending, we have to let the restaurant know. You will be paying for the meal only once you get to the restaurant, and paying the establishment. There will also be a prize draw.

The Mandarin Luncheon: Thursday, JUNE 8, 12:00

We have scheduled our ever popular Mandarin group luncheon for Thursday June 8, at the same previous location, 1725 Kingston Road, Pickering.

The price remains at \$20 per senior paid member or your spouse, and \$27 for a guest who is not a member, or a senior. You must be a paid member of the Pineridge Chapter to benefit from the discounted price and it covers all-you-can-eat buffet, non-alcoholic drink, taxes and tip. Please carry your Senior id to claim the "coveted" senior's discount.

NOTE: The current price for a Senior to dine for lunch at the Mandarin is the following: Senior's Lunch \$20.79, add a Drink \$2.49, taxes \$3.03, tip \$3.95, total: \$30.26.

Please register early by calling or texting Pat, at 289-927-1521, and it is strongly recommended that you pay well before the event; send in your e-payments to: pineridgechapter14@gmail.com, or your cheques made out to **Pineridge Heritage Club**, and sent to: Pat Stephenson, Pineridge Heritage Club, 295 Bluejay Cres., Oshawa ON L1G 6X4. If you end up cancelling for any reason, we will refund your payment. Please note, for all our events, we recommend you call to confirm that the events will occur, as these are still uncertain times.

Just a note... we had a few members join us for lunch in December and March who had not registered their attendance. We are **ALWAYS** happy to see everyone but, particularly in times of ongoing staff shortages, it is critically important to register if you are going to attend. We don't want to move to a checking-names-at-the-door process to give seats but, we also don't want members who have registered not getting a seat. We typically confirm our numbers with the restaurant three days before the lunch. Also, a big thank you to all members for continuing to be good members and staying home if you are unwell. We greatly appreciate your care for your fellow members.

THE LOCAL NEWS

BOWLING EVENT – JUNE 22ND, 11:00

We had our first event of 5 pin bowling in Ajax, on March 9th. We had a turnout of 11 would be bowlers, and we had a special draw for a prize. We are scheduling our second event for June 22, for 11:00, at the NEB's FUN WORLD, 1300 Wilson Rd. N., in Oshawa. Hopefully more people will come out. The Senior's rate to bowl is \$14, which includes the shoe rental. NEB's is a lot of fun with an arcade, interactive rides, and a restaurant & bar. We will have prizes. Call/text me if this interests you, 905-391-5390.



HELPING OTHERS

On top of donating to worthwhile charities, and collecting food items for the food banks, we also collect soda can tabs for the Optimist Club. These can benefit programs for the purchase of assistive devices. We also collect plastic bread ties, not the paper types, for other Chapters. Please note, the collection of empty pill bottles has been discontinued.

NEW RETIREES AND/OR 25 YRS OF SERVICE MEMBERS

Geoffrey Wong

OUR CONDOLENCES TO THEIR FAMILY & FRIENDS

Alma Gavin, Past President of our Pineridge Chapter and West Hill Station Postal Clerk.

CONGRATULATIONS

Happy Birthday to Debbie Greenwood, and congrats to her and Paul on their wedding anniversary. A special congratulations on a 60th wedding anniversary to Bernie Snyder and his wife Jos.

GOODLIFE FITNESS DISCOUNT

The GoodLife Fitness subscription year usually starts the month you pay it. If you intend to apply under the Heritage Club discount, you must have paid your dues for that month, and renew by that month for the following year.

Corporate Membership Benefits:

- Waived enrollment fee exclusive to corporate partners (regular fee \$99+tax)
- Add a family member on your corporate rate
- State-of-the-art cardio equipment
- Free weights and weight machines
- Showers available
- World-renowned Group Fitness classes (select memberships)
- Professionally trained staff to assist you in achieving your goals
- 24-hour locations (select Clubs)

A SPECIAL APPEAL

As I mentioned in the last newsletter, I have been President of the chapter for ten years now, and would like to give the opportunity to someone else to bring in new ideas, as new management always does. This is not a big task: you work with a committee to decide what activities that your friends and former work mates would enjoy. I will be around to mentor, and continue writing the newsletter. This will give me more time to concentrate on the national issues of looking after 24 other chapters across the country. I'm hoping someone will step forward, or we can have an election at the end of this year if more than one person is interested. Please consider volunteering.

HERITAGE CLUB SCHOLARSHIP PROGRAM – 2023

The Heritage Club is planning to award three (3) scholarships to children or grand children of all dues paying members of the Heritage Club. The scholarships are valued at \$2,000 each for university or college studies. The scholarships will be awarded to students starting, for the first time, their first year of full time studies.

ELIGIBILITY CRITERIA

Dependent children, including adopted children and stepchildren, grandchildren, wards in legal guardianship of all active members (dues paying member for the last 2 years) of a Heritage Club Chapter. Applicants who have previously received a Heritage Club scholarship are not eligible.

ELIGIBLE INSTITUTIONS

These scholarships are applicable to all Canadian educational institutions which have provincial degree-granting powers or their affiliates and at Canadian colleges or CEGEPs.

QUALIFICATIONS OF APPLICANTS

Applicants must have completed the requirements for admission into the first year of an undergraduate degree program or college diploma program at a recognized educational institution. Applicants must have obtained an average of 75% (or equivalent) on the best 5 academic courses (see list of academic courses below) in the final year of secondary school or CEGEP (pre-university education). If applicants interrupt their schooling, the maximum period permitted between the completion of secondary school or CEGEP (pre-university education) and the commencement of an undergraduate university degree program or college diploma program is 1 year. During this period, students may NOT have undertaken postsecondary courses.

ACADEMIC COURSES – GRADE 12/CEGEP

Language Arts, Mathematics, Pure Mathematics, Applied Mathematics, Science, Biology, Chemistry, Physics, Social Studies, Geography, History, Literature, Accounting, Computer Graphics, Law. French, English or any one language.

SELECTION OF SCHOLARSHIP RECIPIENTS

The jury is comprised of the Heritage Club executive committee members. The evaluation will be based on scholastic ability, character and leadership qualities at school and in the community. Decisions of the jury are final and without appeal.

APPLICATION DEADLINE

Submissions must be postmarked on or before **June 30, 2023**.

HOW TO OBTAIN AN APPLICATION PACKAGE

Please visit the Heritage Club website at heritageclub.ca or contact Eldred Holmes at holmese@nl.rogers.com

THE "L I F E I S G O O D" SECTION

Subject: TWELVE COMMANDMENTS FOR SENIORS

#1 - Talk to yourself. There are times you need expert advice.

#2 - "In Style" are the clothes that still fit.

#3 - You don't need anger management. You need people to stop pissing you off.

#4 - Your people skills are just fine. It's your tolerance for idiots that needs work.

#5 - The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."

#6 - "On time" is when you get there.

#7 - Even duct tape can't fix stupid, but it sure does muffle the sound.

#8 - It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller.

#9 - Lately, you've noticed people your age are so much older than you.

#10 - Growing old should have taken longer.

#11 - Aging has slowed you down, but hasn't shut you up.

#12 - You still haven't learned to act your age and hope you never will.

. . And one more:

"One for the road" means peeing before you leave the house.

Keep well & smile - every day is a bonus!!

THE POST HORN



A POSTAL SERVICE STORY

The POST HORN: what is it?

A PAGE IN POSTAL HISTORY...THE "POST HORN" AND POSTAL BADGES

By Master Warrant Officer Tim Miller, Ret'd Canadian Forces Postal Service

Ok then, what is a "post horn" and where did it come from? How has our military postal service become so connected to it over the years?

Like many of us today, I turn to the internet for some initial answers and not surprisingly, what I learned many years ago as a young postie bears truth. "Wikipedia" states: "*The **post horn** (also **posthorn**, **post-horn**, or **coach horn**) is a valveless cylindrical brass copper instrument with cupped mouthpiece, used to signal the arrival or departure of a post rider or mail coach. It was used especially by postilions of the 18th and 19th centuries.*"



The original post horn as used in the 18th and 19th centuries.

The Postal logos of Germany, Iceland, Sweden, Bulgaria, Ukraine and Portugal.



My initial curiosity is satisfied, but I dig deeper. The standard form of the post horn came to be in Germany in the late 18th century, with its circular shape and three turns. Eventually, crooks, keys and valves were added in a French version, which became known as a cornet de poste or simply, the cornet. The English version of the horn, developed in the mid 19th century, was long and straight, but served the same purpose as the cylindrical version.

The English coach horn used for postal purposes from the mid 1800's until 1914 on the London-Oxford mail coach.



Now, when we take this historic symbol and or musical instrument and place it into a military context within the Canadian military, it takes some root in our world by 3 May 1911. It is this date that the Canadian Postal Corps officially becomes part of Canada's Militia, however the post horn still does not officially appear on any Corps identifier. Moreover, a postal hat badge did not even appear for the Corps until one was designed by Maj G. Ross and put into production on 18 April 1912. However, still no post horn was officially present.

Interestingly enough, there is no evidence that the CPC badge was even worn during World War I. Most likely the first post horn to be officially worn by Postal Corps personnel would have been in 1918-1919 when postal clerks deployed with the Canadian Siberian Expeditionary Force to Russia. The badge design for this force was coincidentally based mainly on the post horn.



The Canadian Postal Corps QC hat badge circa 1912-1961.



The Canadian Siberian Expeditionary Force badge circa 1918-19.



The Royal Canadian Postal Corps cap badge circa 1961-1974.

On 20 Jun 1961, Her Majesty Queen Elizabeth II decreed the title "Royal" to the Canadian Postal Corps. With this decree and subsequent name change for the Corps there came a new cap badge and accoutrements design. The post horn was to move to the forefront of this cap badge and the matching collar badges, along with the attached motto: "Servire Armatis", a Queen's crown and the "RCPC" logo.

Sadly, the RCPC was abolished, along with its cap badge in 1974, when the Corps was absorbed into the Administration Branch due to CF restructuring. Postal clerks were still able to retain some postal identity by being able to wear a post horn badge on the right side of their work dress above the name tape.

It wouldn't be until March 1987, and the stand up of the newly formed Postal Branch that postal clerks would once again get their own badge. This badge was adorned with a post horn, surrounded by oak leaves, the Queen's crown and the motto "Quo Officium Compellit" and "Postal". Matching collar badges and "Postal" shoulder titles were also proudly worn to identify CF postal clerks.



The Postal Supervisor trade badge.

This badge was to remain in service until 2000 when the Postal Branch was disbanded and the trade was absorbed into the Logistics Branch. With the adoption of the Logistics cap badge, trade identifiers now only included trade qualification level badges that are worn on the lower right sleeve of the CF service dress uniform.



The Postal Branch cap badge circa 1987-2000.

With the 100th Anniversary of the CF Postal Service in 2011 the celebrated post horn was once again proudly in our midst as it took centre stage within the centennial crest.



The crest of the CF Postal Service's 100th Anniversary.

Not always visible, but forever present in the history of the Canadian Forces Postal Service and in the hearts of its posties. Always display it proudly!

Member Survey Results

In our February newsletter, we asked members for input about chapter activities, timing of events and thoughts about future gatherings. Here is a summary of what you told us:

1. On what day would you prefer our lunches to be held?
 - ***Thursday appears to be the favorite day, with Friday as the alternative***

2. How do you feel about the frequency of our lunches? Is four times a year (sometimes with a pause in July and August) best? Or would less often be better?
 - ***Most members like 4 outings per year***

3. Are you interested in a banquet event in 2023? If yes, what timing would be best? Would you like music? Do you like The Mandarin for this occasion? How about The Legion? Another location?
 - ***The Legion and The Mandarin are favorites for the food***
 - ***The Legion provides more space for socializing***
 - ***Yes, in Toronto or Scarborough, early December for the timing***
 - ***Music, yes, not too loud***

4. Do you have ideas on how we could encourage more long-service employees or retirees to join the club?
 - ***Advertise the Chapter with posters in Postal Stations***
 - ***Amalgamate Chapters together***
 - ***Send out invitations, and Send a notice to all eligible people***

5. Would you be interested in a volunteer activity once or twice a year? For instance, a morning helping at Toy Mountain, a meal shift at a shelter, a shift at a local food bank or another activity important to a member and organized by a member.
 - ***A shift at a local food bank***
 - ***Depends how difficult it would be***

6. Are you interested in making walking tours a formal part of the chapter's activities, even walks with a tour guide? For example, a foraging walk where you learn about edible local plants, a historical walk through downtown Oshawa/Toronto or a nearby village or town, a bird-watching walk, etc...
 - ***Yes to all the above***
 - ***A tour of Unionville Village***
 - ***Yes, if not too physically challenging***

We typically send out 4 newsletters a year. Please share your thoughts on:

7. The newsletter.
 - ***Great puns, interesting stories***
 - ***The newsletter is well done***
 - ***Absolutely perfect, informative and humorous***
 - ***A tough job, due to lack of interest and input from members***
 - ***Timing and content good***

8. What other activities would you suggest we look at and/or organize?
 - ***Blue Jays Game***
 - ***A trip to the casino***
 - ***A shopping trip to Buffalo***
 - ***Euchre Card Tournament***

Editor's comments: over the years, we have seen a trend with our ever aging members gravitate away from multi-day bus tours and one-day bus events, and have a preference for the dining experience. We will endeavour to develop more opportunities for diverse dining in the foreseeable future.

It is also clear by your comments, that there was a concern with physically demanding activities, which we will incorporate into our thinking.

WHO WE ARE

Pineridge Chapter is one of 25 Chapters across the country; it covers an area of the Greater Toronto Area which is mainly east of Victoria Park Avenue (eastern part of York County), encompassing Scarborough, and areas within historical Ontario and Durham Counties.

WHAT WE DO

The Pineridge Chapter organizes subsidized luncheons, bus tours, annual banquet and sporting events for its' members. Also, we collect and donate food for the food banks, as well as make 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. We are proud of our members and their contributions to our communities.

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

WHY JOIN? – THE MEMBERSHIP ADVANTAGES

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

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

GoodLife Fitness: discounts up to 30% off the regular all club access rates.

Collette Tours discounts.

Discounts to **Pineridge Chapter** events, luncheons, bus trips, group tours, sports activities.

Heritage Club scholarships for your kids and grandkids of \$2,000 per school year.

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 or more, otherwise coverage could be denied or terminated.

LIFE EVENTS

Have you had any life events you would like the us to announce? Marriages, births, special anniversaries, special awards, deaths, hospitalizations, etc. Let us know so we can pay tribute.

Payment for dues and luncheons: Cheques for luncheons and membership dues should be made out to: **Pineridge Heritage Club**, and sent to our **new address:** Patricia Stephenson, Pineridge Heritage Club, 295 Bluejay Cres., Oshawa ON L1G 6X4.

You may also do an e-payment at: *pinridgechapter14@gmail.com.*

Payment for Time of Your Life 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 at the time.

YOUR COMMITTEE MEMBERS:

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Cheryl Leith, Special Events

Gail Bourhill, Webmaster

Support Staff: G. MacDonald, J. Snyder, M. Fisher, K. Dayal

CHANGE OF ADDRESS NOTICE FORM

Name:

Old Address:

New Address:

Postal Code:

Phone Number:

Effective Date:

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 address: (optional):

Renewal for Self: _____ Couple: _____

Amount Enclosed: \$ _____

Is this a Renewal: _____ or

a New Membership: _____

Do you do any volunteer work?

With what organization?:

How many hours per month?:

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.

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

This is one of the criteria we are measured on by CPC, and it affects our yearly funding. You can report these hours and the type of volunteer work you do in your dues renewal slip, or to me personally, jnglor@rogers.com, or by text/phone 905-391-5390.

PAYING YOUR DUES

Send the **completed dues renewal form** to **our new address**: Pat Stephenson, Pineridge Heritage Club, 295 Bluejay Cres., Oshawa ON L1G 6X4. Cheques for luncheons and membership dues should be made out to **Pineridge Heritage Club**.

You may also pay by e-payment: pineridgechapter14@gmail.com.

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.