



Terra Nova Chapter Newsletter December 2022



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President's Message

As luck should have it, my wife and I were on the first scheduled ferry run from North Sydney to Port aux Basques after the devastation of Hurricane Fiona. When we boarded, we asked a steward for an extra pillow, and she responded with simple Down East honesty – “We got nuddin.” That reply came to mind when I was thinking about this message. What could possibly be added to the conversation about the way forward from here?

But digging deeper, it's clear that while true about the pillows, that answer isn't the end of the story. The trip that led to us being on that ferry was an adventure from the start. The reason for the trip was the Heritage Club Annual General Meeting of national presidents in Quebec City, originally scheduled for May 2020. Cancelled due to Covid. Rescheduled for May 2021. Cancelled due to Covid. Rescheduled for May 2022. Cancelled due to Covid. So here we are in September 2022. The organizing committee is owed a huge debt of gratitude just for being persistent enough to continue, and in the end, the conference was great. But back to the trip. Our journey off the island was complicated by Hurricane Earl. The trip itself, wonderful weather, good driving, was fraught with various minor adventures and health issues, ours and others (none Covid-related).

Then we made it back to Halifax only to be faced with Hurricane Fiona. We “experienced” the storm in a bunker-like basement apartment, where we could neither hear nor see anything. We woke to a world without electricity, internet, or cellphones. Without internet access we were completely in the dark about the ferry schedule. We were urged to stay on in Halifax until the

situation was clearer. But our reply was – We have a reservation on that boat, and the only way we get on it is to be on the dock when it boards.

The drive across Nova Scotia was surreal – a glorious fall day, but no gas stations, restaurants or washrooms open anywhere. The Marine Atlantic terminal in North Sydney seemed to be the only place in Cape Breton with electricity, and pulling out of the pitch dark harbor that night was really eerie. Upon reaching North Sydney we had actually been offered an earlier sailing, but any good Newfoundlander will tell you that even without the Fiona situation arriving at the dock in Port aux Basques at 1:30 a.m. is not a good scenario. So we took our scheduled crossing.

I think that's the message for today. There are very few certainties in this life. Death and taxes, of course. But even with all the uncertainties, one truth is absolute. If you're not on the dock, you don't get on the boat. Eventually you just have to come out of the bunker, hold on to your hat (put on a mask if you think it best), and take a leap of faith. There is no true life without active participation, and now that we've taken all of the precautionary steps we can, we've just got to get out there and do it. We've got to live.

Eldred Holmes, President, Terra Nova Chapter

Heritage Club Update

The Heritage Club, like most organizations across Canada and the world, has been challenged to carry on any kind of normal activities over the past few years, made even more difficult by our demographic. But we're starting to see an increase in planned activities throughout the Club, and hopefully this will continue. After three and half years of planning, and three postponements, we actually managed to hold the "Annual" General Meeting of presidents from across Canada in Quebec City in September 2022. Obviously there was much to discuss after all of this time. We are gratified that through all of the difficulties Canada Post continues to support our group, and we will continue to advocate for additional assistance from them in some important areas, especially around information packages to retirees.

Throughout this newsletter we make reference to a number of perks available to active Heritage Club members. These have been negotiated through the National Executive of the Club, and we encourage everyone to take advantage of all that are applicable to your circumstances. The National Executive has also been very busy over the past year or so with the revamp of the Heritage Club website. That was a big project, very necessary, and the new site will hopefully be useful for years to come.

Retirement. . . is when you stop living at work and begin working at living.
– Unknown wise person.

Executive News

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

- Eldred Holmes, President
- Dave Roche, Secretary/Membership Officer
- Wayne Murphy, Recording Secretary
- Bill Marshall, Treasurer

Elections for these positions were scheduled for May 2020, deferred and held in October 2021. All incumbents were acclaimed to their positions. Unfortunately we were unable to fill any executive positions for the Postal Employees 25 Year Club. For that reason, this group has now been absorbed into the Heritage Club, and is now referred to as the Metro Council.

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

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not. – Mark Twain

Year in Review

Timing is everything. On December 9, 2021, the Metro Chapter held a Christmas Luncheon at the RC Legion in St. John's. There were about 70 people in attendance, and everyone thoroughly enjoyed the meal and the camaraderie. As we all know, within a few days a new variant had reared its head and we were all back in a virtual lockdown. Thankfully there were no adverse effects from our gathering, but this is the world we are living in.

In the midst of this we ran the Santa Letter Program. We had 44 volunteers who between them answered over 9000 letters. It just proves that if a project is worthwhile and the will is there, we'll make it work. Once again the campaign was a challenge, as only one person was permitted to enter the Kenmount Road plant to distribute the actual letters. At the request of the Post Office we did it, and a huge thank you goes out to everyone who made our goal of answering every child's letter achievable. This year's winner of the national incentive prize was Wayne Courish. There were also two special recognition gifts presented by Canada Post, to Tom McCarthy and Pat Burton, who between them were responsible for a truly amazing share of the letters answered.

Once again we made donations over the Christmas season to a number of charities, including The Gathering Place, the Single Parent Association of Newfoundland, Choices for Youth, the Jimmy Pratt Outreach Centre, and the Community Food Sharing Association. We also donated to the Janeway Telethon in May. The print draw held in conjunction with last year's newsletter

was a great success, resulting in a donation to the CPC Community Foundation. The winner was Fred Janes from Mount Pearl. Look for details of this year's print draw with this newsletter.

And in May of 2022, when it was deemed safe to do so, a barbeque meeting was held, again at the Legion in St. John's. Twenty-five members attended, all glad to be able to once again gather carefully and safely. A dinner meeting in October with 27 attendees, and as a result a donation of \$800 was made to the Red Cross Fiona Relief Fund which will be matched by the Federal Government. A Christmas Luncheon is planned for December, and hopefully regular meetings will be able to resume this fall.

Membership and Dues

Annual membership fees are \$10.00 per year, payable to the **Heritage Club**, and are due now for 2023. A renewal form is included with this newsletter. 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 interested spouses of current members, and to 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 to recognize members' loyalty is held each year. The lucky winners of small cash prizes for 2022 (outside Metro) are George Hart, Douglas Adey, and Tillie Hynes. Winners for the draw within Metro Chapter are Wayne White, Wayne Murphy, and Christine Squires. Congratulations to this year's winners. Similar draws will be held in late 2023, 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, their MEDOC travel plan is a great choice. Enhancements to the MEDOC plan over the past couple of years have made their coverage even more attractive.

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, under Links.

The Heritage Club has a partnership with Choice Hotels Canada, including Choice, Comfort, Quality, Clarion, and others. Full details are on our website, under Links.

Also available on the website is information about discounts available on travel opportunities from Collette Travel.

Remember, you must be a Paid Up member and provide your membership number to take advantage of any of these offers.

The answer to having a better life is not about getting a better life, it's just about changing how we see the one we have right now. – Angel Kyodo Williams

Scholarship Program

The Heritage Club Scholarship Program has just completed its fifth successful year, and over the past five years we have had the privilege of assisting sixteen deserving young people with their university education. This year's winners of \$2000 scholarships were Erica Choice of Vancouver BC, Kayleigh Hall of Rocky View County, AB, and Marissa Cox of Sydney Forks NS. More information about these fine young people is posted on our website. As Scholarship Coordinator I am especially proud that we are able to assist these three worthy individuals. The H.C. Scholarship Program is open to dependent children and grandchildren of all active (dues paid for 2 years) members of any Heritage Club Chapter. The full application package is available on the website, and the closing date for applications for the 2023 Program will be June 30, 2023.

Heritage Club members and their families are also eligible to apply for scholarships from Johnson Insurance. Information is available on our website. Please note that you do not have to be a customer of Johnsons, just an active Heritage Club member.

Contrary to popular myth, people don't necessarily become wiser with age. We just become more easily irritated. And more irritating to others. The upside is, we don't care.
– Dennis Rogers

Website Navigation and Features

As indicated throughout this newsletter, the Heritage Club website can be found at www.heritageclub.ca. The site, which has been completely revamped this year, 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 Canada Life (formerly Great West Life), Sun Life, and the CPC pension plan.

To find out what's happening in your chapter, click on "Select a Chapter" 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 will be 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.

In addition to the national website, the Terra Nova Chapter has also established a FaceBook group to share local updates and information. Membership in this group, called **Terra Nova Chapter, Heritage Club**, is by invitation only, and is restricted to members of this local chapter. Only the Administrator can post to the group, but comments from members are permitted. If you are on FaceBook and would like to join, search the group name and make the request. If you are having a family member join for you, they should contact Eldred Holmes directly to state the relationship and request to join.

Upcoming Events

We have scheduled a **Christmas luncheon for Tuesday, December 6th at 12:30 p.m. at the Royal Canadian Legion, Blackmarsh Road.** There will be a full turkey dinner served, and spouses are welcome. More information will be forthcoming as plans are finalized. If you're coming in from out of town, contact El Holmes at 753-4231 before December 1st for details.

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 project needs you!

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. The proceeds from the ticket draw with this newsletter go directly to the Community Foundation.

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.

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

Dial 211, or check 211.ca

Are you ever bewildered by the challenges of finding the right contact person in a maze of government and community organizations? The 211 referral service was launched in NL in October 2020. It is a source of information and assistance which can be of particular value to seniors who are trying to access the social services available in their area. It is a free and confidential service which will connect you with a navigator who determines what the issues are, and then identifies any and all services which may be able to assist, and refers the caller to those services. This service can be invaluable to those who know they have a problem, but have no idea what resources are available to help.

Don't relax too much!

When we contemplate retirement, thoughts often go to lazy cups of coffee in the morning, free from the rush of heading off to work. Quiet afternoons, snoozing in the sun. Enjoying a few drinks in the evening with friends alongside a fire, with no concerns about hungover mornings. All of these are wonderful, and should be incorporated in our retirement lifestyle. But that easy living needs to be balanced with the correct amount of activity, both physical and mental, to ensure that we enjoy a long healthy life. A favorite cartoon shows a character complaining of a back spasm. When asked what they did, the response was "Nothing". The moral of the story? Do less of that. Don't do nothing. Relaxing at the end of the day is much more satisfying when the day has been full of activity.

Safety tips for seniors

Every day it seems like our world – even in quiet Newfoundland and Labrador – is getting a little more dangerous. Here are a few easy things that we can do to protect ourselves:

- Lock your doors. No, seriously, even if you're at home, and even if you live in what has always been a safe neighbourhood. Lock your doors. And be cautious when answering the door, especially to strangers.
- Never give your credit card information to anyone who telephones you. Ever.
- If someone comes to your door claiming to be from a utility company, ask to see their photo identification before you let them enter your home.
- Never post on social media that you are going to be away from your home. Sure you're excited about your trip, but maybe delay posting about it until after you return home. No one needs to know that your house is empty.

Your Benefits Contact Numbers

C.P.C Pension	1-877-480-9220	Access H.R.	1-877-807-9090
Superannuation	1-800-561-7930	Passport	1-800-567-6868
C.P.P./O.A.S.	1-800-277-9914	Employment Insurance	1-800-206-7218
Canada Life	1-866-716-1313	Canada Revenue	1-800-959-8281

Your Benefits Survivor Procedures

To ensure the survivor of a retiree maintains pension, health and medical benefits, a number of contacts must be made immediately upon a retiree's death. We suggest you clip and save this page for your permanent records.

Access H.R. (1-877-807-9090)

Info required: Retiree name, employee ID #, Social Insurance number, copy of death certificate

C.P.C. Pension (1-877-480-9220)

Info required: Retiree name, employee ID#, postal code, month and date of birth, copy of death certificate, copy of retiree's will

Canada Life (1-866-716-1313)

Info required: Retiree name, employee ID#, copy of death certificate, plan number (51057 & 513910). **Note:** *Very important to notify Canada Life as soon as possible in order to set up a new automatic withdrawal in the survivor's name to keep policy in force and maintain medical, dental, and vision benefits.*

C.P.P. / O.A.S. (1-800-277-9914)

Info required: Retiree name, Social Insurance number, copy of death certificate. In addition to the survivor pension, there is also a death benefit payable to the survivor.

Superannuation (if applicable) (1-800-561-7930)

Info required: Retiree name, Social Insurance Number, copy of death and marriage certificates. Upon request for coverage (within 60 days of death) Sun Life premiums for survivor will be deducted directly from survivor pension.

Canada Revenue Agency (1-800-959-8281)

CRA must be contacted when a member or spouse passes away, and T-1 and T-3 to be completed.



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 2022

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? _____

Opt out? I no longer wish to be a member of the Heritage Club nor to receive correspondence from the Club.

Signature of member

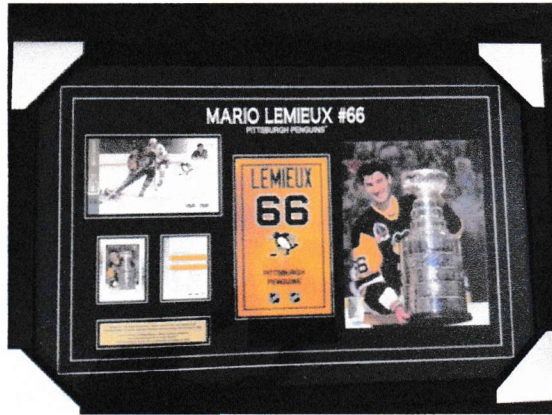
Your Name _____

Dues: \$10.00 per year – 2023 payable on receipt

Amount Enclosed _____

Cheques payable to Terra Nova Chapter, Heritage Club.

Please complete and return this questionnaire with your dues payment.



2022 Prize Draw

All proceeds go to the Canada Post Community Foundation, supporting local programs which benefit children.

This print is a Canada Post collectible, and recognizes the game changing career of

Mario Lemieux, "The Magnificent One". This special edition print includes the Official First Day Cover of the 2017 commemorative stamp. The frame size, 22" x 32", ready to hang in your home.

Draw open to all dues paying Terra Nova Chapter Heritage Club members, drawing to take place January 31st, 2023. Tickets are \$2.00 each, 3 for \$5.00. Simply fill out the tickets below and return with your payment in the dues envelope provided. Thank you for your support!

Name _____ Phone # _____

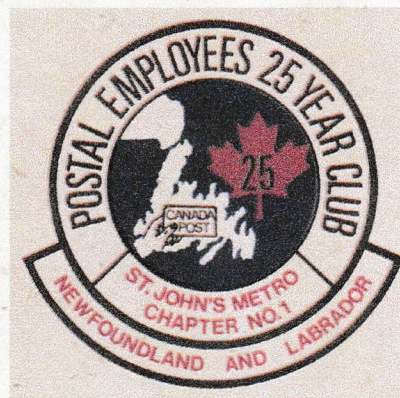
Address _____

Name _____ Phone # _____

Address _____

Name _____ Phone # _____

Address _____



CHRISTMAS LUNCHEON

DELICIOUS TURKEY DINNER AND TRIMMINGS

ROYAL CANADIAN LEGION, BLACKMARSH RD.

TUESDAY, DECEMBER 6, 2022

AT 12:30 P.M.

\$15 PER PERSON, SPOUSES WELCOME

PROCEEDS TO COMMUNITY FOOD SHARING ASSOC.

**FOR TICKETS CONTACT ONE OF THE
FOLLOWING BY DECEMBER 1ST:**

WAYNE MURPHY 364-1263

EL HOLMES 753-4231