

Chinook Chapter Heritage Club

2017 Fall Edition Issue #38

Presidents Message

I sincerely hope this Newsletter finds you all in good health, and you had a wonderful summer.

We really had a good Summer this year, with exceptionally warm weather. The only complaint we may have had was the poor Air quality as a result of the recent forest fires in both B.C. and Alberta. I hope that everyone got out to enjoy it and celebrated some of the many events that were out there for Canada 150.

I know that our special event at Stage West was a great success again this year and all of our members that attended enjoyed the show very much.

If any of you have suggestions on more fun things to do as a group, please bring your ideas forward at the Annual General Meeting. Our AGM will be outlined further in this newsletter as to date and time. Hope to see you all there.

Have a Safe and Fun Fall Season.

Jean Benjamin
President
Chinook Chapter, Calgary



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Good Life Fitness

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Welcome to Members who recently registered with the Heritage Club—National Office

Danielle Kolinger - Calgary

Gary Mackellar - Innisfail

Brian Shushkewich - Calgary

Robertta Sutton - Airdrie

Our Deepest Condolences

It is with great sadness that we announce the passing of some of our members and co-workers:

Darko Prepolec - Calgary
Douglas Romanovitch - Vernon, BC

The Chinook Chapter sends our deepest condolences to these members families and friends at their loss.



CHINOOK CHAPTER Luncheon and Annual General Meeting

Winston Golf Club 2502 6 Street NE

LUNCH(Roast Beef) commences at 11:30 am – Meeting at 12:30 pm

Tuesday, October 31, 2017 *Price: \$19.00*

You may attend the meeting only at no cost

Meeting Agenda:

- Review of October 25, 2016 AGM minutes
- Financial Status
- Executive Elections all positions are open to active 2017 dues paid members.
- Audit Volunteers for 2017
- Brief report on National AGM Held at Edmonton AB in May/ 2017
- Proposal of motion for 2017 Charity Benefactor and Donation amount

This a joint Luncheon with our ARPE friends and

RESERVATIONS ARE NECESSARY

PLEASE call one of the following before 10:00 A.M. on the Friday before the Luncheon.

Rose Wilkinson Nora Arnold

Phone: 403-249-1053 Phone: 403-249-3400

e-mail: rhwilk@shaw.ca e-mail: nrsa@shaw.ca

If something comes up that you cannot go after all, please let us know, even at the last minute.



On September 1st, members of the Chinook Chapter of the Heritage Club enjoyed an evening out at Stage West in Calgary.

Stage West is a dinner theater known for the variety and quality of the food they offer. In recent years they have included a large selection of desserts to their already many choices of salads, fresh fruit, appetizers and entrees.

The play "Murder for Two" was an energetic, creative Murder Mystery with only two Actors (one actually portraying 12 characters) which had a great deal of visual and verbal comedy.

The Club Executive spoke to members attending and we all felt we would like to try a Sunday Brunch next time. Stay tuned for this offer from your local chapter in the Spring. The savings to you are almost half the regular price as we qualify for a group rate plus the Club adds a subsidy.

See you next time.



The Heritage Club is implementing a "National Heritage Club Scholarship Program" starting next fall. Three Scholarships will be available to all dues paying members of the previous two years with the Heritage Club.

The information is now on our National Site. Please check it out at: heritageclub.ca and click on "Links" for further details and the application form.



REMEMBRANCE DAY 2017

Would you consider volunteering to lay a wreath during services at one of the following centres:

Lethbridge - Medicine Hat - Red Deer Please email: heritagechinook@shaw.ca and include in the subject line 'Wreath Volunteer'.

Please reply no later than October 31, 2017.

SANTA LETTER WRITING PROGRAM

We very much appreciate the many Chinook Chapter members who lend their support to the Santa Letter Writing Program.

If you are looking for some way to make a difference and volunteer in your community - please do not hesitate to get involved.

It is a great cause and your participation will go a long way in supporting the Heritage Club and Canada Post Corporation.

If you are not sure you are on our list of members who indicated Santa Letters as an activity you chose on your 2017 Chinook Chapter membership renewal form, you may verify that by contacting our Chapter at:

heritagechinook@shaw.ca

We are looking for a volunteer to take over the position as the Chapter Coordinator as Kathy Duffin has decided to step down from the position. We want to Thank Kathy for her six years of dedication to this program. If you are interested in taking over the position for this season please contact us at the email address above.



2017 NOTICE

ASSOCIATION OF RETIRED POSTAL EMPLOYEES (A.R.P.E.)

ALL RETIRED POSTAL EMPLOYEES & FAMILY MEMBERS, INCLUDING HERITAGE CLUB MEMBERS, ARE INVITED TO COME TO OUR MONTHLY LUNCHEONS. PRICE: \$19.00

Our purpose is "To preserve and promote the spirit of friendship acquired by members while employed by the Post Office, and to provide a helpful and social bond."

LAST TUESDAY of each month, except July & December at the Winston Golf Club, formerly known as the Calgary Elks Lodge and Golf Club, 2502 - 6th Street N. E.

Open Bar

2017 LUNCH DATES	RESER	VATION	DEADLINES
January 31 - Beef Stew & Salad	10 am, l	FRIDAY,	January 27
February 28 - Lasagna & Salad	66	66	February 24
March 28 - Steak Stir Fry	66	66	March 24
April 25 - Ham & Scalloped Potatoes	66	66	April 21
May 30 - Roast Chicken	66	66	May 26
June 27 (30th Anniversary) - Steak	"	66	June 23
July - NO LUNCHEON	July	Luncheor	ı Cancelled
August 29 - Salmon "	10 am, l	FRIDAY,	August 25
September 26-Roast Pork	66	66	September 22
October 31 - Roast Beef	66	66	October 27
*November 28 - Roast Turkey	66	66	November 24

^{*} Christmas Luncheon, Annual Meeting And Election of Officers

RESERVATIONS ARE NECESSARY

PLEASE call one of the following before 10:00 A.M. on the Friday before the Luncheon.

Rose Wilkinson Nora Arnold

Phone: 403-249-1053 Phone: 403-249-3400 e-mail: rhwilk@shaw.ca e-mail: nrsa@shaw.ca

If something comes up that you cannot go after all, please let us know, even at the last minute.

NOTES:

If you wish to mail your 2017 membership fee of \$10.00, payable to Association of Retired Postal Employees, please include a stamped self-addressed envelope for return of cards and receipts and mail to Rose Wilkinson, at 632 - 37 Street S. W., Calgary, AB, T3C 1R9.

If you are moving – Please advise Nora Arnold, at 2627 - 31 Street S W, T3E 2N8, Phone: 403-249-3400, or e-mail: nrsa@shaw.ca



TRAVEL OPPORTUNITIES 2017/2018 CANADA POST HERITAGE CLUB MEMBERS AND FRIENDS

November 4, 2017 7 day Mexican Riviera Cruise on the Carnival Miracle, Lost Angeles return. Visiting Cabo San Lucas (2 days), Puerta Vallarta and 3 fun Sea days. Inside cabins \$789.00 plus \$140 taxes CAD pp. Ocean view \$857.00 plus taxes CAD pp. Balcony \$910.00 plus taxes CAD pp.

November 19-22,2017 3 Nights (4 days) Bus Trip to Tulalip Resort and Casino (WAITLIST)

Feb 4, 2018 21 Day Caribbean Cruise on the Rotterdam. Tampa return. Visiting Key West, Honduras Guatemala, Costa Maya, Mexico, Puerto Rico, St. Thomas, Antigua, Saint Lucia, Curacao, Aruba, Cayman Islands. Inside Cabins from \$2532.00 plus taxes \$408.00 Cad pp and windows from \$2573.00 plus taxes CAD pp.

April 18, 2018 19 day Panama Canal repositioning cruise on the Eurodam. Fort Lauderdale to Vancouver. Visit Cartagena, Panama Canal, Costa Rica, Nicaragua, Guatemala, Huatalco, Mexico, Puerto Chiapas, Manzanillo, Puerto Vallarta, San Francisco. Inside cabins starting at \$2079.00 plus taxes of \$656.00 CAD pp.

April 25, 2018 10 day Pacific Coastal Cruise, Vancouver to Vancouver on the Star Princess. Visit Los Angeles, Santa Barbara, Monterey, San Francisco (overnight). Inside cabins from \$1429.00 pp and balconies from \$1559.00 plus taxes CAD pp.

May 06,2018 7 day Alaska Cruise, Vancouver to Vancouver on the Noordam. Visiting Tracy Arm (or Endicot) Juneau (overnight) and Ketchikan. Inside cabins Limited special \$779.00 plus \$214.00 CAD taxes pp. Windows from \$909.00 CAD pp and balconies from \$1299.00 CAD pp. These rates will go quickly.

REMINDER: Be sure you have out of country travel insurance for any trip you book and that it is active before any cancellation penalty fees are in effect for your trip. For those with MEDOC, ensure you have renewed your Heritage Club Membership for 2017 and paid your dues to be covered. Contact the Heritage Club office for info on MEDOC and a registration package.

VAN FRASER HERITAGE CLUB 604 482-4311



Norwegian JADE 10 days visiting the beautiful Caribbean Islands Feb 16-Feb 26 2018

Please Join Us

We have group space reserved

Book ASAP these will SELL OUT Don't be disappointed

Inside \$1556. Ocean View with picture window \$1820. Balcony \$2208.

(Canadian \$\$ all taxes in)

OUR group booking INCLUDES

Beverage Package and taxes AND the Daily GRATUITIES

\$535.55. each deposit when you book Balance 3 months before sailing

Do you have airmiles — You can book your own airfare or have Vi do it

Call Vi McLennan asap if you would like to join us.

1888423—7114 or vmclennan@cruiseshipcenters.com

Don't forget to mention you are travelling with the Heritage Club

Any questions call or email Karen or Jim Sharpe heritagevanisle@shaw.ca

(Just FYI—only 3 balcony rooms left at this price—it will go up to \$2396 when they are SOLD)

16 booked already

Day 1 Friday Feb 16 - Miami Florida embark

Day 6 Wednesday: Feb 21-Bridgetown, Barbados

Day 2 Saturday Feb 17 - At Sea

Day 7 Thursday: Feb 22-Castries, St Lucia

Day 3 Sunday Feb 18 -San Juan Puerto Rico

Day 8 Friday: Feb 23 - Phillipsburg, St Maarten

Day 4 Monday Feb 19 - St Thomas

Day 9 Saturday: Feb 24 At Sea

Day 5 Tuesday Feb 20 - Roseau, Dominica

Day 10 Sunday: Feb 25 At Sea

Day 11 Monday arrive and disembark Miami

Just a reminder about your travel insurance.

You must have your annual \$10 Heritage Club dues paid up to date in order to be eligible

As well Make sure you have your Medoc in place BEFORE you book your trip.

The Heritage Club

Has invested in your health & wellness

ONLINE REGISTRATION NOW AVAILABLE!

Register for your GoodLife Fitness Corporate Membership today at:

https://corporate.goodlifefitness.com

- Significant savings off regular GoodLife Fitness membership rates
- Access to over 250 GoodLife Fitness Clubs across Canada and 30 Energie Cardio Clubs in Quebec
- Corporate rate extended to 4 additional family members
- State-of-the-art cardio equipment
- All free weights and weight machines
- World-renowned Group Fitness classes
- Professionally trained staff to assist you in achieving your goals
- Towel Service (where available, except Energie Cardio)
- Child minding (available at an additional fee)
- Seeking a health or fitness assessment? Ask the club about a LifeChanger
- 24 hour locations (select clubs only)
- Access to the GoodLife Fitness Rewards Program savings and special offers from over 100 popular brands

Visit us online for a complete list of club locations and amenities.

http://www.goodlifefitness.com https://www.energiecardio.com/en

1-877-348-8742 | goodlifefitness.com/workplacewellness



FREQUENTLY ASKED QUESTIONS

How do I access the online Corporate Membership Program registration tool?

Please use the following link for registration https://corporate.goodlifefitness.com and select your company from the drop-down menu.

What is my unique identifier?

The unique identifier you need to access the online registration tool is your HERITAGE CLUB MEMERSHIP NUMBER. If you do not know your Heritage Club number please contact your local Chapter.

What is the Corporate Membership rate?

The annual Corporate Membership rate for your company is \$399.00 plus applicable taxes, per member, per year. The bi-weekly payment will be \$24.00 plus tax for a no commitment membership. (This equals \$624.00 plus applicable tax for 12 months)

How do I register for or renew a Corporate Membership?

Visit https://corporate.goodlifefitness.com and enter your unique login information. The enrolment process will take approximately 10 to 15 minutes to complete. Have your payment information and your existing GoodLife Membership number or key tag barcode (if applicable) readily available. If you also wish to enroll up to four family members, have their information available before you begin the registration process. GoodLife will send you a copy of your membership agreement electronically after you've completed the online registration process.

Are my family Members eligible for this offer?

A benefit of the Corporate Membership Program is the ability to add up to four eligible family members to your Corporate Membership. Eligible family members include your spouse, extended family at or over the age of majority, child(ren) or any minor under your guardianship, as long as they are 12 years-of-age or older. You must register yourself into the GoodLife Fitness Corporate Program before you can register your family members. All payments for family member Corporate Memberships – including any added amenities (such as lockers, Hot Yoga, etc.) – will be withdrawn from your bank account.

Are existing GoodLife Fitness non-corporate members eligible for this offer?

Yes. If you are transferring into this Corporate Membership Program, GoodLife will waive the \$99 membership buyout fee. You will need to register for the new Corporate Membership offer online and complete the appropriate section with your existing membership details (your existing membership number or key tag barcode number so that we can automatically update your membership with your new corporate rate). Within 10 business days, your payment details will be sent to you in separate emails for your membership and any family memberships you register. Please continue to use your existing membership key tags.

Will my current bank payments immediately stop when I enroll for this Corporate Membership Program?

No, your payment information will be updated to the new corporate rate automatically and will be withdrawn on your current payment schedule through the bank account information you provided previously. This will take ten business days to process. If you see more than <u>one</u> payment withdrawn at the old (non-Corporate) rate, please contact <u>corporateprograms@goodlifefitness.com</u> or <u>1-800-287-4631</u>.



If I sign up online today, when will I have access to the Club?

I am a brand New GoodLife Member...

If you are a new GoodLife Fitness Member, your new membership key tag will be available at any GoodLife Fitness Club two to three business days after registration. Simply visit your Club of choice and mention you are there to pick up your new Key Tag. You will be required to show photo ID when you pick up your key tag.

You are welcome to use the Club <u>immediately</u> after your register (before your new key tag is ready). You will be required to sign a guest pass to do so. Please bring a copy of your membership agreement with you, as well as your photo ID.

I am an existing GoodLife Member (club or corporate)...

If you are an existing GoodLife Fitness Member and already have a GoodLife key tag, you can continue to use the Club as normal. You can continue to use you current key tag and do not require to sign anything at the front desk.

What are my payment options for this Corporate Membership Program?

I am a New GoodLife Member...

Payment is through a pre-authorized bi-weekly deduction from your personal bank account, or you may select to pay up-front-in-full by credit card.

I am an existing GoodLife Member...

You may continue to pay through a pre-authorized deduction from your personal bank account and we will match your current payment schedule with the updated rate or you may choose to pay in full via credit card.

Is there a minimum age to join GoodLife Fitness?

The minimum age to join GoodLife is 12-years-old. We require a parent or legal guardian to sign for anyone under the age of majority in each province. In addition, all members under the age of 18 are required to complete a series of Orientations called a Youth Passport in order to help familiarize themselves and get comfortable in the Club. This is available at no additional cost. To get started with the Youth Passport, please request an appointment at any GoodLife Club.

Can I go to any GoodLife location with my Corporate Membership?

Your Corporate Membership gives you access to all 280+ GoodLife Fitness Clubs across the country, including the 50+ Énergie Cardio Clubs in Quebec.

Is Towel Service included in my Corporate Membership?

Yes. Towel Service is included in your membership, however not every GoodLife location offers Towel Service. Please ask a friendly Associate at your Club if they offer Towel Service.

Is Squash included?

We do have locations that offer Squash. Please visit <u>www.goodlifefitness.com</u> for more information on these locations.

Is Personal Training available? And is it included with my Corporate Membership?



GoodLife Fitness offers Personal Training at an additional cost to your Membership. Please speak with an Associate at the Club(s) for details.

Can I add Hot Yoga or other paid services to my Corporate Membership?

Yes you can! These services cannot be added through the online Corporate Membership tool or Corporate Wellness Office, however are instead added and processed directly at the Club. As the Primary Member, you will be responsible for any additional amenities and services – such as Hot Yoga, lockers, etc. – that are added to your membership. Any family members you have registered under the Corporate Program must be present when these types of services are being added to their membership under the Corporate Program. Please visit www.goodlifefitness.com for a list of our Hot Yoga locations.

What happens to my Membership if my company no longer offers this Corporate Program?

In the event that your company no longer offers this program, or if you are no longer eligible to participate, GoodLife Fitness will automatically update all Memberships associated with your account to a **no-commitment** preferred rate of \$25.00 per Membership, payable bi-weekly plus taxes. Any amenities that were added onto each Membership will continue at their regular rates. You can cancel or inquire with our Member Experience Team (1-800-287-4631) about other Membership options that are available at any time without a buyout fee. This <u>no-commitment preferred rate</u> does not include Towels; please visit a Club if you want to add Towels onto this Membership.

What happens to my Membership after one year?

Your Corporate Membership will continue to be paid by pre-authorized payments on your current payment schedule for as long as you are eligible under the Program terms or until you choose to cancel. There will be no renewal action required. If you have selected a Paid-In-Full Membership you will need to renew through the online link prior to expiry to avoid service interruption.

Who can I contact if I experience technical issues with the online tool?

If you are experiencing technical issues with the site and are unable to complete your Membership registration, please contact the GoodLife Member Experience Team toll-free at 1-800-287-4631.

I have specific questions about this Program. Who should I contact?

Please contact corporate programs@goodlife fitness.com or 1-800-287-4631.

1 year. Unlimited number of trips.* 1 low price.



Dear Heritage Club member,

We are always on the lookout for products that are best suited for our members. Our preferred insurance provider, Johnson Insurance thinks the world of Heritage Club members and are pleased to offer you access to special rates on MEDOC® Travel Insurance.

For about the same cost as purchasing a single-trip travel insurance plan of comparable benefits¹, MEDOC® Travel Insurance gives you coverage for unlimited insured trips* for an entire year!

MEDOC® Travel Insurance takes care of you from 'Bon Voyage!' to 'Welcome Home' with:

- \$12,000 trip cancellation, interruption, and delay benefits²
- Up to \$5 million in emergency medical coverage
- Access to coverage regardless of age or health status³
- Up to \$3,000 for lost, stolen, or damaged bags
- · Access to 24-hour Claims Assistance Centre
- · Flexible payment options

As a valued member of the Heritage Club, you have access to this MEDOC travel insurance program. To take advantage of this travel insurance program, you need to ensure that your annual membership fees with your chapter are paid. If you are unsure of your membership status with Heritage Club, please contact your local chapter president. If you are unaware of the chapter that you are affiliated with, please contact Holly Perreault, Heritage Club Membership Coordinator at: heritageclubmembership@gmail.com or 519–981–9218.

Get a quote, and get on your way!

Sincerely,

J.P. Leguerrier National President

P.S. There's no place like home, and MEDOC® customers can save an additional 5% on their home insurance through Johnson Insurance.⁴

1-866-606-3362

Johnson.ca/medoc





If it happens to you, it happens to us.

Johnson Insurance is a tradename of Johnson Inc. ('Johnson') and operates as Johnson Insurance Services in British Columbia. Johnson is a licensed insurance intermediary, MEDOC® is a Registered Trademark of Johnson. This insurance product is underwritten by Royal & Sun Alliance Insurance Company of Canada ('RSA') and administered by Johnson The eligibility requirements, terms, conditions, limitations and exclusions, "(including but not limited to trip duration and intra-provincial trips), which apply to the described coverage are as set out in the policy Policy wordings prevail ¹Based on a comparison of MEDOC's multi-trip annual plan design against single trip plans with similar benefits. ²For a trip to be covered for Trip Cancellation, MEDOC® coverage must be in effect on the day of booking your trip or purchased, a) within 5 business days of booking your trip, or b) prior to any cancellation penalties being charged for that trip ³4 90-day Health Stability Clause applies to pre-existing medical conditions for the Standard Health Option, Supplemental Plan only and other restrictions may apply. 'Home policies underwritten by Royal & Sun Alliance Insurance Company of Canada ('RSA') in Quebec and primarily underwritten by Unifund Assurance Company ('Unifund') in the rest of Canada. Discounts on home insurance applicable only to policies underwritten by RSA and Unifund Eligibility requirements, Imitations and exclusions apply. Johnson, RSA and Unifund share common ownership Call 1-800-563-0677 for details.



Dues Structure

The Chinook Chapter will maintain our dues per member at \$10.00 for 2018.

We have ceased sending you pre-stamped envelopes. We will continue to send members a pre-addressed envelope for their convenience.

Please complete and return your 2018 "Chinook Chapter Active Membership Information" Sheet (blue page) along with your dues at your earliest convenience. If you are paying dues for multiple years, please note that on the form. Should you choose a more generous fee for 2018 please note on the form what amount is beyond the basic due fee and indicate same as a donation. Thank you!



Not a current Member of the Chinook Chapter? Has your Membership lapsed? Please join or re-join us. Membership is a modest \$10.00 per year (Membership runs from January thru to December). Just send us your completed Membership form (found on Page 15) along with your dues.

2018

Chinook Chapter Heritage Club

(circle applicable case) NEW MEMBER - PREVIOUS MEMBER

Registration and Dues Form

Members Name (please print)					
Name of significant other					
Address:					
		Postal Code:			
Email Address:		 			
Telephone Number:					
Start Date with CPC:					
Are you retired?_Y/N	Date of Retirement	Years of Service	_		
Any comments, suggestion	ns and interests you wou	ld like to share with us:			
-	SANTA LETTERS _	GOLF			
COMMITTEE WORK	(ASSIST CHAPTER I	EXECUTIVE)			
LUNCH WITH OTHER	R MEMBERS IN YOUR	AREA			
		Please make cheque <u>(\$10.00</u>) payable to: Chinook Chapter, Heritage Club			
MAIL TO: ATTN: Kathy Cunningham, Treasurer Chinook Chapter Heritage Club PO BOX 35003 SARCEE CALGARY AB T3E 7C7					
Membership Dues enclosed: \$					

Thank you

(Membership year runs from January to December)

Emailed notifications: If we have your correct email address on file, we will communicate with you by that means. One exception is our Fall Newsletter which is mailed to everyone.

If you prefer to receive our spring/summer/year-end newsletters via Canada Post please indicate (hard copy) on the registration form beside the email address line.

However, it is beneficial for you to provide your email address, because we will have the means to quickly distribute information that is pertinent to the pensions or an event that may at be of interest to you. Provide us with the email address but write (hardcopy) beside it so we know you are an exception for quarterly newsletters. Also, if you are on Facebook, keep an eye on our Chinook Chapter Heritage Club page for posts.

Contact Us:

Chinook Chapter Heritage Club PO BOX 35003 SARCEE CALGARY, AB T3E 7C7

heritagechinook@shaw.ca

All contact with the Chapter may be handled through written correspondence to our new address, email or starting now—via Facebook

Check out our new and much improved Heritage Club National Website: hhtp://heritageclub.ca/

This is your Newsletter

Do you have any ideas or suggestions for activities, projects or even charitable contributions for our Club.

What's happening in your Town or City? Do you have an article you would like us to publish? Do you need help organizing a Luncheon or event in your area? Let us know. We can help. This is your club, help us to give you what you want!



Your Executive:

President: Jean Benjamin 1st Vice Pres.: Katrina Duffin 2nd Vice Pres.: David

Atchison

Treasurer: Kathy Cunningham Secretary: Laurie Reid

