



NEWS

Chinook Chapter Heritage Club

2019
Year End Edition
Issue #47

Presidents Message

Hello All,

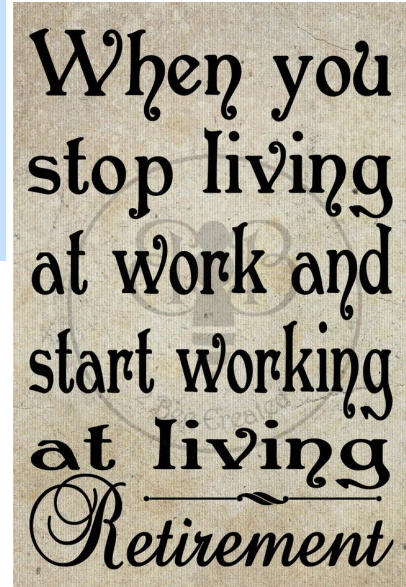
As we close out 2019 and welcome in 2020 we also close out our 30th Anniversary of the Heritage Club. In 1989 the Heritage Club was formed as part of a Canada Post employee recognition program. The motto of our program: "People Helping People" is as valid today as it was then. Our members continue to volunteer their time to our club as well as in their communities helping others.

As I start my first term as President of the Chapter I would be remiss not to thank Jean Benjamin, who stepped down in October, for her six years of service as President of our Chapter. We all thank her for her time.

Going forward into this term I am hoping to hear from as many members as possible. Your new executive is hoping to further extend the functions presented to you. We will be continuing in our efforts to plan more Stage West outings and also our monthly luncheons, however, we want to plan different events as well. How about a Golf Tournament? I know there are some avid golfers in our group. So, please email me and let me know if this is of interest to you or another event you would really like to see or do that we could possibly plan for you and your fellow Chapter members.

Until next time, have a safe winter everyone.

Laurie Reid
President
Chinook Chapter



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WELCOME
THANKS FOR JOINING US

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

Frances Iverson - Airdrie

Laurel Lowe - Coleman

Kendra Mastel - Dunmore

Greg Skow - Calgary

Welcome to New Members of the Chinook Chapter

Linda Bonham - Irricana

Cathy Breen - Calgary Keith McEwen - Calgary

**Our
Deepest
Condolences**



CommentsYard.com

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

Ron Hanson - Calgary

Walter Huff - Coaldale

Robert Smart - Langdon

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



CHARITABLE DONATIONS

At our Chinook Chapter Annual General Meeting and Luncheon held October 29th, a motion was passed to donate \$300.00 to the Calgary Food Bank. A further donation of \$250 to the Salvation Army Children's Christmas Program and a donation of \$250 to the Calgary Brown Bagging program.

As in past years the Chinook Chapter will also be donating \$100 each to the Lethbridge, Medicine Hat and Red Deer legions and also a \$100 donation to the Museum of the Regiments in Calgary.

OUR CHARITABLE DONATIONS ARE APPRECIATED

Some of our members have asked if our Donations actually make a difference to the Charitable organizations we support. The answer is YES! After our donation in October we received a letter from the Salvation Army which thanked us for our donation. Quote: "What a remarkable group of individuals! First, may I thank you all for your service in Canada Post. Your work is often thankless, but so appreciated by the entire nation. Thank you for not leaving the most vulnerable in our community out in the cold. Your generous donation of \$250.00 will touch the lives of those in need in our community." They also went on to say that with our support 261,000 people were helped last Christmas with food hampers and toys.

The "Brown Bagging for Calgary's Kids" program let us know that "100% of their budget is donated by you, people who care about kids and want them to have the healthy lunch that they need to be successful. We are grateful for your support. We maximize every dollar of your investment to not only feed hungry kids today, but also to end childhood hunger for good in Calgary."

REMEMBRANCE DAY 2019

We want to thank our volunteer Al Roberts for again this year representing Canada Post at the Remembrance Day ceremony at the Museum of the Regiments in Calgary.

In Red Deer we appreciate that Kaye Born volunteered to represent the Chinook Chapter and lay our wreath at the Legion ceremony there.

If there is a member in Lethbridge or Medicine Hat who would be interested in laying a wreath on behalf of Canada Post in their respective city next year please email us at:
heritagechinook@shaw.ca



SANTA LETTER WRITING PROGRAM 2019

There was a significant rise in the number of volunteers, most of them internally within Canada Post, as well as our members who answered the call to participate in the program this year.

Thank you to all of our Heritage Club members who volunteered their time again this year. Although we were off to a slow start we managed to answer 3800 letters, putting in 760 hours.

We are once again looking for a Santa Coordinator for next year. If you are interested in helping out the Chapter in this capacity please email us at: heritagechinook@shaw.ca.

Thanks again everyone till next year!



On November 26th, 37 of our Chinook Chapter members joined the Chapter Executive at the Winston Golf Club to celebrate our annual Christmas luncheon. Thank you to all that attended. As always, the Winston staff presented us with a fantastic three course Turkey lunch with all of the trimmings. The banquet room was beautifully decorated this year with white tablecloths and red napkins, very festive! Our lucky 50/50 winner, again, this year was James Hamilton who took home \$60.50. Congratulations, James!

As we have done for the last few years we asked our members to donate “unwrapped” toys for the Salvation Army and food donations for the Veteran’s Food Bank. Thank you to all who helped us with this request and donated generously. These two organizations were very appreciative of your kindness and generosity for those less fortunate this year.



At our reception desk : Executive members Carolyn Paulson and Kathy Duffin

Photo Gallery

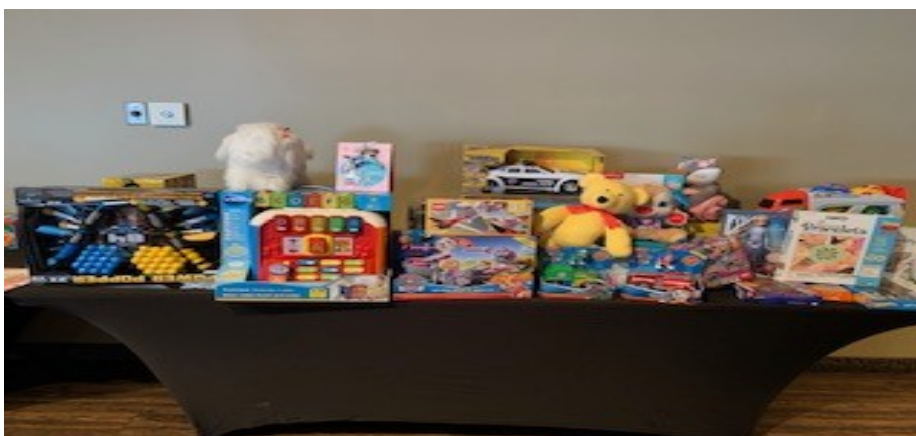
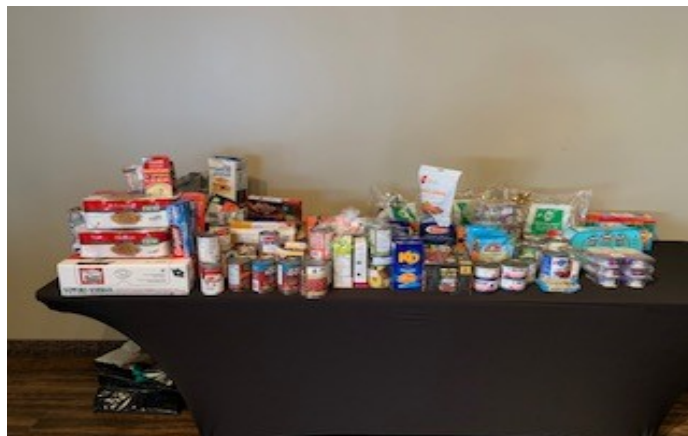


Photo Gallery

...Continued



2020 NOTICE
HERITAGE CLUB - CHINOOK CHAPTER

ALL RETIRED POSTAL EMPLOYEES, FAMILY AND FRIENDS ARE INVITED TO COME TO OUR MONTHLY LUNCHEONS. PRICE: \$22.00

Last Tuesday of each month, except **July & December** at the Winston Golf Club, 2502 - 6 Street N.E.

<u>LUNCH DATES/MENU</u>	<u>RESERVATION DEADLINE</u>
January 28- Chicken Kiev	10 a.m., Friday, January 24
February 25- Roast Pork	10 a.m., Friday, February 21
March 31 - Chicken Stir Fry	10 a.m., Friday, March 27
April 28- Ham/Scalloped Potatoes	10 a.m., Friday, April 24
May 26 - Beef Stroganoff	10 a.m., Friday, May 22
June 30 - Steak	10 a.m., Friday, June 26
July- NO LUNCHEON	
August 25 - Salmon or Chicken	10 a.m., Friday, August 21
September 29- Lasagne & Salad	10 a.m., Friday, September 25
*October 27- Roast Beef	10 a.m., Friday, October 23
Heritage Club AGM to follow lunch	
*November 24- Roast Turkey	10 a.m., Friday, November 20
Christmas Lunch, donations for the Food Bank and Toy Mountain.	
DECEMBER -NO LUNCHEON -See you in 2021	

RESERVATIONS ARE NECESSARY!!

PLEASE call or e-mail before 10:00 a.m. on the Friday before the Luncheon.

Katrina (Kathy) Duffin Phone: 403-244-5215 / cell 587- 834-1622
or e-mail: katrinaduffin@shaw.ca
If something comes up that you cannot come after all, please let me know.



We have included the latest information from our Friends in Van Fraser Chapter's November/December newsletter below. Please be advised, however, that we can not guarantee the availability of any trips listed. Please ensure you contact the Van Fraser Chapter immediately if you see something of interest to you as their occupancy for these trips is limited and is offered to their members first.

**2020 TRAVEL OPPORTUNITIES
CANADA POST HERITAGE CLUB MEMBERS AND FRIENDS**

March 15/20 48 day cruise , Repositioning from Fort Lauderdale to Vancouver ,all around South America on the Koningsdam. Visit Barbados; French Guiana;3 ports in Brazil; Uruguay; Buenos Aries, Argentina (overnight);3 ports in Chile plus cruising the Chilean fjords; cruising through the Strait of Magellan; Peru; Costa Rica; Nicaragua; Guatemala; Puerto Vallarta; San Diego; Victoria and disembark in Vancouver! Inside cabins from \$5499.00 plus taxes. Call for a brochure **and current promotional prices.**

May 3/19 13 day Spring Bus visiting Rapid City ,South Dakota for five days seeing all the parks in the area, including amount Rushmore, Custer, Badlands, Deadwood and 2 days in Yellowstone National Park. Call for availability.

NEW!! Partnership with Collette Tours.

October 17,2020 SHADES OF Ireland ,Highlites are Dublin, Irish Evening, Choices on Tour, Kilkenny, Waterford, Blarney Castle, Killarney, Ring of Kerry, Farm Visit, Jaunting Car Ride, Limerick, Cliffs of Moher, Galway, Castle Stay.

February 17-28,2020 Sunny Portugal, Visit Portuguese Riviera Lisbon, Sintra, Obidos, Fatima, Evora Alentejo, Sagres, Lagos and more. \$4179.00 pp includes air, hotels and some meals.

April 14-20 ,2020 Reflections of Italy ,visit Rome, Assisi, Florence and Venice. \$5664.00 pp includes air, hotels and some meals. Call for information brochures.

June 22,2020, 10day Cruise on the Queen Elizabeth, Vancouver Return. Visit Ketchikan, Juneau, Sitka, Icy Straight, Victoria and both Hubbard and Glacier Bay. Inside cabins from \$2014.00 plus taxes.Call for current price as prices fluctuate regularly.

July 13,2020 14 day cruise on the Maasdam, "a classroom at sea". Visit Juneau, Ketchikan, Skagway,Anchorage, Homer, Haines, Inian Islands, Valdez, Misty Fjords, Tracy Arm, Hubbard Glacier on this Vancouver Return Trip. A unique opportunity to explore the coast in depth with special lecturers, photography expert, local culinary experiences. Opportunities for fishing. Call the Heritage Club for detailed information sheets. Call for current price.

October 16-28,2020 12 night Eastern Canada/ New England cruise on the Empress of the Seas, cruising from Montreal to Miami, visiting Quebec City, Sydney, Halifax, Saint John, Bar Harbour, New York, Port Canaveral and Miami. Inside cabins from \$1097.00 CAD per person including taxes and oceanview from \$1216.00 CAD pp including taxes. Air fate is extra. plan to stay in Miami post cruise.

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 2019 and paid your dues to be covered. Contact the Heritage Club office for info on MEDOC and for more information on any trips. Also, information for MEDOC coverage for your family and friends.Van Fraser Heritage Club: 604 482-4311 or email: vanfrasernews@gmail.com

NOTE: cruise prices change regularly as new promotions are introduced.To be sure you have current information and to hear about last minute specials, be sure you have ticked the Travel Club box on your annual registration form. We frequently send emails with travel updates to those members on the Travel Club distribution list.





Scholarship Program

2019 Heritage Club Scholarship Results

The Heritage Club Scholarship Program was a great success in 2019, with a number of strong candidates for our three awards. The winners have shown a high academic standard, and widely varied interests. A constant theme runs through all of their activities, a strong work ethic and a sincere desire to be of service to their peers and their communities. These young people are a credit to their families and are to be congratulated for their achievements. We are delighted to be able to assist them on their way forward. The winners are:

Rebecca Salehi

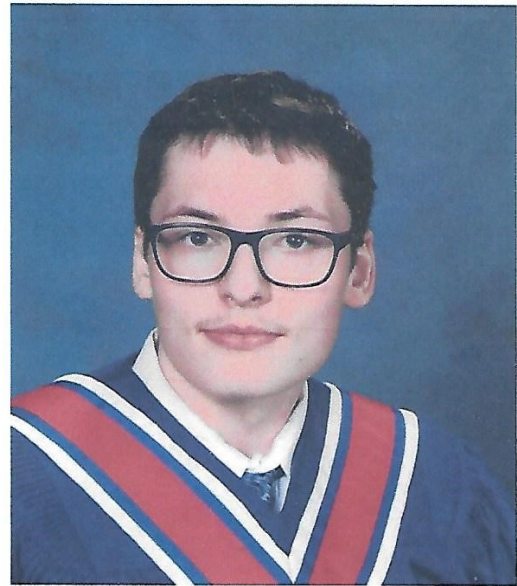


Rebecca Salehi is the grandchild of PineRidge executive member Bernard Snyder. Rebecca truly exemplifies the Heritage Club motto "People Helping People" through her involvement with the BESTBUDDIES, a non-profit organization for students with developmental and intellectual difficulties. While maintaining a 90+ academic average as well as playing and coaching several sports, Rebecca was chapter president of BestBuddies, more than doubling previous membership, overseeing a greatly increased budget, and personally mentoring her own "buddies". We congratulate Rebecca on her generous and community minded

spirit, and wish her every success as she commences her Health Science studies at Wilfrid Laurier University.

Evan Sarkozi

Evan Sarkozi is the grandchild of Van-Fraser member Thomas Pike. Evan is a very successful, well-rounded individual, who has demonstrated varied interests and achievements in multiple areas. His 90+ academic average shows his dedication and competence, while he also shows a strong interest in computer programming, robotics, physical fitness, creative writing, and peer mentoring. Evan tutors several students in Pre-Calculus, and mentors several others in fitness training. Such diverse interests will undoubtedly assist him as he works through life's challenges. We wish Evan continued success as he begins his program of Computer Sciences at Simon Fraser University.



Madison Poitras

Madison Poitras is the grandchild of Heartland member Vernon Macready. Maddie has shown a great deal of community and school volunteerism, and has maintained a steady 90+ academic average. Through her involvement in peer mentoring, student council, musical achievements, and extra-curricular projects she has proven to be an enthusiastic and capable young woman. Her interest in science, biology in particular, is driving her course selection at the University of Manitoba, and we

hope that this scholarship will assist her in achieving her goals. Congratulations, Maddie, and good luck.



Just a
friendly
reminder...

RENEW YOUR MEMBERSHIP

As we indicated in your Fall Newsletter your membership dues for 2020 are due. We currently have 101 (2019) Members who have yet to renew their 2020 memberships. The advantages to renewing your membership include reduced membership at “Good Life Fitness”, upon retirement and excellent rates on Auto, Home and Travel Insurance with “Johnson Insurance”. You must be an active paid member to access these services.

If you are one of these members please complete and return your membership renewal form along with your dues (\$10.00) at your earliest convenience. You will find a 2020 renewal form on page 13. If you are paying dues for multiple years, please note that on the form. Should you choose a more generous fee for 2020 please note on the form what amount is beyond the basic due fee and indicate same as a donation. Thank you!

If you are not sure if you have paid your dues or have paid them but have not received your 2020 membership card please email us at: heritagechinook@shaw.ca.

2020

Chinook Chapter Heritage Club

(circle applicable case) NEW MEMBER - PREVIOUS MEMBER

Registration and Dues Form

Members Name (please print) _____

Name of significant other _____

Address: _____

City/Town: _____ Prov _____ Postal Code: _____

Email Address: _____

Telephone Number: _____

Start Date with CPC: _____ mo/day/year

Are you retired? Y/N Date of Retirement _____ **Years of Service** _____

Any comments, suggestions and interests you would like to share with us:

TRAVEL CLUB _____ SANTA LETTERS _____ GOLF _____

COMMITTEE WORK (ASSIST CHAPTER EXECUTIVE) _____

LUNCH WITH OTHER MEMBERS IN YOUR AREA _____

CULTURAL _____

TOTAL NUMBER OF VOLUNTEER HOURS YOU HAVE DONATED IN 2019 _____

**Please make cheque (\$10.00) payable to:
Chinook Chapter, Heritage Club**

MAIL TO:

**ATTN: Kathy Cunningham, Treasurer
Chinook Chapter Heritage Club
PO BOX 36118 LAKEVIEW RPO
CALGARY AB T3E 7C6**

Membership Dues enclosed: \$ _____
(Membership year runs from January to December)

Thank you

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 newsletter 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 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 36118 LAKEVIEW RPO
CALGARY, AB T3E 7C6

Phone: 587-998-9769

heritagechinook@shaw.ca

All contact with the Chapter may be handled through written correspondence to our address, by phone, email or via Facebook

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

This is your Newsletter

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

How about your town or city? What's happening? 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: Laurie Reid
1st Vice Pres.: Katrina Duffin
2nd Vice Pres.: Carolyn Paulson
Treasurer: Kathryn Cunningham
Secretary: Evelle Rock

