



Heartland Chapter – Heritage Club Newsletter

February 2016

President's Message

As we enter into a new year, we find ourselves in a great El Nino winter, holding off the blistering cold but not the tons of snow. With hopefully an even warmer spring in some 50 days or so.

The new year also brings with it a big change in our executive. Mike Bonnie our treasurer for many years has finally had enough of the cold and snow. So he has pulled up a life time of roots and moved to the interior of BC. Mike has always been a person who could not sit still doing nothing as a result he spent a lot of time working on behalf of the Heritage Club, as well as at many other activities, such as bowling, golfing, breakfasts and luncheons with his many friends. So now he is able to sit in the hot sun, just watching the grass struggling to grow in the hot dry climate. On behalf of all the Executive and members of the Heartland Chapter I wish to Thank Mike for his work on behalf of the Chapter, and wish him well in this new chapter of his life.

I would also like to welcome Paul Pelletier, who has accepted the position of Treasurer. Until his recent retirement Paul spent many years with the Post Office, finishing his career in the Postal Outlet of 266 Graham Ave as Supervisor

***Look for us on our new website
www.heritageclub.ca***

We look forward to your continuing support at all our functions some of which are listed in our newsletter .

Heartland Chapter – Heritage Club
400 McDermot Ave.
Winnipeg, Mb R3A 0A9
(204) 987-5010

Email – heartlandchc@gmail.com

Office hours 9:30am to 12:00 noon
Monday and Thursday
Our answering Machine will take your
Message outside of these hours.

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Executive Phone numbers are listed in the event that immediate contact must be made which cannot wait for office hours.

Chapter Executive:

President -	Harold Onagi	832-4398
1 st Vice President	Gord Arseny	668-6604
2 nd Vice President	Eileen Hay	222-5412
3 rd Vice President	Betty Johnstone	253-1325
Treasurer	Paul Pelletier	237-3244
Secretary	Darlene Fleming	415-7330
Adm. Officer	Ed Paleshnuik	253-9464

Activity Councils

Wpg. & Area	Larry Born	667-4236
Brandon & Area	Murray Sangster	728-7489
T. Bay Nth W. On	Don Rosengren	(807) 345-1624
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Newsletter Editor 1st Vice President,

Gord Arseny!

Harold Onagi *President*

ANNUAL DUES

Annual Membership Dues are still only \$10.00. Annual dues cover the year starting January 1st to the end of December each year. When you pay your dues you will receive an active member card with the coverage year in large print. The card will bear your active member number on the lower right hand side. The number will start with the year you are paying for, IE: 161234. When you are asked for this number (event applications etc,) please quote the full number starting with the 16

All active members will be kept up to date on all information and activities within the Heartland Chapter.

Please remember we will only print our labels for people who have paid. So if you have not submitted your dues by June 30, of the current year you will not get any further local mailings.

Non-Active members will continue to receive information being mailed by the National Office of the Heritage Club as well as an annual newsletter from the Heartland Chapter related to the Chapter's annual meeting.

A reminder of annual dues will be printed in all issues of the newsletter, so please keep your card handy to check if it is current. In the past a few people have sent in annual dues each time they see the below submission form.

REMEMBER you must be a dues paying member to qualify for continued Medoc coverage
Please use a cheque, payable to

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2016 Fiscal Year Heartland Chapter Annual Dues

2016 Fiscal Year (Jan. 1 to Dec. 31, 2016) Heartland Chapter Annual Dues

Dues 2016 - \$10.00 Dues 2017 - \$10.00

Charity for 2016 - Charity for 2017 -

TOTAL CHEQUE: \$ _____

Address: _____

City: _____ Postal Code: _____

2016 ANNUAL MEMBERSHIP

Thank you to the 218 members who have paid their 2016 annual dues already!
Remember that members who pay their annual dues by June 30 of each year will receive the other chapter newsletters issued throughout that year.

TREASURER'S 2016 REPORT

Opening Balances – Jan. 2, 2016	
Operating Acct.	\$ 14,866.61
Reserve Acct.	\$ 1,890.92
Premium Savings	\$ 4,548.67
Proposed Budget – 2016	
Revenue	\$ 6,500.00
Expenses:	
Transportation	\$ 3,000.00
Office	\$ 500.00
Printing	\$ 1,000.00
Meeting	\$ 2,000.00

Paul Pelletier
Treasurer

2015 ANNUAL MEETING

The Annual Meeting held on Thursday Sept. 17, 2015 was attended by 68 members and spouses. As usual the food was good, and I doubt anyone left hungry! The President, Financial Officer and Knitting Coordinator gave their reports and had them seconded by a member. Betty's jokes, as usual, got everyone laughing. We were pleased to welcome Murray Sangster and wife, along with another couple from Brandon at this meeting.

CHRISTMAS LUNCHEON 2015

Hello all! Our Christmas luncheon was an unqualified success! 96 people attended; among those were several new attendees. It is great to see some of our newer members joining us to celebrate the season. There were lots of positive comments on the menu and I think they were deserved. It was great! The silent auction, 50/50, and bike sales were very good. Thanks to all who bought tickets. The bike will be drawn for at the May luncheon, and the winner will have no excuses not to "get on your bike and ride" to quote the Rolling Stones. As the tickets have names, if you are not able to attend, you will be contacted. Our guest, Donna Korade from the Misericordia Foundation was made welcome. Paul had a bit of fun with his "pick a number" game for tax receipts, and he was a busy bee with our new camera. Look forward to seeing yourself next year on the picture board; the "tin for the bin" table looked amazing with all the items you brought. Agape table is the clubs' chosen recipient for this food.

In closing, we look forward to seeing you at one or all of our upcoming events, including the May and September meeting at the Royal Fork, or one of the golf tournaments, Southside or Oakwood. Betty and I wish you all good health 'till we see you again.

Eileen & Betty

If you recently moved, please provide us with the following information. Thank You!

(Please print)

Name: _____

Old Address: _____

Old Phone Number: _____

New Address: _____

New Phone Number: _____

Send to the Heritage Club Office at:
400 McDermot Ave.
Winnipeg, Mb. R3A 0A9



Some of the food donated at our Christmas Luncheon. All food items were donated to the Agape Table for their program to feed members of our community who need a little help.



BOWLING

If you are interested we have open random team bowling every second Wednesday at Coronation Lanes at 13:00 hours.

We usually have 8 to 12 bowlers. Everyone is invited. Shoe rentals and 3 games will cost \$6.00. Tentative start date for 2016 is January 13th and will go on to the last week of April. See you there!!!



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2016 GOLF NEWS AND ACTIVITIES WINNIPEG & AREA

Once again as in past years your Golf Committee has scheduled three golf tournaments for the coming year.

We will be using a golf list of golfers who have participated in at least one golf outing over the past two years. The golfers on this list will be sent application forms for these three tournaments as they are scheduled.

Members can also call the office (204)987-5010 or drop in and ask for Larry Born. He will have a supply of entry forms for each tournament on hand. You may also pay in the office for each tournament without an entry form.

The Golf Committee changed the spring and fall venues from Shooters to Southside in the fall of 2015. The golf course is located at 2226 Southside Road off 59 Highway.

The golf committee has booked the 2016 tournaments as follows:

May 11, 2016 (Wednesday) 18 Hole Texas Scramble at Southside Golf Course.

June 15, 2016 (Wednesday) 18 Hole Ed Sedleski Annual Golf Tournament at Oakwood Golf Club.

Sept. 7, 2016 (Wednesday) 18 Hole Texas Scramble at Southside Golf Course.

Hope to see you there!

Larry Born
Golf Chairman



Congratulations to the 2016 Ed Sedleski Annual Golf Tournament at Oakwood Golf Club

SOUTH WEST ACTIVITY COUNCIL 2015 Year End Report

At South West Activity Council of Manitoba, based in Brandon, we had another very good year. We held nine regular monthly luncheon meetings and a lawn bowling event with a pot-luck supper in lieu of a June meeting.

Our average attendance was between 19 and 20, up over 2 from last year. We had an increase in total paid members, up from 26 to 39, which is very gratifying for me. After taking June and July off, we reconvened by holding our September 8th luncheon meeting at Sandhills Casino, south of Carberry.

We had an all-time high of 40 people attend from S.W. Activity Council and were joined by 8 members from the Executive of the Heartland Chapter in Winnipeg. Following a short meeting including reports and/or messages from Heartland, we enjoyed a delicious smorg lunch in the dining area. By all reports it was deemed to be a huge success so tentative plans for next September meeting are already being considered.

Our members have very generously donated time and money as well as food, clothing, etc. to various charities such as Samaritan House, Helping Hands (soup kitchen), Westman Women's Shelter, Churches, United Way, Cerebral Palsy, Sun Fund for Kids, Children's Hospital Foundation and Making Waves (a swimming program for children with disabilities).

Thank you to Carole Sangster for arranging and hosting a group of members to assemble 103 bags of toiletries for the Women's Shelter. Thank You to Elsie Czerkawski, Sharon Gray , Carol Shelvey and Millie Wenger for attending and helping with that. Thank you to Carol Shelvey and a friend of Elsie's for making bags from fabric which has been donated to us. Also, thank you to Carole Sangster for her knitting.

Wendy Shoemaker and Len Wenger both made suggestions to purchase items required by the different organizations rather than giving cash which may just go into general revenue. It was moved by Elsie Czerkawski, seconded by Elaine Graham, to donate \$105.00 to Samaritan House for baby food and \$105.00 to Women's Shelter for women's products, and to accept Wendy Shoemaker and Sharon Gray's offer to purchase and deliver said items. Carried.

Len Wenger moved that we donate \$150.00 worth of vegetables to Helping Hands, seconded by Faye Ellis. Carried. Len volunteered to purchase and deliver them.

A big "thank you" to Wendy, Sharon and Len for their contribution to these needy causes

The values and totals of our donations are as follows:

CASH DONATIONS:

Sun Fund for Kids	\$ 100.00
Making Waves	\$ 150.00
Children's Hosp. Foundation	\$ 100.00
Individual member's cash	
Donations	<u>\$1,155.00</u>
TOTAL	\$1,505.00

CLOTHING AND FOOD:

Samaritan House (incl. Tin for The Bin)	\$ 368.05
Women's Shelter	\$1,341.00
Helping Hands	<u>\$ 621.65</u>
TOTAL	\$2,330.07

OVERALL TOTAL **\$3,835.70**

With the increase in paid members and attendance at our monthly luncheon meetings, I anticipate another great year in the Heritage Club. "Best Wishes" to each and everyone for the New Year!

Murray Sangster

Chair, Southwest Activity Council

SLEEPING GIANT ACTIVITY COUNCIL

Members and friends meet the last Friday of every month for lunch at the Port Arthur Curling Club, 214 Egan St., Thunder Bay.

For further information contact:

Don Rosengren

Chair, T. Bay Nth W. On (807)345-1624



KNITTING, KNITTING, KNITTING !!!

The 2015 knitting program in Winnipeg was a smashing success!

Winnipeg received knitted items from Sheila Llewellyn, Shirley Evans, Jacqueline Berube, Margit Walker, Ruth Jarmoc, Gwen Battaglia, Ruth Blackadar, Savellia Love, Ted Marcinkowsky's friend Larry Pelzer and Nelli Boland, all from Winnipeg as well as the late Betty Giesbrecht & Anne Krahn from Niverville, Margaret Leary from Miniota, Pauline Novak from Kenora and Donna Roberts from Dryden. This year a total of 811 items were donated with an approximate value of \$4,818.00.

This year items were delivered to Wolseley Family Centre & Koats for Kids.

Both the Winnipeg group and the Brandon group could sure use some help. Is there anyone out there who would be willing to join these groups? You'll find it very rewarding and will help make our communities a better place to live.

Thanks for your continued support for this program and your many hours of work. Many less fortunate in our communities will be a little warmer this winter thanks to your efforts.

As coordinator of the "Knitting for Charity" program, I would like to personally acknowledge and thank those who helped. Special thanks to Gord & Georgette Arseny. This program would not succeed without you.

Thanks Again!

Ed Paleshnuik

Knitting Coordinator

IN MEMORIAM 2015 AND 2016

Janzen, Peter
Gay, Carl
Trylinski, Ed
Anthony, Michael
Mossop, Clem
Klatt, Ed
Sylvester, Fred
Lennox, Ken
Jolly, Lorne
Laramée, Olga
Giesbrecht, William
Kolsun, Ernie Eddie
Elias, John

This list consists of members who have passed that we are aware of. We regret any omissions

NEW MEMBERS AUG. 2015 – DEC. 2015

Hutchings, Marian
Lee, Ian
Foulds, Robert
Raabel, Thelma
Robertson, Debbie
Robertson, Malcolm
McKee, Irene
Morin, Estelle
Right, Ken
Karlson James
Penner, Wendell
Rinn, Brian
Yates, Helen
Jones, Robert
Enns, Hazel
Dureault, Real

ANNUAL BANQUET THURSDAY MAY 5, 2016
ROYAL FORK BUFFET RESTAURANT – 1615 REGENT AVE. WEST
Seating at 11:00 am Lunch at 11:30
First 80 people will be accepted (due to space constraints)

Join us for a delicious meal from a large selection of food. Get a group together of former co-workers to join you for a meal and reminisce about your years of work and play, or come out and make new friends.

Cost per person includes beverages, taxes and a dollar towards our charity fund.

\$15.00 active member, \$16.00 active member's spouse, \$18.00 additional guest(s)

PLEASE BRING A NON-PERISHABLE FOOD ITEM FOR THE LESS FORTUNATE IN OUR COMMUNITY

Please complete and return for your Annual Banquet tickets

NAME: Active card no:

ADDRESS: CITY: CODE:

Number of Tickets: @ \$15.00 Active Member @ \$16.00 Spouse or one guest: \$

Number of Tickets: @ \$18.00 each for non-active member, spouse or guest: \$

Please quote your active member number to qualify for active member price. Completed order form and full payment must be returned to the Heritage Club, no later than April 28, 2016

The Heartland Chapter – Heritage Club, its' servants or agents, is not liable for any injury, loss or damage to personal property arising from or in any way resulting from participation in these activities.

**TAKE A BREAK FROM YOUR DAILY
ROUTINE AND COME OUT TO SOME OR
ALL OF YOUR CLUB ACTIVITIES**

FUN GOLF DAY TEAM SCRAMBLE
Southside Golf Course 2226 Southside Road
Wednesday, May 11, 2016 Tee Off at 12:00 noon

Green fees for 18 holes will be \$25.00 (taxes included) \$1.00 green fee will go to charity.

18 hole green fee and shared power cart is \$35.00 (taxes included) \$1.00 green fee will go to charity.

Please complete and return form with full payment to:
The Golf Committee, Heritage Club, 400 McDermot Ave. Wpg. Mb. R3A 0A9
By May 5, 2016

Name (Member): Phone:

Name (Guest):

Green Fee @ \$25.00 each: \$ Green Fee & Shared Power Cart @ \$35.00 Total: \$

The Heartland Chapter – Heritage Club, its' servants or agents, is not liable for any injury, loss or damage to personal property arising from or in any way resulting from participation in these activities.

HERITAGE CLUB MEMBERSHIP

Membership consists of active and non-active members who take part in various activities throughout the year.

Advantages of being an active member (paid up dues) include but are not limited to:

- Activities that carry a cost per participant can be attended by active members at a reduced cost.
- Receive discounts at hundreds of retail stores and services through access to Work Perks.
- Receive access to Medoc (the best travel and cancellation insurance at a price other carriers cannot match or beat).
- Receive access to house and car insurance.
- Receive access to Fitness Clubs.
- Receive access to Members Website (similar to facebook but only available to retired Canada Post Employees who are active Heritage Club Members).
- Access the Heritage Club website.

MEDOC TRAVEL INSURANCE

Attention to all members; in order to be eligible for Medoc Travel Insurance you must be current with your yearly membership dues. That means the \$10 for 2016 must be received in our office and this years' active membership card issued.

Remember \$10.00 could save you thousands, or even more should you be unfortunate enough to become seriously ill while travelling.

PLEASE NOTE: New member applicants should be aware that upon completion of the application for Medoc Travel Insurance the entire turnaround process is approximately 8 to 9 weeks.

To those who are paid up, thank-you, and enjoy your worry-free travel. To those who are not well, better get that cheque written!!!

Our address is 400 McDermot Avenue
Winnipeg, Mb. R3C 0A9

HERITAGE CLUB WEBSITE

The Heritage Club website is up and running. Use our website to see what's happening in all our Chapters
Heritageclub people helping people

The Canada Post retired employees website is now online. You go to " *Canada Post alumni*" to access information including forms and material related to retirees.

HEARTLAND CHAPTER – HERITAGE CLUB ELECTION OF OFFICERS

According to the will of the membership, election of members to the Executive will be conducted by mail-in ballots. Members of the Executive are elected for two-year terms. Half of the Executive members are elected on alternating years in order to allow continuity of transition.

Please ensure that the person you nominate is fully aware of your nomination and has given his/her consent to stand for elections.

OPEN FOR NOMINATION

POSITION	NOMINEE	NOMINATOR
President		
2 nd Vice-President		
Secretary		

Send completed forms to:

Heartland Chapter – Heritage Club
Canada Post Corporation
400 McDermot Ave.
Winnipeg, Mb. R3A 0A9

Nominations must be received no later than Thursday March 24, 2016



Donna Alback, Program Manager, Koats for Kids, United Way of Winnipeg with some of the more than 400 , touques, scarves and pairs of mitts, donated by the members of the Heartland Chapter.

Thanks to the many members and friends of the Heartland Chapter Heritage Club for your continued hard work for those in need in our community.

Letter from the United Way

To the Membership,

Our program is coming to a close for another season and it is time to thank all those who helped keep over 6,000 children warm this winter

On behalf of the United Way of Winnipeg and all the children, thank you for the wonderful donation. The donations were sent out into the community within days of Harold dropping them off to the Koats for Kids Program.

Thank you for once again being part of the Koats for Kids Program.

Donna Alback
Program Manager, Koats for Kids
United Way of Winnipeg



Eileen Hay, 2nd Vice President Presents cheque For \$1,000.00 to Donna Korade at our annual Christmas Luncheon. The money was raised over the last year through the generous contributions at our fund raisers by the members of Heartland.

MISERICORDIA FOUNDATION

Your continued support of our club enabled us to once again give a cheque for \$1,000 to this worthy cause. It will be used to purchase a special chair in line with our chapter's fund raising drive to replace worn chairs on each floor. These chairs provide comfort to patients while undergoing treatment.

So far we have given funds for 3 chairs. Donna Korade, who attended our luncheon, is our new contact at the Foundation. Patti Smith has accepted a position at Cancer Care.

Should you ever be in the hospital, look for the bench bearing our plaque on the top floor near the atrium garden.

Cambrian Chapter

The Cambrian Chapter once again finds itself without an active executive in place. Until a new executive from the area becomes available the Heartland Chapter will conduct business for the Cambrian Chapter. Please send us any news, topics of interest, changes of address, etc and we will include these items in our newsletter. However bear in mind that all printing and mailing costs are charged to the Chapter and therefore some newsletters are only sent out to Active Members. As you can see by the above noted information there is an advantage to being an active member. (Dues paying).

Just using the Travel and Cancellation Insurance, our members across the country save hundreds of dollars. Dues paying members in Ontario can also take advantage of automobile insurance from Johnsons as well as home insurance

Should you or anyone you know be interested in an executive position with the Cambrian Chapter The National Executive of the Heritage Club would be pleased to hear from you. The job is not very complicated or time consuming. And there will be as much assistance as needed to help form a new executive. Please feel free to contact the undersigned at the address listed on the first page.

Harold Onagi,
3rd National Vice President

We need your help

After each of our mailings we receive a large number of items back endorsed as unknown, moved with no forwarding address, etc. We would appreciate hearing from you if you know of any former or current employees of Canada Post who has moved or indeed no longer in a position to receive our mailings.

Important Information you may want to file

TIME MARCHES ON: As each year passes the inevitable march of time claims our members. As we travel this road of life, we should give thought to our loved ones and be prepared for the end of our journey. Some of the things we can do to make the end easier for those we leave behind are:

- Complete a current Will and Testament
- Designate a Executor(s)
- Record financial information, (Income, Savings Accounts, Safe Deposit Boxes, Investments, Debts, location of important documents, etc.)
- Prepare a list containing your last wishes ie: type of service, final arrangements etc. This document will help survivors who make expensive emotional decisions rather than decisions more in line with how you want things done. Some people even prepare a statement for the service, name speakers at the service, special people to recognize.
- Some people also make pre-arrangements, ie: pay in advance for all arrangements.
- A useful booklet is available at all funeral homes which contains more important information.

WHO TO CONTACT FOR INFORMATION IF YOU ARE THE SURVIVING SPOUSE OF A RETIRED EMPLOYEE

CANADA POST: HUMAN RESOURCES: (204) 987-5010 ext. 75279

CANADA POST PENSION SERVICE: 1(800) 480-9220 Mon. to Fri. 8am to 4pm eastern time

SUPERANNUATION: 1(800) 561-7930 Mon. to Fri. 8am to 4pm local time

OLD AGE PENSION: 1(800) 277-9914

CANADA PENSION PLAN: 1(800) 277-9914

CANADA POST EXTENDED HEALTH PLAN: (Administered by Great West Life) 1(800) 249-5723

PUBLIC SERVICE HEALTH CARE: (Administered by Sun Life) 1(888) 757-7427

PENSIONERS DENTAL PLAN: (Administered by Sun Life) 1(888) 757-7427

MEDOC: 1(866) 606-3362