



Heartland Cambrian Chapter

February 2017

President's Message

Wow, what a way to end an old year and enter a new one. Our Annual Christmas get together was severely affected by a lot of blowing snow, preventing so many people from attending. However the many members and friends that did turn out had a good time. We did have a large amount of food left over as we had to pay in advance, on the bright side was the fact that many less fortunate had a chance at a great meal as the food was donated to Agape Table. Then comes a blizzard Christmas day with more snow than we had all last year falling. With a bone chilling cold spell. But heres some news that may warm you up a bit. Very shortly active members will have a way for their grown children and member's siblings to take part in being an active member in the Heritage Club. This would include such things as being eligible for Medoc Insurance, House insurance, supplementary car insurance, discounts in our activities, etc. So keep tuned!

As we enter a new year I would like to take this opportunity to wish each and every one much health, happiness and prosperity for 2017.

**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
1462 Church Ave.**

Winnipeg, Mb. R2X 1G4

(204)987-5010

e-mail – heartlandchc@gmail.com

Office hours 9:00am 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 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	Buzz Lamond	452-7824
Brandon & Area	Murray Sangster	728-7489
T.Bay Nth. W. On.	Don Rosengren	(807) 345-1624

**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, i.e. 171234. When you are asked for this number (event applications etc.), please quote the full number starting with the 17----- . 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: Heartland Chapter.

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2017 Fiscal Year Heartland Chapter Annual Dues

2017 Fiscal Year (Jan. 1 to Dec. 31, 2017) Heartland Chapter Annual Dues

Dues 2017 - \$10.00 Dues 2018 - \$10.00

Charity for 2017 - Charity for 2018 -

TOTAL CHEQUE: \$ _____

Address: _____

City: _____ Postal Code: _____

2017 ANNUAL MEMBERSHIP

Thank you to the 405 members who have paid their 2017 annual dues already!
Remember that members who pay their annual dues by June 30 of each year will receive all other chapter newsletters issued throughout that year.

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 election.

OPEN FOR NOMINATION

POSITION	NOMINEE	NOMINATOR
1 ST Vice- President		
3 rd Vice-President		
Treasurer		

Send completed form to:

Heartland Chapter – Heritage Club
Canada Post Corporation
1462 Church Ave.
Winnipeg, Mb. R2X 1G4

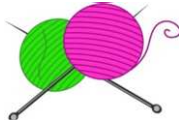
Nominations must be received no later than Thursday, March 23, 2017

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 Member's Website (similar to facebook but only available to retired Canada Post employees who are active Heritage Club Members).
- Access the Heritage Club Website



KNITTING, KNITTING, KNITTING !!

The 2016 knitting program in Winnipeg was a success!

Winnipeg received knitted items from Sheila Llewellyn, Margit Walker, Ruth Jarmoc, Gwen Battaglia, Ruth Blackadar, Savellia Love, Ted Marcinkowsky's friend Larry Pelzer, all from Winnipeg. Myrna Cunningham returned after a one year absence, and Nicola Cairns joined our group. Anne Krahn and her niece from Niverville, Margaret Leary from Miniota, and Pauline Novak from Kenora were joined this year by Linda Zolondek from Letellier. Darlene Heron donated her knitting directly to Urban Meals.

This year a total of 812 items were donated with an approximate value of \$7425.00

This year items were delivered to Wolseley Family Centre, Koats for Kids, and Agape Table. 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 will 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 cold winter thanks to your efforts.

As coordinator of the "Knitting for Charity" program, I would like to personally acknowledge and thank those who helped, Elvira and Larry Born, Nancy and Harry Onagi, Gail and Buzz Lamond, Betty and Marion. Special thanks to Gord and Georgette Arseny who prepare the signs, take the pictures, set up the display at the luncheon and ensure the thank you letters are prepared.

This program would not succeed without the knitters and all my helpers.

Thanks Again!

Ed Paleshnuik
Knitting Coordinator

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 2017 must be received in our office and this year's membership card issued.

The National Office of our Heritage Club has advised our chapter office that this concern has to be addressed.

A lot of members continue to take advantage of this superb medical travel plan, but **DO NOT KEEP UP WITH THEIR DUES!!!**

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

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

Our address is: 1462 Church Ave.
Winnipeg, Mb. R2X 1G4

HERITAGE CLUB WEBSITE

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

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

Name: _____

Old Address: _____

Old Phone Number: _____

New Address: _____

New Phone Number: _____

Send to the Heritage Club Office At:

1462 Church Ave.

Winnipeg, Mb. R2X 1G4

ANNUAL MEETING CHRISTMAS LUNCHEON

Hello to all our members, and here's hoping your winter is going well! Our Christmas Luncheon was spoiled only by the weatherman. Those attending had a nice time catching up with friends and co-workers. Fifty-Four of the Ninety-Four paid attended, braving the roads and poor conditions in general.

Kudos!

Unfortunately due to the fact we have to guarantee dinners to match the expected attendees, and because we subsidize the meals to the tune of almost half, we ran this dinner at a sizable financial loss. Therefore, there will be no refunds to those who were unable to attend as our operating funds are based on a projected budget and not able to absorb such a big financial hit.

Those who attended were very generous with tickets on the 50/50 and silent auction.

The knitting display was, once again, fabulous! The ladies (and gents) who gave of their time and talents are to be congratulated!

Betty would like to see more volunteer forms coming in. To date there have only been a few, and the "numbers" are important to our Chapter standing with National, so make an effort to send them in, attention Betty.

Our meeting in September at the Royal Fork was well attended, and as usual we all enjoyed the choices of food. The Executive reports were read, and accepted, and Betty got us all laughing with her jokes.

Our spring meeting will be at the Royal Fork on May 11 so mark your calendar. Prices will remain the same as last year.

Keep the applications found in the Newsletter handy, and join us during the year for one or more of our events. Looking forward to seeing you!

Eileen and Betty

SOUTH WEST ACTIVITY COUNCIL 2016 Year End Report

At South West Activity Council of Manitoba, we had another very good year with 40 paid members for 2016. We held nine regular monthly luncheon meetings which were well attended. In June, we had a tour of the Commonwealth Air Training Museum followed by lunch at the Beef and Barrel Restaurant.

After taking June and July off, we reconvened by holding our September 13th luncheon meeting at Sandhills Casino, south of Carberry. We had 31 people

attend, 23 from S.W. Activity Council and 8 members from the Executive of the Heartland Chapter in Winnipeg. Following a short meeting including reports and messages from Heartland, we enjoyed a delicious smorg lunch in the dining area. We have plans to hold the September meeting there again this year.

Our members have generously donated time and money as well as food, clothing, etc. to various charities such as Samaritan House, Helping Hands (soup kitchen), Cancer Society, CNIB, Salvation Army, Westman Women's Shelter, Christmas Cheer, Churches, United Way, Nearly New Shop (for the hospital) and Cerebral Palsy.

Thank you to Carole Sangster for arranging and hosting a group of members to assemble 106 bags of toiletries for the Women's Shelter. Thank you to Elsie Czerkowski and her daughter Doreen, Sharon Gray, Emilie Phipps and Millie Wenger for attending and helping with that! Thank you to Carol Shelvey for making bags from fabric which were donated to us. Also, thank you to Carole Sangster for her knitting.

The Heartland Chapter provided us with an afghan which we raffled, raising \$85.00 for charity. Bill Shelvey was the lucky winner!

We were saddened to lose one of our active members, Wendy Shoemaker, this past year. Our sympathies go out to Wendy's family.

Thank you to Len Wenger for purchasing and delivering vegetables to Helping Hands soup kitchen.

The values and totals of our donations are as follows:

Individual members (cash)	\$ 944.00
Samaritan House	\$ 203.50
Women's Shelter (bags of toiletries)	\$1272.00
Christmas Cheer	\$ 65.00
Helping Hands	\$ 150.00
Cancer Care	\$ 100.00
CNIB	\$ 100.00
Salvation Army	\$ 100.00
TOTAL:	\$2934.50

"Best Wishes" to everyone for a Happy New Year !

Murray Sangster

President, Southwest Activity Council

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



BOWLING 2017

Coronation Lanes 255 Tache, St. Boniface

We are in full swing regarding our bi-weekly bowling. We usually have 10 to 12 bowlers participating every second Thursday. We will continue our season until the end of April.

If you are interested in joining us, please call Buzz Lamond at 452-7824 if you have any questions.



2017 GOLF NEWS AND ACTIVITIES

WINNIPEG & AREA

Once again as in past years, your golf committee has scheduled three golf tournaments for the 2017 golf season:

Our Spring Tournament will be held on May 10th (Wednesday) at Southside Golf Course 18 Hole Texas Scramble teeoff time 12:00 noon.

On June 14th (Wednesday) at Oakwood Golf Club, the Annual Ed Sedleski Golf Tournament. 18 hole Texas Scramble plus dinner. Teeoff time 12:00 noon, shotgun start.

Our Fall Tournament will be held on September 6th (Wednesday) at Southside Golf Course – 18 Hole Texas Scramble, teeoff time 12:00 noon.

We have included an application form in this newsletter for the Spring Tournament at Southside.

Please complete the enclosed form and send it in with full payment to the address, included on the application, no later than May 1/2017.

Buzz Lamond
Golf Chairman

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

CAMBRIAN CHAPTER

We are still in need of help in the far reaching area of the Heartland Cambrian Chapter. We need some members in the area to help us conduct business for the Cambrian Chapter. If you can help contact us. But in the mean time, 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 Johnson 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. 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

ANNUAL BANQUET THURSDAY MAY 11, 2017
ROYAL FORK BUFFET RESTAURANT – 1615 REGENT AVE. WEST
Meeting at 11:30 – Lunch at 12:00
(We are allowed 2 hours for this gathering)

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 toward our charity fund.

\$13.00 active member, \$13.00 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: **@ \$13.00 Active Member** **@ \$13.00 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 May 4, 2017.

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.

FUN GOLF DAY TEAM SCRAMBLE
Southside Golf Course 2226 Southside Road
Wednesday, May 10, 2017
Modified Shotgun Start 12:00 Noon

Green fees for 18 holes will be \$27.00 (taxes included) \$1.00 green fee will go to charity.

18 hole green fee and shared power cart is \$40.00 (taxes included) \$1.00 green fee will go to charity.

To benefit the coordination of this event please! please! return your completed application along with your option of (green fee only) (green fee plus half cart) payment in full by May 1st/2017

To: B. Lamond (Activity Coordinator)

1462 Church Ave.

Winnipeg, Mb. R2X 1G4

Name (Member): **Phone:**

Name (Guest):

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

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IN MEMORIAM

Ken Schmid
Joyce Schmid
Wendy Shoemaker
Joseph Laminger
John Dudych
Fraser Williams
Camille (Cam) Bouchard

This list of colleagues and friends who have passed reflects those that we are aware of. We regret any oversight to this list.

TREASURER'S 2017 REPORT

Opening Balances – Jan. 2, 2017

Operating Acct.	\$ 13,637.64
Reserve Acct.	\$ 6,752.45
Premium Savings	\$ 4,609.21

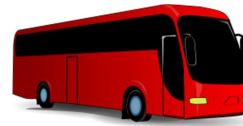
Proposed Budget – 2017

Revenue	\$ 10,100.00
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Expenses:

Transportation	\$ 3,800.00
Office	\$ 300.00
Printing	\$ 1,100.00
Meeting	\$ 4,000.00
Computer	\$ 800.00
Banking	\$ 100.00
	<u>\$ 10,100.00</u>

Paul Pelletier
Treasurer



3 day Casino trip
Warroad Mn.

April 9 – 11 2017 \$119.00 PP/dbl

Tour package includes –

Bus trip, Hotel

\$ 120.00 in slot play

4 x \$10.00 meal credit

2 free ice cream bars

Scorecard incentive program

If interested please call our office
at 204 987-5010

seats will be filled as available, first come first served

NEWLY CONTRIBUTING MEMBER

Doris Cook
Beverly Picard
Brad Rinn
Bill G. Davidson
Robert Burkitt
Robin Cosco
Karen Komelsen
Nadine Zolondek – Came
Marianne Zukowski
Sue Green
Sandra K. Martens
Christian J. Setla
Beatrice McCreey
Dan Kolberg
June Woodrow
Michael Vandall
Susie Miclash
Rejeanne LaFond

WHEN A MEMBER DIES -

What happens if I die before I begin receiving my pension?

With less than two years of eligibility service and Plan Membership

Your survivor pre-retirement will receive the commuted value of your beneficiary or estate.

With two or more years of eligibility service or Plan Membership

With a survivor pre-retirement, but no dependent children	Your survivor pre-retirement will receive a monthly pension equal to at least 50% of your unreduced pension or the commuted value of your accrued pension.
With a survivor pre-retirement and dependent children	Your survivor pre-retirement will receive a monthly pension equal to at least 50% of your unreduced pension or a commuted value. Each dependent child will receive a monthly pension equal to 10% of your unreduced pension, to a maximum of 40% shared equally among all dependent children.
With dependent children but no survivor pre-retirement	Each dependent child will receive a monthly pension equal to 20% of your unreduced pension, to a maximum of 80% shared equally among all dependent children. Your beneficiary or estate will receive the commuted value of your accrued pension.
With no survivor pre-retirement and there are no dependent children	Your beneficiary or estate will receive the commuted value of your accrued pension.

NOTE:

If you would like to make sure that your children receive the maximum allowable survivor benefits under the Plan, you should designate them as beneficiaries, whether they are dependent children or not.

WHEN A MEMBER DIES –

Who can be my beneficiary?

You may designate anyone as your beneficiary, including individuals or legally constituted organizations. The rules of the Plan require that if you have a survivor pre-retirement or survivor post-retirement, that person receives pension benefits from the Plan upon your death. You do not have to designate that person as a beneficiary.

If you have dependent children that meet the Plan's eligibility conditions, they may be eligible for survivor benefits. If you would like to make sure that they receive the maximum allowable survivor benefits, you should designate them as your beneficiaries, regardless of whether they are dependent children or not. If you do not designate a beneficiary and have no survivor pre- or post-retirement and/or dependent children when you die, pension benefits will be paid to your estate.

WHEN A MEMBER DIES –

What happens if I die while I am receiving my pension?

With a survivor post-retirement, but no dependent children	Your survivor post-retirement will receive a monthly pension equal to at least 50% of your unreduced pension.
With a survivor post-retirement, and dependent children	Your survivor post-retirement will receive a monthly pension equal to at least 50% of your unreduced pension. Each dependent child will receive a monthly pension equal to 10% of your unreduced pension, to a maximum of 40% shared equally among all dependent children.
With dependent children but no survivor post-retirement	Each dependent child will receive a monthly pension equal to 20% of your unreduced pension, to a maximum of 80% shared equally among all dependent children.
With no survivor post-retirement and there are no dependent children	Your beneficiary or estate will receive the greater of: Your Plan contributions with interest to your pension commencement date, or five times your unreduced annual accrued pension at the date of your death minus any benefits paid to the date of your death.

WHEN A MEMBER DIES

What happens if I marry or enter into a common-law relationship after I begin receiving my pension?

You will have the option to provide a survivor benefit to your new spouse or common-law partner. If you choose this option, your pension will reduce and a percentage of your pension will continue to your new spouse or common-law partner after your death.

For more information, contact the [Pension Centre](#).

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Call **1-855-733-6813**

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Exclusive savings. How exciting!

Johnson Insurance is thrilled to give **Canada Post Heritage Club** members access to exclusive savings, 24/7 claims service and **AIR MILES®** Reward Miles.*

For 130 years, Johnson Insurance has been serving Canadians with compassion and care, the way we would a friend. We look beyond the things people insure, to the people themselves. Whether you're up or down, we're in this together.

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JOHNSON
INSURANCE

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it happens to us.

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