



Heartland /Cambrian Chapter Heritage Club

February 2020

President's Message

With the end of 2019, we can look back over a year filled with many successes for our Club. Through the generous donations of our members and friends, we were able to contribute significantly to fulfilling the needs of our community.

Our chapter is once again the Home of the Grey Cup Champions. A title our past president used for many years as introduction at the National Presidents Meetings. .

As we enter into a new decade we can all look forward to continuing successes with our chapter., as well as some major changes.

During 2020 there will be a changing of the guard in our Chapter Executive. I expect a number of old faces will be leaving and a number of new faces coming in.

I have been with the Chapter Executive for over 28 years,, serving as the Chapter President for the last 15 years. During this time I have also had the privilege of serving as National 1st Vice President as well as the National 3rd Vice President..

It has been an honour and a privilege to serve as the Chapter President. The job for the most part has been a very easy one, Thanks to the Great Executive of our chapter and the huge support from our membership. Thank you one and all.

On behalf of the Chapter Executive and my wife, We wish you a happy new year filled with Health, Happiness and prosperity

Heartland Chapter – Heritage Club
1462 Church Ave.

Winnipeg, Mb. R2X 1G4
(204) 987-5010

Email – heartlandchc@gmail.com

Office hours 9:00 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.
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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	987-5010
Secretary	Darlene Fleming	987-5010
Adm. Officer	Ed Paleshnuik	253-9464

Activity Councils

Wpg. & Area	Buzz Lamond	452-7824
Brandon & Area	Sharon Gray	728-7556
T.Bay Nth. W. On.	Don Rosengren	(807)345-1624

Newsletter Editor 1st Vice President

Gord Arseny

Dates to Remember

Fun Golf	May 6, 2020
Annual Meeting	May 7, 2020
Annual Ed Sedleski Golf	June 10, 2020
Holiday Party Casino Trip	Early Dec, 2020
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Harold Onagi President

ANNUAL DUES

“CHANGES COMING TO THE DUE DATE FOR THE YEAR 2021”

The annual dues have been due by June 30th until this year. For bookkeeping purposes we are changing this due date to December 31st. Therefore if you haven't paid your 2020 dues please do so by June 30th of this year (2020). Following this date we will require your 2021 dues by December 31st of this year and from now on the dues will be required before the New Year starts (December 31st). Please remember we will only print our newsletter labels for people (active members) who have paid on time. If you have questions regarding this change, please call our office. Everything else pertaining to our dues remains the same.

Annual Membership Dues are still only \$10.00. Annual dues cover the year Jan. 1st. to Dec. 31st. When you pay your dues you will receive an active member card with the coverage year in large print. Your active member number on the bottom right hand side will start with the year paid for, i.e. 201234. When you're asked for this number (event applications etc.) please quote the full number.

All active members will be kept up to date on all information and activities within the Heartland Chapter. Non-active members will continue to receive information from the National Office 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.

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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2020 FISCAL YEAR HEARTLAND CHAPTER ANNUAL DUES

2020 – Fiscal Year (due by June 30)
2021 – Next Year (due by December 31)

Dues 2020 - \$10.00

Dues 2021 - \$10.00

Charity for 2020 -

Charity for 2021 -

TOTAL CHEQUE: \$ _____

Name: _____

Address: _____

City: _____ Postal Code: _____

THANK YOU TO THE 495 MEMBERS WHO HAVE PAID THEIR 2020 ANNUAL DUES ALREADY!
Remember to pay your annual dues for year 2021 by December 31st. to receive all chapter newsletters issued throughout this year and next year!

BENEFITS OF PAYING ANNUAL DUES!!

Annual dues cover the period from January 1 to December 31 of each year

- **Special active member price for many of the Club's activities.**
- **Receive all our newsletters and information notices.**
- **Entitled to Heritage Club member prices at Good Life Fitness Centers.**
- **Heritage Club member prices on Home and Car Insurance.**
- **Entitled to a group travel insurance plan, second to none, through Medoc.**

Medoc

A comprehensive out of country/province travel insurance plan that includes: Emergency, Medical, Trip Cancellation, Interruption and Delay Insurance (must be covered under Canada Post Medical Plan to be eligible).

- **The annual base plan provides coverage for an unlimited number of trips up to 40 days in duration (over 40 day coverage is also available for a fee).**
- **Coverage regardless of age.**
- **Up to \$12,000. Trip cancellation, interruption and delay.**
- **Up to \$5,000,000. Emergency medical coverage.**

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.

Please remember you must be a dues paying active member to take advantage of Heritage Club cost saving benefits such as Good Life Fitness membership, Medoc Travel Insurance etc.

A list of paid members is sent in each month and it is checked by the vendors to determine qualification.

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 insure 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
President		
2nd Vice President		
Secretary		

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 19, 2020

HERITAGE CLUB – MEMBERSHIP BENEFITS

These are additional advantages of being an active member (paid up dues) .

- Access to reduced membership fees at Good Life Fitness. Members of the Heritage Club get a 50% discount off regular prices. To learn more about this offer, go to our website.
- Access to great corporate rates at all Choice Hotel Properties worldwide. Includes; Comfort Inns, Quality Inns, Econolodge and Rodeway Inns.
- Telus Mobility – Heritage Club/Canada Post purchase plan. Discounts on cellular phones and cellular phone services, available from an Ontario dealer, but they ship for free.
- Heritage Club Scholarship Program – 2020

The Heritage Club awards three (3) scholarships to children or grand-children of all dues paying members of the Heritage Club. The Scholarships are valued at \$1000 for university and \$500 for college studies.

The scholarships will be awarded to students starting, for the first time, their first year of full-time studies. Submissions must be postmarked no later than June 25, 2020.



KNITTING, KNITTING, KNITTING !!

The 2019 knitting program was a success! Winnipeg received knitted items from Sheila Llewellyn, Margit Walker, Ruth Jarmoc, Ruth Blackadar, Savellia Love, Ted Marcinkosky's friend Larry Pelzer, Joan Schroeder, Darlene Heron, Mona Anderson, Nicola Cairns, Lori Lussier, Barb Custance, Dorothy Aime, Susan Braun, Solange Constant, all from Winnipeg as well as Margaret Leary from Miniota, Gwen Battaglia from Sanford, Pauline Novak from Kenora, Lynda Zolondek from Letellier and Lillian Dodd from Gunton.

This year a total of 1227 items were donated with an approximate value of \$15,844. These items were delivered to Wolseley Family Place, Neo-Natal Intensive Care Unit (NICU) Women's Centre, Koats for Kids and Agape Table.

Both the Winnipeg Group and the Brandon Group could sure use some help. Is there anyone 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 of this program and your many hours of work. Thanks to all our present knitters, and any knitters who helped with this program in the past. The 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 & Larry Born, Nancy & Harold Onagi, Gail & Buzz Lamond, Annette Eibner, Betty & Marion. Special thanks to Georgette & Gord Arseny who organize 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

ATTENTION RETIRED KNITTERS

Good News !

If you are no longer knitting and have wool cluttering up your living space, I have good news for you!

Consider donating the wool to our "knitting for charity" program. Firstly you will regain some space and reduce your clutter. Secondly you will feel good knowing that our knitters will turn your unwanted wool into mitts, toques, scarves etc. for the less fortunate in our community.

Option 1 – Drop it off at our office or at any of our events.

Option 2 – Call the office and we will make the arrangements to have your wool picked up.

How's that for Good News !!

TREASURER'S 2020 REPORT

INCOME

Dues -	\$7000.
Canada Post Achievement -	\$ 300.
National Office -	<u>\$3000.</u>
Total -	\$10,300.

EXPENSES

Council Meeting -	\$4000.
Office -	\$1000.
Printing -	\$1000.
Computer -	\$ 600.
Other -	\$ 100.
Banking -	\$ 100.
Luncheons -	<u>\$3500.</u>
Total -	\$10,300.

Paul Pelletier

Treasurer



BOWLING 2020

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 at 1:00 pm. We will continue our season until the end of April. If you are interested in joining us, please call Buzz Lamond at (204)452-7824.



2020 GOLF NEWS AND ACTIVITIES WINNIPEG & AREA

Once again as in past years your golf committee has scheduled three golf tournaments for the 2020 season.

Our Spring Tournament will be held on Wed. May 6th, 2020 at Southside Golf Course – 18 hole Texas Scramble – tee time at 12 noon, modified shotgun start.

Our 16th Annual Ed Sedleski Golf Tournament is scheduled for Wed. June 10th, 2020 at Oakwood Golf Course – 18 hole Texas Scramble – tee time 12 noon, shotgun start. Dinner served at approximately 5:00pm.

Our Fall Tournament will conclude the 2020 season and will be held again at Southside Golf Course on Wed. Sept. 9th, 2020 – 18 hole Texas Scramble – tee time 12 noon, modified shotgun start.

We have included an application form for the Spring Tournament on May 6th. At Southside in this newsletter.

Please complete the form and return it to the address indicated on the form no later than April 24th, 2020 in care of Buzz Lamond

Make cheques payable to Heritage Club (golf tournament).

Buzz Lamond
Golf Chairman

SOUTH WEST ACTIVITY COUNCIL

2019 Year End Report

I hope everyone had a good Christmas!

Murray Sangster retired as Chairman of the South West Activity Council and I have taken over for him. Thank you very much Murray and Carole for the 13 years you held this position.

It was decided to try out Chicken Chef Restaurant for our luncheons, the second Wednesday of each month. It seems to be going over very well.

Sept. 11th, 2019 we had our meeting at Sand Hills Casino in Carberry. We had 18 members from Brandon and 3 Executives from Heartland Chapter in Winnipeg attend. On Sept. 12th, 2019, my husband Jim and I and Murray & Carole Sangster attended the Annual Meeting of the Heartland Chapter in Winnipeg. We had lunch with Bill and Darlene Heron (Bill was a past chairman of the Brandon Chapter).

Nov. 20th, 2019, 5 members met at my house to assemble toiletry bags for the Women's Shelter. We put together 139 bags. Thank you Carole Sangster, Elsie Czerkowski, Millie Wanger and Carol Shelvey. Thank you Carol Shelvey for making all the bags for us as well. Thank you to Len Wanger for purchasing and delivering vegetables for Helping Hands Soup Kitchen.

Members of our club have made donations of time and money to charities such as:

Women's Shelter	\$1451.00
Helping Hands	\$ 350.00
Tin for the Bin	\$ 179.00
Sun Fund for Kids	\$ 100.00
Funds for Furry friends	\$ 100.00
Brandon Bear Clan	\$ 150.00
Christmas Cheer	\$ 100.00

Our members reported a total of 1929.5 volunteer hours.

Best Wishes to all in the New Year

Sharon Gray

Chairperson, South West Activity Council

IN MEMORIAM

Virginia Adams
Eleanor Nyschuk
John Hartin
Rudolph Schmidt
Roman Masyk
Elwyn Hie
William Thickson
Judy Stuckel
Agnus MacDonald
Lorraine Delorme

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

MAY 2019 LUNCHEON REPORT

The Royal Fork Buffet Restaurant put on a very good spread! The attendance was great and although we are allowed 84 seats, we were able to accommodate members showing up at the door because of cancellations. There were a number of newcomers to our luncheon as well as members who come rarely, so all in all a very good turnout!

The room was very quiet when it was mentioned that we are looking for a new executive. Here's hoping members will come forward to volunteer after thinking about it this summer.

Winners of the 50/50 draw were Viola Adams-Smith (\$50.), Hazel Birt (\$30.) and Horace Ducharme (\$20.). The chapter made \$122. for our charity fund.

The coin (sorry we forgot we were suppose to have two coins) made \$93. and was won by Julian Skulmolski.

All our attendees were reimbursed the \$10.00 fee for this meal and many returned the \$10. for our charity fund.

Thank you Buzz for arranging for Agape to pick up the food donation.

Thanks to Paul for looking after the \$10. returns and to Rick for helping at the draw table.

In closing we welcomed members from LaBroquerie, Selkirk, Stonewall, St. Adolphe, Letellier, Lorette and Beausejour.

Eileen Kay
2nd Vice President

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

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

NEWLY CONTRIBUTING MEMBERS

Len Bakuska
Paul Mahe
Andrea Barton
Gabriele Goldstone
Carol Sweezy
Joanne Nowosad
Shannon Berthelette
Robert Kirk
Helen Kmiec
Larry Mamorcha
Robert Sample
Rosanne Spence
Sheryl Ann Bourgeois
Joseph Kiraga
Patricia Hull
Neil Gauthier
Bill Anderson
Barb Burch
Doris Ehmann
Grant Edwards
Larry Carlson
Clayton Hoffman

Welcome to all new members!

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, please contact us. But in the meantime, please send us any news, topics of interest, change 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 (dues paying) member.

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.

Karola Onagi

President, Heartland Cambrian Chapter

CHRISTMAS LUNCHEON 2019

Well it was a super event! The weather cooperated and the food was excellent. Irene was happy as several people commented on how nice the meal was. 138 people attended and only a few we expected were missing. A number of new attendees told me they had a great time and would be back next year.

The silent auction was a success and Larry did very well with the coin sale. The winners of the door prizes were Eldon Cousins, Chzla Kmiec and Janice Jonatschick. The 50/50 winners were Marion Paleshnuik (\$100.), Marie Logeot (\$60.) and Dot Jonasson (\$40.). The coin winner was Linda Masinda.

Silent auction prizes were won by Linda Hyde (2), Marie Connor (2), Helen Kmiec, Bernie Baisarowitz, Paul Pelletier, Don Vandavelde, Larry Mhyre, Dean Chin, Ted Marcinkowsky and Helen Rogoski.

Our special guest, Dave Feniuk, the General Manager of Agape Table, was able to take the Tin for the Bin goods with him. They were an estimated value of \$880. And the cash contribution was \$45. His speech struck a chord with a number of our members, and I know he was pleased we invited him to attend.

The knitting table was more than fabulous! Our ladies outdid themselves this year! The baby knits for babies went to the NICU at the Women's Centre along with a letter from our club.

All in all it was a great event! It takes some organizing, but it seems we are up to the task!

Eileen Kay

2nd Vice President

CHAPTER HI-LITES

To all our members thank you for a great year! Your generosity has enabled your club to give important and much needed help to our chosen organizations.

As you heard from our guest Dave at the Christmas luncheon, our help to Agape is much appreciated and unfortunately much needed these days. We are very fortunate in our ability to help.

Our knitters have provided beautifully crafted items to Koats for Kids, Agape and the Wolseley Family Centre. Not only this year, but their knitting has been keeping kids and adults warm for many years. This year we also made a donation to the NICU at Health Science Centre.

We are also pleased to host the recipient of a Canada Post Scholarship award at our September luncheon.

Madison is the granddaughter of one of our members and we were happy to have her, her Mom and Grandma as our guests. Madison received a cheque for \$1000. From Harold.

Our members have also given generously of their time volunteering at churches, schools, libraries, Harvest, home care and many other areas. Thank you!

2019 was the 30th Anniversary of our Club. Your Executive was pleased to have you all attend our functions at a reduced price. It was great to see many new faces at the luncheons along with the people who have participated on a regular basis over the years.

Last but not least, the opportunity for us to keep with our old workmates in retirement is priceless!

Eileen Kay

2nd Vice President

ANNUAL BANQUET THURSDAY, MAY 7, 2020
ROYAL FORK BUFFET RESTAURANT – 1615 REGENT AVE. WEST
Meeting at 11:30 – Lunch at 12:00 noon
(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 towards our charity fund.

The price is \$10.00 for active member, \$10.00 for active member spouse or friend, \$15.00 for 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: _____ @ \$10.00 Active Member _____ @ \$10.00 spouse or one guest: \$ _____
Number of Tickets: _____ @ \$15.00 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 23, 2020.

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 6, 2020
Modified Shotgun Start 12:00 Noon

Green fees for 18 holes will be \$30.00 (taxes included) \$1.00 of which will go to charity.

18 hole green fee and shared power cart is \$43.00 (taxes included) \$1.00 of which will go to charity.

To benefit the coordination of this event please! please! return your completed application form along with your option of (green fee only) (green fee plus half cart) payment in full by April 24, 2020 to:

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

Name (Member): _____ Phone: _____

Name (Guest): _____

Green Fee @ \$30.00 each: \$ _____ Green Fee & Shared Power Cart @ \$43.00 Total: _____

The Heartland – 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

CHANGES TO YOUR MARITAL STATUS AFTER RETIREMENT

If you enter into a spousal or common-law relationship after retirement, your new spouse or common-law partner will not automatically be eligible for survivor benefits from the plan.

You can reduce your pension to provide survivor benefits to your spouse or common-law partner acquired after retirement. You have one year to do so from the later of:

The day on which the other person becomes your spouse or common-law partner.

The day on which your pension benefit becomes payable.

If your spousal or common-law relationship ends, you may have to share some or all of the pension you have accrued during your spousal relationship subject to applicable provincial property law. The pension benefit can be split according to a court order, a separation agreement or a written agreement between the spouses.

IMPORTANT DOCUMENTS

In the event of separation, annulment or divorce (past or present) you should inform the pension centre and send the following:

A written request to divide the pension, submitted by you, your current/former spouse or common-law partner, or lawyer.

Certified copies of any legal documents - we require the full court order or written agreement requiring division of pension at source.

Most commonly a separation agreement, or any written agreement between you and your spouse or common-law partner assigning a share of the pension.

If there are no legal documents that deal with the division of family property, we will accept a sworn affidavit, witnessed by a notary, confirming there is no requirement to divide your pension at source due to the end of your spousal or common-law

relationship and there is no change to your full entitlement to your pension benefit.

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 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, safety deposit boxes, investments, debts, location of important documents, etc.).
- Prepare a list containing your last wishes i.e. 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, i.e. 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) 987-5000
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(866)249-5723

Prescription Drug Plan: 1(866)716-1313

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



**2019
Heritage Club**

**Scholarship
Winner
Madison
Poitras**

2019 Christmas Luncheon



Knitting Display



Each year The Heritage Club is pleased to recognize three individuals for their efforts to achieve academic goals for their future, by way of awarding scholarships to the worthy applicants. The Heritage Scholarship program is open to dependent children, including adopted children, stepchildren, grand children, wards in legal guardianship of all active dues paying members of the Heritage Club.

The Heritage club currently has 27 active chapters with about 30,000 members, so you can see how big the potential applicant list could be.

This year the Heritage Club is very pleased to announce that Madison Poitras, grand daughter of Vernon MacReady, a member of the Heartland Chapter is one of the three scholarships being awarded \$1,000.00 for 2019.

Madison has a great deal of community and school volunteerism, and has maintained a steady 90 plus 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 and biology is driving her course selection at the University of Manitoba. It is our hope that this scholarship will assist her in achieving her goals.

Congratulations Madison and good luck.



Members of the Heartland Chapter of the Heritage Club of Canada's chapter executive are pictured recently. From left to right: Paul Pelletier, treasurer; Eileen Hay, second vice-president; Harold Onagi, president; Gord Arseny, first vice-president; and Ed Paleshnuik, administrative officer. **(PHOTO BY SIMON FULLER/CANSTAR NEWS/THE LANCE)**

They used to deliver mail to Manitobans — and now they deliver any number of items to individuals and organizations in need.

The Heartland Chapter of the Heritage Club of Canada, which was established in 1989, is one of a number of chapters across the nation. Membership in each chapter is open to working or retired Canada Post employees that fall under a certain criteria. Among other things, chapter members dedicate their time and effort to numerous charitable events, activities, and causes. The local chapter is based at the Canada Post office depot at 1462 Church Ave., and office hours are Monday and Thursday mornings. Several members of the chapter's executive live in southeast Winnipeg. Our chapter is for long-serving and retired Canada Post employees," administration officer Ed Paleshnuik, who lives in Southdale, said.

The chapter's motto is a simple one — "people helping people." And based on the list of charitable pursuits the members have on the go, it certainly lives up to its name.

Heartland Chapter of the Heritage Club of Canada member Ed Paleshnuik is pictured in this file photo with some of the toilet paper rolls the group purchased for charitable causes.

This year alone, for example, the group has donated more than 7,500 diapers, over 2,500 pairs of socks, and feminine hygiene products to Agape Table. And in light of the changing of the seasons, members are once again busy knitting items such as toques, scarves, sweaters, gloves, and mitts for local children in need. Chapter president Harold Onagi said the group has previously supported other non-profit organizations such as Siloam Mission and Rossbrook House, and felt there was a need this year to lend some helping hands to Agape's cause.

"We've learned to concentrate our efforts," said Onagi, who lives in St. James, noting the chapter has also collected a massive number of rolls of toilet paper to donate this year.

"When certain stores put toilet paper on sale, we're there."

"We also have a dedicated group of around 15 to 20 knitters, and last year the group produced more than 1,000 knitted items. The majority of the knitted items go to kids." Paleshnuik said community members are also welcome to drop off knitted items or any wool donations.

"We'll happily make space, and pass on the wool to the people who are knitting," he said, adding individuals are welcome to drop off donations at the front desk at 1462 Church Ave., or if the donation is large enough, organizers can arrange a pick up.

The chapter has also been active supporters of other local causes in recent years, including Misericordia Hospital, United Way's Koats for Kids, and the West Central Women's Resource Centre.

For more information, email heartlandchc@gmail.com



Simon Fuller

Community journalist — The Lance

. Email him at simon.fuller@canstarnews.com

Call him at 204-697-7111