**THAMES CHAPTER HERITAGE CLUB NEWS FALL 2018**

Hello,

Summer has given way to cooler weather and fall fairs. Leaves will soon begin to change to their autumn colour spectacular. We must locate those (dare I say it) snow tires and get them handy for changing in a couple of months. Get the fuel stabilizer ready for the lawnmower. Some final trips to the cottage before closing it up for the season.

*Your Benefits*

*Contact Numbers*

C.P.C. Pension 1-877-480-9220

Superannuation 1-800-561-7930

C.P.P. / O.A.S. 1-800-277-9914

Great West Life 1-866-249-5723

Access H.R. 1-877-807-9090

*Patient Assistance Programs*

As we age and require drugs due to ailments from diabetes to cancer , we often find that our medical plans only cover a portion of the cost. Some pharmaceuticals such as Chemotherapy drugs are very expensive. Some drug manufacturers have Patient Assistance Programs that will pay part or all of the cost above what medical plans cover. Some of these companies are

Astra Zeneca , Eli Lilly, Glaxo-Smith-Kline , Merck , Pfizer and Roche.

Make sure to contact the drug company who makes any costly medications to see if they have a Patient Assistance Program

These companies can be found on the web.

*Beneficiary Forms*

When you retired there were a number of life insurance beneficiary forms completed and submitted by you. One covered your Basic Life Insurance , One covered the 65+ Life Insurance and another covered the Pension. As time went by your personal and/or family

circumstances may have changed. It is important to keep these documents up-to-date. You can contact the C.P.C. Pension Centre at **1-877-480-9220** to update all of these documents.

*Great West Life*

Great West has created a new updated website for dealing with their drug , vision and hearing benefits. It requires a new registration to start. I have personally done the registration and found the new website a major improvement. You can now see all your benefits at one time .... amount used , next eligible date for eyeglasses and hearing aid benefits.

To access the new GroupNet , you must

re-register by signing in with your e-mail address and creating a new password. Don’t worry – it will only take a few minutes.

Go to [www.greatwestlife.com](http://www.greatwestlife.com)

Sign in to GroupNet and select Register now

*Heritage Club Scholarships Awarded* - 2018

Elizabeth Lang .................... Edmonton , Ab

Hannah Ronsky ................... Calgary , Ab

Kathleen (Katie) Myatt ........ Hanover , On

*Heritage Club – Departed Members - 2018*

Bakker , Rilla

Chambers , Effie

Guemple , Inez

Langley , Bert

Linkevich , John

McGregor , Wayne

Morgan , Henry

Peaker , Don

Phillips , William

Sandall , Jim

*Pre-retirement package review*

Potential retirees will receive two information packages immediately prior to their retirement. One is from Canada Post HR. The other is from the Canada Post Pension branch. Each package contains all the benefits , forms , financial data and directions on where to send various applications and forms. If you are approaching retirement , your Heritage Club

President is available to meet with you to review your material with you should you have any questions or need clarification.

You can e-mail any requests for an appointment to :

thamesheritageclub@gmail.com

*Volunteer Programs*

If any member is involved in a volunteer program ( reading to sick kids in a hospital , assisting seniors at a nursing home or their own residence , exercising animals for a vet hospital , serving meals to the needy , providing guidance at a cancer clinic , collecting donation items for a charity )

we’d love to hear about it.



*Golf*

TheThames Heritage Club annual golf tournament was held on Wednesday , August 29th , 2018. Golfers and friends enjoyed a day of golf followed by a full meal then awarding of trophies.

- Mens Winner ........ Jim Yu

- Ladies Winner ........ Doris Manns

- Closest to The Hole . Bob Doyle

 .. Klaus Madinger

- Longest Drive .......... Gord Ross

- Most Honest Golfer . Janine Greene



Winner – Men

Jim Yu



Winner - Women

Doris Manns

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***Member Benefit Partner***

Just in time to get that winter gear , we have another personal invite from our benefit partner Columbia Sportswear to come out and shop for your needs and enjoy a discount of between 40% - 60% off brands such as Columbia , Sorel , Prana and Mountain Hard Wear. This is an invitation only event which occurs four times a year. To benefit from this event , the member must bring their Thames Chapter Heritage Club I.D. Card , a photo I.D. along with your invitation (attached to this Newsletter) and present it at the employee store from **Nov 02 – 25 , 2018** and shop.

Each member can spread the joy and bring along **up to four (4) family and/or friends**

***(Full details on attached Columbia Invite)***

*Volunteer Initiatives*

Each year our Heritage Club participates in various programs such as ....

- Santa Letter Writing

- Salvation Army Kettle Program

- Boys And Girls Club meals

We are looking for people to assist in these modest programs. If you can participate and

would like details , please call 519-204-8873

and I will provide full details.

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**On-line Option**

If you would like your Newsletter via e-mail, call 519-457-5375 or send request to ***thamesheritageclub@gmail.com***

***Membership Dues* – REMINDER**

If you haven’t already done so , you are urged to pay your 2018 membership dues.

If you are enjoying a GoodLife Fitness discounted membership , this will prevent any difficulties when you go to renew your GoodLife membership at the end of it`s present term.

Make cheque for $12.00 payable to

Thames Heritage Club and send to ...

 Thames Heritage Club

 955 Highbury Ave

 London , On N5Y 1A3

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Some of the member benefits are …

* discounted membership fees at GoodLife Fitness
* 40% to 60% discount at Columbia Sportswear Employee Store Events
* Gateway Casinos $10 free slot play events
* very attractive travel insurance rates with Medoc (Johnson Insurance)
* discounted cost of the Annual Banquet of Thames Chapter Heritage Club
* access to special scholarships
* annual golf tournament

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**Northern Area – Luncheon**

Bayfield , On ( August 15 , 2018 )

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Heritage Club members receive up to 50% off GoodLife memberships.

Online registration

To learn more about this offer visit

*https://corporate.goodlifefitness.com*

(you will require your paid up Thames Heritage Club Number to access information regarding this offer)

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**Heritage Club Website**

Check us out at heritageclub.ca

This is the national site for The Heritage Club. Once on the the site , you will see a red button called **select-a-chapter**. Click on it and then from the list of sites – click on

**Thames.**  You are now on our website.

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*Chapter Executive*

President: Henry Masek

519-204-8873 thamesheritageclub@gmail.com

Vice-President: Judith Bourdage

519-672-9835

Vice-President: Jane D’Earmo

519-453-7102

Treasurer: Stew Metcalf

519-660-4193

Secretary: Dianna Snell

519-601-0085

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**Fall Luncheon at the Mandarin**

You are invited to lunch at the

Mandarin Restaurant in London on

the corner of Wellington St and Commissioners Rd.

Date: Wednesday , September 26 , 2018

Time: 11:30 A.M.

Cost: $12.00 + beverage + HST

 (your Heritage Club is subsidizing

 the meal cost above the $12.00 )

**Confirmation of Attendance Required:**

Please confirm you are coming to the luncheon by Friday , September 21 st by phone ( 519-204-8873 ) or by e-mail to thamesheritageclub@gmail.com

*Annual Reunion Banquet*

The 2018 edition of the Thames Heritage

Club Annual Reunion Banquet will be held on Saturday , October 27 , 2018 at the Hellenic Community Centre located at 133 Southdale Rd West in London.

Social Hour starts at 5:30 P.M.

Full details can be found on the accompanying banquet response form.