



HEARTLAND CHAPTER

Winter 2018

President's Message

Its that time of year and the count down is on when we can once again wear shorts and T shirts and get rid of the down filled coats and stanfields. I hope some one other than me know what stanfields are. Start polishing up the old golf clubs because it will soon be time for our next golf event.

So far winter has been very bearable, other than a few really cold spells. Very little snow to shovel. Not even a blizzard to hamper our annual Christmas luncheon, which helped to make this years Christmas Luncheon a huge success with attendace numbers far exceeding our expectations.

In fact all of our events this past year were big successes Through active participation in our events and thanks to the generous contributions to our drive for collection of non perishable food items, donations of clothing, house hold items, soaps and shampoos, hundreds and hundreds of items knitted by our members and friends of members. Every donation went a long way to feeding and keeping the cold winter at bay for the less fortunate in our community. In addition to the money raised for charity. This year we were able contribute over \$14,175.00 to the less fortunate in our chapter area. ***A big thank you to our members***

Harold Onagi

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	987-5010
Secretary	Darlene Fleming	987-5010
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

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. 181234. When you are asked for this number (event applications etc.), please quote the full number starting with the 18----. 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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2018 FISCAL YEAR HEARTLAND CHAPTER ANNUAL DUES

2018 Fiscal Year (Jan. 1 to Dec. 31, 2018) Heartland Chapter Annual Dues

Dues 2018 - \$10.00

Dues 2019 - \$10.00

Charity for 2018 -

Charity for 2019 -

TOTAL CHEQUE: \$ _____

Name: _____

Address: _____

City: _____ Postal Code: _____

2018 ANNUAL MEMBERSHIP

Thank you to the 444 members who have paid their 2018 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
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 22, 2018

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 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). Still in the works
- Access the Heritage Club Website.

ATTENTION RETIRED KNITTERS

GOOD NEWS!

If you are no longer knitting and have wool cluttering up your living space, I have some 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 arrangements to have your wool picked up.

How's that for Good News !!



KNITTING, KNITTING, KNITTING !!

The 2017 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, Joan Schroeder, Karen Arnold's mother and Darlene Heron, all from Winnipeg, Anne Krahm from Niverville, Margaret Leary from Miniota, Pauline Novak from Kenora, Linda Zolondek from Letellier. Florence Brown from Rivers donated her knitting in her own area.

This year a total of 790 items were donated with an approximate value of \$7344.00.

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. My records show that since 2003 this program has provided knitted items valued at over \$80,000.00

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 & Harry Onagi, Gail & Buzz Lamond, Betty & Marion. Special thanks to Gord & 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.

Thank 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 2018 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 can 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

CHRISTMAS LUNCHEON

Hello to all from Betty and I. Wow! What a fabulous Christmas Luncheon. We had 167 people in attendance, and from the comments passed, all had a great time. A particular welcome to those of you who attended for the first time. As usual, the food was good, and the participation in the draws and tin for the bin was great! Your generosity allowed us to add \$1600 to our charity fund for this coming year. Thank you all.

We also thank the knitters for their lovely work.

It was donated to Koats for Kids, Agape Table and the Wolseley Family Centre. We also made a donation of goods to the West End Women's Centre that they needed after having suffered water damage in the fall. There were notes/letters of thanks received from all these organizations.

The community service forms received were appreciated. The report to Ottawa will show our members volunteer thousands of hours in various venues, churches, schools, hospitals and more. Some of our members were "Santa's Elves", and received recognition from National for their efforts in writing letters to kids who wrote to Santa.

Hope your winter was a healthy one, and the coming months will be the same.

A reminder of our Spring Luncheon at the Royal Fork (Lag. And Reenders), our Golf Tournaments and our Fall Luncheon.

Hoping to see you at one (or more) of our functions.

Eileen and Betty

SOUTH WEST ACTIVITY COUNCIL

2017 Year End Report

We had a very successful year at South West Activity Council of Manitoba in 2017 with a new record paid membership of 44. We held 10 monthly luncheon meetings with an average attendance of 15. In June, we had a tour of the Daly House Museum followed by lunch at the Beef and Barrel Restaurant. Thanks again to Betty Gillis for making the arrangements.

Our regular luncheon meetings resume on Tuesday, September 5th at Sand Hills Casino, South of Carberry. We had 18 attend including 6 people from the Executive of the Heartland Chapter of Winnipeg. Following a short meeting including reports and messages from Heartland, we moved into the dining area for lunch. We plan to hold the September meeting there again this fall, going back to the 2nd Tuesday.

A meeting to assemble our annual donation of bags of toiletries to the Women's Shelter was held at the home of Carole Sangster. Thank you to all the members who came to help make up 92 bags. Also, thank you to Carol Shelby for making the bags.

Thank you to our knitters, Florence Brown, Elsie Czerkowski and Carole Sangster for their efforts.

Once again, thank you to Heartland Chapter for supplying us with an afghan to raffle. We raised \$70.00 and Sharon Gray was the winner.

Another thank you goes out to Len Wenger for purchasing and delivering vegetables to Helping Hands Soup Kitchen.

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

Samaritan House \$1041.26 (\$391.26 Tin for the Bin & \$650.00 in knitted articles)

Women's Shelter \$1296.00 (\$1196.00 in bags of toiletries & \$100.00 cash)

Helping Hands \$ 200.00

Individual donations \$2240.00

Total \$4777.26

"Best Wishes" to all for a great 2018!!

Murray Sangster

President, 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



BOWLING 2018

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.



2018 GOLF NEWS AND ACTIVITIES **WINNIPEG & AREA**

Once again as in past years your golf committee has schedule three golf tournaments for the 2018 season.

Our Spring Tournament will be held Wednesday May 9th/ 2018 at Southside Golf Course – 18 hole Texas Scramble , tee time 12:00 noon, modified shotgun start.

Our 14th Annual Ed Sedleski Golf Tournament is scheduled for Wednesday June 13th/ 2018 at Oakwood Golf Course – 18 hole Texas Scramble 12:00 noon shotgun start. Dinner served at approximately 5:30 pm. Every golfer receives a prize.

Our Fall Tournament will conclude our season. It will be held again at Southside Golf Club Wednesday, September 5th/ 2018 – 18 hole Texas Scramble. Tee time 12:00 noon modified shotgun start.

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 the full payment to the address indicated on the application form no later than April 30/ 2018.

Buzz Lamond
Golf Chairman

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 please. 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 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 we all 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
President, Heartland Cambrian Chapter

IN MEMORIAM

Edward Novak
Robert Spickett
Sam Deshell
Joseph Babiak
Norman Pattern
John Diachun

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

NEWLY CONTRIBUTING MEMBER

Gail L. Froese
Debbie Mondor
Adoracion Pontila
Kathryn Romanchuk
Nicole Gazela
Mark Dzioba
Nicole Grzela
Ralf Semmler
Dean Chin
Annette Eibner
Zdzislaw Knmiec
Kenneth D. McRae
Donald G. McHugh
Glenda Rieu
Ray Barylski
Ruby M. Laframboise

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

TREASURER'S 2018 REPORT

INCOME

Dues -	\$6500.
Canada Post Achievement Award -	\$ 500.
National Office Grant -	<u>\$1000.</u>
Total -	\$8000.

EXPENSES

Council Meeting -	\$3800.
Office -	\$ 500.
Printing -	\$1000.
Computer -	\$ 600.
Other (Golf etc) -	\$ 100.
Banking -	\$ 100.
Luncheons -	<u>\$1900.</u>
Total -	\$8000.

Paul Pelletier

Treasurer

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 BANQUET THURSDAY MAY 10, 2018
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.

\$8.00 active member, \$8.00 active member's spouse, \$15.00 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: **@ \$8.00 Active Member** **@ \$8.00 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 30, 2018.

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 9, 2018
Modified Shotgun Start 12:00 Noon

Green fees for 18 holes will be \$28.00 (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 April 30, 2018 to:

B. Lamond (Activity Coordinator)

1462 Church Ave.

Winnipeg, Mb. R2X 1G4

Name (Member): **Phone:**

Name (Guest):

Green Fee @ \$28.00 each: \$..... **Green Fee & Shared Power Cart @ \$40.00 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.

2017 Christmas Luncheon



Our Christmas Luncheon was a huge success with over a hundred and fifty members and friends attending.



Partial display of knitting donated by our members and friends



Some of the 4,700 rolls of toilet paper, diapers, socks and feminine products donated to Agape Table



**United Way
Winnipeg**

Creating opportunities for a better life for everyone

Harold Omagi
Heartland Chapter Heritage Club
1462 Church Ave.
Winnipeg, MB
R2X 1G4

December 12, 2017

To the Membership,

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

There are many Winnipeg children that much warmer this winter due to your generous donations.

Thank you for your continued support.

Kind Regards

Donna Albi

Thank you from the Unitd Way
for the donation of knitted
Touques, Mitts and Scarves To
the Koats For Kids Program



580 Main Street, Winnipeg, Manitoba R3B 1C7 | P (204) 477-5360 | F (204) 453-6198 | unity@UnitedWayWinnipeg.mb.ca | www.UnitedWayWinnipeg.mb.ca

*Thanks for thinking about us again this year. It is
nice to hear from you!*



What a wonderful day to be outside. The sun was shining and as soon as we arrived the children saw 2 deer up close. That was a great start. Then we went inside where everyone said hello to the indoor animals. After a slow start, the toboggan run became the popular place to be. A lot of moms went down for the very first time in their lives. It was pretty exciting.



Thank you so much for your part in making this such a successful event.
We wish everyone at your organization a very Happy New Year.

From all the children, parents and staff at Wolseley Family Place!

A big Thank You from the
Woseley Family Place for the
donation of clothes,
household appliances food
items



Murray Sangster and his Activity Council Members receiving recognition for the many years of work helping the less fortunate in the community



Donations for another year to Koats For Kids being accepted by Donna Albak, United Way

Hundreds of Touques,
Pairs of Mitts and
Scarves
Knitted by Members and
Friends

Heartland Cambrian Chapter Executive



Harold Onagi – President
Retired – OHS&E



Gord Arseny – 1st Vice President
Retired Labour Relations



Eileen Hay – 2nd Vice President
Retired – Postal Clerk



Betty Johnstone – 3rd Vice President
Retired – Postal Clerk



Paul Pelletier - Treasurer
Retired – Retail Operations



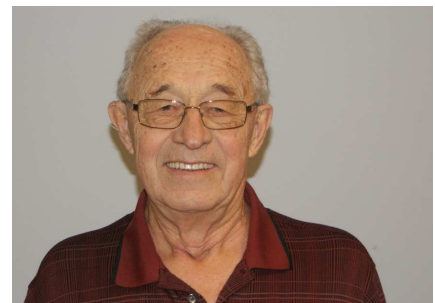
Darlene Fleming – Secretary
Retired - Secretary



Ed Paleshnuik – Office Admin
Retired – Labour Relations



Buzz Lamond- Chair Wpg & Area
Activity Council
Retired- Retail Sales



Larry Born – Member Wpg & Area
Activity Council
Retired – transportation



Murray sangster - Chair Brandon
& Area Activity Council
Retired- Retail Delivery



Don Rosengren – Thunder Bay
Area Activity Council
Retired- Retail