

Heritage Club Bluenose Chapter

Latest News and Updates

Fall Issue
2025

President's Message



HAPPY AUTUMN 2025!

The Heritage Club is now in its 36th year since inception. The Club was established to provide a formal program to commemorate the contributions made to Canada's postal services by the Corporation's retired and long-service employees. Today the Heritage Club has 24 local chapters and over 19,000 members across Canada. Locally, the Bluenose Chapter hosts member events and supports communities and charities throughout Nova Scotia.

As summer winds down & the beautiful fall is upon us, it's time to undertake our renewal of membership, set up our annual raffle draw, complete our survey and plan for our Christmas Luncheon. Details on these items are found on the following pages. **PLEASE NOTE:** Membership renewal will remain at **\$10 for 2026**; however, dues will increase to \$15 in 2027. As our CPC funding and mailing privileges are being reduced and/or cancelled, an increase is necessary to continue supporting our causes.

As always, I would like to thank Nancy Hopper, Sharon Simpson and Geraldine Dowling for their committed efforts in keeping our club running efficiently. We continue to have a VP position open. If any of you, our members, are interested or would like additional details on the positions, please contact us at bluenosehc@gmail.com

Enjoy our lovely Autumn weather! The next Newsletter will be distributed in the Winter 2026. Til then... Please feel free to email us with any comments, suggestions, etc.

Louella AuCoin, President, Bluenose Chapter Heritage Club

PLEASE NOTE: 2026 Membership renewal fees are due Dec1, 2025. See page 2 for payment details!

Heritage Club Bluenose Chapter

Payment for 2026 & Member Benefits

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MEMBERSHIP RENEWAL is due Dec 1, 2025.
Raffle draw & donations are also due Dec 1.

Cost:

1. Membership renewal \$10
2. Spouse Associate membership \$10
3. Annual Raffle-\$5 per ticket; 3 for \$10; 10 for \$20. See page 6.
4. Donations – your choice amount

Payment by e-transfer to:

bluenosehc@gmail.com

Please indicate how to allocate the \$.

OR

Payment by cheque :

Mail to: Heritage Club – Bluenose Chapter
P.O.Box 8145,
Halifax, N.S.
B3K 5N0

Please indicate how to allocate the \$.

If participating in the raffle draw, please indicate whether you will be sending in the raffle tickets OR if you want the Executive to complete them, on your behalf.

Note: Dues not received by Dec 1, 2025 may impact your eligibility for discounts & benefits i.e. GoodLife, Belair Insurance

As a paid member you are entitled to the following benefits:

- **Hearing Life** Discounts
- Special rates for **belair Travel Insurance** are available to Chapter members in good standing and includes Covid-related coverage.
- Discounts up to 35% for from **belair direct** Home and Car Insurance.
- Membership at **Good Life Fitness** at approximately 50% off the regular club access rates and Goodlife promotions
- Travel discounts with **Collette Tours**
- Genumark products discounts
- Special **scholarships** for your children and grandchildren of \$2,000.
- The knowledge that a portion of your dues support local families and charities in need
- Bluenose Newsletter four times annually

WELCOME NEW PAID MEMBERS:

To date for 2025, we have 163 paid members! Our Executive team works diligently to support the ongoing growth and development of the Bluenose Chapter. Please help us to support the growth of the club and encourage people to join!

Welcome to our new and or returning members:- Jeff Kirby and Dave Stroud

CONDOLENCES:

On behalf of the membership, we would like to express our heartfelt condolences to families and friends of any of our members who have passed.

Heritage Club Bluenose Chapter Member Benefits – New Ads

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HEARINGLIFE <https://tinyurl.com/BKFD-CPHC>



Book your FREE appointment

Our clients say **9.5/10** ★★★★★★ Based on **45,537+** reviews in Canada for 2025 as of today

Save up to \$2,100 on the latest hearing aids!

For a limited time, get our state-of-the-art hearing aids at an unbeatable price. Experience crystal-clear conversations and reconnect with the world around you.

CPHC Members & family save an EXTRA 10%!***

Claim Your Special Offer Now

Members and family save an EXTRA 10%!***

GOODLIFE FITNESS



The Heritage Club

Save with **\$0** enrollment & **30% off** all membership types

Join at
corporate.goodlifefitness.com



Corporate Membership Benefits:

- Reduce stress and feel great – physically and mentally
- 200+ clubs in Canada; some with 24-hour access
- Discount extended to two family members once employee/member has joined
- World-renowned Group Fitness classes
- GoodLife On-Demand delivers online workouts wherever and whenever you want
- GoodLife Rewards offers savings and exclusive deals from GoodLife partners

SCAN TO SEE
WHAT GOODLIFE OFFERS!



Heritage Club Bluenose Chapter National Scholarship Winners 2025

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"We are pleased to announce the results of our 2025 Scholarship Program. Once again the judges have been pleased with the interest in our program and more than impressed with the quality of the candidates. All of our applicants have notable resumes, and as always the choice has come down to the smallest of details. We offer our congratulations to all of our candidates, and particularly to these three individuals as they pursue their studies and move forward in their chosen career paths. Wherever they go, they will be a true asset to their communities. At this time we would like to also acknowledge the invaluable contribution of our judging committee, who each year sacrifice a portion of their summer to make this program a possibility. Thank you to all who have participated over the past eight years." **Eldred Holmes, Scholarship Coordinator, National Heritage Club**

And the winners are.....



Liam Cull

Liam Cull is the grandson of Terra Nova member Freeman Cull, and hails from Roddickton, NL. Those who believe that opportunities are limited for residents in smaller communities haven't reckoned with Liam Cull. With an academic average of 99% - impressive enough on its own – Liam is an integral part of everything happening in his community. His achievements include Student of the Year, Volunteer of the Year, Male Athlete of the Year, as well as scholarship, academic and merit awards, all while working part-time and tutoring younger students. He plays and coaches multiple sports. His reference letters from school

and municipal representatives speak highly of the huge contribution that he has made to his community through his volunteer efforts. Liam has chosen nursing as his career, and as he enters Memorial University to pursue those studies, we are confident that his patients, his community, and his province will all be better because of his participation. Good luck, Liam, and congratulations on everything you have achieved so far.

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Sidney Metcalf

Sidney Metcalf is the granddaughter of Stewart Metcalf, longtime member of Thames Chapter. Sidney is an exemplary candidate who has combined high academic achievement with volunteer activities her school and community, playing and coaching basketball, and carrying a part-time job through her final year of high school. All of these experiences have defined her can-do attitude, which she recognizes has added immensely to her personal growth. She is also grounded enough to realize that self care is also invaluable to a healthy lifestyle, and is careful to address that with activities to enhance her personal wellbeing. Sidney will be entering King's University College to study Social Science, and we believe that she has every chance of being a very successful student. Congratulations, and good luck, Sidney!



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Henri Roy

Henri Roy is the grandson of Russell Hart, member of Brunswick/Abegweit Chapter. Henri has maintained an average of mid-90's throughout high school, with a particular interest and aptitude for mathematics. He has won numerous math competitions. Henri also has 12 years of classical violin studies. He is invested in community sports activities, having played and coached soccer and started a basketball club for the francophone students in his area. His efforts in this area have expanded to now include a senior basketball club. His volunteer efforts in the community also include innovative ideas to raise funds for Ukrainian relief funds. Henri will be entering Queen's University to pursue a career in engineering. We trust that this scholarship will assist him in the pursuit of those goals. You've made a great start, Henri. Congratulations, and good luck!

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Member Local News - Raffle Draw

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The Chapter's annual raffle allows us to raise funds to support charitable organizations, Christmas family sponsorship, as well as Chapter events. Our fundraising activities are an integral component of our Chapter's income. We appreciate your support and good luck in the draw!

Tickets for this year's raffle are: **\$5.00 each; 3 tickets for \$10.00; or 10 tickets for \$20**

Completed ticket stubs and payment should be mailed prior to the deadline of **December 1**. Draw date will be in mid- December.

Mail to: Bluenose Chapter Heritage Club – P.O. Box 8145, Halifax, N.S. B3K 5N0 OR
If you are sending \$ by etransfer for the raffle draw, please send these physical raffle tickets separately OR indicate that you would like the Executive to complete them on your behalf.

The raffle prizes available are:

- \$50 Gas Gift Card (2 gift cards are available)
- \$50 Home Depot Gift Card
- \$50 Grocery store Gift Card
- \$50 Prepaid Visa Gift Card

Please photocopy this page if you are purchasing more than 3 tickets.

BLUENOSE CHAPTER FUNDRAISER

NAME: _____ PHONE#: _____

ADDRESS: _____

BLUENOSE CHAPTER FUNDRAISER

NAME: _____ PHONE#: _____

ADDRESS: _____

BLUENOSE CHAPTER FUNDRAISER

NAME: _____ PHONE#: _____

ADDRESS: _____

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Member Survey & Next Event

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SURVEY: Return to: Bluenose Heritage Club, P.O.Box 8145, Halifax, N.S. B3K 5N0 or email us at bluenosehc@gmail.com by DEC 1/25.

Your Name & Area of Residence: _____

Change of Mailing Address or Email Address: _____

Charity Volunteer Hours Per Month (if applicable) & Name of Charitable Organization (optional):

Top Activities of Interest (suggestions for club outings):

Any Other Comments to provide to the Executive: _____

NEXT EVENT:

BRIGHTWOOD GOLF & COUNTRY CLUB
Christmas Luncheon
DEC 9/25 Noon
(plus a small event after luncheon)



Come join us and fellow members to share in the Christmas spirit!
Stay tuned for an email, detailing this event!

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Member Events

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Luncheon at Chester Golf & Country Club: Held October 1/25

A lovely gathering of 24 members took place, in the beautiful sunshine and in a spectacular setting (overlooking the Ocean). Attendees included: Diane & Brian Baker, Julie & Len Bodis, Darryl Clark, Louise Danch, Geraldine Dowling, John & Nancy Hopper, Gary & Colleen Lewis, Ralph & Joan Meade, Glen & Nancy McQuinn, Alanna Miller & Rob, Carole Reid, Sheila Shaw, Sharon Simpson, Norm & Deanna Vautour, Louella & Carl AuCoin.

Lucky winners of gift cards were Darryl Clark and Carl AuCoin. We erred in not taking a group photo (too engaged in conversations lol)....next time! Thanks to all who attended!



SANTA LETTER WRITING PROGRAM –

We are awaiting direction from our National body of the Heritage Club about this program. If the Club is to participate, additional information will be forthcoming by email. Stay tuned!

THANK YOU!