



NEWS

Chinook Chapter Heritage Club

2022
Year-End Edition
Issue #59

Presidents Message

Hello All,

As we close out 2022 and welcome in 2023 we also recognize the 33rd Anniversary of the Heritage Club. The Heritage Club was formed in 1989 as part of a Canada Post employee recognition program. The motto of our club: "People Helping People" is as valid today as it was then. Our members continue to volunteer their time to our Club, as well as in their communities helping others. We also donate, as a group, to many local charities. In recognition of our continued donations to others we were awarded the "Community Service Award" from our National Heritage Club office.

As I now start my first term as President of the Chinook Chapter I would be remiss not to thank Laurie Reid for her many years of service as President and former Secretary of our Chapter. We all thank her for her time.

We will be continuing in our efforts to plan more Stage West outings in the upcoming year. At our Annual General Meeting last month our members inquired about the status of our monthly luncheons and possible golfing days. I am grateful for the many suggestions given at the meeting by our members. We will be in touch on these subjects early in the New Year.

All the best in 2023.

Kathryn Cunningham
President,
Chinook Chapter, Calgary



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- welcome -

NEW MEMBERS



Welcome to Members who recently registered with the Heritage Club - National Office

**John Breurkens - Didsbury William Eggen - Beiseker
Barbara Firestone - Calgary Randall Martin - Airdrie
Jeannette Romeril - Calgary Linda Vaykovich - Dartmouth
Correna Van-Tol - Calgary Valerie Wickenheiser - Dunmore**

Welcome to New Members of the Chinook Chapter

**Valerie Fletcher - Okotoks Ute Lohse - Calgary
Susan Major - Calgary John Nielsen - Calgary
Sharon Peters - Calgary Darlene Romanchuk - Medicine Hat
Darlene Schedlosky - Coronation Maureen Smith - Calgary**



It is with great sadness that we announce the passing of some of our members and co-workers:

**Rudolph Audenaert - Olds
Florian (Joe) Burghardt - Calgary
Barry Foster - Calgary
Doris Kinnear - Red Deer**

The Chinook Chapter sends our deepest condolences to these members families, loved ones and friends at their loss.



Canada Post Heritage Club
Annual General Meeting
September 14-16, 2022
Quebec City, Quebec

Chinook Chapter represented by Kathryn Cunningham
Treasurer, Chinook Chapter

Anyone who has visited or lived in Quebec City knows it is world famous for its old-world charm. I had lived there as a child, many moons ago, and was delighted to be asked to represent our Chapter at the Annual General Meeting of the Heritage Club.

Elections were held for the positions of National President and 2nd Vice President. J.P. Leguerrier continues as National President and Lloyd Rogowski was acclaimed 2nd Vice President. Lloyd is the President of the Parkland Chapter that serves the Northern half of Alberta.

You can access the full minutes on the National website @ heritageclub.ca

Informally, this is what I came away with:

The Club has a lot of benefits to offer. We spoke about the Scholarship Program, Johnson's Insurance and Good Life Fitness. These are all National Programs.

Scholarship Program: Awards were made to three (3) recipients of \$2000.00 each. These are children, grandchildren or great-grandchildren of paid members. Rules and applications can be found @ heritageclub.ca. The closing date for this coming year is June 30, 2023.

Johnson Insurance: New brochures will be available shortly.

Membership: There was a discussion on how to increase our membership numbers. Our local executive will discuss some of the ideas put forth at this A.G.M.

Santa Letter Writing Program: Canada Post received 1.5 million letters to Santa last year. Heritage Club volunteer members answered 171,120 of those letters. There is an urgent need for volunteers that are fluent in other languages besides English and French. Please contact us at: heritagechinook@shaw.ca if you can assist us.

We had presentations from the Corporate Manager of Employee Engagement, the V.P. of ESG (Environment, Social and Governance) and an officer from Community Relations (including Santa's Workshop) These were interesting presentations and I encourage you to access them through the A.G.M. 2022 minutes on our National Website.

There was a lot of useful discussion on these subjects and more.

Kathryn Cunningham
Treasurer, Chinook Chapter

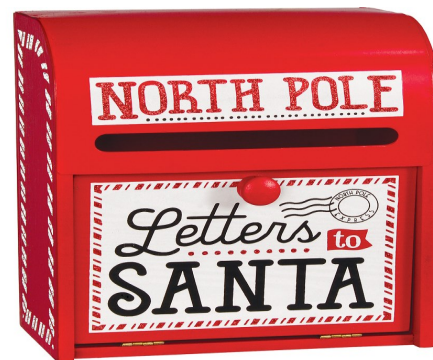


CHARITABLE DONATIONS

At our Chinook Chapter Annual General Meeting and Luncheon held on November 29th, a motion was passed to donate \$200.00 to the Canadian Red Cross on behalf of Ukrainian relief. It was also decided that we would donate to the same charities in the same amounts as last year. Therefore, we donated the following this year:

\$250.00 to the Calgary Food Bank, \$250.00 to the Veterans Food Bank, \$250.00 to Meals on Wheels, \$250.00 to the Calgary Women's Shelter, \$300.00 to the Salvation Army and \$300.00 to the Calgary Brown Bagging for Kids program. We also donated, as in past years, \$100.00 each to the Calgary Legion #1, the Calgary Museum of the Regiments, the Lethbridge Legion Branch #4, the Medicine Hat Legion Branch #17 and the Red Deer Legion Branch #35 before the AGM.

SANTA LETTER WRITING PROGRAM



Despite several of our regular volunteers being unavailable, we still had another successful year of answering Santa's letters. We want to thank the 46 members of our Chapter that did volunteer to help out and to make sure that every child that writes to Santa receives a letter in return.

We are still tallying the number of letters our Volunteers responded to this year, so we are not able to provide the total number of letters answered or the hours volunteered to accomplish this worthwhile event. We will provide this information in our Spring Newsletter.

Once again, the executive of the Chinook Chapter want to thank everyone who participated this year and made sure that Santa's Letter Writing Program was a success.

Thanks everyone and hopefully we will have another great year in 2023. Until next year!



From The Military Museums
4520 Crowchild Trail SW
Calgary, Alberta, T2T 5J4
(403) 410-2340

23 November 2022

Kathy Cunningham
Chinook Heritage Club Canada Post
PO Box 36118 Lakeview RPO
Calgary, AB T3E 7C9

Dear Kathy,

Reference: Donation

Thank you for your generous donation to The Military Museums. Your contribution will go toward supporting our mission – to **Remember**, to **Preserve**, and to **Educate**.

- a. **Remember** the sacrifices of Canadians and allies in the defence of our nation and freedom by telling their stories;
- b. **Preserve** artifacts and archival material related to the military history of Canada, with an emphasis on Western Canada; and
- c. **Educate** Canadians with an emphasis on youth, about the impact of military events on the development of Canada and the importance of military security, as a component of national security, now and in the future.

The value of your donation was \$100.00 and no restrictions were placed on the use of your donation.

The support of donors like you is extremely important in assisting us to preserve Canada's rich military history and heritage.

On behalf of all staff and volunteers, I thank you for your donation.

Sincerely,

Kenneth Brunton
Authorized Agent


Rebecca Primrose
Administrative Assistant

Shaw Webmail

heritagechinook@shaw.ca

Thank you for your support

From : Karen McKeogh <karen.mckeogh@mealsonwheels.com>
Subject : Thank you for your support
To : heritagechinook@shaw.ca

Tue, Dec 20, 2022 09:15 AM
2 attachments



As we look to the end of another year,
Calgary Meals on Wheels will surpass
1 million meals provided to vulnerable
Calgarians in 2022.

We could not have done it without you.

Happy Holidays!

Karen McKeogh

Philanthropy and Communications Manager
managerphilanthropy@mealsonwheels.com
(403)-243-2834 x 1013
Hours: Monday – Friday, 7:30am – 3:30pm



2022 Heritage Club Scholarship Results

The Canada Post Heritage Club is very proud to offer a Scholarship Program to the dependants of our members. During the first four years we were able to assist thirteen worthy young people with their educational goals. This year the value of the individual awards has been increased from \$1000 to \$2000 each, and we are very pleased with the response received. The quality of the applicants is always exceptional, making the choice a difficult one that often comes down to the finest details. We congratulate the 2022 winners and wish them every success in their future endeavors. They are all talented, hardworking individuals, and will surely do well in their studies and their chosen careers. The future is in good hands, if the caliber of our applicants is any indication.

Marissa Cox

No photo
available.

Marissa is the grandchild of Bluenose member Kevin Currie. She is an enthusiastic participant in her parish and many school activities. She works as a swimming instructor, and tutored a classmate for most of her final year. Marissa maintained the remarkable academic average of 99% throughout high school. When the pandemic forced the cancellation of her science fair project Marissa took it upon herself to contact Cape Breton University for help and advice and embarked on a successful self-directed water remediation project related to water issues experienced at her own high school. She went on to carry out another project related to pumpkin growing, working with the CBU laboratory and publishing her results. As a result of her research and activism she was the provincial winner of the DivertNS Champion of the Environment Scholarship. There is no doubt that her intellect and her initiative will carry her far as she pursues a science degree at Cape Breton University. Congratulations, Marissa!

Erica Choice

Erica is the grandchild of Van Fraser member Trudy Choice. Erica's high school life has been busy. She plays, coaches and referees ringette, as well as participating in several other sports. She teaches religion to younger children and is a parish youth ministry leader. She is a school prefect, co-president of the Environment Club, participates in the Debate Club and the Mental Health and Wellness Committee. She plays piano, and has first aid and water safety training. Erica has been on the Honor Roll all of her high school years, maintains an excellent academic average, and was awarded the BC District Authority Scholarship for community involvement. All while working part-time as a pharmacy assistant. These varied activities will surely make the transition to university life at Simon Fraser University a smooth one for Erica, and we congratulate her on her achievements thus far.



Kaleigh Hall

Kaleigh is the grandchild of Van Isle member Judith Vanin-Roth. Reading Kaleigh's application one cannot help but be impressed by the varied activities and level of involvement: Student Council President, Newspaper Club, Green Club, Tech Club, playing guitar with the worship group (just one of five instruments that she plays), running multimedia and technical equipment for school activities and the drama group, weightlifting. Her successes have been marked by various awards, including Top Scholar Medals all three years, Principal's List every semester, and the Grace Chan Citizenship Award for participation in school activities. Kaleigh participates in a number of community volunteer opportunities, and works part-time as well. Kaleigh approaches all of her pursuits with an interest and determination which seems beyond her years, but which will definitely serve her well as she continues her education at the University of Calgary.





Recent mailings sent to the following members have been returned to the Chapter.

Carol Anderson - Calgary Editha Canete - Calgary
Audrey Dorland - Red Deer Brenda Downey - Calgary
Linda Forsyth - Lethbridge Heather Gordon - Carmangay
Margaret Hopkins - Strathmore James Keating - Bellevue
Crispina Kho - Calgary Jerry Loke - Calgary
Ivan Myslawchuk - Rockyford Helga Nagel - Calgary
Margaret (Peggy) Rodzinyak - Lethbridge Kenneth Shields - Strathmore
Sarah Stoneham - Calgary Margaret Wall - Taber

If anyone knows the whereabouts of these members can you please email us at:
heritagechinook@shaw.ca



**RENEW YOUR
MEMBERSHIP**



As we indicated in your Fall Newsletter your membership dues for 2023 are due. The advantages to renewing your membership include reduced membership at “Good Life Fitness” (upon retirement) and excellent rates on Auto, Home and Travel Insurance with “Johnson Insurance”. You must be an active paid member to access these services.

If you still have your **2023 “Gold” Membership Renewal** form sent out in September, please return it along with your \$10.00 dues at your earliest convenience. (We have also, included a generic 2023 renewal form on page 9). If you are paying dues for multiple years, please note that on the form. Should you choose a more generous fee for 2023 please note what amount is beyond the basic fee and indicate same as a donation on the form. Thank you!

If you are not sure if you have paid your dues for 2023 or have paid your dues but have not received your 2023 membership card please contact the Chapter at:
heritagechinook@shaw.ca.

2023

Chinook Chapter Heritage Club

(Circle applicable case) NEW MEMBER - PREVIOUS MEMBER

Registration and Dues Form

Members Name (please print) _____

Name of significant other _____

Address: _____

City/Town: _____ Prov _____ Postal Code: _____

Email Address: _____

Telephone Number: _____

Start Date with CPC: _____ mo/day/year

Are you retired? Y/N Date of Retirement _____ **Years of Service** _____

Any comments, suggestions and interests you would like to share with us:

TRAVEL _____ SANTA LETTERS _____ GOLF _____

COMMITTEE WORK (ASSIST CHAPTER EXECUTIVE) _____

LUNCH WITH OTHER MEMBERS IN YOUR AREA _____

CULTURAL _____

TOTAL NUMBER OF HOURS YOU HAVE DONATED IN 2022 _____

***Please make cheque (\$10.00) payable to:
Chinook Chapter, Heritage Club***

MAIL TO:

**ATTN: Kathy Cunningham, Treasurer
Chinook Chapter Heritage Club
PO BOX 36118 LAKEVIEW RPO
CALGARY AB T3E 7C6**

*Membership Dues enclosed: \$ _____
(Membership year runs from January to December)*

Thank you

Emailed notifications: If we have your correct email address on file, we will communicate with you by that means. One exception is our Fall Newsletter which is mailed to everyone.

If you prefer to receive our Spring/Summer/Year-end Newsletters via Canada Post please indicate (hardcopy) on the registration form beside the email address line.

However, it is beneficial for you to provide your email address, because we will have the means to quickly distribute information that is pertinent to the pensions or an event that may be of interest to you. Provide us with the email address but write (hardcopy) beside it so we know you are an exception for quarterly newsletters. Also, if you are on Facebook, keep an eye on our Chinook Chapter Heritage Club page for posts.

Contact Us:

Chinook Chapter
Heritage Club
PO BOX 36118 LAKEVIEW RPO
CALGARY, AB T3E 7C6

heritagechinook@shaw.ca

All contact with the Chapter may be handled through written correspondence to our address, email or via Facebook

Check out our Heritage Club National Website:
<http://heritageclub.ca>

This is your Newsletter

Do you have any ideas or suggestions for activities, projects or even charitable contributions for our Club.

What's happening in your Town or City? Do you have an article you would like us to publish? Do you need help organizing a Luncheon or event in your area? Let us know. We can help.

This is your club, help us to give you what you want!



Your Executive:

President: Kathryn Cunningham
1st Vice Pres.: Katrina Duffin
2nd Vice Pres.: Carolyn Paulson
Treasurer: Kathryn Cunningham
Secretary: Evelle Rock

