



Golden Horseshoe Chapter - Fall Edition Newsletter - September 2022

President's Message

Hello fellow Canada Post former employees, and residents of the Golden Horseshoe area, It is my privilege to announce that I have taken on the role of President of the Golden Horseshoe Chapter of the Heritage Club from my friend, Gail Bourhill.

For the past couple of years, Gail Bourhill, Herb Stan and their volunteer members have managed two very large Heritage Club Chapters along with many other roles. I will take over the management of the Golden Horseshoe Chapter with Gail's guidance and support. I am hoping that members of the Golden Horseshoe area will join my team and together we can schedule events, luncheons, Christmas dinners and social activities.

I know it has been a while since you have been contacted by anyone of the Heritage Club, but world and local events have affected the opportunity to establish get togethers. Now that the pandemic has settled down and establishments have designed facilities and safer processes, I believe we are in a position where we can safely get together for social events. if social events again become restrictive, then we need to find a way to communicate and participate in Heritage Club events.

I would like to establish a working group together from the Golden Horseshoe area, and identify some of the most attractive local events, review the capacity and cost, then prepare a list of events that can be sponsored by the Heritage Club and Canada Post. Our members will then be asked to select the activities they personally would like to attend.

Our chapter of the Heritage Club needs volunteers to help with group events. If there are any volunteers who might be interested in helping, please give me a call, text, or a note. I have enclosed forms for members to identify their interest and willingness to participate.

1. Heritage Club Membership Renewal for 2023 or new member sign up.
2. A form for Members who would like to be part of the Committee or who would like to volunteer to help out with events, and a space to identify volunteer work our members perform for their community, the work can be any service that they provide. Each year there will be a raffle to honour the volunteers. The raffle will be at the Christmas luncheon and 1 lucky volunteer will receive a gift of \$50.
3. A form for members who would like to sign up for the Santa Claus letter writing program.
4. Change of address form.
5. A form to attend the Mandarin Luncheon.

The Golden Horseshoe is a premier location in Ontario, with many attractions, and events that we can positively enjoy. By combining our collective efforts and some Canada Post funding, we could create excellent, affordable social events that you could attend with your partner, former work colleagues and friends.

Please review the benefits of being a Canada Post Heritage Club Member. Members enjoy benefits such as discounts at GoodLife Fitness, etc.

So please, if you would like to be part of the Golden Horseshoe Chapter Committee, drop me a note at jnglor2022@outlook.com, or call or text at 295-675-4000, and I will get back to you.

Regards

Gloria Mac Donald
President
Golden Horseshoe Chapter

Main Upcoming Event: Mandarin Restaurant, October 15, 2022, 12:00

I have scheduled a Golden Horseshoe Luncheon at The Burlington Mandarin Restaurant, for Oct. 15, 2022 at 12:00. The cost per member and spouse is \$20 each.

Mandarin Burlington, 1881 Fairview St, Burlington ON L7S 2K4 · 905-632-6000

The regular cost for a seniors' lunch at The Mandarin is currently \$30.26: Senior's discounted lunch price, \$20.79, add a drink for \$2.49, include taxes for \$3.03, and tip, \$3.95. However, the subsidized cost to our members and their spouse would be an all inclusive \$20, \$27 for non-members, if you want to bring a family member. You would save \$10 per member. As a paid member of the Golden Horseshoe Chapter, It is always a good idea to carry your senior id to claim the "coveted" senior's discount. For all events, I recommend you call to confirm that the event(s) will occur, as these are still uncertain times with Covid.

Please let me know if you are interested in joining me for our first event at:
jnglor2022@outlook.com, or by texting or calling me at 289-675-4000. You can also fill
 out the ballot at the end of this newsletter and mail your request to:
 Gloria MacDonald, 16 Watersdown Cres., Whitby ON L1R 1Z1

Please address all cheques to **Golden Horseshoe Chapter**, or e-transfer to the
 account at jnglor2022@outlook.com

Mandarin Lunch

Oct 15, 2022 @ 12:00pm

Mandarin Burlington 1881 Fairview St Burlington ON L7S 2K4
 905-632-6000

\$20 each per member or spouse, non-member \$27.00

I would like to attend

Name:

Name of spouse (if applying as a couple):

Address:

City:

Postal Code:

Phone Number:

Email address: (optional):

Self: _____ Couple: _____ Amount Enclosed: \$ _____

One Day Bus Tours

We are hoping to select one day bus trips for our members. If you have any preference
 or would like to suggest outings you have enjoyed, please let me know.

Some useful Information

Benefit Contacts:

Canada Post Pension Site, 1-800-480-9220

Gov't of Canada Superannuation, 1-800-561-7930

Canada Pension Plan/Old Age Security, 1-800-277-9914

Canada Extended Health Plan

Canada Life, 1-866-249-5723

Sun Life, 1-800-361-6212 Access

H.R., Canada Post Human Resources, 1-877-9090

Upon the death of a Canada Post employee, many of the benefits and survivor pension will continue after, including a death benefit payable to the survivor. The survivor needs to contact the appropriate agencies mentioned above, and provide the following information: Retiree name, Last Address, Employee ID Number, Social Insurance Number, Date of Birth, Copy of Death Certificate.

The “L I F E is G O O D” Section

Why do fathers take an extra pair of socks when they go golfing?

In case they get a hole in one!

What do you call a factory that makes okay products?

A satisfactory.

I'm reading a book about anti-gravity.

It's impossible to put down!

What does a baby computer call his father?

Data.

Please submit any jokes, poems or stories you believe our members would like.

SANTA'S HELPERS WANTED

The Christmas season is once again around the corner, and we are getting ready for all the mail that will soon arrive for Santa Claus. We are looking for Heritage Club members who are willing to spend an hour or two or more. Your participation replying to these letters will most likely be at your home again this year. The Santa letters and instructions will be mailed to the selected volunteers.

If you would like to help spread a little joy and happiness, contact me @ 289-675-4000, or complete the form below and return to Gloria MacDonald 16 Watersdown Cres., Whitby ON L1R 1Z1.

Santa Helper Volunteer

Name:

Address:

City:Postal Code:Phone No :

Email Address: Languages:

The Golden Horseshoe Chapter would like to organize subsidized luncheons, bus travel, annual banquet, and sports' events for its' members. Also, we would like to collect and donate food for the food banks at our events. We also make donations to various charities throughout the year. As many of our members generously donate their time to local, charity organizations, we would like to recognize them. In December, we would like to hold a Holiday banquet for our members.

Do you have any suggestions for trips or special events you would like? Call or text: Gloria MacDonald, 289-675-4000.

The Membership Benefits, Discounts and Advantages

- **Johnson Home and Car Insurance:** discounts of up to 35%. Scholarship Opportunities. Discounts for you and who travels with you, with **MEDOC Travel Insurance**.
- **GoodLife Fitness:** discounts up to 30% off the regular all club access rates.
- **Choice Hotels:** discounts of up to 15% in Canada, and worldwide, which includes Comfort, Quality, Rodeway Inn, EconoLodge, Clarion, MainStay Suites, Sleep Inn, and coming soon: Radisson Hotels.
- **Collette Tours** discounts.
- Discounts to **Golden Horseshoe Chapter** events, luncheons, bus trips, group tours, sports activities.
- Heritage Club **Scholarships opportunities** for your children and grandkids of \$2,000 per school year.
- Four newsletters a year.

IMPORTANT: In order to benefit from these discounts, you must mention your Heritage Club membership number, and you must have paid your membership dues to the Golden Horseshoe Chapter for the current year or more, otherwise coverage could be denied or terminated.

Life Events

Have you had any life events you would like the us to announce? Marriages, births, special anniversaries, special awards, deaths, hospitalizations, etc. Let us know so we can pay tribute.

Payment for dues and luncheons: Cheques for luncheons, events and membership dues should be made out to: **Golden Horseshoe Chapter, then sent to Gloria MacDonald 16 Watersdown Cres., Whitby ON L1R 1Z1.**

Your Committee Members

Gloria MacDonald, President

Membership Database

Email: jnglor2022@outlook.com

Gail Bourhill, Vice-President

Webmaster

J.P. Leguerrier, Assist Writer/Editor Newsletter

MEMBERSHIP

Membership dues for the following year are due with this newsletter. Remember, annual dues paid by our members are instrumental in keeping any chapter alive and active.

New members applying to the Heritage Club will receive our Chapter's newsletters in the current year of their retirement and/or having achieved 25 years of service; after that, they need to signify their intent to join our Chapter by paying dues to the Golden Horseshoe Chapter, in order to continue receiving our communications. Our membership year runs from **January to December** and costs only \$10 per member, or \$20 per couple. If you are a member but are no longer mobile, but still want to keep in touch by receiving only the newsletter, the cost is \$5.

New MEMBERSHIP DUES and Annual Membership RENEWAL \$10 per Member		
Name of Member:		
Name of spouse (if applying as a couple):		
Address:		
City:	Postal Code:	
Phone Number:		
Email address: (optional):		
Renewal for Self: _____	Couple: _____	Amount Enclosed: \$ _____
Is this a Renewal: _____	or	a New Membership: _____

Paying your dues

Send the **completed dues renewal form** to: Gloria Mac Donald, Golden Horseshoe Chapter, 16 Watersdown Cres., Whitby ON, L1R 1Z1.

Cheques for luncheons and membership dues should be made out to **Golden Horseshoe Chapter**. You may also pay by e-payments, jnglor2022@outlook.com.

Newsletter Distribution

Newsletters will be produced quarterly and will be distributed to every member and associate who has paid their annual dues to the Chapter. Also, a general distribution will be made once a year to every person who has applied for general membership to the Heritage Club in our Chapter area. Articles of general interest for the newsletter are always welcomed.

Volunteering

The motto of the Heritage Club is “**People helping People**”; we would like to know of any activity you are currently participating in that benefits people and/or your community, such as fund raisers, work with health, religious or seniors’ organizations, coaching children’s groups, etc., and the hours you spend at it per month. This is one of the criteria we are measured on by CPC, and it affects our yearly funding. You can report these hours on your due’s renewal form.

There are many examples of volunteering, ways you can help your community and fellow man, and feel good about yourself: church, organizations, knitting groups, literacy and schools, Santa Letters, Heritage Club, library and museums, hospital and seniors’ homes, soup kitchens, food banks, meal on wheels, shut in programs, income tax prep, fund raisers, Christmas hamper programs, etc.

There will be a draw for \$50 at the Christmas dinner, volunteers’ names will be included.

Golden Horseshoes Participation Request

Would you like to be a volunteer for the Chapter or be part of the Committee?

_____ Yes, I would like to be part of the Golden Horseshoe Chapter Committee.

_____ Yes, I would like to volunteer to help with events

If so, please call or text Gloria @ 289-675-4000, or send with your renewal envelope.

Volunteer Work

I currently volunteer my services at _____

I volunteer _____ days a week/month. For _____ hours

CHANGE OF ADDRESS NOTICE FORM

Name:

Old Address:

New Address:

Postal Code:

Phone Number:

Effective Date: