



## **Golden Horseshoe Chapter - 2<sup>ND</sup> Edition Newsletter December 2022**

### ***President's Message***

***Merry Christmas, Seasons Greetings, and Happy New Year 2023!***



Wow, where did the time go?

It feels like yesterday that I wrote my first newsletter, reaching out to the Golden Horseshoe Chapter members. When I accepted the position of the Golden Horseshoe Chapter, I conjured up images of wine groves, the Niagara Falls Region and Niagara-on-the-Lake scenery. The opportunities were endless for socialization, right?

What I didn't take into consideration was how large the Chapter was from a geographical standpoint, nor was I aware of the traffic congestion for many of the more scenic areas.

After attending my first luncheon in Burlington, I realized that I needed to rethink my participation plan.



### Burlington Luncheon, Oct. 15

Our first luncheon on Oct 15, 2022, was an eye opener. Traffic was truly an issue but in spite of the obstacles, the members had a good variety of experiences. I was impressed with their dedication and contribution to our communities.

It was from this experience the next two events were planned. I want to provide opportunity for all members to meet, but I also want to provide the opportunity to participate via newsletters and draws to all paying members.

I have had a Golden Horseshoe Chapter T-shirt designed and produced; these T-shirts will be an addition to the of quarterly gift card draws for all paying members. Winners will be identified in future newsletters.



### My Mission/Plan

My plan was always to include both members who could attend Heritage Club events, and members who couldn't attend scheduled events so easily.

**For members who couldn't or didn't want to attend events, and for all paid members, I have scheduled a quarterly paid members \$50 gift card draw**

The 1<sup>st</sup> draw was held in Burlington on Oct 15, 2022, the winner of the \$50 gift card was **Darlene Beauregard**

During the drawing process another member's name was stuck to the winning ticket.

We honoured the second name:

**William Beers**

The winner receiving a gift certificate of their choosing for Community Service this year:

**Robert Beck.**

Robert and his wife Betty have been providing community service to Meals on Wheels many days a week and for over 13 years. Robert also helps with admin activities. Thank you for your community service, Robert and Betty.

For members who would like the opportunity to attend events, I will be holding events between different locations. The selection of the events' location is based on the number of members located in the area and to provide access to all members. Therefore:

### **Main Upcoming Events**

**Mandarin Restaurant, January 4, 2023, Hamilton, 12:00  
AND  
Mandarin Restaurant, March 17, 2023, St Catherines, 12:00**

#### **Our next event will be a belated New Years Luncheon**



Hamilton Mandarin Restaurant Luncheon, January 4<sup>th</sup>, 2023, At 12:00 noon  
1508 Upper James St, Hamilton ON L9B 1K3. Phone 905-383-6000.

Member's cost will be \$15.00 per paid member and \$25.00 for non members. The cost includes tax and tips. Please send in your request to attend this luncheon by Dec. 15, 2022.

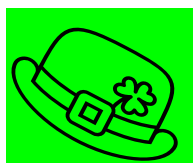
#### **The second event on our calendar will be a St Patrick's Day Luncheon**

St. Catherines Mandarin Restaurant luncheon, March 17, 2023, at 12:00 noon  
366 Bunting Rd., St. Catherines ON L2M 3Y6. Phone: 905-938-7000.

Member's cost will be \$15.00 per paid member and \$25.00 for non members. The cost includes tax and tips. Please send in your request to attend this luncheon by Feb. 15, 2023.

***St Patrick Day Dress is encouraged, there will be a prize for the best costume.***

The Golden Horseshoe Chapter subsidizes the lunch costs for paid members. Please register early. If available space becomes an issue, members who have booked the event will be given priority seating.



Please let me know if you are interested in joining me for either of these two events at: [jnglor2022@outlook.com](mailto: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(s) to:

Gloria Mac Donald, 16 Watersdown Cres., Whitby ON L1R 1Z1.

Cheques should be made out to: **Golden Horseshoe Chapter**, or e-transfer to the account at [jnglor2022@outlook.com](mailto:jnglor2022@outlook.com)

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](mailto: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

### **National Conference 2022**

In early September, I attended the National Canada Post Heritage Club conference. I met all the Heritage Club Chapter Presidents along with the National Executive Committee. I enjoyed the feedback and helpful hints from experienced presidents.

We had an opportunity to hear from Canada Post Representatives. It was clear that Canada Post values their retired employees and the contribution that the Heritage Club Members make by contributing to the Santa Letter writing program, evaluating grant projects and scholarship applications. They also recognize the image Heritage Club Members project for Canada Post via the volunteer efforts food banks, community services fund raising donations, etc. This year the Golden Horseshoe Chapter will donate \$50 each to Cancer Research, Sick Kids and the CPC Community Foundation project. Please let me know of special not-for-profit associations you would support for 2023.

The National conference was great fun, some of our team dressed up in vintage letter carrier uniforms: L to R, Gilles Labine, President of Ville Marie Chapter of Montreal, wearing a vintage 1957. Fred Danells, President of Van Fraser Chapter of Vancouver, sporting the 1892 model year. Finally, Nick Ronsky in a 1894 Toronto uniform as would have been worn by Albert Jackson, the first black letter carrier in Canada.



I would like to thank the National Executive Committee for their support and funding.

### **MEMBERSHIP**

Membership dues for the following year are due in December. Remember, annual dues paid by our members are instrumental in keeping our chapter alive and active. The dues go towards newsletters, draws and social events

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, please join up, you will be eligible for quarterly draws, T-shirts, newsletters and Canada Post Heritage Club discounts.

<b>New MEMBERSHIP DUES and Annual Membership RENEWAL \$10 per Member</b>		
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**

Please address make out Cheques for luncheons and membership dues to: **Golden Horseshoe Chapter**. You may also pay by e-payments, jnglor2022@outlook.com.

Cheques, membership renewal, change of address etc. should be sent to

Gloria Mac Donald,  
Golden Horseshoe Chapter  
16 Watersdown Cres.  
Whitby ON L1R 1Z1

NOTE: Many members have already paid their dues in response to my September newsletter, and should disregard this call for dues.

### **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. We also welcome any life event notifications you would like to share.

### **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 once a year, all volunteers’ names will be included.

### **Golden Horseshoes Participation Request**

Would you like to be a volunteer for the Chapter or be a 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 \_\_\_\_\_ hour

### CHANGE OF ADDRESS NOTICE FORM

Name:

Old Address:

New Address:

Postal Code:

Phone Number:

Effective Date:

### 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 1-877-480-9220  
 Gov't of Canada Superannuation, 1-800-561-7930  
 CPP/OAS 1-800-277-9914  
 Canada Extended Health Plan  
 Canada Life, 1-866-716-1313  
 Sun Life, 1-800-361-6212  
 Canada Post Human Resources, 1-807-9090  
 Employment Insurance 1-800-206-7218  
 Passports, 1-800-567-6868  
 Revenue Canada, 1-800-959-8281

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.

**Great News!:** 2023 CPC Pension Indexing Rate: the indexing rate for January 2023 has been set at 6.33%.

### **The “L I F E is G O O D” Section**

Those who jump off a bridge in Paris are in Seine.  
A man's home is his castle, in a manor of speaking.  
Dijon vu - the same mustard as before.  
A man needs a mistress just to break the monogamy.  
A hangover is the wrath of grapes.  
Does the name Pavlov ring a bell?  
Condoms should be used on every conceivable occasion.  
Reading while sunbathing makes you well red.  
When two egotists meet, it's an I for an I.  
A bicycle can't stand on its own because it is two tired.  
In democracy your vote counts. In feudalism your count votes.  
She was engaged to a boyfriend with a wooden leg but broke it off.  
A chicken crossing the road is poultry in motion.  
If you don't pay your exorcist, you get repossessed.  
You feel stuck with your debt if you can't budge it.  
A lot of money is tainted - taint yours and taint mine.  
A boiled egg in the morning is hard to beat.  
He had a photographic memory that was never developed.  
Once you've seen one shopping center, you've seen a mall.  
Bakers trade bread recipes on a knead-to-know basis.  
Acupuncture is a jab well done.

### **SANTA'S HELPERS**

I would like to thank all the volunteers who helped write Santa Letters, thank you for your support. Santa and the kids around the world really appreciate it.

### **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 Mac Donald, 16 Watersdown Cres., Whitby ON L1R 1Z1.**

### **Your Committee Members:**

Gloria Mac Donald, President

Membership Database

*Email: jnglor2022@outlook.com*

Gail Bourhill, Associate President, Webmaster

*Vacant Position, Hamilton Associate*

*Vacant Position, St. Catharines Associate*

J.P. Leguerrier, Assistant Writer/Editor Newsletter

**Hamilton Mandarin Luncheon** January 4<sup>th</sup>, 2023, at 12:00 noon  
1508 Upper James St, Hamilton L9B 1K3. Phone: 905-383-6000

\$15 each, per member or spouse, non-member, \$25.00

I would like to attend the Hamilton January 4, 2023 luncheon

Name: \_\_\_\_\_

Name of spouse (if applying as a couple): \_\_\_\_\_

Address:

City:

Postal Code:

Phone Number:

Email address: (optional):

Self: \_\_\_\_\_ Couple: \_\_\_\_\_ Amount Enclosed: \$ \_\_\_\_\_

**St. Catherines Mandarin Luncheon** March 17, 2023, at 12:00 noon  
366 Bunting Rd., St. Catherines L2M 3Y6. Phone: 905-938-7000

\$15 each, per member or spouse, non-member, \$25.00

I would like to attend the St. Catherines March 17, 2023 luncheon

Name: \_\_\_\_\_

Name of spouse (if applying as a couple): \_\_\_\_\_

Address:

City:

Postal Code:

Phone Number:

Email address: (optional):

Self: \_\_\_\_\_ Couple: \_\_\_\_\_ Amount Enclosed: \$ \_\_\_\_\_