



Golden Horseshoe Chapter - 3rd Edition Newsletter April 2023

President's Message



As we head into Summer, I would like to reflect on the past three months.

We have now attended 3 Mandarin lunches, one in each of the following areas: Burlington, Hamilton, and St. Catharines.

The lunches have been fun and an opportunity to celebrate New Year's and St. Patrick's Day with Heritage Club members.

Unfortunately, Mr. Murphy (Murphy's Law) was up to his tricks and the St. Catharines lunch was hindered for many with a covid outbreak or contact with someone who tested positive. I thank all the thoughtful members who notified me of their contact with covid active cases, and in some cases members who tested positive for covid, and who wisely stayed home.

All members who were unable to attend were reimbursed or credited for future outings or luncheons as per their preference.

As I mentioned previously, the luncheons provided opportunities to get to know members, obtain members' ideas on events, and their preference for outings.

During the meetings, telephone conversations, and Heritage Club member luncheons, I was lucky in that some Golden Horseshoe Chapter members have agreed to become part of the Golden Horseshoe Chapter Executives:

So I am pleased to announce that Saul Goldstein, David Kent and Darlene Beauregard have joined the Golden Horseshoe Chapter Team.

Darlene, Saul, and David have been busy collecting information on several events in the Golden Horseshoe area. I will be attaching a list of potential events for our members to review and provide input.

My Mission/Plan

My plan was always to include both paying members who could attend luncheons and members who couldn't attend luncheons 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 second draw was held on Jan 4, 2023, the winner of the \$50 gift card was:
Miriah Falcioni

The Third draw was held on March 17, 2023, the winner of the \$50 gift card was very lucky, and second time winner...

Miriah Falcioni

Congrats to our winner, Miriah, you need to buy lotto tickets!

We also have an annual \$50 gift card draw for community volunteers. Please identify your volunteer services to your community. Your support regardless of where you assist, is greatly appreciated.

Our next event will be held at the Burlington Mandarin:



Burlington Mandarin Luncheon June 15th, 2023, At 12:00 noon

Please address all cheques to **Golden Horseshoe Chapter**, or e-transfers to the account at inglor2022@outlook.com

Send below request to attend, along with cheque to:

**Gloria MacDonald
16 Watersdown Crescent
Whitby On L1R 1Z1**

Mandarin Lunch

June 15, 2023 @ 12:00pm

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

\$15.00 each per person for member or spouse, non-member: \$25.00

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: \$ _____

Make cheques out to: Golden Horseshoe Chapter

The Member's cost for attending will be \$15.00 per paid member (or spouse), and \$25.00 for non members. The cost includes tax, tips, and non-alcoholic drink. The Golden Horseshoe Chapter will subsidize the rest of the lunch costs for paid members.

Note: Please send in your request to attend this luncheon to Gloria MacDonald on the included form by June 10, 2023. Please complete your request to attend this luncheon in a timely manner so we can plan accordingly. If available space becomes an issue, members who have booked this event will be given priority seating.

If you pay for this event, then are unable to attend for health etc. reasons, you will either receive a refund or credit to the next event.



National Conference 2023

In May 2023 I will attend the National Canada Post Heritage Club conference I will meet all the Canadian Canada Post Heritage Club Presidents along with the National Executive committee.

There will be a lot of exchanging of ideas, feedback, and helpful hints from experienced presidents.

We will have an opportunity to hear from a Canada Post Representative. Canada Post values their retired employees and the contribution that the Heritage Club Members make, by contributing to the Santa Letter writing program or evaluating grant projects.

They also recognize the image the Heritage Club Members project for CPC 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 Children and the CPC Community Foundation.

Please let me know of any Heritage Club issues that we can't address locally that you would like me to present to the National Committee.

Please let me know of special, non-profit associations, you would support for 2023.

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 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, to continue receiving our communications.

Our membership year runs from **January to December** and costs only \$10 per member, or \$20 per couple. For the 2024 membership, please send dues in by Dec 15, 2023.

If you are a member but are no longer mobile, please join up, you will be eligible for quarterly draw, T-shirts, newsletters, and Canada Post Heritage Club discounts.

Paying your dues

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

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

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

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 welcome.

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

Please note: all community work is valuable and should be recorded.

CHANGE OF ADDRESS NOTICE FORM

Name:

Old Address:

New Address:

Postal Code:

Phone Number:

Effective Date:

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.

MEMBERSHIP DUES RENEWAL SLIP
DUES ARE \$10.00 DUE BY DEC OF EACH YEAR.

Name: _____

Name of spouse (if applying as a couple): _____

Address: _____

City: _____

Postal Code: _____

Phone Number: _____

Email address: (optional): _____

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

Is this a Renewal: _____ or a New Membership: _____

Please make cheques out to: Golden Horseshoe Chapter

And mail application with cheque to:

Gloria MacDonald (President) Golden Horseshoe Chapter

16 Watersdown Crescent

Whitby On L1R 1Z1

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.

We would also like to schedule a Christmas dinner/event. Please provide your preferred location and facility.

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, 1-800-361-6212Access

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.

Life Events

Our condolences go out to Karen Chretien for the loss of her family members.

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.

Our recent luncheon in St. Catharines for St. Patrick's day:



The “L I F E is G O O D” Section

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

Subject: TWELVE COMMANDMENTS FOR SENIORS

#1 - Talk to yourself. There are times you need expert advice.

#2 - “In Style” are the clothes that still fit.

#3 - You don't need anger management. You need people to stop pissing you off.

#4 - Your people skills are just fine. It's your tolerance for idiots that needs work.

#5 - The biggest lie you tell yourself is, “I don't need to write that down. I'll remember it.”

#6 - “On time” is when you get there.

#7 - Even duct tape can't fix stupid, but it sure does muffle the sound.

#8 - It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller.

#9 - Lately, you've noticed people your age are so much older than you.

#10 - Growing old should have taken longer.

#11 - Aging has slowed you down, but hasn't shut you up.

#12 - You still haven't learned to act your age and hope you never will.

. . And one more:

“One for the road” means peeing before you leave the house.

Keep well & smile - every day is a bonus!!

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.
- **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.

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**. Sorry for the frequent reminder of payment dues but we have had a number of cheques requiring return for correction.

Your Committee Members:

Gloria MacDonald, President

Membership Database

Email: jnglor2022@outlook.com

Gail Bourhill, Vice-President

Webmaster

Saul Goldstein Vice-President Events

David Kent Vice-President Events

Darlene Beauregard Vice-President Events

J.P. Leguerrier, Assist Writer/Editor Newsletter