



Golden Horseshoe Chapter - 4th Edition Newsletter October 2023

President's Message



In my last newsletter in April, my feet were on a warm beach, then in May, I ended up in a boot: I would like to reflect on the past six months:

It has been a trying summer for sure, after a host of medical conditions I am finally on the mend. Due to my medical issues, event planning had to be placed on hold.

Luckily for me I have had help from:

Our national president JP Leguerrier

Our Golden Horseshoe Chapter VP's

VP Saul Goldstien

VP David Kent

VP Darlene Beauregard

Pineridge Chapter Rep

Pat Stephenson

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

We have also had several draws for all paid members. Another draw has been conducted and the winners will be announced in this newsletter.

I would like to remind everyone that the paid members draw is for all paid members and not exclusive to members who attend events. We realize that many of our members would like to be kept in touch but may not be able to attend events.

I encourage all members who can attend events to please participate.

After conducting several lunches plus member feedback, we have decided to have the Christmas Lunch Dec 5 in Burlington. **Please see Christmas Luncheon form in this newsletter.**

The lunches have been fun, and we now have an opportunity to celebrate Christmas with Heritage Club Members and friends.

I am lucky that Saul Goldstein, David Kent and Darlene Beauregard have joined the Golden Horseshoe Chapter Team and that they were able to help when I was unable to: Thank you!

Darlene, Saul, and David have been busy collecting information on several events in the Golden Horseshoe area, I am hoping that we can get together soon to decide for 2024.

Our Mission/Plan

Our plan was to encourage Golden Horseshoe CP employees to join the CP Heritage Club. To provide an opportunity for our members to socialize with each other at a reasonable cost. Our goal was to service both paying members who could attend luncheons and members who couldn't attend luncheons so easily. To include the later group, we have conducted paid members draws.

The draws are for \$50.00 gift cards, all paid members names are included in the draw.

Note: our paid membership has now reach 110 members.

The third and fourth draws were held Oct 17, 2023, the winners of the \$50 gift card were:

Elizabeth Turner and Mary C. Schenk

Congrats to our winners!

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.

For the members who are able and who attend our events we have additional draws at the luncheons.

**Our next event will be our Christmas luncheon, to be held at the
Burlington Mandarin:**

Burlington Mandarin Xmas Luncheon December 5th, 2023, At 12:00 noon



Please address all cheques to **Golden Horseshoe Chapter**, or e-transfers to the account at jnqlor2022@outlook.com any cheques not correctly addressed to the **Golden Horseshoe Chapter will be returned**. Send below request to attend, along with cheque to:

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

Mandarin Lunch

December 5, 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 **November 30th, 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 (your choice).

GoodLife Fitness Discount

The GoodLife Fitness subscription year usually starts the month you pay it. If you intend to apply under the Heritage Club discount, you must have paid your dues for that month, and renew by that month for the following year.

GoodLife Corporate Membership Benefits:

Waived enrollment fee exclusive to corporate partners (regular fee \$99+tax). Add a family member on your corporate rate. State-of-the-art cardio equipment. Free weights and weight machines. Showers available. World-renowned Group Fitness classes (select memberships). Professionally trained staff to assist you in achieving your goals. 24-hour locations (select Clubs).

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. Each year children from around the world send their Christmas wishes to Santa, who lives in Canada's Great White North. Over the years, Canada Post employees, both current and retired, have been bringing joy and happiness to these children, by responding to their letters. We are looking for Heritage Club members who are willing to spend an hour or two replying to these letters which may be at home again this year, in order to stay safe and compliant with then current safety protocols. If you would like to help spread a little joy and happiness, contact me @289-675-4000, or any member of the Executive, or complete the form below and return to us.

Santa Helper Volunteer

Name:Address:

City:Postal Code: Phone No.....

Email Address: Languages.....

2023 Scholarship Winners

The Canada Post Heritage Club is very proud to offer a Scholarship Program to the dependents of our members. During the first three years we were able to assist eleven worthy young people with their educational goals. Last year the value of the individual awards was 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.

The winners for this year's Scholarship grants are Abbygale Davidson, Humber Chapter, Margaret Fallscheer, Parkland, and Christian Shimmin, Van Fraser.

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.

Some members have paid early, please fill out your membership form and write paid 2024 on the application. This will assist with validation and accuracy. Thank you.

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, changes of address etc. should be sent to:

**Gloria MacDonald
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.

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

PLEASE SELECT WHERE YOU PREFER YOUR EVENTS WITH ☒

HAMILTON----- ST CATHERINJE _____ BURLINGTON

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, 1-1-800-957-9777

Sun Life, 1-800-361-6212Access

H.R., Canada Post Human Resources, 1-877-807-9090

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

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.

CHANGE OF ADDRESS NOTICE FORM

Name:

Old Address:

New Address:

Postal Code:

Phone Number:

Effective Date:

The “L I F E is G O O D” Section

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

When a kid says “Daddy, I want mommy” that’s the kid version of
“I’d like to speak to your supervisor”.

It’s weird being the same age as old people.

Just once, I want a username and password prompt to say CLOSE ENOUGH.

Do you ever wake up in the morning and look in the mirror and think...
“That can’t be accurate?”

Last night the internet stopped working so I spent a few hours with my family. They seem like good people.

We celebrated last night with a couple of adult beverages
 Metamucil and Ensure.

You know you are getting old when friends with benefits means having
 someone who can drive at night.

After watching how some people wear their masks,
 I understand why contraception fails.

For those of you that don’t want Alexa or Siri listening in on your conversation, they are making a male version....it doesn’t listen to anything.

I just got a present labeled, ‘From Mom and Dad’, and I know darn well
 Dad has no idea what’s inside.

Now that I have lived through a plague, I totally understand why
 Italian renaissance paintings are full of fat people lying on couches.

Love what you have before life teaches you to love what you I

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,

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

- **Belairdirect, formerly 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: 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