



## Golden Horseshoe Chapter - 5th Edition Newsletter April 1<sup>st</sup>, 2024

### *President's Message*

Dear Members,

Hope everyone had a good Christmas, a great New Year and as the weather gets warmer, we will be welcoming Spring soon. Wishing everyone happiness, health, joy, peace, and peace of mind.

I want to thank everyone who renewed their club membership this year. We are grateful for your continued support. The Heritage Club is for anyone and everyone who worked for Canada Post from different jobs, ranks, unions or associations and background. We are all equal, want to have and enjoy social events, offer support for one another, and give back to society. The motto of the Heritage Club is "People helping People."

The Heritage Club is celebrating an anniversary in 2024: 35 years of camaraderie, sharing, and helping each other.

Reminder to members, if you move, PLEASE remember to inform us of your new address and telephone number as this ensures you continue to receive our annual newsletter and quarterly newsletters for paid members. The newsletters provide you with access to news and discounts. As **paid member**, it gives you discounts at our luncheons, bus trips, home, auto Insurance from **Belairdirect** and travel insurance from Medoc Travel, Goodlife fitness club, scholarship opportunities from Canada Post (for members still working), the Heritage Club, and **Belairdirect** Insurance (formerly known as Johnson Insurance), for your kids and grandkids.

I hope the newsletter we put together provides you and your family with useful information on our future social events, the contact information for our benefits, keep a tie between you and other colleagues. The seed money we receive annually from Canada Post is based on the **number of our Paid members**. *Your Club needs your support!*

Up to now, we have attended 4 Mandarin lunches, in the following areas: Burlington, Hamilton, and St. Catharines.

We have also had several draws for all paid members. Another draw will be conducted at our luncheon in April and the winner will be announced in the next 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. **We will also be having a raffle for a collectible Star Trek Stamps Collection from Canada Post at our next event, see below for details.**

After conducting several lunches plus member feedback, we have decided to have the next luncheon on April 25th at the Hamilton East Mandarin. **Please see the Luncheon form in this newsletter.**

I am lucky that Saul Goldstein, David Kent and Darlene Beauregard have joined the Golden Horseshoe Chapter Volunteer Committee as Vice Presidents and that they are able to help out: Thank you!

Gloria Mac Donald  
President  
Golden Horseshoe Chapter

### **Our Mission/Plan**

Our plan was to encourage Golden Horseshoe area employees and retirees to join the Canada Post Heritage Club. To provide an opportunity for our members to socialize with each other at a reasonable cost. Our goal is to service both paying members who could attend luncheons and members who couldn't attend luncheons so easily.

To include the latter group, we are conducting paid members draws quarterly. The draws are for \$50.00 gift cards, all paid members names are included in the draw, and are usually held at the luncheons.

**Note: our paid membership has now reached 110 members: Thank you!**

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.

## E V E N T S

Photos from our last event at the Burlington Mandarin in December 2023.  
Thanks to all who came out!





### **HELP WANTED**

To run a volunteer organization like ours, we need more people to care, to get involved, to step up and to help. Anyone able to participate with luncheons, collecting material for social events, assist selling raffle tickets, taking photographs, collection of money at events, and help with any tasks and is interested in any of the positions on the Committee, please contact myself.

If you know any friends or family members that could help The Heritage Club with any prizes or donations, so we can raise more funds for the charities we support, like the Food Banks, Sick Kids Hospital, Cancer Society, Veterans Associations, Canada Post Community Foundation, etc., please help us!

It was great to see you come out and join us at our events and meeting new members. Your participation and support are greatly appreciated. The positive feedback from our members is encouraging. We have an excellent team presently, but as we grow we could use additional committee members.

### **Time of Your Life Bus Tours**

Time of your life have one day bus tours and other events, as well as out of town concert venues. If you are curious or interested, please write to me or email and I will send you their detailed advertisement through e-mail or you can contact them directly at 500 Sheppard Avenue East, Suite 203 Toronto, Ontario M2N 6H7, 416-224-0684 or email address [timeofyourlifetourstonto@gmail.com](mailto:timeofyourlifetourstonto@gmail.com)

Our executive committee is contacting local bus tour companies and attractions to obtain regional information and events material. We can send out another information flyers to paid members if anyone is interested in the events.

**Our next event: the Hamilton East Mandarin on April 25th, 12:00 noon**

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 subsidizes 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 as soon as possible 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).

Please address all cheques to **Golden Horseshoe Chapter**, or e-transfers to the account at [jnqlor2022@outlook.com](mailto: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 Event Registration Form**

**April 25th, 2024 @ 12:00pm**

The Mandarin Hamilton East, 1223 Barton St. East., Hamilton

\$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 cheque to: Golden Horseshoe Chapter, 16 Watersdown Cres., Whitby ON L1R 1Z1**

## **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).

## **Heritage Club Scholarship**

Heritage Club will be awarding three scholarships to students starting for the first time, their first year of full-time studies, provided it is an accredited institution, and the awards has increased to \$2,000. To be eligible, students must be dependent children, including adopted children, stepchildren, grandchildren, and wards in legal guardianship of an active, dues paying member for two consecutive years of a Heritage Club Chapter. All applications must be post-marked by June 30<sup>th</sup> of that year. Please google for the application form online @ [heritageclub.ca](mailto:heritageclub.ca), or submit your application to Mr. Eldred Holmes, [holmese@nl.rogers.com](mailto:holmese@nl.rogers.com)

The value of the individual awards has been increased from \$1,000 to \$2,000 each, in 2022. We are 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.

## **Belairdirect Insurance Scholarships**

Belairdirect Insurance offers 50 scholarships each year, valued at \$1,000.00 each, to eligible students completing high school in 2024 and starting post-secondary education in the fall of 2024. Applications open April 28, 2024 with a deadline date of July 28, 2024. To learn more, please visit [scholarshipfund@johnson.ca](mailto:scholarshipfund@johnson.ca). 1-844-567-1237.

## **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.

For members who haven't already sent in their membership dues, please send your dues in now. 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](mailto: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 have 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.

**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 CATHARINES \_\_\_\_\_ BURLINGTON \_\_\_\_\_



## 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.

### 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.

### Reporting your current 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 in 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, drop me a note at [inglor2022@outlook.com](mailto:inglor2022@outlook.com), or call or text at 295-675-4000, and I will get back to you.

## IMPORTANT SUPPORT NUMBERS

### **Survivor Benefits.**

As a Canada Post employee, many of your benefits will continue upon your death. To make certain the survivor of a retiree maintains the pension, health, and medical benefits several contacts must be made after the retiree's death.

### **Superannuation 1-800-561-7930 C.P.P. / O.A.S. - 1-800-277-9914**

Retiree name  
Social insurance number  
Copy of death certificate

**Note:** Besides the survivor pension there is also a death benefit payable to the survivor.

### **Access H.R. 1-877-807-9090 C.P.C. Pension - 1-877-480-9220**

Retiree name  
Employee I.D. number  
Social insurance number  
Copy of death certificate

Month & date of birth

### **Great West Life now Canada Life 1-866-716-1313**

Retiree name  
Copy of death certificate

Employee number  
Plan number

**Note:** Very important to notify Canada Life as soon as possible to set up a new automatic withdrawal in the survivor's name to keep the policy active and maintain medical, dental, and vision benefits.

## 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

### Southern Trial

In a trial, a Southern small-town prosecuting attorney called his first witness, a grandmotherly, elderly woman to the stand. He approached her and asked, 'Mrs. Jones, do you know me?' She responded, 'Why, yes, I do know you, Mr. Williams. I've known you since you were a boy, and frankly, you've been a big disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you'll never amount to anything more than a two-bit paper pusher. Yes, I know you.'

The lawyer was stunned. Not knowing what else to do, he pointed across the room and asked, 'Mrs. Jones, do you know the defense attorney?'

She again replied, 'Why yes, I do. I've known Mr. Bradley since he was a youngster, too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone, and his law practice is one of the worst in the entire state. Not to mention he cheated on his wife with three different women. One of them was your wife. Yes, I know him.'

The defense attorney nearly died.

The judge asked both counselors to approach the bench and, in a very quiet voice, said, "If either of you idiots asks her if she knows me, I'll send you both to the electric chair."

Our sister Chapter in the Etobicoke/Mississauga area, Humber, is making some tickets available for a Blue Jays game, sections 241 and 243. If interested, contact them directly.

**Let's Go Blue Jays...**



**August 10 2024**  
**Oakland "A's" - 3.07 start time**

**Members \$50.00**  
**Non-members \$60.00**

**If you're interested in going to  
the game, please contact  
Diane Biggs at 905 487 4311  
or  
humberchapter2@hotmail.com**



## Star Trek Special Raffle

Here is a golden opportunity to win a Limited-Edition Collectible of the 5 Star Trek Captains Stamp Collection from Canada Post.

Tickets are 1 ticket for \$5 or 3 tickets for \$10. The fundraising raffle for this lovely Star Trek collectible will be at the April 25, 2024, Hamilton Luncheon, so please send in your requests for tickets ASAP.

The process for members who want to buy a ticket but are unable to attend luncheons will be for you to send a cheque made out to: **Golden Horseshoe Chapter**, and mail the request with your name, address and phone number to:

Gloria MacDonald, President,  
Golden Horseshoe Chapter  
16 Watersdown Crescent  
Whitby On L1R 1Z1

Your request will be processed and raffle tickets will be assigned. The member will be mailed their portion of the ticket(s).

All raffle tickets will be recorded and placed in the raffle and one ticket will be drawn at the April 25<sup>th</sup>, 2024, luncheon and the winner will be notified, and announced in the next newsletter, and the Star Trek Collectible will be shipped to the lucky person.

This is the first time we are opening raffles to all paid members, and if successful, we will do others. All proceeds will be split between CPC charities and Chapter events. All moneys collected will be reported in the next newsletter.

See next page for a look at this limited edition collectible.

### STAR TREK SPECIAL RAFFLE

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

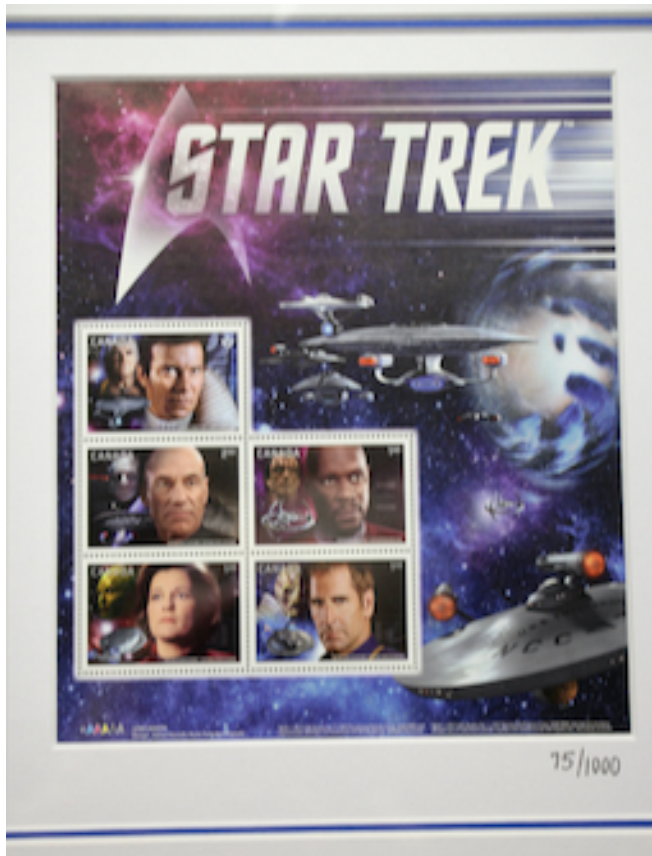
Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Number of Tickets:            ONE FOR \$5: \_\_\_\_\_            THREE for \$10: \_\_\_\_\_

PLEASE REMEMBER TO INCLUDE YOUR CHEQUE



<p><b>CERTIFICATE OF AUTHENTICITY</b></p> <p><b>STAR TREK™ CAPTAINS</b> PAGE OF 5 STAMPS</p> <p>Canada Post Corporation guarantees that this limited edition collectible is one of only the number stated on this certificate.</p>	<p><b>CERTIFICAT D'AUTHENTICITÉ</b></p> <p><b>LES CAPITAINES DE STAR TREK™</b> FEUILLET DE 5 TIMBRES</p> <p>La Société canadienne des postes garantit que cet article de collection est l'un des exemplaires produits en tirage limité conformément au numéro indiqué sur ce certificat.</p>
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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%. And 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.
- Several 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](mailto:jnglor2022@outlook.com)*

Gail Bourhill, Past President

Webmaster

Saul Goldstein      Vice-President Events

David Kent              Vice-President Events

Darlene Beauregard      Vice-President Events

J.P. Leguerrier, Assist Writer/Editor Newsletter