



Golden Horseshoe Chapter - 5th Edition Newsletter September, 2024

President's Message

Dear Members,

Hope everyone had a good summer, I personally don't know where the time went. I remember sitting down in June to give an update on the annual Heritage Club conference and prepare the summer newsletter and here I am in September, still writing the newsletter (so we will call it the Fall newsletter). I am sure many of our members have experienced the same time pressures this summer. We have elderly parents to help, children, grandchildren events to attend such as graduations, weddings, etc. Then there are home improvement/renovation activities, not to forget the viruses and Dr.'s appointments. It all becomes overwhelming and time consuming.

I tried to recruit less busy and younger members to volunteer but to date, everyone feels over busy. Most of our Golden Horseshoe Executive have experienced health issues this year, I am so appreciative of our Executive for providing the support that they do. So, we will continue to work on behalf of the Golden Horseshoe members to ensure that they have access to luncheons, discounts and updates, to the best of our ability.

I do encourage any member who can volunteer and support our chapter to call me at 905-436-5390. Please leave a message and I will get back to you.

As the weather gets cooler, we will be welcoming the wonderful colors of Autumn soon. Wishing everyone happiness, health, joy, peace, and peace of mind.

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

Gloria

Gloria MacDonald
President Golden Horseshoe Chapter

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 regardless of their jobs, ranks, unions or associations and background. Most retired employees have similar desires: to have and enjoy social events, to be supportive for one another, and give back to society. The motto of the Heritage Club is "People helping People."

Membership renewal for 2025 usually starts in November but is required by December 31, 2024. Our membership fee is only \$10.

The \$10 membership fee includes newsletters and entry to the paid members' draws: a \$50 gift card which is drawn at least 3 times a year. And many discounts.

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.

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, and an opportunity to keep you in touch with life events and other colleagues.

Canada Post assists the Heritage Club chapters with seed money, and the amount of seed money awarded is based on the size of the chapters paid memberships, the seed money helps fund newsletters, discounts on group luncheons, and events.

Note: our paid membership has now reached 125 members: Thank you!

To date the Golden Horseshoe chapter has sponsored 6 Mandarin lunches, in the following areas: Burlington, Hamilton, and St. Catharines.

We are scheduling 2 more: Oct 22, 2024, in Burlington and Dec 3, 2024 in Hamilton East. Details are provided at the end of this newsletter on the luncheon participation request form, please join us.

We have also had several draws for all paid members. Two more draws will be conducted at our luncheons in Oct and Dec 2024, the winners will be announced in the next newsletter. The draws are for a \$50.00 gift cards, all paid members names are included in the draw which are usually held at the luncheons.

April 2024 Winners:

Pat Mahoney won the Star Wars print, \$115 was collected for the draw and all proceeds went to Canada Post Community Foundation Charity.

Thomas Vida won the April paid members' draw.

Gail Hawes was one of the \$50 winners for the Santa Clause volunteers' draw: Congratulations!

Our donations this year we donated to the Canada Post Community Foundation and to the Heart and Stroke Foundation.

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 autographed hockey players prints collection from Canada Post at our next event, see below for details.**

I am extremely lucky that Saul Goldstein, David Kent, and Darlene Beauregard and their spouses assist me with the Golden Horseshoe Chapter. Their support at events, assistance with membership notification and newsletter production is critical. Thank you for your help.

Of the many events/programs our chapter participates in, we would like to remind you that individual community service participation is also recognized. You will find a ballot at the end of this newsletter to record your community participation. Your community participation can be anything which supports your community (hospital volunteer, meals on wheels, etc). To recognize the contribution of our members community support, the Golden Horseshoe Chapter will have volunteers \$50 gift card draw at the December luncheon. 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 Hamilton East Mandarin in April 2024.

We had a good turn out and some memory making moments.

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 Gloria MacDonald or any of our executive.

We are always appreciative of any donations provided to our chapter for door prizes, draws, or food banks items. Let us know if any friends or family members have items to donate.

The Heritage Club uses any prizes or donations, to help us 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's a pleasure 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.

Bus Tours, Day Trips, Outings

We have been trying to identify the type of events or trips our members would be interested in. Please send us your recommendations and event interests.

Thoughts and Prayers

A number of our members have experienced serious health issues and some loss of family members. Our prayers are with 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. Canada Post Pension Site 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 called 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.

**Our next Luncheon events: the Burlington Mandarin on Oct 22, 2024, 12:00 noon
and the Hamilton East Mandarin on Dec 3, 2024, 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 inqlor2022@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
Golden Horseshoe Chapter
16 Watersdown Crescent
Whitby ON L1R 1Z1**

Mandarin Lunch Event Registration For

October 22, 2024 @ 12:00 pm
The Burlington Mandarin
1881 Fairview St., Burlington 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 cheque to: Golden Horseshoe Chapter, 16 Watersdown Cres., Whitby ON L1R 1Z1

Mandarin Christmas Lunch Event Registration Form

December 3, 2024 @ 12:00 pm
The Hamilton East Mandarin
1223 Barton St. East., Hamilton 905-547-6000

\$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:

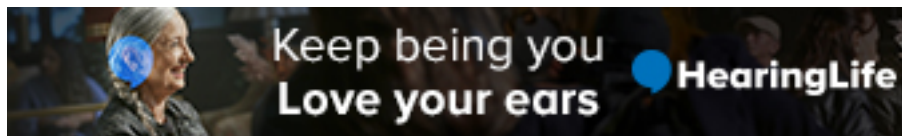
Email address: (optional):

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

Make cheque to: Golden Horseshoe Chapter, 16 Watersdown Cres., Whitby ON L1R1Z1

New benefits for joining the Heritage Club:

Great News!: Canada Post Heritage Club has just partnered with HearingLife!



Canada Post Heritage Club has partnered with HearingLife!

HearingLife and its Network Partners have over 400 clinics across the nation and form the largest network of Hearing Healthcare providers in Canada.

Your membership with the Canada Post Heritage Club makes you and your spouse/partner, children, and parents eligible to receive exclusive benefits, including an **EXTRA 10% off** the final purchase price of hearing aids and custom noise protection, plus more AIR MILES™ Reward Miles©!*

Get started with a FREE hearing test! Call 1-888-419-8727 or visit

HearingLifeAdvantage.ca/CPHC to book today.

Belairdirect Insurance Scholarships

Belairdirect Insurance also offers 50 scholarships each year, valued at \$1,000.00 each, to eligible students completing high school in 2025 and starting post-secondary education in the fall of 2025. Applications have closed for 2024, but do check it out next year, it opens around the end of April, with a deadline date of end of July. To learn more, please visit scolarshipfund@johnson.ca. 1-844-567-1237.

Columbia Sportswear Company Employee Store

We have now have Guest Passes for any of our members who would like to visit the Columbia Employee Store in London: just ask us and we will mail off the passes to you.

Finally, we are proud to mention our very own Heritage Club Scholarship Program!

2024 Heritage Club Scholarship Winners

The Heritage Club Scholarship Program is now a well-established program, which since our beginnings in 2018 has seen 75 very impressive applications.

Once again, this year the choice of our three winners was made challenging for the selection committee by the academic excellence and wide variety of interests displayed by all the applicants.

It is truly an honor for the Heritage Club to give the 2024 winning applicants a helping hand in achieving their personal goals, these talented individuals have demonstrated outstanding achievement both academically and service to their community.

Congratulations to the Class of 2024!

Bianca Choice is the granddaughter of Van Fraser member Trudy Choice. Her academic record is exemplary, and while maintaining an average of 95% she has also been very involved in school, church, and community activities. Bianca is an active volunteer with her Parish Youth Ministry and shares her love of creating art with local seniors and women's shelters. She is also captain of her ringette team and a certified ringette coach and works as a skating coach. She has several well-deserved scholarships and merit awards on her resume. We wish Bianca's success within her chosen field of architectural engineering, beginning now at the University of Waterloo.

Brian MacDonald is the grandson, of JP Leguerrier and Gloria MacDonald of the Golden Horseshoe Chapter and one of the winners of the Heritage Club scholarships: I am so proud! Brian's story is one of international success, as he completed his high school education in Costa Rica. He cofounded an International Business Club in his school. He successfully founded Los Chis udos, a math tutoring program for children in Guatemala, while also tutoring high school math students in Costa Rica. His impressive resume includes an Award of Excellence from the Model United Nations convention in New York. Brian was also Valedictorian We wish Brian every success as he returns to Canada to study business at the University of Western Ontario.



Kenzie Williams is the granddaughter of Heartland Chapter member Phyllis Page. Kenzie has maintained an excellent Honours average while actively participating in school and community activities. A talented dancer, she also plays a number of sports and serves on the Student Council. Kenzie volunteers as a Big Sister, with food drives, and at a women's shelter. Her employment record includes preparing recreational activities for seniors and server/manager at a family restaurant. Kenzie will enter Brandon University to study nursing, on the way to her ultimate dream of becoming a doctor. We wish her success in the future.



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 Saul Goldstein @ 519-583-0777, 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:	Language.....

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 2025 membership, please send dues in by Dec 15, 2024. 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.

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 AN
HAMILTON _____ ST CATHARINES _____ BURLINGTON _____

Newsletter Distribution

Newsletters will be produced at least 3 times annually 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. 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:

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.

Special Hockey Players Special Raffle

Canada Post Head Office has provided Hockey Player Prints to assist the Golden Horseshoe with our fund raiser events.

Here is a golden opportunity to win autographed limited-Edition Prints of 4 Great Hockey Players of the past, along with the matching stamp, and a certificate of authenticity from CPC and the NHL. Included are:

Brad Park, to be raffled at the October 22 luncheon

Ted Lindsay, to be raffled at the October 22 luncheon

Pierre Pilote, to be raffled at the December 3 luncheon

Marcel Dionne, to be raffled at the December 3 luncheon

The outside dimensions of the frames are 20X20 in.

Tickets are 1 ticket for \$5 or 3 tickets for \$10 per player. The fundraising raffle for these collectible prints will be at the October and December luncheons, 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 each luncheon, the October and December 2024 events, and the winner will be notified, and announced in the next newsletter, and the winning Hockey Star 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 the following pages for a look at these limited edition collectibles.

HOCKEY PLAYERS SPECIAL RAFFLE			
Name:			
Address:			
Postal Code:			
Phone Number:			
Number of Tickets:	ONE for \$5: _____	THREE for \$10: _____	
Bidding on Print:	___ M.Dionne	___ T.Lindsay	___ B.Park ___ P.Pilote
PLEASE REMEMBER TO IDENTIFY WHICH PRINT YOU ARE BIDDING ON AND REMEMBER TO INCLUDE YOUR CHEQUE			





The Golden Horseshoe Chapter would like to organize subsidized luncheons, outings, 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.
- **HearingLife:** hearing and noise protection aids, 10% discount and price matching
- **Collette Tours** discounts.
- Discounts at the **Columbia Sportswear Company Employee Store.**
- 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

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



Hooray for big savings!

Get exclusive deals on car and home insurance.

You now get access to exclusive member savings on belairdirect car and home insurance with great add-ons and enhanced coverage to help make life easier. Plus with the belairdirect app and Client Centre, managing your policy is a breeze.



You get preferred group rates.



These add-ons come with peace of mind:



With Accident Forgiveness your premium won't go up as a result of your first at-fault accident*



You'll stay in the driver's seat with temporary replacement vehicle coverage



Get extra coverage at no extra cost:



Up to \$25,000 in protection for identity theft and cyber-attacks



Up to \$20,000 in theft coverage for valuables like jewellery, watches and furs

Insurance right in the palm of your hand

Take control of your insurance with the highly rated belairdirect app.

- ✓ Access your digital proof of insurance
- ✓ Easily make changes to your insurance policy
- ✓ Submit a claim quickly

Get your quote today

Visit belairdirect.com/savings to get your quote online or give us a ring at 1 833 887-3100

*Accident Forgiveness could prevent your insurance premium from going up as a result of your first at-fault accident in Alberta, Ontario and Atlantic provinces, and as a result of your first two at-fault accidents in Quebec. Certain conditions, eligibility requirements, limitations and exclusions apply to all offers. Visit belairdirect.com for more details. Offers may change without notice. The information that appears on this document is provided to you for informational purposes only. Your insurance contract prevails at all times; please consult it for a complete description of coverage and exclusions. Insurance products are provided by Belair Insurance Company Inc. Services provided by belairdirect Agency Inc., except in Quebec where services are provided by Belair Insurance Company Inc.
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