



**April 2026 Newsletter**  
**"People Helping People"**

**President's Message**

As the ice melts and warmer weather brings signs of spring there is a sense of energy and excitement in a new season. On behalf of your executive, I want to welcome you to a new year for our Golden Sheaf Heritage Club. Spring is a time for preparation, spring is a time for reconnecting after winter months. We look forward to seeing you at one or more events beginning with our AGM later this month.

We are people helping people. You are encouraged to become involved in our chapter. A new year begins with new energy and new ideas and we are looking forward to hearing yours.

We hope you each enjoy a wonderful and fulfilling spring and experience the excitement of a new season.

*Gord Ell*

**2026 Membership Applications and Receipts**

2026 Memberships were due January 1, 2026. Annual membership dues for the Golden Sheaf Chapter remain at \$15.

**Please submit payment by eTransfer to:**

**[goldensheafheritageclub@gmail.com](mailto:goldensheafheritageclub@gmail.com)**

--- Alternatively ---

Send your payment and Membership Renewal slip to:

Golden Sheaf Chapter, 5250 YQR Business Way, Regina, SK S4W 0V1

## Membership Dues Renewal Slip (Remember to let us know of any changes)

Name: \_\_\_\_\_  
Name of Spouse (if applying as a couple) \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone #: \_\_\_\_\_ Email: \_\_\_\_\_  
Renewal for Self: \_\_\_\_\_ Couple: \_\_\_\_\_  
Amount Enclosed: \$15.00

### MEDOC® Travel Insurance for Canada Post Retirees

Travel insurance continues to be one of the most sought-after benefits for our Heritage Club members. Please find some insurance highlights below:



MEDOC® Travel Insurance for Canada Post retirees offers comprehensive coverage that extends beyond the Public Service Health Care Plan (PSHCP) limits. Here are some key features of the MEDOC® Travel Insurance plan for Canada Post retirees:

- Coverage Limits: MEDOC® increases the PSHCP coverage limit from \$500,000 to \$10,000,000 CDN, providing peace of mind with no health questionnaire required and no need to report travel dates.
- Emergency Medical Benefits: The plan includes emergency medical travel insurance of up to \$10,000,000 per insured person, per trip, which is significantly higher than the PSHCP coverage.
- Trip Cancellation and Interruption Insurance: MEDOC® provides up to \$15,000 per insured person, per trip for trip cancellation, interruption, and delay insurance, which is not covered by the PSHCP.
- Additional Benefits: The plan covers additional expenses such as incidental hospital expenses, emergency dental care, and more, providing comprehensive protection for medical emergencies.

For more information on MEDOC® Travel Insurance for Canada Post retirees, including eligibility requirements and coverage details, please refer to the official MEDOC® website or contact their customer service.



MEDOC® TRAVEL INSURANCE

Johnson Inc. ("Johnson") is a licensed insurance intermediary. MEDOC® is a registered trademark of Johnson. MEDOC® is underwritten by Royal & Sun Alliance Insurance Company of Canada ("RSA") and administered by Johnson. Johnson and RSA share common ownership. Travel assistance is provided by Global Excel Management Inc. \*A 90-day Health Stability Clause applies to pre-existing medical conditions for the Standard Health Option, Supplemental Plan only, and other restrictions may apply. Eligibility requirements, limitations or exclusions may apply.



**You will need to provide your Heritage Club Membership Number when applying!**

### **Annual General Meeting**

The Golden Sheaf Heritage Club Annual General Meeting is scheduled for April 19, 2026.

Registration starts at 10:45 with the Call to Order at 11:00.

Location – Regina Depot, PRDC, 5250 YQR Business Way, Regina, SK S4W 0V1

There will be a vote for two executive positions at the meeting as the Treasurer and the Vice-President terms are expiring. There is also a vacancy for a Second Vice-President and additional Members-at-Large positions are encouraged join the executive.

There will also be a vote to make a charitable donation as per a mandate of our chapter.

We will also look to generate discussion and obtain feedback concerning annual fees in the wake of the Corporation no longer providing funding to Heritage Clubs.

Any additional details will follow.

### **Annual BBQ**

Mark your Calendars for June 6, 2026. The last BBQ was a success and we are looking forward to another great event. The BBQ will again be held at Delivery Facility at 5250 YQR Business Way by the airport. There will be hamburgers, hot dogs, drinks and deserts.



There is a slight cost increase this year to \$5 per person for a hamburger or a hot dog, a drink and a desert. The fun starts at 11:00 and wraps up at 1:00.

## Annual Banquet



## 2026 Heritage Club Scholarship Program

We understand Canada Post is no longer offering a scholarship program for employees, so this really is a valuable benefit for our Heritage Club members and their families.

2026 Heritage Club Scholarship Program are now live on the national website [Heritage Club Scholarship Program](#), [www.heritageclub.ca](http://www.heritageclub.ca) [Heritage Club](#) (in both [English](#) and [French](#)). The deadline for applications is June 30, 2026.



### SCHOLARSHIP PROGRAM 2026

- [Heritage Club Scholarship 2026 – criteria](#)
- [Heritage Club Scholarship 2026 – instructions](#)
- [Heritage Club Scholarship 2026 – application form](#)
- [2025 Heritage Club Scholarship Winners](#)
- [2026 belairdirect Scholarship program](#)