

**SIMCOE CHAPTER- CANADA POST HERITAGE CLUB**  
**72 Leuty Avenue Toronto ON M4E 2R4**

**Spring Newsletter - March 2021**

***President's Message***

Dear Members,

We have made it through the tumultuous, unforeseeable difficulties of year 2020, I hope you found inner strength and had support and help from your family and friends to make it through this difficult year. Please continue to stay positive, keeping yourself mentally and physically active and healthy. It is great news that the COVID19 vaccines are made available in Canada and we are seeing the light at end of the tunnel. It sure had been a strange year; many of us have never experienced anything like it. In our 32 years of existence, never has the Heritage Club been so idle. But all this is for the safety of our members and Canadian people. COVID requires physical distancing and curtailed social activities to ensure safety above all else, and hopefully there will be a return to normalcy soon.

I want to thank everyone who renewed their club membership for this year through thick and thin. We are grateful for your continued support and loyalty. This ensures you continue to receive our newsletter four times a year with access to news and great discounts we have negotiated for you as a paid member.

For those of you who have never joined as paid members, I hope you would consider joining. The membership fee is only \$10 per year, it gives you great discounts at our luncheons, bus trips, hotels, fitness club, scholarship opportunities for your kids and grandkids, home, auto and travel insurance, etc.

Last year and most of this year have been an inactive year for us, but once things return to normal, and we can safely socialize in large group. We will be organizing social luncheons and activities and we will be following Government guidelines, so it is safe for our members. We hope you have safe, physically distanced interaction with close friends, family and neighbours to ensure you do not feel isolated or lonely. Staying active mentally, socially in touch with other people is key to longevity and helps to fight off depression. Stay safe for now; we look forward to meeting you soon once again.

Anna Huang  
President  
Simcoe Chapter

## **NO UPCOMING EVENTS planned for 2021 at this time**

Last year during the different stages of Pandemic Safety measures, Mandarin Restaurant switched over from buffet style to table service. The health guidelines dictate a group of no more than ten people inside, and you would have to sit with the people in your bubble. If ever restrictions ease, we might consider going back to our favourite restaurant, but for now, we play it safe.

### **Message from Time of Your Life Bus Tours:**

*Numerous attempts were made to reach Time of Your Life Bus Tours without success. We advise members who are interested to travel on bus tours to contact them directly.*

**Time of Your Life Tours**, 500 Sheppard Ave. East, Suite 203, Toronto ON, M2N 6H7 (416) 224-0684. Mention you are a Simcoe Chapter Heritage Club member for any applicable discount.

## **NEWS**

### **National News**

We have been contacted by Mr. Dave Penner, Director at Head Office, who is currently working on the new stamp launches for 2021. Due to Covid 19, the events this year will all be virtual. He would like to get as many of us as possible involved in stamp launches, and he would like to count on the Heritage Club to be involved. Please pay attention to our newsletters and go into the website below to follow up and support upcoming events to launch new stamps collections.

<http://canadapost-postescanada.ca/shop/collectors/stamps-by-theme.jsf?execution=e1s1>

[Collectible stamps and coins | Personal | Canada Post](#)

### **Life Events**

Have you had any life events you would like the Heritage Club to announce?

Marriages, births, special anniversaries (i.e. 50th wedding anniversary), special awards, deaths, hospitalizations, etc. Let us know so we can pay tribute.

We are very proud to share **Kimana Marr**, granddaughter of Mr. Tip Wong's achievement. She competed in 2019 Special Olympics in Abu Dhabi and Dubai in Rhythmic Gymnastics and Power lifting category. She received Seven Gold Medals in the under twenty division: in all-round (hoop, ball, ribbon and clubs) Individual in hoop, ball, ribbon and clubs, Group in hoop and floor.

She was a Canadian champion in rhythmic gymnastics since 2015 thus was selected by the Special Olympic committee to represent Canada in the world competition in Abu Dhabi in the United Arab Emirates. She was also instrumental in helping team Canada achieve a gold medal. **Congratulations KIMANA MARR , way to go !**

## **Welcome to New Members/Retirees and/or 25-year service employees**

Ted ( Edward) Knight, Omer Saad, Marie Jeanne Rymkuss, Mary Fennessy-Kowcinak, Anne Sher, Gabriel Forde, Donna Wagg, Ines Dunlop, Gary Dunlop, Allan Brow and Sean McInerney.

## IN MEMORIUM (People we have sadly lost during the year)

Sadly, these members have passed away since our last edition of Newsletter in Oct 2020: Edward Calleja, Robert Gennings, Paul Sabo, Ian Cairney, Danny Kane, Jack Goldie, Valentine Silivonchik, and William Taylor Wilding (also known as Silver Dollar Bill) who passed away on March 1, 2021 of COVID19, at age 75. Bill had 35 years of services and worked many of those years at South Central Letter Processing Plant. Our condolences to their family.

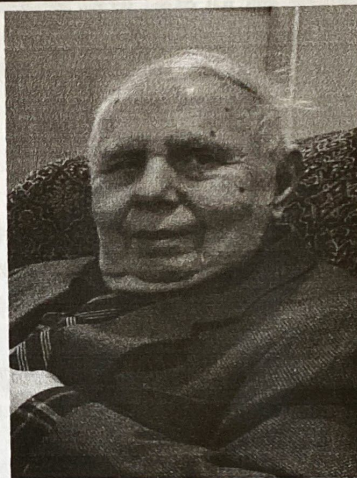
**Ian Cairney** We also want to share that Mr. Cairney's daughters Carol and Colleen both fondly remember their dad putting their names in for the Children's Christmas party, and Mr. Cairney walking the route of the Santa Claus parade collecting letters from kids for Santa. Colleen remembers after retirement, how he continued to help with writing Santa letters to kids. He enjoyed working with his coworkers at Canada Post. He taught Colleen the acronyms for the provinces when she was very young, because he worked in the sorting plant. Mr. Cairney was survived by 5 remaining children, his wife Alice Cairney passed on 16 years ago. His last residence was at Harold and Grace Baker Center for Long Term Care. We learned on November 5, 2020 that he passed away on April 9<sup>th</sup>, 2020 at 5:45am from COVID. He was the first one to get it as well as to pass on in his wing. As he passed during the first wave of COVID; his family were unable to give him a proper funeral. His family decided to make donations to the Epilepsy foundation in his name.

In Celebration of

### Valentine "Val" Silivonchik

March 29, 1943 - December 9, 2020

Suddenly and unexpectedly in Toronto at the age of 77, on Wednesday, December 9, 2020. Beloved son of the late Elimia (Fay) and Fred Silivonchik and beloved brother of the late Nadine (Nadya) Leshyk (late Walter). He will be missed greatly by his loving nephew Micheal Leshyk (Andrea Waddell) and his two nieces Zinia Wilson (Doug) and Nina Cutrara (Mike). Val was also the beloved uncle of the late Tonic Leshyk and Sonia McKee. He was the devoted granduncle of Rhiannon Pankratz (Ron), Nicholas Wilson, Lucas McKee and great granduncle of Elise and Madlene Pankratz. Donations can be made to Heart and Stroke



It is sad to share this news of the passing of

### Mr. Valentine Silivonchik

on December 9, 2020. Who had 50 years of service as a clerk at South Central Letter Processing Plant. He was survived by his nephew Mike Leshyk and two nieces Nina Cutrara and Zinia Wilson.



**Mr. Jack Goldie** passed away on Saturday February 13<sup>th</sup>, 2021; at age 92. He was born June 16<sup>th</sup>, 1928 in Toronto, Ontario; he owned a cottage on Twelve Mile Lake near Minden up to 1985.

Mr. Goldie has three children, one son and two daughters. They gave him four grandchildren and eleven great grandchildren.

Mr. Goldie worked for 29 years as a letter carrier in the downtown area around Jarvis Street and Shuter Street of Toronto. His hobby was fishing. The lifetime trip he had was when he went to Hawaii.

*This list of colleagues and friends who have passed reflects only those that we were made aware of. We regret any oversight to the list. Please let us know of any life events you wish us to publish.*

## **Good Life Fitness Discount**

The Good Life Fitness subscription year started in September 2020, through to 2021. If you intend on applying under the Heritage Club discount, you must have paid your dues for 2021.

## **MEMBERSHIP FEES ARE DUE**

It's due in October and if you have not had the chance to send in your payment, please do so. Still only \$10 per year for you or your spouse.

## **ATTENTION Small Business and Craft Merchants: Local Ads**

### **"Tag Along Tags"**

Brand new and up-cycled gift tags with white quilt thread or matching colour yarn, card stock quality 2 1/4 "X 1 1/2 "oval size and 3'X2 " rectangular size. Assorted mix of all occasion, artistic, scenic, geometric nature, animals, whimsical, stickers, stamps, multi-designs, plain white rectangular and oval tags and more. Great for gift bags, baskets, scrapbooks, price tags, mason jars, bottles, showers, labels, decorations, gifts. Most back sides are white or one colour to match front scene, black back sides have white labels. Package in clear plastic bags in packs of ten. 100 assortments of tags for \$5.25 500 assortments of tags for \$10. 500 assortments of tags for \$15.

To order please call Jessica Lui at 416-494-3749 or email [jessielui@gmail.com](mailto:jessielui@gmail.com)

## **Heritage Club Scholarships**

Heritage Club will be awarding three scholarships to students starting for the first time, their first year of full-time studies, provided it's an accredited institution and the awards will be valued at \$1,000 for university or college studies. To be eligible, students must be dependent children, including adopted children, stepchildren, grandchildren, and wards in legal guardianship of an active dues paying member of 2 years of a Heritage Club Chapter.

**All applications must be post-marked by June 30, 2021.**

## **Santa Letter Program for 2020**

We want to thank the 26 Simcoe Chapter volunteers, who despite the ongoing Pandemic, were able to answer a total of 3,303 children's letters.

Your executive team wants to acknowledge, our Santa coordinator Lea Maynard who made sure that each volunteer received letters and stationery to send replies, on behalf of Santa. A special thank you to the team at SCLPP Santa Room for their support. The Chapter was able to track 275.25 hours of volunteer time for this activity. I am sure that during this difficult time the children all over the world who receive the Santa letter replies felt better about their lives and continue to believe in the magic of Santa Claus. The Santa Program has always been an important activity for Canada Post Corporation employees and Heritage Members.

## Who we are?

Simcoe Chapter is one of 24 Chapters across the country; it covers an area of the Greater Toronto Area which is mainly east of Victoria Park Avenue (Eastern York County) encompassing Scarborough, and areas within historic Ontario, Durham and Northumberland Counties. Have you checked our national web site: [heritageclub.ca](http://heritageclub.ca) Select **Simcoe Chapter**

## What we do?

The Simcoe Chapter organizes subsidized luncheons, bus travel, annual banquet, and golf tournament with its partner Chapter for its' members. Also, we collect and donate food for the food banks, as well as donations to various charities throughout the year. Many of our members generously donate their time to local, charity organizations. In December of 2020, we donated \$200 to Second Harvest, \$200 to Salvation Army and \$300 to Canadian Cancer Society as well as participation in the Santa Letter Writing Campaign.

**Do you have any suggestions for trips or special events you would like to participate in?**  
Please call President Anna Huang at (416) 716-2898 or @ [ahuang0513@gmail.com](mailto:ahuang0513@gmail.com)

## Why Join? – The Membership Advantages

**Johnson Home and Car Insurance:** discounts of up to 35%

Discounts for you and who travels with you with **MEDOC Travel Insurance**

**Good Life Fitness:** discounts up to 50% off the regular all club access rates.

**Choice Hotels:** discounts of up to 20% in Canada, and worldwide, which includes Comfort, Quality, and Rodeway Inns, Econolodge, etc.

Discounts to **Simcoe Chapter** events, luncheons, and bus trips.

Current employee discounts with **Telus Mobility**.

**Special Scholarships** for your kids and grandkids of \$1,000 per school year. (Note: the member must be a paid member for two consecutive years for their family member to qualify for consideration of application for scholarship award program.)

**IMPORTANT:** To benefit from these discounts, you must mention your Heritage Club membership number, and you must have paid your membership dues to the Simcoe Chapter for the current year, otherwise coverage could be denied or terminated.

## 2021 MEMBERSHIP COMMUNITY VOLUNTEER HOURS

Name: .....

Address: .....

City: .....Prov.: .....Postal Code: .....

Please use this form to track your volunteer hours for 2021. Do not forget your knitting hours and Christmas hours and all your volunteer activities as a Heritage Club member. *Every hour counts!*

ACTIVITY	ESTIMATED ANNUAL HOURS
Church	
Community	
Knitting	
Literacy Program/School	
Santa Program	

Library/Museums	
Hospital	
Soup Kitchen/Food Bank/Meals on Wheels	
National Postal Curling	
Heritage Club	
Seniors Homes/Shut In Program	
Income Tax Form Prep./Festivals	
Fund Raising	
Christmas Hamper Program	
United Way	
Others -	

## Volunteering

Do you do volunteer work: \_\_\_\_\_ Hours per month: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

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 above form.

Our yearly funds from the National Executive is evaluated from the involvement of our members in Volunteer activities. I in turn, also do a year-end summary report of all the volunteer hours on behalf of Simcoe Chapter as recorded. I would ask that you keep a record of the hours that you spend this year doing volunteer work in your community and I thank you for helping me to collect your volunteer work hours. Please send this completed form / or information **by December 15, 2021** to Simcoe CPC Heritage Club, 72 Leuty Avenue, Toronto, Ontario M4E 2R4. If you have any questions or concerns, please contact Anna Huang at 416-716-2898 or Email: [ahuang0513@gmail.com](mailto:ahuang0513@gmail.com)

## MEMBERSHIP DUES RENEWAL SLIP

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

Name of spouse (if applying as a couple): \_\_\_\_\_

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

Phone Number: \_\_\_\_\_ Email (optional): \_\_\_\_\_

Renewal for Self: \_\_\_\_\_ Couple: \_\_\_\_\_ Amount Enclosed: \$ \_\_\_\_\_

Is this a Renewal: \_\_\_\_\_ or a New Membership \_\_\_\_\_

**\*\* send Dues by chequeto Simcoe Heritage or through e-transfer to [Simcoe.heritage2018@gmail.com](mailto:Simcoe.heritage2018@gmail.com)**



## Newsletter Distribution

This newsletter is produced quarterly and is distributed to every member and associate who has paid their annual dues to the Chapter. Also, a general distribution is made once a year to every person who have applied for general membership to the Heritage Club in our Chapter area. Articles of general interest for the newsletter are always welcome.

## Elections

The constitution of the Heritage Club, a volunteer organization, has a provision that the executive positions of a chapter are for a two-year term, after which they must be posted. Any current paid member of the Club, with over 25 years of service can submit their names for a position. In the beginning of 2020, Anna Huang took the position of **President** and Blesilda Yap as **Treasurer**. The position(s) are automatically renewed by the incumbent(s) if he/she is willing and if the position(s) are not contested. For any submissions, please inform anyone on the Executive, prior to end of November 2021. If the position is contested, we will hold an online election ballot for this year.

### Your Benefit Contact Numbers:

**Canada Post Pension Site: 1-877-480-9220**

**Access HR ( CPC Human Resources): 1-877-807-9090**

**Canada Life (Great West Life) Assurance: 1-866-716-1313**

**Canada Pension Plan/Old Age Security: 1-800-277-9914**

**Govt. of Canada Superannuation: 1-800-561-7930**

**Sun Life Insurance: 1-800-361-6212 CPC**

## 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.

### Access H.R. 1-877-807-9090

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

### C.P.C. Pension – 1-877-480-9220

Retiree name  
Employee I.D. number  
Postal Code  
Month & date of birth  
Copy of death Certificate

### Superannuation 1-800-561-7930

Retiree name  
Social insurance number  
Copy of death certificate

### 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.***

### Great West Life/ Canada Life 1-866-716-1313

Retiree name  
Employee number  
Copy of death certificate Plan number

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

*As of Jan 1, 2020, The Great West Life Assurance Company, London Life Insurance Company and The Canada Life Assurance Company became one company, The Canada Life assurance Company. It will take some time for them to update websites, materials and forms, so until then, all references to Great West Life or London Life are to be understood as referring to The Canada Life Assurance Company.*

#### **Medical Insurance Premium and Expenses**

○ ○ Attention all friends & colleagues from Canada Post ,  
I found out after I retired for a few years that our extended health coverage we elected to get at retirement is tax deductible; you need to contact Canada Life and ask them to generate a premium receipt.

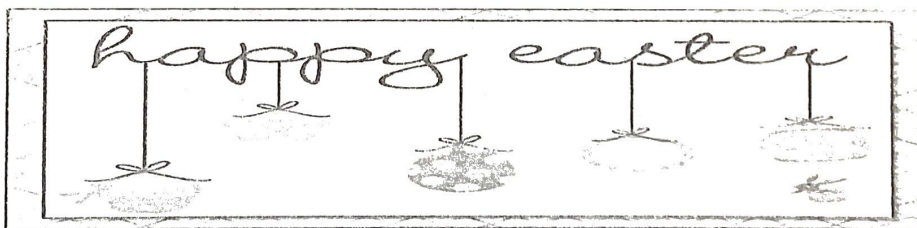
Call Canada Life. **1-866-716-1313** ( choose 1- English, 2- Retirees, 2 -Question on Premium )  
request a premium receipt for tax purposes for current year and succeeding years.

Once you are registered ; they will automatically send it to you every year thereafter.

They will need your employee ID number, address and email address.

○ reminder : For vision, drug , dental and other medical expenses the portion over and above your Insurance coverage ; submit expenses to Canada Revenue Agency.

○ ○ **Johnson Travel Insurance via the Heritage club**  
Johnson Insurance will supply upon request a letter breaking down what you paid for travel insurance and medical insurance. The medical portion is tax deductible, if you travel out of the country for over 40 days and pay the additional medical it is worth getting the letter.



#### **YOUR EXECUTIVE COMMITTEE**

**Anna Huang, Chapter President, Newsletter Writer, Member's List, Recruitment**  
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**Blesilda Yap, Treasurer / Secretary/ Editor**  
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**Ms. Ann Boles, Editor**  
**Members at Large: Claire Andrews, Marcella Drover**

**Past President, Lea Maynard**