



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

Fall Newsletter - September 2021

President's Message

Dear Members,

Do you listen to or watch the news for the COVID -19 updates, the natural disasters and the political upheavals and conflicts in the world? Racial and Economical Inequality in the world? Shortage and high prices making the housing situation frustratingly unachievable for our young people? We sure have a lot of problems. Please continue to stay positive, keeping yourself mentally and physically active and healthy. It is great to see in a few months since February COVID19 vaccines become available in Canada; more than 74.1% (27.8 million) had our first shot by end of August 30, 2021 and close to 67.3 % (25.2million) had our second shot and we are enjoying some relaxation in terms of social activities and gatherings; some of us get to see our children, grand children for the first time since they were born . Some get to see them in a park or beach for the first time in almost two years. Some of us are travelling within Ontario and some are venturing further within Canada .We don't know when or where exactly the light at end of the tunnel is. It sure had been a tough year and a half, most of us have never experienced anything like it and wish we never would again.

A staggering unfathomable 4.51million of people worldwide have died from the COVID -19 viruses which still threatens the survival of mankind. The past 18 months has left an indelible mark on each of our lives, affecting us in ways that we could not even imagine. From destroying health and sanity to forcing us to adopt to ways and methods of life and work, these are not easy. We can only reflect on what 2020 and thus far 2021 taught us up to now, cherish every moment in life, never take anything for granted, spend time with our loved ones, look for pleasure and appreciate small simple things, overcome, and move on, despite the additional challenges. It is very possible that we can all hope to become closer to our fellow human beings in more ways and be more tolerant and understanding to each other.

In all 32 years of Heritage Club's existence, never has the Heritage Club been so idle. But all this is for the safety of our members and Canadian public 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 encourage you to join. 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. I hope the newsletter we put together provide 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. **We receive annual seed money from Canada Post and that funding is based on the number of our Paid members. *Your Club needs your support!***

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 follow 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
72 Leuty Avenue Toronto ON M4E 2R4
Tel : 416-716-2898

POSSIBLE UPCOMING EVENTS planned for 2021 at this time

We are very appreciative of our members who have felt isolated and wanting some socializing with colleagues. Practicing and enforcing best practices for social distancing during COVID-19 at our club will be no easy feat. Our main goal to reopening is to bring back our Club luncheons without putting our members at risk.

We are truly all in this together, learning and adapting together. There is no telling when things will be “back to normal” in any sense. Rest assured that we’re doing our best to reopen and taking every precaution once it is 100 % safe to do so.

We are currently pondering the best time to meet socially. Originally; a luncheon on September 17 was planned but unfortunately, due to the resurgence of the Delta variant, we have been forced to reevaluate. We are carefully monitoring the situation and have decided to postpone our luncheon **to November 19, 2021**. We are hoping to be in much better conditions by then and the current Delta variant will be under control.

Message from Time of Your Life Bus Tours:

We heard back from Time of Your Life Bus Tour in mid May . “As the vaccine roll-out continues and more people receive their shots, things will start to improve and there will be a return to more normal conditions. We are hopeful that, at that time, we will be able to offer you some tours, perhaps for Autumn and Christmas. It remains a “wait and see” situation. We will of course keep you updated on this.”

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 count on the Heritage Club to be involved and get as many of us as possible involved in stamp launches. Please pay attention to our newsletters and go into website below to follow up and support upcoming launch of 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.

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

Annette M. Buchanan , Robert J. Buchanan, Carmen Cachia, Brian Green, Carlos Murudumbay
Debbie Simpson, Ruth Storey, Janice Thomas and Merlyn Woodley.



Mr. Adam Houston, who is a World War Two veteran and a fellow retired CPC colleague, celebrated his 100th birthday on May 22, 2021.



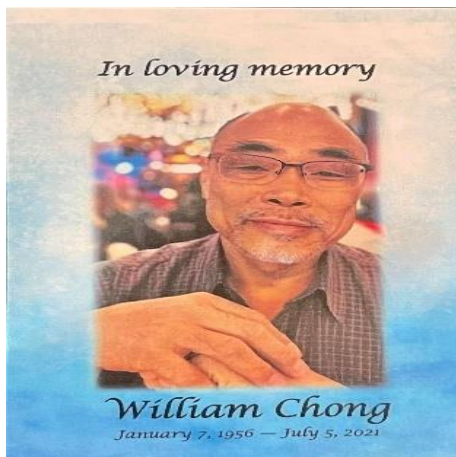
To celebrate the happy and momentous occasion for Mr. Adam Houston's 100th birthday on May 22, 2021. Adam's daughter, Marie Smith arranged to have friends and family drop by to pay respect outdoors in front of Christopher Terrace retirement home in Burlington where Adam is staying.

There was a presentation of medals by the Chairman of Halton Naval Veterans, Mr. Andrew Barber, a Signalmán in the Canadian Navy to Mr. Adam Houston as a Signalmán in the British Army. Rev. Cannon Stuart Pike, a family friend, and a Legion Chaplain, gave prayers and blessed the medals. Dan Crouse played Flowers of the Forest, a piece which holds a special place in Adam's heart.

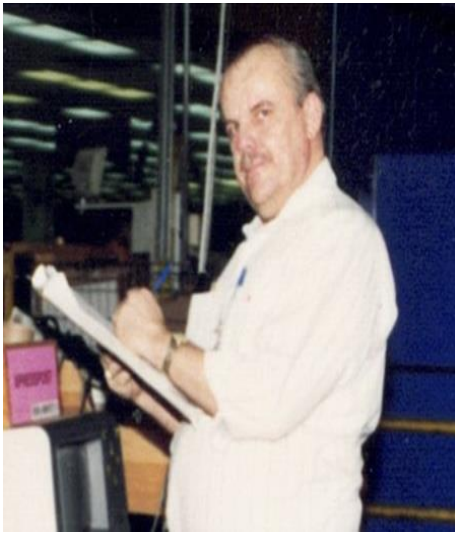
After all the excitement of Adam Houston's 100th Birthday and then the medal presentation by the 32 Signals in Toronto. Adam Houston was interviewed by Sarah Virro and featured on CTV @6 special segment :Toronto Together, aired on July 23, 2021. This interview will ensure the stories of what these men endured is not forgotten. Thanks to Lesley Clark and Margaret Martin who take such great care of the Far East POW's. Both have been a great help to Marie since Adam fell in January 2021. Michael Hurst who runs the Taiwan POW society also deserve a mention because these people in particular make sure these men are, not only remembered, but cared for now after all they have given. To top it all off, Mr. Houston received a telegram from the Queen, a letter from HRH Sophie the Countess of Wessex, and a letter from Karina Gould the MP for Burlington.

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

*Sadly, these members have passed away since our last edition of June 4th, 2021. Our condolences to their family. **Howran Hou (June 7, 2021), Walter Bevington, father of Nancy Demers and father-in-law of Peter Demers (June 17, 2021), Ronald Rich (June 18, 2021), William (Bill) Chong (July 5, 2021) husband of Leely Chong and William (Bill) Adams (August 23, 2021), husband of Janice Perry Adams.***



William [Bill] Chong's career at Canada post spanned 30 years from 1981 to 2011. He worked at various postal facilities in the GTA and moved up the ranks from clerk to supervisor. Bill is remembered by everyone as a welcoming, kind, and patient person, who always had an easy smile and positive outlook. Post early-retirement, he quickly settled into many new niches that showcased his artistic talents like drumming, performing in numerous bands, watercolour paintings, and his favorite, acting! As a member of Actra, he can be seen in numerous TV shows, big screen movies, and a Bounce commercial. His proudest role was being Grampa! Loved by his wife, daughter, son, and their families. He passed away on July 5, 2021.



William (Bill) Adams passed away peacefully on Monday August 23rd, 2021, at Madawaska Valley Hospice Palliative Care, Barry's Bay Ontario at 74 years. Predeceased by his parents Ernest and Helen Adams, Sister Gwyneth, and Brother James. Left to mourn are his wife Janice and stepsons Mark and Andrew Perry. Bill was born and raised in Toronto and moved to Barry's Bay in 2004 after a long career at Canada Post. Bill retired from CPC in 2000 after a 37-year career spanning from STN G, to 40 Bay, to SCLPP. He and his wife Janice met in the nineties in the Post Office they got married in 2007. He enjoyed watching many sports events over the years and was an avid fan of his Toronto based teams. He loved doing his Sudoku puzzles and reading western novels and was happiest just being in Janice's company.

GoodLife Fitness Discount

The GoodLife Fitness subscription year starts in September 2021 through to 2022. If you intend on applying under the Heritage Club discount, you must have paid your dues for 2021.

ATTENTION : Local Ads Small Business and Craft Merchants

"Tag Along Tags" Brand new and up-cycled gift tags with white quilt thread or matching colour yarn, cardstock quality 2 ¼ "X 1 ½ "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 \$5.250 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

MEMBERSHIP FEES ARE DUE

Club memberships are due in October every year and if you have not had the chance to send in your payment, please do so. Still only \$10 per year for you and \$10 for your spouse.

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 30th of that year.**

Santa Letter Program for 2021

We want to thank all our 26 Simcoe Chapter volunteers, who despite the ongoing Pandemic were able to answer a total of 3,303 children's letters for 2020. Great job!

Your executive team wants to acknowledge and thank our Santa coordinator **Lea Maynard** for all her contribution to the Santa Letter Program. Mrs. Lea Maynard has expressed her wish to step down from heading the Santa coordinator's position this year. We will miss her leadership, dedication, organization, passion, and energy. We hope to count on continued support of our volunteers and hope to see even more volunteers lend their hands in this worthwhile wish and dream building mission. **Mr. Brian Lithgow** has volunteered to be our next team captain in 2021. 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 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

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**

GoodLife Fitness: discounts up to 50% off the regular all club access rates.

Choice Hotels: discounts of up to 20% in Canada, and worldwide, these are the hotels in North America and Overseas: Ascend, Cambria, Comfort, sleep, Quality, Clarion, Main Stay Suites, Suburban, Wood Spring Suites, Econolodge, Rodeway inn. The member needs to identify themselves as a Canada Post Heritage Club member and quote membership no. 00088652.

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.

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.

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 fund 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

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 -	

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 your yearly membership Dues of ten dollars per person by cheque to Simcoe Heritage 72 Leuty Avenue Toronto, Ontario M4E 2R4 or through e-transfer to Simcoe.heritage2018@gmail.com**

✂ _____

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 BlesildaYap 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 C.P.C. Pension – 1-877-480-9220

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

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

Retiree name	Retiree Name
Social insurance number	Social Insurance Number
Copy of death certificate	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 to keep the policy active and maintain medical, dental, and vision benefits.*

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.(if you are making this request for the first time)

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 those 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.

Mental Health is part of the Canada Life Benefits Coverage Prescription is required by a psychiatrist or psychologist for the following: Medical office visit, testing and social worker sessions.

YOUR EXECUTIVE COMMITTEE

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Members at Large: Claire Andrews, Marcella Drover

Past President, Lea Maynard