



Simcoe Chapter CANADA POST HERITAGE CLUB
72 Leuty Avenue Toronto ON M4E 2R4
Telephone 416-716-2898
email ahuang0513@gmail.com
Newsletter– distribution October 23, 2024

President's Message

Dear Members,

As we finally get to retire and enjoy our Golden years, I hope you keep physically and mentally active. Keep a cheerful outlook on life, keep yourself busy with volunteering , social activities, eating , having a coffee and pastry with family, friends or neighbour, swimming, dancing, cycling, hiking, or just walking. Any activity is better than sedentary lifestyle. We need to build and maintain our muscles and core balance. Maintaining a circle of friends and support is very important , so we do not feel isolated or lonely.

So, we keep our faculties and minds sharp and work on maintaining strong bones and muscles to protect us from falling and tripping. Our old bones can not afford too much abuse.

We need to stay positive and optimistic, because when we think positive , things tend to look brighter and hopeful. Therefore, we feel happier.

I want to thank Canada Post for providing grant money to every Heritage Chapter including ours every year. I am also grateful for my colleagues that are still working at the Post Office for allowing my team and I to enter South Central Plant to print our newsletter and have a place to work .This has been at the discretion and generosity of the Production Control and Reporting Manager **Lia Mougoussidis** and Plant Director, **Mr. Troy Seto** . Because of their kindness and support, Simcoe Chapter has been able to save money on printing and feel more comfortable to donate more generously to our yearly donations toward various charities. Our thanks to everyone who make this possible, especially our number one supporter superintendent of RVU at South Central Plant, **Mr. Jason Langford** who has being so kind and extremely helpful to set us up for success.

I am sorry to announce that my good friend and long time supporter , our Treasurer Mrs. Ann Lamanna has announced her intention to resign from her position as end of December ,2024. I am incredibly grateful for all the arduous work and support she has put in and given me and our chapter ; also grateful for her continued support to see us go through a smooth transition. I am happy to announce that Ms. Leely Chong has agreed to accept the position of the Treasure as January 1, 2025.

With permission of South Central Plant Director Mr. Troy Seto and invitation from Gateway PC & R Manager Mr. Connor Silver. Heritage Club made plant visits at both South Central on Tuesday July 23rd, and Wednesday July 24th at Gateway Plant. For our plant visit at South Central we had information table in the lobby between 15:00 to 19:20. Ms. Ann Lamanna and Mrs. Leely Chong from Simcoe Chapter executive team were there to support me. We owe thanks to our loyal friend and supporter Mr. Jason Langford Toronto South RVU Superintendent who printed our pamphlet, made sure we had table

and chairs at the lobby. Even went far beyond our expectation by providing table clothes and basket to hold the pamphlets as well as plastic case to hold and display the information.

Mrs. Robin O'Donohue was there representing the Trent Severn Chapter. Robin supported and recruited on both days at both plants, I commend her for travelling all the way from the area of Northumberland, Hastings, Prince Edward County, Haliburton, Kawartha, and Muskoka areas.

For the plant visit at Gateway on July 24th between 07:00 to 10:00 Humber Chapter were the lead presenter. Their First Vice-President Debbie Neal and President Diane Biggs gave the presentations. They had pamphlets and raffle draws ,Ms. Sue Edelsward from Humber Chapter , Mrs. Robin O'Donohue and I helped with handing out pamphlets and draw tickets. Gateway PC & R manager Mr. Connor Silver accompanied us each time we were on the plant floor and introduced us each time and made prior arrangements for the staff and area to be ready for our presentation. We appreciate support from Mr. Kevin Burt ,General Manager of GTA Operation to post and announce our visits on VINE (television communication) at both plants.

This year 2024 marks the 35th anniversary of the Heritage Club, a club dedicated to fostering camaraderie among retired employees of Canada Post, and living up to our motto "people helping people" and give back to society. 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 provide enjoyable social events, offer support to one another and people in need.

Tour of Albert Jackson Plant:

Ten Heritage Club members had the opportunity to tour the Albert Jackson Plant on Thursday October 17,2024 from 12:30 to 15:00.

Representing the Heritage Club were our national president as well as Pineridge President Mr. JP Leguerrier, Golden Horseshoe Chapter President Gloria MacDonald, Humber Chapter president Ms. Diane Biggs, Trent Severn President Robin O'Donohue, Simcoe Chapter president Anna Huang , Mr. Wai Chan and Mr. Michael Musing from Simcoe Chapter, Eric Edelsward , Sue Edelsward and Peter Pearson from Humber Chapter.

Mr. Kevin Burt General Manager of GTA and Mr. Paul Wong shift #2 Manager gave us a highly informative and in-depth tour .We all valued the opportunity and honour to tour Canada Post's latest jewel , the mega plant with the state of art design and equipment. We have all retired from Canada Post , we have a personal stake in the well being of the company we all gave twenty-five to thirty-five years serving with pride. We wish the company would remain competitive and viable with many successful years to come.

For those of you who have never joined as paid members, I encourage you to join. The membership fee is merely \$10 per year. I am happy to report that Simcoe chapter gained fifty-three new members in 2021 and 49 new members in 2022. We gained sixty-six new members in 2023 As of December 2023; we have 287 PAID ACTIVE MEMBERS (out of 810 active members) and 60 PAID ASSOCIATE MEMBERS.(out of eighty associate members). **In 2024 thus far we gained twenty-two new members.** The seed money we receive annually from Canada Post is based on the **number of our Paid members.** *Your Club needs your support! If you have colleagues that have retired or is retiring ,*

please share with them of the advantages and positive experience you have with Canada Post Heritage Club.

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 newsletter four times a year. With access to news and discounts. As **paid member**, it gives you discounts at our luncheons, bus trips, home, auto Insurance from **Belair Direct** and travel insurance from Medoc Travel(part of Belair Direct), Goodlife fitness club, scholarship opportunities of \$2,000 per recipient from Canada Post (deadline of application end of June every year)and **Belair Direct** 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 the tie between you and other colleagues.

It is always great to see you come out and join us at our events and meeting new and old members. Your participation and support are appreciated. The positive feedback from our members is always encouraging.

Anna Huang
President, Simcoe Chapter

Summary of our 2023 donation

We make our yearly donation to various charities. On December 21,2023, we donated a total of \$1,750.00: \$250 to Toy Mountain, \$1,000 to Food Bank, \$300 to Canadian Cancer Society and \$ 200 to the Royal Canadian Legion on Simcoe Chapter's behalf. (Increased from a one-thousand-dollar donation in total for all four charities in 2022). We were able to increase our donation to Food Bank to \$1,000. At our 2023 Christmas luncheon we collected \$266.25 for Food Bank, generated a further \$329.00 for the Food Bank from selling tickets for draw of donated gifts from **Score Promotions**; through our Treasurer Ann Lamanna's son's company. With the rising cost of living and unemployment more people rely on the Food Bank to put food on the table. We will aim to increase our donation. **At every one of our luncheons, we took collections for Toy Mountain and Food Banks.**

Santa Letters

Anna Huang will be in charge of Simcoe Chapters Santa Volunteers Program in 2024. I like to thank Janice Adams & Patricia Bryne for their excellent helping with the Santa Elf's Program. During last four years of challenging times of the pandemic, children all over the world who receive their Santa letter replies felt a ray of sunshine, optimism and hope about their lives and continue to believe in the magic of Santa Claus and Christmas. Our selfless and diligent Santa helpers are regular volunteers that does this yearly for years. In 2024 Simcoe Chapter have 39 dedicated volunteers . Our thirty-nine dedicated volunteers in 2023 replied over 2,212 letters and spent 309 hours. **Our 2024 Santa volunteers are :** Claire Andrews, Dennis Bay, Roxane Bay, Cheryl Billingham, Steve Bryers, Patricia A Byrne, Dominic Capalbo, Carol Anne Carpenter, Julia Chan , Leely Chong, Dianne Civello, Susie DeFranco, Nancy Demers, Peter DeMers, Violet Duz, Sylvia Fercec, Jean Lamanna, Brian Lithgow, Lily Lai Fong Ng, Bob Mark, Peggy Mark, Susan McNeil, Claudette Nadeau, Valerie Fortune Niddery, Wayne Niddery, Marion Parisien, Irene H. Patton, Lorraine Pomroy, Douglas Porter, Yvonne Preece, David Rafferty, Karen Sottile ,Kenneth Thorne, Wayne Toomey, Lori Vance , Hans Von Sallwurk and Margaret PI Wang.

you would like to become a new Santa Letter volunteer for 2024, Please contact Anna Huang ahuang0513@gmail.com or call 416-716-2898 as soon as you can; before October 2024.

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 confirm attendees names for social events, assist selling raffle tickets, taking photographs, collection of money at events and help with the newsletter production which involves (stamping the envelopes with return address stamp, applying address labels, photocopying, stapling, folding, stuffing & sealing envelopes, stacking sealed envelopes of mail inside trays). **Anyone who could help with these tasks and is interested in any of the other positions on the Committee please contact president, Anna Huang. The position of president and Treasure are both available for anyone willing to step up. We will be happy to show you how to do the job to ensure your success and Simcoe Chapter's success.**

If you know any friends or family member that could help The Heritage Club with any prizes or donations for our auction to raise money for charity , like the Food Bank, Toy Mountain, Cancer Society and Veterans; please contact us!

Past Social Events of 2024

Friday September 13,2024 @12:00 at Mandarin Buffet at 2206 Eglinton Avenue East Scarborough, Ontario (major intersection Birchmount Road and Eglinton Avenue). **Paid members who are seniors \$20, Non-senior Paid members \$30** and \$35 for family member or friend to attend. The current price is \$25.99 for adult at lunch on weekday Monday to Friday at the Mandarins. Seniors with 20% discount is \$ 20.79 plus a non-alcoholic drink \$2.50=\$23.29 \$23.29 X13% tax =\$3.03 \$23.29 + \$3.03 =\$26.32 plus 15% tips(the restaurant applies)= \$26.33+\$ 3.95= **\$30.28**

Upcoming Social Events of 2024

Attention there is a change to our Christmas luncheon!

Simcoe Chapter will be holding our **Christmas luncheon on Wednesday December 11,2024 at 11:00** at Centennial College Event Centre on the eighth floor of school of Hospitality, Tourism and Culinary Arts at Centennial College, Progress Campus. at 937 Progress Avenue, Toronto, ON M1G 3T8 Buffet styled lunch Menu, which will consist of five courses meal with soup , salad, two main and vegetables, pasta, and dessert . Festive Menu 50/person

Turkey Roulade

served with classic gravy and traditional stuffing (both served on the side*), cranberry sauce.

The Local Homemade Pasta

pesto and roasted mushroom sauce, parmesan (served on the side*)

Baked Salmon

Chipotle mango marinated and baked to perfection.

Christmas Salad

green leaves, poached pear, pomegranate, candied walnuts,

Centennial honey and apple cider vinaigrette

Maple Roasted Butternut Squash Soup

homemade focaccia croutons (served on the side*)

Ontario Potato Pave

Roasted Brussel Sprouts

herbed olive oil, chives

Family style platters with opera cake, sticky toffee pudding and sliced fruit

*Ve*Includes holiday mocktail, coffee/tea and soft drinks.*

Time of your Life

Time of your life also have out of town concerts , they are not cheap. If you are curious or interested, please write to me 416-716-2898 or email ahuang0513@gmail.com 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 timeofyourlifetourstoronto@gmail.com
Just be reminded anything you pay including a ticket toward a show, train or boat ride are non-refundable.

Welcome New Members Retirees and or 25-year long-term service employees.

I am very happy to report that we have gained 33 new members and transfers in 2024 thus far, 66 new members in 2023,49 new members in 2022 and 53 new members in 2021.it is very hard to achieve this result as there is always natural attrition. We losted 29 members due to death. So if you know of any retired colleaques or newly retirees; please invite them to join us at the Simcoe Chapter.

I want to welcome evelen new members that joined us since our last newsletter on August 18, 2024 in sequence of date joined are: Tat Che Leung, Maureen Kwan, Kawal Bishun, Paul Jarvis, Karen Dang, Peter Dang, Debbie Broq, Dianne Leung, Hans Von Sallwurk, Bruce Bryden(transfer) and Tim Marr (Transfer).

In Memoriam People we have sadly lost during and over the year....we can only report when we are notified. Our deepest condolences to their family; they will be missed.

Since last newsletter of August 18,2024 ,we learned the passing of two Heritage members, Gloria Raley (wife of Larry Raley passed away on June 8,2024) and Vijay Nayyar(husband of Georgia Nayyar passed away on September 5 ,2024)

GoodLife Fitness Discount

The GoodLife Fitness subscription year starts in **September through to August** the following year. If you intend to apply under the Heritage Club discount, you must have paid your dues for 2024 and every year by September for the following year.

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)

MEMBERSHIP FEES ARE DUE EVERY OCTOBER FOR THE FOLLOWING YEAR

Club memberships fees renewable in October every year and if you have not had the chance to send in your payment. **Please do send in your payment by end of October. National Heritage Club use the number of paid members at end of December as determination on the amount of seed money we**

receive. It is only \$10 per year for you and \$10 for your spouse. If you wish to send in multiple years, limit to three years at one time it is welcomed and appreciated.

Send your yearly membership Dues of ten dollars \$10 per person by cheque to Simcoe Chapter Heritage Club

9 Dolly Varden Blvd , Scarborough, Ontario M1H 2K2 or through e-transfer to Simcoe.heritage2018@gmail.com

Heritage Club Scholarships

Heritage Club award three scholarships to students starting for the first time, their first year of full-time studies, provided it is an accredited institution, and the award is \$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 30th of that year. Please google for the application form online.

[Heritage Club Scholarship Program](#) Submit your application and required documents to Mr. Eldred Holmes holmese@nl.rogers.com

The value of the individual awards is \$2,000 each . 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.

2024 Heritage Club Scholarship Winners

The Heritage Club Scholarship Program is now a well-established program, which since our beginnings in 2018 has seen seventy-five very impressive applications. Once again, this year the choice of our three winners was challenging for the selection committee by the academic excellence and wide variety of interests displayed by our candidates. We thank them for their thoughtful deliberations. It is truly an honor for the Heritage Club to give these talented individuals a helping hand in achieving their personal goals. Congratulations to the Class of 2024!

Bianca Choice

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 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 a number of well-deserved scholarships and merit awards on her resume. We wish Bianca success within her chosen field of architectural engineering, beginning now at the University of Waterloo.

Brian MacDonald

Brian MacDonald is the grandson of Golden Horseshoe chapter president Gloria MacDonald. 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 Chispudos, 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. We wish Brian every success as he returns to Canada to study business at the University of Western Ontario.

Kenzie Williams

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.

Belair Direct Insurance Scholarships

Belair Direct Insurance offer fifty 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. Application open April 28,2024 with deadline date of July 28,2024.To learn more for year 2024 Please visit scholarshipfund@johnson.ca 1-844-567-1237.

Who we are?

Simcoe Chapter is one of 24 Chapters across the country; it covers an area of City of Toronto Proper and York Region , which is East from Scarborough, West to Etobicoke South from Lake Ontario North to Richmond Hill. Have you checked our national web site?

<http://heritage-club.forcefivedev.ca/simcoe>

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 donations for the Food bank and Toy Mountains throughout the year. Many of our members generously donate their time to local charity organizations. Every year in December ; we donate to the following Charity groups. \$300 **or more** to Toronto Daily Food \$200 to Veterans & Family /Royal Canadian Legion \$200 to Toy Mountain /Salvation Army \$300 to Canadian Cancer Society.

Santa Letter Program

Santa's Workshop Program started in 1982 it was the 41st anniversary of the program. This program would not exist without the support of our Heritage Club members.

Ms. Courtney Hirota Manager of Community Foundation and Santa Workshop stated that our support before, during and after Christmas is invaluable and thanked everyone for all the work that you do. In 2021 there were about 1.5 million letters, which was a big jump from 2020. They are anticipating even more in 2024. There has been an increase in overseas letters with **50,000 from Japan alone** since 2021 and as a result there is a special postcard that we have prepared for the Japanese market. Courtney thanked everyone in advance for all your help this year and if you want to be involved in the program, please speak to your regional Heritage club coordinator.

Why Join? – The Membership Advantages

Belair Direct 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. You must join the Heritage Club and be a Paid member before signing up online and ask for corporate representative , then ask to join under corporate membership for Heritage Club rate as well as waive the \$99 annual membership fee.

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

Special Scholarships for your kids and grandkids of \$2,000 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.

Belair Direct Insurance offer fifty 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.

Newsletter Distribution

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

Hearing Life Free Hearing Test + 100 Air Miles® for Club Heritage Members and Family

We rely on our hearing every single day, yet so many of us do not think about getting it checked until there is a problem. Did you know that *Sensorineural Hearing Loss* is the most common type of hearing loss? Think loud workplaces, concerts, or even power tools. It creeps up slowly, but the effects can last a lifetime.

That is why regular hearing tests matter. They are quick, easy, and can catch things before they get worse. As a Canada Post Heritage Club member, when you book and complete a **free hearing test**, you get **100 Air Miles® Reward Miles™** just for taking that first step!

Call 1-877-735-1149 or visit HearingLifeAdvantage.ca to book your free appointment today!

Canada Post Heritage members get a 10% discount toward their hearing aid purchase.

MEMBERSHIP DUES RENEWAL SLIP *(Remember to let us know of any change)*

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 10 per person by cheque to Simcoe Heritage 9 Dolly Varden Blvd , Scarborough, Ontario M1H 2K2 or through preferred method of e-transfer to Simcoe.heritage2018@gmail.com**

✂ _____

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.

We receive a yearly fund from the National Executive we are 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 15th of each year** 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

2024 MEMBERSHIP COMMUNITY VOLUNTEER HOURS

Please track your volunteer hours for 2024. Do not forget your knitting hours and Christmas hours and all your volunteer activities as a Heritage Club member. Every hour counts! I will attach the form next newsletter.

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 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.

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

Month & date of birth

Copy of death certificate

Copy of death Certificate& Postal Code

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

Retiree name

Employee I.D. number

Copy of death certificate

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.

YOUR EXECUTIVE COMMITTEE

Anna Huang, Chapter President, Newsletter Writer, Member's List, Recruitment
Email: ahuang0513@gmail.com Mobile 416-716-2898

Ann Lamanna, Treasurer/Secretary
Email a.lamanna@rogers.com Mobile 416-587-6258

Members at Large:

**Claire Andrews, Robert Borden, Blesilda Yap (Editor) ,Wai Chan
Leely Chong, Niki Tsavalia, Jim Georgopoulos, Jessica Lui ,
Michael Musing, Lily Ng, Mary Mark, Margaret Wang**

Past President, Lea Maynard

Email Transfers of payment of membership dues: simcoe.heritage2018@gmail.com