



Simcoe Chapter CANADA POST HERITAGE CLUB
72 Leuty Avenue Toronto ON M4E 2R4
Telephone 416-716-2898
email ahuang0513@gmail.com
Newsletter– distribution February 28, 2025

President's Message

Dear Members,

Do everything you can to stay active and positive. We must want to be happy and do what is possible for ourselves. No one can make you happy. No one can be around twenty four hours a day, and no one knows you better than yourself. 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 can 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 Heritage Club including ours every year for the past thirty five years. As we have all heard on the news that Canada Post incurred significant annual losses since 2018 fuelled by rapid changes in the postal and parcel delivery sectors, high labour costs and legacy regulatory measures. This reality is threatening the support from Canada Post to Heritage Club now. The future of financial support in terms of seed money is under evaluation and FREE POSTAL MAILING PRIVILEGE TO HERITAGE CLUB HAS BEEN REMOVED .Which will force us to look at increasing our annual membership fee. The cost of mailing will force us to send them out electronically, we will mail one issue of the newsletter once a year to all members. Only PAID members will be getting the newsletter four times a year. PLEASE PROVIDE US WITH YOUR E-MAIL ADDRESS IF YOU HAVE NOT DONE SO .

I am also grateful for my colleagues 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 been so kind

and extremely helpful to set us up for success each time. They make us feel welcomed and very appreciated.

I am sorry to say that my good friend and long time supporter , our Treasurer Mrs. Ann Lamanna has resigned 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 for the past two years ; also grateful for her continued support to see us go through a smooth transition. I am happy to announce that Ms. Leely Chong has accepted the position of the Treasurer as of 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 in year 2024 at both South Central on July 23rd, and 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.

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.**

For those of you who have never joined as paid members, I encourage you to join. The membership fee is merely \$10 per year at this point. I am happy to report that Simcoe chapter gained fifty-three 53 new members in 2021 and 49 new members in 2022. We gained sixty-six 66 new members in 2023. **In 2024 we gained 54 fifty-four new members.** As of December 31, 2024; we have 289 PAID ACTIVE MEMBERS (out of 814 active members) and 71 PAID ASSOCIATE MEMBERS.(out of eighty-eight 88 associate members). **The seed money we receive annually from Canada Post is based on the number of Paid members. In 2024 we received \$2,500 Seed money from Head Office Canada Post, plus another \$500 from Canada Post achievement Award for Simcoe Chapter in the category of Camaraderie.(to acknowledge Simcoe Chapter President's and Treasurer's achievement. *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. As we need to look at how to save money , we can not afford to have lengthy newsletters . **So please keep a copy of the contact telephones from the last page. We will not be having that information repeated ¹on every issue of the newsletter anymore.**

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 2024 donation

We make our yearly donation to various charities. In December 2024 we **donated a total of \$2,500** to charity. \$500 to Toy Mountain, \$1,500 to Second Harvest, \$300 to Canadian Cancer Society and \$ 200 to the Royal Canadian Legion. **The amount we collect throughout the year from members for Food Bank and Toy Mountain are included and reflected.**

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).

Santa Letters

Our 2024 Santa volunteers were disappointed that they did not get to participate on Santa letters Program in the Christmas of 2024 due to postal interruption . They all pledged their continued support for the following year. I still want to acknowledge the volunteers here : 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.

If 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 2025.

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 Treasurer 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!

Upcoming Social Events of 2025

Friday March 21, 2025 @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 Senior \$20.79 +drink \$3.00+ tax \$3.03 + Tips \$ 3.49= \$ 30.31

Adult \$25.99 +15 % tax \$3.49 =\$29.37 plus 15% tips(the restaurant applies)= \$29.37+\$ 3.90= **\$33.27**

*****Be aware as of now, that the Chapter is subsidizing \$10.31 per person for a member that is senior. Which depending on our funding from Canada Post may be affected.**

Please call or text Anna 416-716-2898 if you are interested as soon as you can, deadline for reservation ends March 14, 2025.

Friday May 30, 2025 Dragon Legend Buffet at @11:30 at 25 Lanark Road Markham, Ontario L3R 9Y7 Southeast of Woodbine Avenue & Highway 7

Lunch \$27.99 plus 13% tax(\$3.64) and 15% tips(\$ 4.20), totalling \$35.85 (collect \$36) seniors discount 20 % off. \$28.67 (collect \$29)

There are no subsidies from the chapter since the restaurant is very popular, they do not give any discount even for large group and expect us to pay by cash to make their wait staff's job easier as many restaurants do.

Please call or text Anna 416-716-2898 if you are interested as soon as you can, deadline for reservation ends May 23, 2025.

Past Social Events of 2024

Simcoe Chapter held a remarkably successful well received **Christmas luncheon on Wednesday December 11, 2024 at 11:00** at Centennial College Event Centre of school of Hospitality, Tourism and Culinary Arts at 937 Progress Avenue, Toronto, ON M1G 3T8 . **Sixty-nine 69** people signed up and sixty-eight attended.

Buffet styled lunch Menu, which consisted of five courses meal with soup, salad, two main and vegetables, pasta, and dessert . Festive Menu 50/person

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 54 new members and transfers in 2024, 66 new members in 2023, 49 new members in 2022 and 53 new members in 2021. It is very difficult to achieve this result as there is always natural attrition. In 2024 We lost 18 members due to death. So if you know of any retired colleagues or newly retirees; please invite them to join us at the Simcoe Chapter.

I want to welcome twenty-six 26 new members that joined us since our last newsletter on October 25, 2024 in sequence of date joined are: Anne Lati, John Marshall, Mai Hoang, John CC Wong, Hui Lian Chen, Ofelia Sutton, Reynaldo Languerder, Elaiane Cho, Elli Thanos, Valarmathy Kanapathipillai, Rupert Santos, Vilma Santos, Frank Tsang, Lily Tsang, Angela Cymek, Josephine Andrew, Diane Sauders, Nenita Lackan, John Fletcher, Chris Vito, Lan Ying Chong, Sang Tae Lim, Diane Galka, Kem Shaw, Eva Cromie, Kam Hum and Bill Mantziounis.

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 October 25, 2024, we learned the passing of four Heritage members, George Boughner (July 4, 2024), Krishna Lackan (July 17, 2024), Harold Campbell (December 13, 2024) and Anthony Galea (January 15, 2025).

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 2025 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.

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 of Belair Direct Scholarship Program Please visit scolarshipfund@johnson.ca 1-844-567-1237. Belair direct is proud to announce that the following children of Canada Post Heritage Club's members have been awarded a \$1,000 Belair direct scholarship to assist with their post-secondary education.

Congratulations to the following individuals:

- Ian Wong, child of Sam Wong from Vancouver, BC
- Luke Brosinski, child of Debrah Cranfield from Chilliwack, BC

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**

A word of advice, please do not wait until few days before you are travelling to join the membership and expect a discount on your travel insurance. We are operated by volunteers that have a life, the new PAID membership are submitted once month at end of each month. You must allow enough time for your membership application and fee to be processed few days prior to the end of the month. There is no advantage to pay as late into the years as possible. The yearly membership is ten dollars, and it is for January 1 to December 31, no partial payment and is due every October prior to the end of the year.

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.

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 2025 and starting post-secondary education in the fall of 2025.

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 **one hundred 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. Up to \$1,700 off the Latest Hearing Aids.

It is never too late to show your ears some love! That is why we are offering you up to \$1700 off the latest hearing aids. Plus, as a Canada Post Heritage Club member, you and your family enjoy

exclusive benefits at HeringLife & Network Partner clinics, including an extra 10% off the final purchase price. Book your FREE appointment today! Visit www.hearinglifeadvantage.ca or call 1-888-335-7537.

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 72 Leuty Avenue Toronto, Ontario M4E 2R4 or through preferred method of e-transfer to Simcoe.heritage2018@gmail.com**

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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 gather our members hours then do a year-end summary to report of all the volunteer hours on behalf of Simcoe Chapter. Please keep a record of the hours that you spend every year doing **volunteer work in your community** and I thank you for forwarding 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

2025 MEMBERSHIP COMMUNITY VOLUNTEER HOURS

Please track your volunteer hours for 2025. 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.

Volunteering

Do you do volunteer work: ____ Hours per month: ____

Name of Organization: _____

**Important contact telephone numbers to keep for your survivors' sake.
I will not be repeating this information on every issue of newsletter anymore.**

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

Please bear in mind to have the courtesy to call or text during reasonable hours of 10:00 to 18:00.

Leely Chong, Treasurer/Secretary
Email: treasurerchong@gmail.com Mobile 416-288-8470

Members at Large:

**Claire Andrews, Robert Borden, Blesilda Yap (Editor) ,Wai Chan
Niki Tsavalia, Jim Georgopoulos, Ann Lamanna ,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