



Simcoe Chapter CANADA POST HERITAGE CLUB
72 Leuty Avenue Toronto ON M4E 2R4
Telephone 416-716-2898
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Newsletter– distribution July 16, 2025

President's Message

Dear Members,

I want to thank Canada Post for providing grant money to the Heritage Club for the past thirty-five years. However, as you may have heard on the news, Canada Post has 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 support from Canada Post to the Heritage Club now, and that's why seed money to the club is suspended as of 2025. ALSO, FREE POSTAL MAILING PRIVILEGES HAVE BEEN TERMINATED FOR NOW, pending future financial improvements. As a goodwill gesture Canada Post has offered all 25 chapters a total of twenty-five thousand dollars for 2025 only. Each chapter will set up its own Small Business Account to take advantage of this one-time rebate.

Unfortunately, that means we will have to increase our annual membership fee from \$10 to \$20 a year as of 2026, which will be collected in September for the next year. To save mailing costs, we are also going to send our newsletter electronically, except for one hardcopy issue of the newsletter once a year to all members. The other three quarterly newsletters will be e-mailed to those we have email addresses for. PLEASE PROVIDE US WITH YOUR E-MAIL ADDRESS IF YOU HAVE NOT DONE SO.

Survivor Benefit amount Canada Post has hired a new "provider", called AON, to manage the program. AON issued a letter containing an error and they will issue a corrective letter NEXT YEAR outlining what people will be getting, correcting this misinformation on the survivor benefit amount shown on your annual personalized pension statement (PPS). The amount reflects the value at the pension commencement date, before indexation is applied. Please be assured that the survivor benefit has not been reduced. If and when the survivor benefit becomes payable, the initial amount shown on your PPS from your pension commencement date will be subject to indexation in accordance with plan text provisions.

I am forever grateful to my colleagues still working at the Post Office for allowing me and my team to print our newsletter at South Central and to have a place to work on the newsletter. This has been at the discretion and generosity of the Production Control & Reporting Manager, Lia Mougoussidis, and Plant Director, Troy Seto. Their kindness and support has saved Simcoe Chapter money on printing costs, allowing us to give more generously in our annual charitable donations. Thanks to everyone who

made this possible, especially our number one supporter Jason Langford, superintendent of RVU, who has been so kind and extremely helpful to us. Jason helpfully printed a pamphlet about the club for us and has ensured that it's available in the lobby for potential members.

2025 marks the 36th anniversary of the Heritage Club, a club dedicated to fostering camaraderie among retired employees of Canada Post. Our motto is "people helping people" and we strive to give back to society through volunteerism and supporting charities. 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. We are all equal. We provide enjoyable social events and offer support to one another and people in need.

If you are not a paid member, I encourage you to join. We have been growing our membership and I am happy to report that Simcoe chapter gained 53 new members in 2021; 49 in 2022; 66 in 2023; and 54 in 2024. As of December 31, 2024; we have 289 PAID ACTIVE MEMBERS (out of 814 active members) and 71 PAID ASSOCIATE MEMBERS (out of 88 associate members). The seed money we receive annually from Canada Post was 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 the Simcoe Chapter President's and Treasurer's achievement). Our Club needs your support more than ever! If you know about colleagues who have retired or soon will be, please tell them about the advantages and positive experience you have with the Canada Post Heritage Club.

And this is a reminder to all members to provide your email address and always update and notify us of your change of address. If you move, PLEASE inform us of your new address and telephone number as this ensures you continue to receive our newsletter. As a paid member, you will receive discounts for: our luncheons and bus trips; up to 35% off home and auto Insurance from Belair Direct; and Goodlife Fitness memberships. Membership also includes scholarship opportunities of \$2,000 for your family members from the Heritage Club, as well as 50 scholarships of \$1,000 each for your kids and grandkids from Belair Direct.

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, and maintains the ties between you and your 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 2024 donation

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

On December 21, 2023, we donated a total of \$1,750 - \$250 to Toy Mountain, \$1,000 to Food Bank, \$300 to Canadian Cancer Society and \$200 to the Royal Canadian Legion. This was an increase from a one-thousand-dollar donation in total for all four charities in 2022.

Santa Letters

Our 2024 Santa volunteers were disappointed that they could not participate in the Santa Letters Program in 2024 due to the postal interruption. They all pledged their continued support for the following year. I still want to acknowledge the volunteers: 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 Sallwark and Margaret Pi Wang.

Help Wanted

To run a volunteer organization like ours, we always need more people to get involved and assist us with tasks like confirming attendees' names for social events, selling raffle tickets, taking photographs, collecting money at events and helping with the newsletter production. If you're interested in these or any other positions on the Committee, please contact 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 and Simcoe Chapter's success.

Upcoming Social Events of 2025

Thursday August 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 that the Chapter is currently subsidizing \$10.31 per person for a senior member, which may be affected in the future by funding cuts.

Please call or text Anna at 416-716-2898 if you are interested after August 1, 2025 deadline for reservation ends August 14, 2025.

Past Social Events of 2025

The Simcoe Chapter held a successful and well received luncheon on Friday May 30, 2025 at Dragon Legend Buffet at 25 Lanark Rd, Markham, ON L3R 8E8. Seventy-nine people attended. The buffet-style lunch offered Peking duck at \$30 for seniors and \$36 for adults (including 13% tax and 15% tips). We were honoured with the presence of Heritage Club National president and Humber Chapter president JP Leguerrier, Golden Horseshoe President Gloria MacDonald, Trent Severn President Robin O'Donohue and former Simcoe Chapter treasurer Frank Agresti.

Time of your Life

Time of your Life offers excursions and out-of-town concerts. If you are interested, please call or text me 416-716-2898 or email ahuang0513@gmail.com and I will send you their detailed advertisement. You can also contact them directly at 500 Sheppard Avenue East, Suite 203 Toronto, Ontario M2N 6H7 416-224-0684 or email address timeofyourlifetourstoronto@gmail.com. Please be reminded that anything you buy, including a ticket for a show, train or boat ride, is non-refundable.

Welcome New Members, Retirees and 20-year long-term service employees

I am happy to inform you that we have lowered the number of years of service required to join our club to twenty years, from twenty-five.

I want to welcome fifteen new members that joined us since our last newsletter on February 28, 2025. They are Paul Angellotti, Owen Whyte, Koon Por (Oi Wan) Wong, Vinh Hong, Mei Qin Chin, Yim Lim, Bridget Margues, David MacKinnon, Peter Woo, Rosanna Woo, Johnson Tsang, Pauline Tsang, Peter Ko and Fiona Ko.

In memoriam

Sadly, we lost eighteen members over the year. We offer our deepest condolences to their families - they will be missed. Since our last newsletter, we learned of the passing of Ruth Batson (March 18, 2025), Kenneth Ng (March 29, 2025), Yat-Wan Chow (April 29, 2025), Cecelia Leacock (September 11, 2024) which we found out on May 22, 2025, Winifred Sookdeo (May 13, 2025) which we found out on June 1, 2025, Dianne Sullivan (October 1, 2024) which we found out on June 1, 2025, and David Russell (September 7, 2024) which we found out on June 12, 2025. Please do not confuse this David Russell with our member David William Russell, who worked at South Central Letter Processing Plant as a BT driver.

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)

HERITAGE CLUB MEMBERSHIP FEES ARE DUE EVERY OCTOBER FOR THE FOLLOWING YEAR

Club membership fees are renewable in October every year and if you have not had the chance to send in your payment, please do so by the end of October. National Heritage Club uses 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 for now only up to August, 2025. This fee will increase to twenty dollars per person in September for 2026. If you wish to send in multiple years, the limit is three years at one time; it is welcomed and appreciated. Send your yearly membership dues of \$20 per person by cheque to Simcoe Chapter Heritage Club, 72 Leuty Avenue Toronto, Ontario M4E 2R4 or through e-transfer to Simcoe.heritage2018@gmail.com

Heritage Club Scholarships

Heritage Club awards three scholarships to students starting for the first time, their first year of full-time studies, provided it is at 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 Eldred Holmes holmese@nl.rogers.com Eldred has been pleased with the responses 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 offers 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. Application open April 28, 2025 with deadline date of July 15, 2025. To learn more of Belair Direct Scholarship Program, visit scholarshipfund@johnson.ca or call 844-567-1237.

Simcoe Chapter

Simcoe Chapter is one of 25 Heritage Club Chapters across the country; it covers an area of the 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>

Santa Letter Program

The Santa Letter Program started in 1982 and would not exist without the support of our Heritage Club members.

Ms. Courtney Hirota Manager of the Community Foundation and Santa Workshop stated that our support before, during and after Christmas is invaluable and thanked everyone for all the work that they do. In 2021 there were about 1.5 million letters, which was a big jump from 2020. They are anticipating even more in 2025. 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 their help this year and if you want to be involved in the program, please speak to your regional Heritage club coordinator.

Notes about 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 and the newly PAID membership are submitted monthly at end of each month. You must allow enough time for your membership application and fee to be processed prior to the end of the month.

There is also no advantage in paying for membership as late into the year as possible. The yearly membership is ten dollars (up to 2025, new rate from September 2025 toward 2026), 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.

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 has 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](https://www.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 twenty dollars 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 the above form.

We receive a yearly fund from the National Executive where we are evaluated from the involvement of our members in volunteer activities. I gather our members’ hours and 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 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

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

Name of Organization: _____

Important contact telephone numbers to keep for your survivors’ sake.

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 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