**THAMES HERITAGE CLUB NEWS**

**SPRING 2022**

Hello,

Spring is coming as seen in the earlier sunrises. This new year will see a renewal of our area luncheons , annual golf tournament and potentially the Annual Reunion Banquet in the fall. I believe , with the falling infection rates and hospitalizations , light is on the horizon.

In this issue:

- Heritage President Communication

- call for membership renewal for 2022

- monthly draws .. 2022

- Santa’s Helper draws

- e-transfer service

- pension & benefit payment dates..2022

- Columbia Sportswear Employee Store

Invite

- GoodLife membership type summary

*Your Benefits*

*Contact Numbers*

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

Superannuation 1-800-561-7930

C.P.P. / O.A.S. 1-800-277-9914

Canada Life 1-866-716-1313

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

Employment Ins 1-800-206-7218

Passport 1-800-567-6868

Can Rev Agency 1-800-959-8281

*Your Benefits*

*Survivor procedures:* To ensure the survivor of a retiree maintains pension , health and medical benefits , a number of contacts must be made after a retiree’s death.

Access H.R. (1-877-807-9090)

..retiree name

..employee I.D. number

..social insurance number

..copy of death certificate

C.P.C. Pension (1-877-480-9220)

..retiree name &employee I.D. number

..postal code

..month and date of birth

..copy of death certificate

..copy of retiree`s will

Canada Life (1-866-716-1313)

..retiree name

..employee number

..copy of death certificate

..plan numbers ..51057 & 51391

NOTE: Very important to notify Canada Life as soon as possible in order to set up a new automatic withdrawl in the survivor’s name in order to keep policy in force and maintain medical , dental and vision benefits.

C.P.P. / O.A.S. (1-800-277-9914)

..retiree name

..social insurance number

..copy of death certificate

NOTE: Besides the C.P.P. survivor

Pension , there is a Death

Benefit payable to the survivor

Superannuation (1-800-561-7930)

..retiree name

..social insurance number

..copy of death certificate

.. copy of marriage certificate

*Note: Sun Life benefit premiums for Superannuation survivor will be educted directly from monthly survivor pension*

Canada Rev Agency (1-800-959-8281)

C.R.A. is to be contacted when a member or spouse passes to prepare for T-1 and T-3 form completion.

*Message From President*



2022 has arrived on a positive note regarding Covid-19. We are hearing about decreasing numbers of infections and hospitalizations across the province. The sun is rising earlier each day signalling a weakening of winter’s dark presence. 2021 saw us swinging back and forth with news of the arrival of the Delta Variant and if that wasn’t discouraging enough , through the dust left by Delta came a new enemy named Omicron Variant. Despite these multiple attacks from the Covid family , we are here to talk about it.

We are presently seeing about **29.8%** of the total membership with paid-up status regarding the 2022 membership dues. We ended last year (2021) with a **39.2%** paid up status. Support from paid-up members keeps your Heritage Club functioning at a level that allows the multiple benefits that continue to be provided . One of the major initiatives we participate in each year is the “Letters-To-Santa” campaign. We started by participating in the London Santa Parade collecting letters to Santa from the public along the parade route. All the Santa’s Helpers answered a total of 10,826 letters-to-santa. We must not forget to recognize the many employees and retirees that volunteered. We had recognition draws of prizes for both the Operations helpers as well as Heritage Club helpers. Photos of the draws are included later on in this Newsletter.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

*Heritage Club Support To Members*

Widows / Widowers

There were seven (7) consultations

held in 2021 with widows and widowers to assist them with survivor benefits , pension questions and contacts as well as completion of various documentation.

Pre-retirement Meetings

There were thirteen (13) meetings in 2021 and two (2) so for in 2022 with potential retirees covering what to expect in the way of documentation from Canada Post , the Pension Centre and Canada Life. Subsequent meetings have also been held with these retirees to assist them with the completion of these forms including witness signatures.

Operations Consultations / Meetings

Meetings have been held with the operations community regarding revisions to the amount of advance notice needed by potential retirees to notify the corporation of their intention to retire. Sufficient advance notice will prevent situations where retirees face the possibility of their retirement date arriving and all the necessary documentation has not yet been completed and submitted.

*Volunteer Contributions*

Members who are volunteering at any activity should be recognized for their participation. Let the Heritage Club know how much and how often .

Some examples are .....

.. seniors for seniors

.. tax assistance for seniors

.. volunteer lifeguard

.. recyclable material collection for a

cause

.. cancer clinic guide/assistant

*C.P.C. Pension Payment Dates - 2022*

January 31

February 28

March 31

April 29

May 31

June 30

July 29

August 31

September 30

October 31

November 30

December 30

*Superannuation Payment Dates – 2022*

January 27

February 24

March 29

April 27

May 27

June 28

July 27

August 29

September 28

October 27

November 28

December 28

*C.P.P. / O.A.S. Payment Dates - 2022*

January 27

February 24

March 29

April 27

May 27

June 28

July 27

August 29

September 27

October 27

November 28

December 21

*G.S.T. / H.S.T. Credit Pymt Dates..2022*

January 5

April 5

July 5

October 5

*Canada Child Benefit Pymt Dates..2022*

January 20

February 18

March 18

April 20

May 20

June 20

July 20

August 19

September 20

October 20

November 18

December 13

*Canada Workers Benefit..Advance Pymt*

January 5

April 5

July 5

October 5

*Ontario Trillium Benefit (OTB)..2022*

January 10

February 10

March 10

April 8

May 10

June 10

July 8

August 10

September 9

October 7

November 10

December 9

*Veteran Disability Pension .. 2022*

January 28

February 25

March 30

April 28

May 30

June 29

July 28

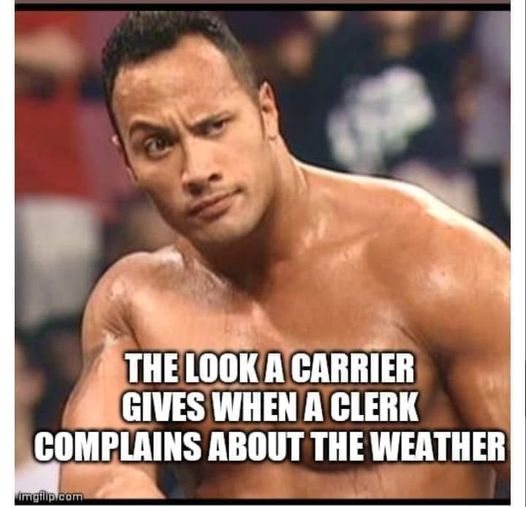
August 30

September 28

October 28

November 29

December 22



*In Memorium - 2022*

Denise Badgley

Bruce Greenaway

Dawn Lampman-St Denis

Mary Wise

*New Members – 2022*

Rebecca Giles

David Shrumm

Michelle White

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

*Pension Indexing - 2022*

Canada Post Pension ......... 2.41%

C.P.P. / O.A.S. ................. 2.4 %

Superannuation ................. 2.4 %

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

*Thames Heritage Club Executive*

President: Henry Masek

519-204-8873

[thamesheritageclub@gmail.com](mailto:thamesheritageclub@gmail.com)

1st Vice-President: Don Manns

519-451-4959

2nd Vice-President: Sherry Hexter

519-636-7411

Treasurer: Stew Metcalf

519-660-4193

Secretary: Dianna Snell

519-601-0085

*Pre-Retirement Meetings*

Future retirees may meet with the Heritage Club president to discuss what to expect in the way of documentation from both Canada Post H.R. and the Pension Centre along with assistance in completing the various forms

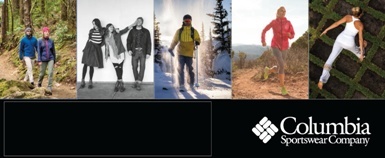
Contact Henry Masek @ 519-204-8873

*Widow / Widower Consultation*

There is a need for widows and widowers of former Canada Post employees to have support when facing the death of a spouse when it comes to pension , benefits and survivor documentation. This covers Superannuation , Canada Post Pension, Canada Pension Plan ,Old Age Pension , Canada Revenue Agency , Canada Life and Sun Life Benefits including (basic and over-65 life insurance policies) Your Heritage Club president will guide you through this complex area of concern.

*Chuckle Corner*





*Spring Shopping Event*

Your Heritage Club has arranged another Heritage Club Invitation for members to shop at the Columbia Sportswear Employee Store in London. Card carrying Thames Heritage Club Members for year 2022 can shop and enjoy a discount of between 40% - 50% off brands such as Columbia , Sorel , Mountain Hard Wear and Prana. This is an invitation-only event which occurs four times per year. Club members are to have their current club I.D., photo I.D. and the invitation and present it at the employee store from **Mar 25 – Apr 17 , 2022** and shop.

Each member can bring along **up to four (4) family and/or friends with them**.

Full details on attached Columbia Invite.



***Membership Benefits***

Some of the membership benefits are ...

- discounted fees at GoodLife Fitness

- 40% - 50% discount at Columbia

Sportswear Employee Store Events

- very attractive travel insurance rates

With Medoc (Johnson Insurance)

- pre-retirement meetings to review

retiree documentation packages

- discount on cost of **Annual Banquet**

- 4 newsletters per year for paid-up

members (2 newsletters per year for

regular members)

- Widow / Widower consultation service

- discounted periodic luncheons at the

Mandarin Restaurant and other eating

establishments

- discount at **Annual Golf Tournament**

- discount of $100 to $500 per person on

Colette Tours

- discount of up to 20% at Choice ,

Comfort , Quality and Clarion hotels

- scholarships for university and college

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Newsletter E-Mail Option

You may receive your Newsletter via e-mail if you wish. Just notify your Heritage Club though e-mail at [thamesheritageclub@gmail.com](mailto:thamesheritageclub@gmail.com) or by calling a member of the executive.

***Death Of Member***

In an effort to keep our information

up to date , we need to know when

any of our members is deceased.



**Heritage Club members receive up to 50% off - online registration with a (paid-up) Thames Heritage Club membership.** A detailed chart of all membership types is attached to this newsletter. For program details , options, pricing and geographic availability , please go to :

[***https://corporate.goodlifefitness.com***](https://corporate.goodlifefitness.com)

**OR**

Call Membership Experience Dep’t

1 – 800 – 387 – 2524

**You will require your (paid-up) Thames Heritage Club number to access information regarding this offer.**

**REMINDER:**

**Any new GoodLife applications or renewals will be denied if current year membertship dues are not paid.**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

***Address Change***

**To keep our mailing list current it**

**is necessary to have the latest proper**

**address of each member.**

**Send any address changes either**

**by mail to:**

**Thames Heritage Club**

**955 Highbury Ave**

**London , On N5Y 1A3**

**OR**

**by e-mail to:**

[**thamesheritageclub@gmail.com**](mailto:thamesheritageclub@gmail.com)

***Monthly Draws***

In order to recognize our members who actively supported our Heritage Club , despite most of the events having to be cancelled , we launched monthly draws of monetary prizes. All paid-up members are entered into each draw..



January 2022 Monthly Draw

Drawn by Jen McRobert

Asst – Lucan Post Office

... witnessed by Henry Masek

Winners:

-Joanne Teske

-Glen MacCuspey

-David Lusk



February 2022 Monthly Draw

Drawn by Rob Sutherland

Delivery Planning

.. witnessed by Henry Masek

Winners:

-Patrick O’Grady

-Janis Sloman

-Glen Deveaux

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*



March 2022 Monthly Draw

Drawn by Tera Thompson

Ingersoll LCD witnessed by Henry Masek

Winners:

-Philip Mahas

-Dawna King

-Donald Miatello

*London Santa Parade – 2021*

In November 2021 the Heritage Club participated in the London Santa Parade.

Two members carried the Heritage Club Banner out front while other members collected Letters To Santa from the crowds along the route.



**

*Santa’s Helpers Prize Draws - 2021*



Operations Helpers

Drawn by Denise Duncan

London Business Centre Witnessed by Henry Masek

Winners – Leah Confurious Lon LCD-1

Olga Nethersole Lon LCD-5

Jason Leclaire Lon MPP



Heritage Club Helpers

Drawn by Lisa Phillips

London LCD – 3

Witnessed by Henry Masek

Winners – Cathy Metcalf

Marci Kosac

Sherry Henshaw

***Membership Renewal Time***

For those who have not already done so ,

and there a still some members out there , it is time to renew the Thames Heritage Club Membership dues for 2022 through

payment of the **$12 yearly dues**.

Your Heritage Club counts on your support to continue to offer membership benefits .

Send payment to:

Thames Heritage Club

955 Highbury Ave

London , On N5Y 1A3

(Note: Dues may be paid by e-transfer).

..send to: Henry Masek

hsmasek@hotmail.com

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

*Salvation Army Christmas Kettle*



Each year Heritage Club members cover

the Salvation Army Kettle at Masonville

Mall for an entire day. In 2021 we

collected a total of $730.70 at our kettle.

**2022 Scholarships Available**

Heritage Club

3 Heritage Club scholarships of $2,000

available nationally. Open to dependent

children and grandchildren of all active

(dues paid for 2 years) members of any Heritage Club Chapter.

Application Deadline – June 30 , 2022

Contact [holmese@ntl.rogers.com](mailto:holmese@ntl.rogers.com) for details

Johnson Insurance

50 scholarships of $1,000 each available to dependents of a parent/guardian or grandparent who are ..

..Heritage Club Member

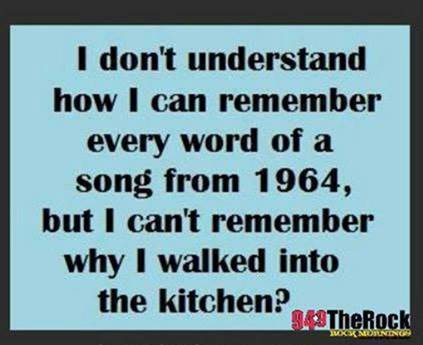
..completing high school in 2022 and

starting post secondary in the fall

Contact: Johnson.ca/scholarship

Deadline : August 2022

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*



|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **GOODLIFE FITNESS** | |  | |  | | --- | |  | |  |  |  |
| MEMBERSHIP TYPES | |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Performance** | **Ultimate** | **Premium** | **Essential Plus** | **Essential Zone A** | **Essential Zone B** | **Essential Zone C** |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| All Clubs | All Clubs | All Clubs | One Club Access | One Club Access | One Club Access | One Club Access |
|  |  |  |  |  |  |  |
| Strength / Cardio | Strength / Cardio | Strength / Cardio | Strength / Cardio | Strength / Cardio | Strength / Cardio | Strength / Cardio |
|  |  |  |  |  |  |  |
| Pool | Pool | Pool | Pool | Pool | Pool | Pool |
|  |  |  |  |  |  |  |
| Full Digital Access | Full Digital Access | Lite Digital Access | Full Digital Access | Lite Digital Access | Lite Digital Access | Lite Digital Access |
|  |  |  |  |  |  |  |
| Group Fitness | Group Fitness |  | Group Fitness |  |  |  |
|  |  |  |  |  |  |  |
| Free Holds | Free Holds |  | Free Holds |  |  |  |
|  |  |  |  |  |  |  |
| Family Memb | Family Memb |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Towels | Towels |  | Towels |  |  |  |
|  |  |  |  |  |  |  |
| Hydro Massage | Hydro Massage |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Tanning | Tanning |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Mindden | Mindenn |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Recovery | Recovery |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Squash | Squash |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Empower | Empower |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Empower HIIT |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Hot Yoga |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Performance Programs** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Regymen |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| PEAK |  | **The memberships noted above and the offerings are subject to change** | | | | |
|  |  |  |  |  |  |  |
| FIELD |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

****