

THAMES HERITAGE CLUB NEWS

FALL 2022

Hello,

We already have had a series of events celebrating our return to some sense of normalcy following Covid-19. There have been luncheons in Tillsonburg and Strathroy. Our annual golf tournament took place in August at the Dorchester Golf and Country Club. We still have a slate of events to look forward to in the remainder of 2022.

In this issue:

- Heritage President Communication
- call for dues from regular contributors
- return of Annual Reunion Banquet
- local area luncheons
- Pension Indexing of our Defined Benefit Pension Plan
- Columbia Sportswear Employee Store Invite
- GoodLife membership type summary
- Annual General Meeting

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 withdrawal 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)

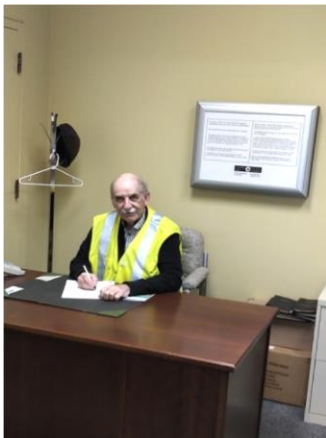
- ..retiree name
- ..social insurance number
- ..copy of death certificate
- ..copy of marriage certificate

Note: Sun Life benefit premiums for Superannuation survivor will be deducted 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



The pandemic situation has improved substantially. The weather is favourable. There have been two area luncheons held – one in Tillsonburg and another in Strathroy. Things are really looking up. Fourteen (14) new members have joined the Thames Heritage Club so far this year. The total number of paid-up members have risen to over 40% of total membership. My goal for paid-up members for 2022 has almost been reached. We are in need of ten (10) more paid-up members. I know we can do it.

Our Annual Golf Tournament was held at the Dorchester Golf & Country Club on August 17th. A total of thirty six (36) people attended. The were prizes for everyone and the dinner was superb. The lowest score - womens went to Doris Lodin , lowest score – mens was a tie between Henry Pasquini and Victor Oliveira. Lowest score – non-member went to Doug Huygen.

Fantastic News – after what seems like an eternity , our Annual Reunion Banquet is returning on September 24th at a new venue with a new menu along with live entertainment. You will not want to miss this event. An invitation is attached to this Newsletter.

Also contained is a peek ahead at what will likely be the rate of indexation members will see next January (2023)

Heritage Club Support To Members

Widows / Widowers

There were seven (7) consultations held in 2021 and five (5) in 2022 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 fourteen (14) 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.



Thanks for the memories



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

Send Name and Details to president ..



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

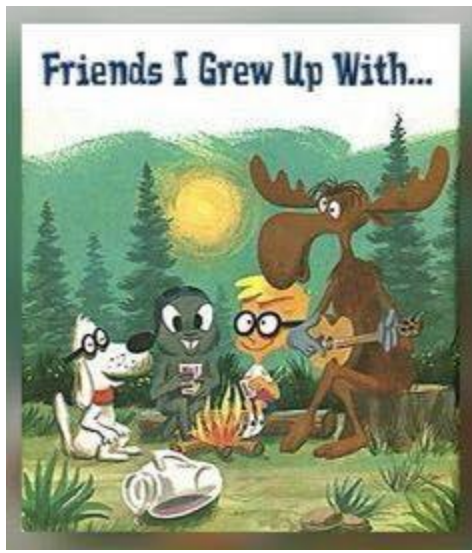
- January 5
- April 5
- July 5
- October 5

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

The original patent from 1891 for a toilet paper roll shows the correct rolling direction, in case you ever doubted.





In Memorium - 2022

Dean Atkinson
Denise Badgley
Thomas Boone
Bruce Greenaway
Edna Hobbs
Dawn Lampman-St Denis
William McDonald
Gordon Richardson
Gunther Thiel
Dorothy Webb
Mary Wise

New Members – 2022

Victoria Adeniji
Marj Atkinson
Susan Beaton
Darlene Clark
Gordon Dearmo
Bruno Desando
Rebecca Giles
Joseph Manzara
Michelle McCormick
Victor Oliveira
Jeff Orosz
Jean Richardson
David Shrumm
Douglas Steinman
Janet Van Boven
Michelle White

Thames Heritage Club Executive

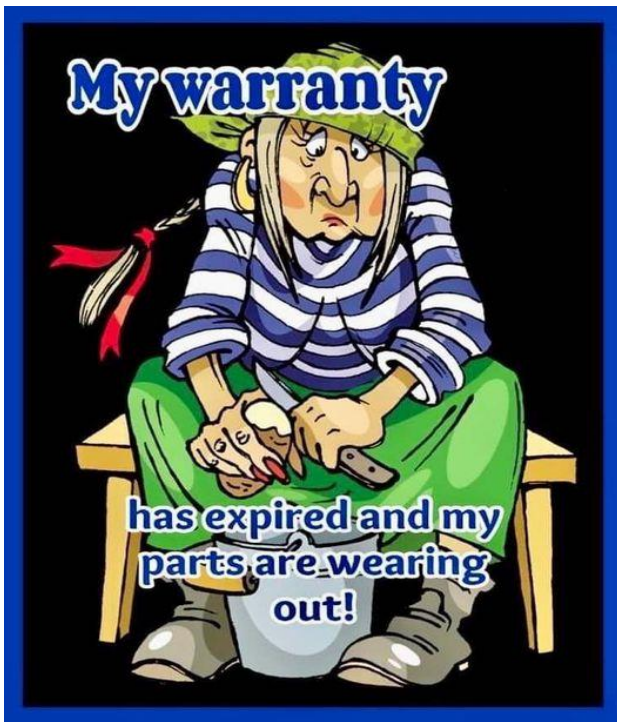
President: Henry Masek
519-204-8873
thamesheritageclub@gmail.com

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

Our Defined Benefit Pension Plan- 2022
Indexation

One element of the Canada Post Defined Benefit Pension Plan is the Indexation Provision. The indexing of the pension plan allows it to keep up with any increases in the cost of living. This adjustment occurs every January with the pension deposit into members accounts.

The indexing rate is determined based on the Consumer Price Index published monthly by Statistics Canada. The measurements for the Canada Post Pension are calculated from October to September. The indexation rate which will be used in January 2023 is measured from October 2021 thru September 2022. At present we only have the C.P.I. rates up to and including July 2022. The rates for August 2022 and September 2022 are missing. For the first ten months we are trending in the 5% to 6% range. Unless we see major drops in the price of gas and food , this should hold until year end.



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

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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.

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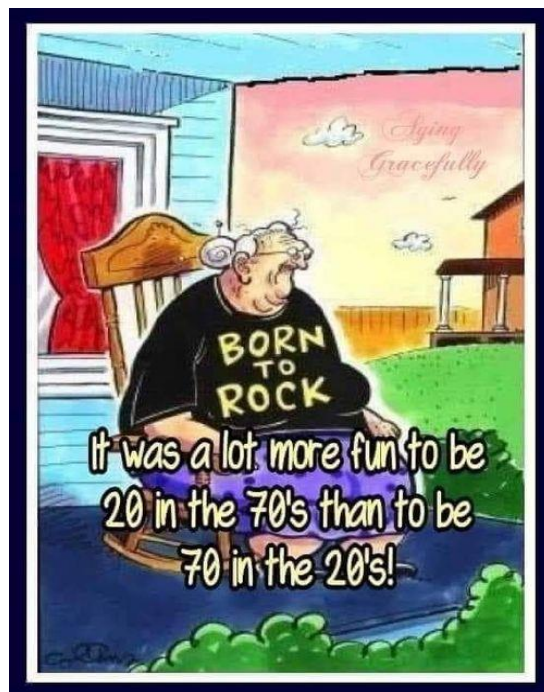
Spring Shopping Event

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 Sep 16 – Oct 09 , 2022 and shop.

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

Full details on attached Columbia Invite.

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Membership Renewal Time

For those who have not already done so , and there are still some members out there, it is time to renew the Thames Heritage Club Annual dues for 2022 through payment of **\$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

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
- 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 through e-mail at thamesheritageclub@gmail.com or by calling a member of the executive.

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Heritage Club members receive up to 50% off - online registration with a (paid-up) Thames Heritage Club membership.

For program details , options , pricing and geographic availability , please go to

<https://corporate.goodlifefitness.com>

OR

Call Membership Experience Dep't
1 – 800 – 387 – 2524

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

A chart of all available membership plans has been attached to this newsletter to assist members to choose which membership plan best satisfies their needs

Death of Member

In an effort to keep our information up to date , we need to know when any of our members is deceased.

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

Your Heritage Club is just shy of meeting my goal by ten paid-up members , so if you have been putting off paying your 2022 membership dues , please take this opportunity to forward your \$12.00. The goal is so close.

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2022 Annual General Meeting

The 2022 Annual General Meeting will be held in late October 2022. It will have a review of activities from 2022 as well as a status report on club finances. An election of officers will also take place.

A communication will be sent to all members in the coming weeks.

2022 Annual Golf Tournament



Doug Doris Henry Victor

Winners

- Lowest score womens – Doris Lodin
- Lowest Score mens (tie) – Henry Pasquini
- Victor Oliveira
- Lowest Score non-member – Doug Huygen

GOODLIFE FITNESS
MEMBERSHIP TYPES



Essential Zone A Essential Zone B Essential Zone C

Performance	Ultimate	Premium	Essential Plus	Essential Zone A	Essential Zone B	Essential Zone C
no sign-up fee Bi-Wkly \$ 54.99 + tx H-C disc (-30%)	no sign-up fee Bi-Wkly \$ 36.99 + tx H-C disc (-30%)	no sign-up fee Bi-Wkly \$ 31.99 + tx H-C disc (-30%)	no sign-up fee Bi-Wkly \$ 29.99 + tx H-C disc (-30%)	no sign-up fee Bi-Wkly \$ 29.99 + tx H-C disc(-30%)	no sign-up fee Bi-Wkly 26.99 + tx H-C disc(-30%)	no sign-up fee Bi-Wkly 24.99 + tx H-C disc(-30%)
All Clubs	All Clubs	All Clubs	1 Club Access	1 Club Access	1 Club Access	1 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						
<u>Performance Programs</u>						
Regymen						
PEAK						
FIELD						

The memberships noted above and the offerings are subject to change



EMPLOYEE STORE

SUMMER SALE IS HERE!

UP TO AN ADDITIONAL 50% OFF EMPLOYEE STORE PRICES

*ON SELECT STYLES, WHILE SUPPLIES LAST



EXCLUSIVELY FOR:

Canada Post Heritage Club

VALID DATES

09/16/2022 - 10/09/2022

VALID FOR YOU + 4 GUESTS

WHAT TO BRING

THIS INVITATION

PHOTO I.D.

PROOF OF AFFILIATION

*business card / membership card /
company email signature / pay stub /
original email / other form of affiliation*

LOCATION & HOURS

1-1425 Max Brose Dr
London ON, N6N 0A2

MON-FRI: 10AM - 8PM

SAT: 9:30AM - 6PM

SUN: 10AM - 5PM

Store Closed Sept. 5th
in Observance of Labour Day

YEAR ROUND ACCESS

MILITARY PERSONNEL: EVERY DAY

SENIORS (65+): FIRST TUESDAY OF EACH MONTH

Questions? Please email: londonemployeestore@columbia.com



CX X7 XE12

Valid for you and up to 4 guests for multiple visits during your invite period. Columbia reserves the right to modify or cancel this offer at any time. Please present this original invitation to the receptionist for entry and again at checkout. This invitation is non-transferable. You must be present during shopping. The products purchased are intended solely for the buyer's own personal use, including gifts to others. Resale of products is strictly prohibited. Columbia Sportswear limits the number of items purchased to no more than 10 of the same style. For team and company purchases, please speak to a member of our store management team. Offer may not be combined with any other offer or discount. Valid from dates listed above. ©2022 Columbia Brands USA, LLC.



You Are Cordially Invited
 To The
Thames Heritage Club's Annual Reunion Banquet
September 24, 2022
Best Western Lamplighter Inn & Conference Centre
591 Wellington Rd S , London, Ontario

Social Hour: 5:00 pm Buffet Dinner: 6:00 pm

- Grand Prize Draw
- Prize Table Draws
- Cash Bar
- Live Entertainment
- Share The Wealth Draw
- Ample Free Parking
- Close to Bus Stops
- On-site rooms available for those who wish to stay overnight

Cost - \$35.00 per person active (paid-up) member (valid card number) / spouse / partner.
 \$40.00 per person non-active (non paid-up) member / spouse / partner
 \$45.00 per person (non-member)

Come out and renew old friendships, make new friends, reminisce about the good old days.

We would like to know as soon as possible, how many are planning to join us so we can adequately organize this special event. We will try and provide reserve seating when requested ahead of time. Attendance is not restricted to Heritage Club Members only, so feel free to bring along family, friends and colleagues.

Please send your attendance confirmation along with a cheque or money order covering the attendees as per the above cost listing to the address shown below. Payment should be made to "Thames Heritage Club".

Your confirmation/information is required by September 9th , 2022

Send order and cheque payment to: Thames Heritage Club, 955 Highbury Ave , London On N5Y 1A3

OR

Send e-transfer made out to Henry Masek to hsmasek@hotmail.com

===== Cut here =====

PLEASE PRINT:

Name _____ Heritage Club membership number _____

Name of spouse/ partner _____ Name of guest(s) _____

Overnight Room Required: Yes _____ No _____