

# THAMES HERITAGE CLUB NEWS

## SPRING 2023

Hello,

After the winter we are having , it's a mystery what may be in store for us regarding spring. The annual "Letters-To-Santa" campaign is a wrap. Can golf really be just around the corner along with remote field trips and luncheons ?

In this issue:

- Heritage President Communication
- membership renewal time for 2023
- Early dues renewal draw completed
- 2023 Pension Indexing confirmed
- 2024 Pension Indexing tracking
- Santa Letters 2022 wrap-up & draws
- use of L.U. (limited use) codes
- drug exception form
- Columbia Sportswear Employee Store Invite
- GoodLife Fitness Membership Plans
- annual dues increase for 2024

### 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

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### 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



2022 is in the rearview mirror. 2023 has arrived without the usual weather nightmares. We had some of the white stuff but not the expected seriously cold temperatures . Another Santa Letter Campaign has come and gone. A total of 11,537 letters-to-Santa were answered which was another increase over the previous year – in this case 2021 which had 10,826. We also assisted in the movement of “walking mailboxes” from Toronto to Santa Parade locations in London , Forest , St Thomas and Milton. There were appreciation draws held for Santa helpers in the operations community , Heritage Club and Admin Personnel working from home. A complete list of the winners is shown in another section of the Newsletter. The Thames version of the Santa Letter Campaign continues to provide unique assistance to community sources of Letters-To-Santa with data that they find extremely helpful to such locations as the Childrens Museum and the Merry Market. Each of these locations are being supplied with a listing of origin communities where their Letters-To-Santa originate This tells them their

coverage area following advertising. Another area of concern for members is the rising cost of drugs and the lack of coverage for newer medications. One area that the price is shocking is drugs for low bone density patients. A medication named “Prolia” is prescribed in the form of a semi-annual injection. Here is the clincher. Prolia costs almost \$440.00 per injection. A method to reduce the cost is outlined later in this Newsletter. Also included in this Newsletter is a “Drug Exception Form” for use with Canada Life in order to try and get new medications added to the list of drugs covered.

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### Heritage Club Support To Members

#### Widows / Widowers

There have been six (9) consultations held in 2022 and 2 so far in 2023 with widows and widowers to assist them with survivor benefits , pension questions and contacts as well as completion of various documentation. Also , we have guided widows / widowers when dealing with funeral homes as to the assistance these homes can provide in the documentation required to ensure that C.P.P. death benefit and C.P.P. survivor pension is applied for and submitted.

#### Pre-retirement Meetings

There have been 20 meetings in 2022 and 5 so far in 2023 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.

## 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 . Many times volunteer activities seem to go without notice.

Some examples are .....

- .. seniors for seniors
- .. tax assistance for seniors
- .. volunteer lifeguard
- .. recyclable material collection for a cause
- .. cancer clinic guide/assistant

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## EARLY DUES RENEWAL

### DRAW

This year a draw was held earlier in February 2023 for a prize of **\$100**. All members who paid their 2023 membership dues before the February , 2023 deadline had their name entered into a draw.

The winner is **Al Finley**.

## Membership Renewal Time

It is time for renewal of Thames Heritage Club Annual Dues for 2023 through payment of the **\$12 yearly dues**. Your Heritage Club counts on your continued support to offer membership benefits.

Send payments 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](mailto:hsmasek@hotmail.com)

## Membership Benefits

Some of the membership benefits are ...

- discounted fees at GoodLife Fitness
- 40% - %0% discount at Columbia Sportswear Employee Store Events
- very attractive travel Insurance rates with Medoc (Johnson Insurance)
- pre-retirement meetings to review retiree documentation packages
- Widow / Widower consultation service
- 4 newsletters per year for paid-up members (2 newsletters per year for regular members)
- discount on cost of **Annual Banquet**
- discount at Annual Golf Tournament
- discounted periodic luncheons at the Mandarin Restaurant and other eating establishments
- scholarships for university and college
- discount of \$100 to \$500 per person on Colette Tours

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### Yearly dues increase for 2024

Due to increased costs of printing and lunches we are having to increase the annual membership dues from \$1.00 per month to \$1.25 per month for 2024. This means a new yearly amount for membership dues of \$15.00 .

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### C P C Pension Payment Dates - 2023

January 31  
February 28  
March 31  
April 28  
May 31  
June 30  
July 31  
August 31  
September 29  
October 31  
November 30  
December 29

C.P.P. Pension Payment Dates - 2023

January 27  
February 24  
March 29  
April 28  
May 26  
June 28  
July 28  
August 27  
September 27  
October 27  
November 26  
December 22

Superannuation Payment Dates – 2023

January 27  
February 24  
March 29  
April 26  
May 29  
June 28  
July 27  
August 29  
September 27  
October 27  
November 28  
December 27

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2023 CPC Pension Indexing Rate

The indexing rate for January 2023 has been set at ..... **6.33%**

2024 CPC Pension Indexing Trend

In the first four months of the 2024 pension calculation year (Oct,Nov,Dec,Jan) , the trend is at 6.4 %. There are still eight months to go prior to the Sep/2023 end of the Pension calculation year. The longer the monthly C.P.I. number stays in the present range , the less impact future C.P.I. numbers will have on the trend already established.

In Memoriam – 2022

Atkinson , Dean  
Badgley , Denise  
Boone , Thomas  
Deane , Bob  
Greenaway , Bruce  
Hobbs , Edna  
Hendry , Robert  
Hollister , Robert  
Hurley , William  
Lampman-St Denis , Dawn  
MacDonald , William  
Pageot , Albert  
Richardson , Gordon  
Stenson , Ron  
Thiel , Gunther  
Webb , Dorothy  
Wise , Mary  
.....- 2023  
Abel , Hilda  
Rigole , Victor

New Members – 2022

Adeniji , Victoria  
Atkinson , Marj  
Beaton , Susan  
Clark , Darlene  
Dearmo , Gordon  
Desando , Bruno  
Dowhan , Sandra  
Giles , Rebecca  
Grant , Cynthia  
Manzara , Joseph  
McCormick , Michelle  
Oliveira , Victor  
Orosz , Jeff  
Richardson , Jean  
Shrumm , David  
Steinman , Douglas  
Van Boven , Janet  
White , Michelle  
..... – 2023  
Sullivan, Sheila

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Heritage Club Executive

President: Henry Masek  
519-204-8873  
[thamesheritageclub@gmail.com](mailto:thamesheritageclub@gmail.com)

1<sup>st</sup> Vice-President: Catherine Metcalf  
519-660-4193  
2<sup>nd</sup> 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 and witnessing 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 Security , Canada Life and Sun Life Benefits including (basic and over-65 life insurance policies) and Canada Revenue Agency.  
Your Heritage Club president will guide you through this complex area of concern.



Seasonal Shopping Time

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 2023 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 24 , 2023 – Apr 16, 2023** and shop. Each member can bring along **up to four (4) family and/or friends with them.** Full details on attached Columbia Invite.

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 30% off - online registration with a (paid-up) Thames Heritage Club membership.**

**To learn more about this offer visit <https://corporate.goodlifefitness.com>**

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

**REMINDER:**

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

**A current chart of all 11 membership types including costs is included in this Newsletter.**

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L.U. Codes

In Ontario your doctor can submit to your pharmacy something called a “L.U.- code” (Limited Use – code)  
Example: A medication for low bone density is Prolia. This medication comes in the form of a semi-annual injection. The cost of this injection is approx \$440.00 every 6 months. With the L.U. code submitted by the doctor , the cost drops to just around \$4.25 for each injection.  
The impact of your doctor submitting this L.U. code to your pharmacy can be substantial.

2022 Santa Letter Campaign

We assisted Santa with collecting letters to be answered from numerous sources such as the mail stream , Santa Claus Parade , Childrens Hospital , Ronald McDonald House , Childrens Museum , Boys & Girls Club , Pre-School Of The Arts and London Merry Market  
We assisted Santa with 11,537 letters from kids before Christmas. A total of 74 helpers from operations , Heritage Club and administration working from home contributed a total of 1,366 hours. Your Heritage Club also organized the movement of “walking mail boxes” for use in numerous Santa Claus Parades.

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2022 Santa’s Helpers Prize Draws

(drawn by Josh Roy – Acting Plant Mgr London)

Operations:

- Plant ... Josette Francis
- C & D .. Kim Walton – LCD-4

Administration/Heritage Club:

- Elspeth Graham





**2023**

**Upcoming Club Happenings**

- Apr 18<sup>th</sup> ... London get together – Butterbites Restaurant (limited to 25 per get together)  
(additional get togethers may be added if needed)  
(contact Henry Masek @ 519-204-8873 for details)
- May 9<sup>th</sup> ... London get together - Butterbites Restaurant (limited to 25 per get together)  
(additional get togethers may be added if needed)  
(contact Henry Masek @ 510-204-8873 for details)
- May 18<sup>th</sup> ... Bus trip – Fallsview Casino – Niagara Falls  
\$35.00 Free Slot Play Included  
Casino Only .. \$40.00 ....., Casino & Skylon .. \$80.00  
(call Sherry at 519-636-7411 for details)
- July ... Field Luncheon – Bayfield (local northern area members invite only)  
(details / date provided in direct invite)
- August ... Golf Tournament ( details in upcoming Summer Newsletter)
- October ... Fall Luncheon at Mandarin (details in upcoming Summer Newsletter)
- October ... Annual Banquet (details in upcoming Summer & Fall Newsletters)
- November ... London get together – Butterbites Restaurant (limited to 25 per get together)  
(Additional get togethers may be added if needed)

\*\* Butterbites Restaurant .....

portions are more than ample , prices good , hot like it's supposed to be

**GOODLIFE FITNESS**

**MEMBERSHIP TYPES**

**2023**



<b>Performance</b>	<b>Ultimate</b>	<b>Premium</b>	<b>Essential Plus</b>	<b>Essential Zone A</b>	<b>Essential Zone B</b>	<b>Essential Zone C</b>
no sign-up fee Bi-Wkly	no sign-up fee Bi-Wkly	no sign-up fee Bi-Wkly	no sign-up fee Bi-Wkly	no sign-up fee Bi-Wkly	no sign-up fee Bi-Wkly	no sign-up fee Bi-Wkly
Reg \$ 54.99 + tx	Reg \$ 39.99 + tx	Reg \$ 35.99 + tx	Reg \$ 32.99 + tx	Reg \$ 33.99 + tx	Reg \$ 29.99 + tx	Reg \$ 27.99 + tx
<b>H-C - \$ 38.49 + tx</b>	<b>H-C - \$ 27.99 + tx</b>	<b>H-C - \$ 25.19 + tx</b>	<b>H-C - \$ 23.09 + tx</b>	<b>H-C - \$ 23.79 + tx</b>	<b>H-C - \$ 20.99 + tx</b>	<b>H-C - \$ 19.59 + tx</b>
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	Mindden					
Recovery	Recovery					
Squash	Squash					
Empower	Empower					
Empower HIIT						
Hot Yoga						
<b><u>Performance Programs</u></b>						
Regymen						
PEAK		The memberships noted above and the offerings are subject to change Reg = Regular Price H-C = Heritage Club Price				
FIELD						





## Drug Exception Request Form

Use this form to request coverage of a drug that is *not automatically covered* under your drug plan. **Provide the requested information to ensure timely assessment of your claim.**

### PLAN MEMBER INFORMATION

Policy Number:	Student Name:
Student ID #:	Address

### PATIENT INFORMATION

Patient:	Relationship:	Date of Birth:
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I hereby authorize The Canada Life Assurance Company to use the information provided herein and/or consult with the below stated physician to determine eligibility for special authorization drug benefits.

Student/Patient's signature: \_\_\_\_\_ Date: \_\_\_\_\_

### BRITISH COLUMBIA, SASKATCHEWAN OR MANITOBA residents:

If you are a resident of British Columbia, Saskatchewan or Manitoba and the requested drug has been approved by the Provincial Drug Program on an exception basis, please send us a copy of the government approval letter. (If this section applies to you, then you do not need to complete the remainder of this form.) Coverage will be added to your Pay Direct Drug Card (myBenefits Card) within 2 -3 days.

### PLEASE HAVE THE FOLLOWING COMPLETED BY YOUR PHYSICIAN:

Physician's Name:	Registration Number:
Address:	
Telephone Number:	Fax Number

### REQUIRED INFORMATION

**In order to be considered for a drug exception, you must have tried at least one medication on your plan's applicable formulary.**

Diagnosis:

Drug prescribed and DIN #, if known:

Alternative treatments attempted (Please provide specific drug names and din #'s, if known. Please note this request will not be considered if this section is not completed).

If no other medication was tried, please explain why this drug must be prescribed (for example a contraindication resulting from an allergy reaction).

Information on requested drug	
Drug Name:	Dose prescribed:
Physician's signature:	Date:

It is important to provide the requested information in detail to help avoid delay in assessing claims for the above drug. This form may be subject to audit. The completed form can be returned to Canada Life by mail, fax, or email.

**Note:** As email is not a secure medium, any person with concerns about their prior authorization form/medical information being intercepted by an unauthorized party is encouraged to submit their form by other means.

Mail to: The Canada Life Assurance Company  
Drug Claims Management  
PO Box 6000  
Winnipeg MB R3C 3A5

Fax to: The Canada Life Assurance Company  
Fax 1-204-946-7664  
Attention: Drug Claims Management

Email to: [cldrug.services@canadalife.com](mailto:cldrug.services@canadalife.com)  
Attention: Drug Claims Management

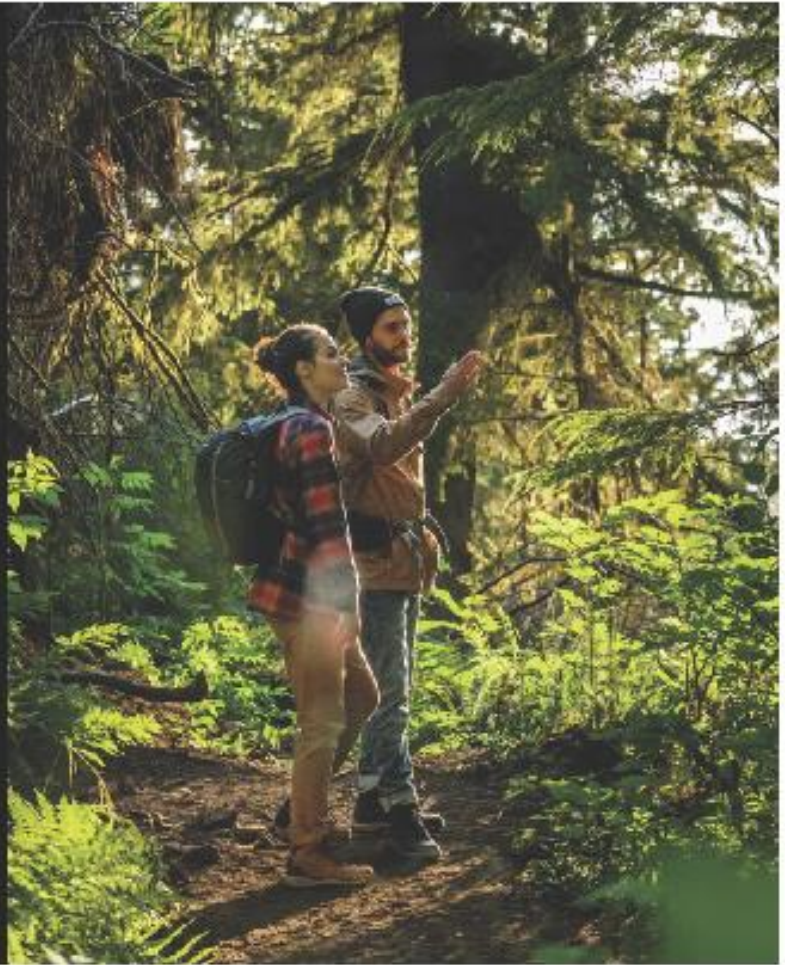


**YOU'RE INVITED!**

ITEMS ARE MARKED UP TO

**50% OFF**

REGULAR RETAIL PRICING



**EXCLUSIVELY FOR:  
Canada Post Heritage Club**

**VALID DATES**

**03/24/2023 - 04/16/2023**

**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**

**Good Friday 4/7: Closed  
Easter Sunday 4/9: Closed**

**YEAR-ROUND ACCESS**

**MILITARY PERSONNEL: EVERY DAY**

**SENIORS (65+): FIRST TUESDAY OF EACH MONTH**

**Questions? Please email: [londonemployeestore@columbia.com](mailto:londonemployeestore@columbia.com)**



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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. ©2023 Columbia Brands USA, LLC.