

THAMES HERITAGE CLUB NEWS

SUMMER 2023

Hello,

Well , here we go toward summer at long last. Shade , sunscreen , toes in the beach sand & swimming outdoors at the lake. Golf at long last. The C.R.A. has done their best to break us but we survived tax season.

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- GoodLife Fitness Membership Plans

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

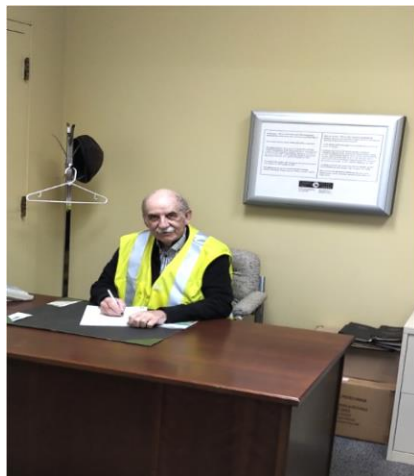
.. copy of marriage certificate

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



2023 is slowly moving into a time of warmer weather and associated activities involving cottages , beaches and travel in general. On the topic of travel , I remind you of the excellent travel insurance rates available at Medoc Travel Insurance. Our annual Golf Tournament is scheduled for August 16th at the Dorchester Golf and Country Club – a bulletin is attached to this Newsletter providing full pricing and details . A member luncheon was held on May 9th and a photo of the attendees with names is in this Newsletter. Planning is well underway on our Annual Reunion Banquet which takes place in October. The event details along with the attendance confirmation form will be included in the Fall Newsletter. We continue to meet with up & coming retirees to prepare them for their receipt of documentation related to retirement and review of important documents they will have to have for the process such as divorce agreements from any previous marriages. It is time for a reminder to any members who may have forgotten to pay their 2023 membership dues which help fund your Heritage Club and allow events and services to continue. Along those lines we are finding that event providers , restaurants and entertainment

have raised their prices following the pandemic . **As a result your Heritage Club has found itself having to increase membership dues by a modest \$1.25 per month which works out to \$15.00 per year.** (previously \$12.00 per year)

The Columbia Sportswear Employee Store Invite is back again and is open from June 02 to June 25 for members from any Chapter . Scholarships are being offered from both the Heritage Club as well as Johnson Insurance. Further details are provided in this Newsletter. We are here for you , our supportive members and will continue being here for you.

Heritage Club Support To Members

Widows / Widowers

There have been nine (9) consultations held in 2022 and 4 so far in 2023 with widows and widowers to assist them with C.P.C. 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 17 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 volunteer activities seem to go unnoticed.

Some examples are

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

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

Membership 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 .**

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

C P C Pension Payment Dates - 2023

May 31
June 30
July 31
August 31
September 29
October 31
November 30
December 29

C.P.P. Pension Payment Dates - 2023

May 26
June 28
July 28
August 27
September 27
October 27
November 26
December 22

Superannuation Payment Dates – 2023

May 29
June 28
July 27
August 29
September 27
October 27
November 28
December 27

2023 CPC Pension Indexing Rate

The indexing rate for January 2023 was set at **6.33%**

2024 CPC Pension Indexing Trend

In the first seven months of the 2024 pension indexing calculation year (Oct,Nov,Dec,Jan,Feb,Mar,Apr) , the trend is at 5.69 %. There are still five months to go prior to the Sep/2023 end of the Pension indexing 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.

Heritage Club Executive

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

1st Vice-President: Catherine Metcalf
519-660-4193

2nd Vice-President: Sherry Hexter
519-636-7411

Treasurer: Stew Metcalf
519-660-4193

Secretary: Dianna Snell
519-601-0085

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
Kijewski , Mike
Rigole , Victor

New Members – 2023

Clark , Joanne
Kasiurak , Shane
Kennedy , Jeff
Mark , Jayne
Sullivan, Sheila

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

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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 Security , Canada Life and Sun Life Benefits including (basic and over-65 life insurance policies) and Canada Revenue Agency. Your Heritage Club president will help you through this complex area of concern.

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Heritage Club members receive 30% off on-line registration with a (paid-up) current membership.
There are 7 membership types to choose from.

To learn more about this corporate offer , visit corporate.goodlifefitness.com

OR

Call the corporate membership experience #
1 – 800 – 387 - 2524

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

Reminder:

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

2023 Heritage Golf Tournament

The 2023 version of the Heritage Golf Tournament will take place on Wednesday, August 16th at the Dorchester Golf &Country Club

Entry Form and full details are in this Newsletter:



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 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 **Jun 2 , 2023 – Jun 25, 2023** 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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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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Death Of Member

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



THAMES HERITAGE CLUB'S ANNUAL GOLF TOURNAMENT

WHEN: Wednesday, August 16, 2023 at 12:30 PM

WHERE: Dorchester Golf & Country Club

3342 Hamilton Rd , Dorchester , On N0L 1G5

COST:	<u>paid-up member</u>	<u>non paid-up member/non-member</u>
golf + dinner (steak or chicken)	\$35.00	\$47.00
golf only	\$15.00	\$25.00
dinner only (steak or chicken)	\$30.00	\$42.00
cart (\$15.00 / person – must be paid by each golfer at the golf course)		

All Heritage Club members (and friends) are invited to a “FUN” golf tournament at Dorchester Golf & Country Club on Wednesday, August 16, 2023.

We are planning to have the golfers arrive at 12:30 PM. After all the scores are calculated and prizes/trophies awarded, we will be served a delicious steak or chicken dinner. Dinner will be served at approximately 4:00PM. Members may bring a guest to the Tournament, who does not plan to play golf, but would like to have the dinner. We need to know the number of members and guests who will be attending by : August 4th , 2023.

(please complete and return form below to – Thames Heritage Club by August 4th , 2023)

Golf and Steak Dinner	(pd member) number ____ @ \$35.00\$ _____
Golf and Chicken Dinner	(pd member) number ____ @ \$35.00\$ _____
Golf and Steak Dinner	(non-pd member/non-mem) number ____ @ 47.00.....\$ _____	
Golf and Chicken Dinner	(non-pd member/non-mem) number ____ @ 47.00.....\$ _____	
Steak Dinner only	number ____ @ \$25.00\$ _____
Chicken Dinner only	number ____ @ \$25.00\$ _____
Golf only	(pd member) number ____ @ \$15.00\$ _____
Golf only	(non-pd member/non-mem) number ____ @ \$25.00 .. \$ _____	

Total \$ | _____ |

Name(s) _____

Phone # _____

Please send this info. and a cheque in the amount of the above total made out to: **THAMES HERITAGE CLUB**

Mail to: **Thames Heritage Club , 955 Highbury Ave , London , On N5Y 1A3**

(NOTE: Payment may also be made by e-transfer made out to Henry Masek via hsmasek@hotmail.com)

HOPE TO SEE YOU THERE

Henry Masek
President
Thames Heritage Club

May 2023 - Luncheon



Henry Masek	Stew Metcalf
Bev Masek	Dave Marshall
Dianna Snell	Ron Schroder
Bob Ruse	John Willis
Claude Ouimet	Barry Butcher
Tim Costello	Gerry Musson
	Ray Jones

2023 Scholarship Availability

Heritage Club – 3 scholarships of \$2000.00 each
submission deadline is JUNE 30 , 2023
obtain an application package and details by contacting Eldred Holmes at holmes@nl.rogers.com

Johnson Insurance – 50 scholartships of \$1000.00 each
submission deadline is JULY 27 , 2023
obtain full details and application kit by contacting scholarshipfund@johnson.ca



GREAT GEAR, NEW LOWER PRICES

ON OUR FAMILY OF BRANDS



EXCLUSIVE INVITATION TO THE COLUMBIA EMPLOYEE STORE FOR: **Canada Post Heritage Club**

ITEMS ARE MARKED WITH EMPLOYEE STORE PRICING

VALID DATES

06/02/2023 - 06/25/2023

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

YEAR-ROUND ACCESS

MILITARY PERSONNEL: EVERY DAY

SENIORS (65+): FIRST TUESDAY OF EACH MONTH

Questions? Please email: londonemployeestore@columbia.com

Columbia encourages customers to bring a reusable shopping bag



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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.