

# THAMES HERITAGE CLUB NEWS

## WINTER 2023/2024

Hello,

Winter is just around the corner. Flu and Covid vaccinations are still a reminder of our present state of things. Despite all this, "Letters-To-Santa" campaign is launching for 2023..

In this issue:

- Heritage President Communication
- **Public Service Health Care Plan**
- Johnson Insurance / Belair Direct
- importance of Beneficiary Forms
- 2024 Pension Indexing tracking
- membership dues increase for 2024
- Columbia Sportswear Employee Store Invite
- 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
P.S.H.C.P.	1-855-415-4414
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 - C.P.C. (1-866-716-1313)

Canada Life - PSHCP (1-855-415-4414)

..retiree name

..employee number

..copy of death certificate

..plan numbers ..51057, 51391, 52111, 52112, 52113, 52114 & 52115

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

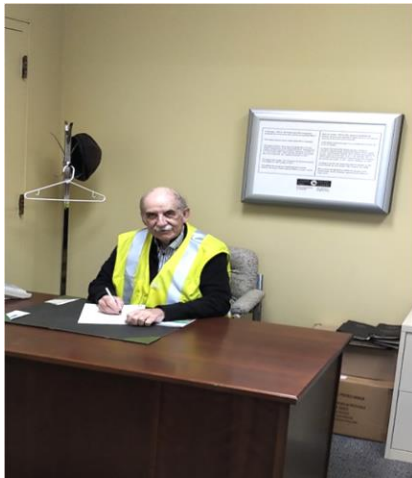
..copy of death certificate

..copy of marriage certificate

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 entering the Winter season. This time of year brings winter tires , raking leaves , closing the cottages and backyard pools. The latest C.P.I. numbers are in.

WOW is all I can say regarding all the changes that have occurred regarding insurance coverages.

Firstly we will see a rebranding of the familiar Johnson Insurance divisions into Belair Direct. This will be covered off later in the Newsletter.

The next change is much more extensive and time consuming. It involves the migration of Sun Life covered members (primarily Superannuation recipients) to Canada Life. There are enrolment forms to complete as well as direct deposit documentation. These forms are now available from your Heritage Club – contact us.

Our annual Golf Tournament was held at the Dorchester Golf and Country Club in August . 27 golfers competed. Our Annual Reunion Banquet took place on October 14<sup>th</sup> with 56 people attending including the General Mgr - Operations. We will 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 complete

for the process such as divorce agreements from any previous marriages. It is time for a reminder to any members who have not already done so , that membership dues are to be paid for 2024. These dues help fund your Heritage Club and allow events and services to continue. There has been a substantial increase in the number of soon-to-be retirees seeking out the Heritage Club for pre-retirement assistance with what to expect in the way of forms and documentation surrounding the retirement process. There has also been a notable increase in the number of widows and widowers requesting help with documentation regarding survivor pensions , life insurance and continuation of survivor benefits.

The Columbia Sportswear Employee Store Invite is back again and is open from December 1, 2023 to Jan 7 , 2024 for members from any Chapter . We are here for you , our supportive members , and will continue being here for you.

### Heritage Club Support To Members

#### Widows / Widowers

There were nine (9) consultations held in 2022 and 19 so far in 2023 with widows and widowers to assist them with C.P.C. survivor benefits , pension questions and PSHCP impact 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 were 20 meetings in 2022 and 34 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 almost time for renewal of Thames Heritage Club Annual Dues for **2024** through payment of the **\$15 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 in the chapter areas
- scholarships for university and college
- discount of \$100 to \$500 per person on Colette Tours
- bus trips

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## C P C Pension Payment Dates - 2024

Jan 31  
Feb 29  
Mar 28  
Apr 30  
May 31  
Jun 28  
Jul 31  
Aug 30  
Sep 27  
Oct 31  
Nov 29  
Dec 31

C.P.P. / O.A.S. Payment Dates - 2024

Jan 29  
Feb 27  
Mar 26  
Apr 26  
May 29  
Jun 26  
Jul 29  
Aug 28  
Sep 25  
Oct 29  
Nov 27  
Dec 20

Superannuation Payment Dates – 2024

Jan 29  
Feb 27  
Mar 26  
Apr 26  
May 29  
Jun 26  
Jul 29  
Aug 28  
Sep 25  
Oct 29  
Nov 27  
Dec 27

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**2024 CPC Pension Indexing Rate**

The indexing rate for January 2024  
will come in at approx ..... 4.7 %

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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.

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

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In Memoriam – 2023

Abel , Hilda  
Bonello , Charles  
Dowden , Walter  
Farnsworth , Melvin  
Goodson , John  
Hendry , John  
Kijewski , Mike  
Rigole , Victor  
Viner , Cecil

New Members – 2023

Campbell , Kelly  
Clark , Joanne  
Goodson , Norma  
Horton , Janet  
Kasiurak , Shayne  
Kennedy , Jeff  
Mark , Jayne  
Matos , Benjamin  
Powell , Roger  
Sullivan, Sheila  
Valotaire , Jackie  
Williams , Patricia  
Zdulski , Tom

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Pre-Retirement Meetings

Future retirees may meet with the Heritage Club president to discuss what to expect in the way of documentation from Canada Post H.R., Canada Life 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 PSHCP 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.

**Johnson Insurance**

We have just been informed that the car and home division of Johnson Insurance is undergoing a rebranding to Belairdirect. In the not too distant future the Group Benefits and Travel divisions will also eventually rebrand.

You do not need to take any action now Your existing policy with Johnson Insurance will remain in effect and all contacts will stay in place as before. As soon as more updates arrive , you will be notified.



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 get information on this offer.

Reminder:

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

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Newsletter E-Mail Option

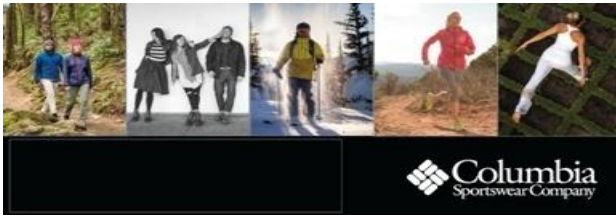
You may receive your Newsletter via e-mail if you wish. Just notify your Heritage Club though e-mail at [thamesheritageclub@gmail.com](mailto:thamesheritageclub@gmail.com) or by calling a member of the executive.

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Beneficiary Forms

These forms are attached to your life insurance coverage provided to retirees. It is important to ensure these forms are up-to-date making sure survivors are provided for following death of retiree.





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 years 2023 & 2024 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 **Dec 01 , 2023 – Jan 07, 2024** 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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2023 Heritage Golf Tournament

*Best Golfers .. Men .. Vic Oliveira  
Women .. Doris Lodin*



**WHEN I GROW UP  
I'D LIKE TO BE A  
RETIRED LOTTERY  
WINNER.**



# 2023 Heritage Club Banquet





# BOXING WEEK

**YOUR TICKET TO SHOP**  
**UP TO 30% OFF SELECT STYLES**  
**10% OFF EVERYTHING ELSE**  
**DISCOUNTS IN ADDITION TO EMPLOYEE STORE PRICING**  
**\*BOXING WEEK SALE: DEC 26 - JAN 7\***

**EXCLUSIVE INVITATION TO THE COLUMBIA EMPLOYEE STORE FOR:**

## Canada Post Heritage Club

ITEMS ARE MARKED WITH EMPLOYEE STORE PRICING

VALID DATES	WHAT TO BRING	LOCATION	HOURS
<b>12/01/2023 - 01/07/2024</b>  <b>VALID FOR YOU + 4 GUESTS</b>	<b>THIS INVITATION</b> <b>PHOTO I.D.</b> <b>PROOF OF AFFILIATION</b> <i>business card   membership card                        company email signature   pay stub                        original email   other form of affiliation</i>	1-1425 Max Brose Dr London, N6N 0A2	<b>MON-FRI: 9A - 9P</b> <b>SAT: 9:30A - 7P</b> <b>SUN: 10A - 6P</b> Christmas Eve- 9:30A – 2:00P Christmas- CLOSED New Years Eve- 9:30A- 2:00P New Years Day - CLOSED *Check online for latest hours*

### YEAR-ROUND ACCESS

MILITARY PERSONNEL & FIRST RESPONDERS: EVERY DAY

SENIORS (65+): FIRST TUESDAY OF EACH MONTH

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

*Columbia encourages customers to bring a reusable shopping bag*



While Supplies Last. 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.