



THAMES HERITAGE CLUB NEWS

WINTER 2025-2026



TO ALL HERITAGE CLUB MEMBERS:

Thames Heritage Club Executive have some sad news to inform you of that has happened to the Club in the past 2 months. We suddenly lost our newly elected President Sherry Hexter after only 12 days of being our President. Sherry was a wonderful person who did not want to see Thames Heritage Club fold. She took on the position of President even though she had other commitments with another club. Sherry was voted in as our President at the AGM meeting in November 2025. As the club cannot run without a president we will be looking for a member to fill this vacancy at a AGM on April 22/26. If you are interested in this position for a couple of hours each month please inform the remaining executives.

Your remaining executive are trying our best to carry on but we may have to give up some of the activities. So please be patient with us as we are trying to organize all the information as best we can at this time

NEW THAMES HERITAGE CLUB EXECUTIVE

PRESIDENT: VACANT

1st VICE PRESIDENT: Sherry O'Neil (acting President)

2nd VICE PRESIDENT: Dianna Snell 548-488-0168

TREASURER: Stew Metcalf 519-660-4193

SECRETARY: Cathy Metcalf 519-660-4193

EVENTS:

LUNCHEON:

We held our yearly luncheon with members from Woodstock, Tillsonburg and surrounding area at Bihn Thanh restaurant in Woodstock. We had 12 members for this luncheon. It was a great outing as we got to meet some of our members from the area. Our paid members also received \$5.00 off their meal that day. Everyone left with their tummies full and a small gift from the club.

GOLF:

Our annual golf tournament had a great turnout this past year with 17 golfers and 5 guests. Winners were:

Men low score: Brian Hazael Ladies low score: Sarah Mohammed Most Honest: Arno Ilic

Everyone enjoyed a wonderful meal of chicken or steak after golfing. At the end of the day everyone got to take home a small gift from the club. If you are interested in joining this event this year please get in touch with your executive. Once again this event will be in August.(more info to follow)

SANTA LETTERS:

Thames Heritage Club volunteers helped with the Santa Letters this past year 2025. A BIG THANKYOU to Dianna, Sherry, Ross, Stew and Cathy and depots for all their help. If you would like to volunteer for Santa letter writing please contact your THC Executive.

SALVATION ARMY KETTLE:

Once again this December the THC helped with the Salvation Army Kettle in Masonville Mall. We had enough volunteers to man the kettle for 2 hour shifts on a Saturday in December. If you would like to volunteer 2 hrs of your time on a Saturday in December 2026 please contact your THC executive. It is a great way to get you in the holiday spirit. THC executive would also like to thank M. MacAdams for his donation to the Salvation Army of 3 large bags of crochet scarves thru the THC.

UPCOMING EVENTS:

VALENTINES DAY:

Join us for a Valentines luncheon at the Mandarin (Hyde Park Rd.) on February 13, 2026 (Friday) @12:30 pm. Bring your sweetie or guest for a wonderful lunch of all you can eat at the

the Mandarin. **PAID** Heritage Club Members will receive \$5.00 off their meal. It will be a great way to catch up with fellow members. Please see attached invite. RSVP BY February 04,2026

BANQUET: Hopefully ?More info to follow.

FIELD LUNCHEON: More info to follow

CONDOLENCES FOR 2024/2025

On behalf of the Thames Heritage Club we would like to express our sincere condolences to family and friends of our members who have passed away in 2024/2025. If we have missed someone we apologize. Please let us know by e-mail or phone call.

David Schrumm,Dave Marshall,Jim Yu,Judy Bourdage,Gil Smythe,Tom Falkner,Henry Masek
CarmanRobinson,Hecter Murray,Dave Wentzell,Gerry Latour,and Sherry Hexter.

SCHOLARSHIP:

This past year one of our long time executive (Stew)saw his Granddaughter Sidney win the scholarship from National Heritage Club. Sidney maintained a mark in the mid nineties.

Sidney Metcalf

Sidney Metcalf is the granddaughter of Stewart Metcalf, longtime member of Thames Chapter.

Sidney is an exemplary candidate who has combined high academic achievement with volunteer activities in her school and community, playing and coaching basketball, and carrying a part-time job through her final year of high school. All of these experiences have defined her can-do attitude, which she recognizes has added immensely to her personal growth. She is also grounded enough to realize that

self care is also invaluable to a healthy lifestyle, and is careful to address that with activities to enhance her personal wellbeing. Sidney will be entering King's University College to study Social Science, and we believe that she has every chance of being a very successful student. Congratulations, and good luck, Sidney!



CONCERNS or QUESTIONS

If you have any concerns or questions please contact us thru the clubs e-mail heritageclubthameschapter@gmail.com or by phone call.

C.P.P/O.A.S PAYMENT DATES FOR 2026

Jan 28	Jul 29
Feb 25	Aug 27
Mar 27	Sept 25
Apr 28	Oct 28
May27	Nov 26
Jun 26	Dec 22

SUPERANNUATION & CPC

Jan 30	Jul.....31
Feb.....27	Aug....31
Mar.....31	Sept....30
Apr.....30	Oct.....30
May.....29	Nov.....30
June.....30	Dec.....31

COST OF LIVING FOR 2026 is 1.99%

YOUR BENEFITS: Survivor Procedures

To insure a 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

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-01 and T-3 form for
completion

MEMBERSHIP BENEFITS

..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 I.D. 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 survivors 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.C. survivor pension

There is a death benefit payable to the

Survivor.

Discount fee with Good Life

Discount at Columbia store events

Very attractive travel insurance rates
with Medoc

Discount at Annual Banquet

Discount on Golf Tournament

Discount with Belair Insurance

Scholarships for children and
Grandchildren

MEMBERSHIP RENEWEL TIME

Its time for renewel of your 2026 dues

Through payment of \$15.00 yearly

**your Heritage Club counts on your
continued support for membership**

**benefits.Please try to make your
payment by June 30,2026**

**SEND PAYMENTS TO: Thames
Heritage Club,955 Highbury Ave**

London,ON N5Y 1A3 or by

e-transfer to:

heritageclubthameschapter

@gmail.com ----or by cheque



VALENTINES DAY INVITE

AT MANDARIN RESTAURANT

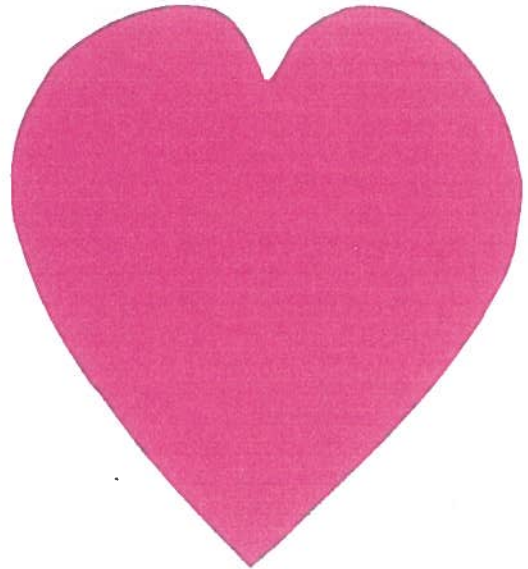
DATE: Friday February 13,2026

PLACE: MANDARIN RESTAURANT

HYDE PARK ROAD

LONDON,ONTARIO

TIME: 12:30 PM



BRING YOUR SWEETIE OR GUEST TO THE MANDARIN FOR A CELEBRATION OF LOVE ON VALENTINES DAY. IT WILL BE A GREAT DAY TO CATCH UP WITH FELLOW MEMBERS AFTER OUR SNOWY WINTER. WHO KNOWS YOU MIGHT EVEN RECEIVE A VALENTINE SWEET. OUR PAID MEMBERS WILL RECEIVE \$5.00 OFF THEIR MEAL THAT DAY. HOPE TO SEE YOU THERE.

RSVP BY FEBRUARY 01,2026 TO E-MAIL:

heritageclubthameschapter@gmail.com or by phone to any executive.

THAMES HERITAGE CLUB

2026 ANNUAL GENERAL MEETING

ANGELS RESTAURANT, 100 BELMONT DRIVE,LONDON,ON

DATE: WEDNESDAY APRIL 22,2026

TIME: ANNUAL MEETING 1:00 PM

ANNUAL GENERAL MEETING:

This is an open meeting,so if you have any concerns please bring them to the meeting. Copies of the agenda will be available upon arrival.

ELECTION:

We hope to have a full board of Executive Officers. There is one position to be filled. Election will be called for the following position.

PRESIDENT

Please come out and give your support to our club. Vote for your choice to be our President.

IMPORTANT

IN ORDER TO ADVISE ANGELS OF HOW MANY MEMBERS WILL ATTEND WE WILL NEED YOUR RSVP BY APRIL 10,2026. EMAIL US AT heritageclubthameschapter@gmail.com or by phone to any executive. HOPE TO SEE YOU THERE



DECEMBER 26 – JANUARY 4

BOXING WEEK

DISCOUNTS IN ADDITION TO EMPLOYEE STORE PRICING

ADDITIONAL 10% OFF YOUR ENTIRE PURCHASE

60% OFF SELECT STYLES

VALID FOR ONE VISIT WITH UP TO 4 GUESTS

Canada Post Heritage Club

EXCLUSIVE INVITE TO SHOP THE EMPLOYEE STORE

DECEMBER 5 - JANUARY 4

London, ON



BRING THIS PASS + PROOF OF
AFFILIATION + UP TO 4 GUESTS

1-1425 Max Brose Dr
MON-FRI: 9A - 9P
SAT: 9:30A - 6P; SUN: 10A - 5P
londonemployeestore@columbia.com

[TERMS AND CONDITIONS](#)



GoodLife FITNESS

**Enjoy
Improved Fitness,
Mental Health
and Well-Being**

The Heritage Club

Save with **\$0** enrollment & **30%** off all membership types

Join at
corporate.goodlifefitness.com



Corporate Membership Benefits:

- Reduce stress and feel great – physically and mentally
- 200+ clubs in Canada; some with 24-hour access
- Discount extended to two family members once employee/member has joined
- World-renowned Group Fitness classes
- GoodLife On-Demand delivers online workouts wherever and whenever you want
- GoodLife Rewards offers savings and exclusive deals from GoodLife partners

SCAN TO SEE
WHAT GOODLIFE OFFERS!



**SCAN TO BOOK A TOUR
AND ONE VISIT TRIAL PASS!**

Valid Until:
08/08/2026