

# Heritage Club – Thames Chapter

## SUMMER 2026 NEWSLETTER

**PAST \* PRESENT \* FUTURE**

### HAPPENINGS

#### Your Executive Team:

**President:** Sherry O’Neil \* **Treasurer:** Stew Metcalf \* **Secretary:** Lisa Gooding  
519-872-7013                      519-660-4193                      519-784-4914

**1<sup>st</sup> Vice:** Gail Fraser \* **2<sup>nd</sup> Vice:** Catherine Metcalf\* **3<sup>rd</sup> Vice:** Dianna Snell  
519-474-9344

Executive Members can be reached at:  
[heritageclubthameschapter@gmail.com](mailto:heritageclubthameschapter@gmail.com)

#### C.P.P./O.A.S. 2026 Pay Dates

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

#### Canada Post Pension

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

### COST OF LIVING FOR 2026 is 1.99%

Our March AGM meeting was held at Angels in London. Tickets for a \$50 Columbia gift card draw were sold, and the winner was Penney McKittrick. Congratulations Penney!

A vote for your next Executive was also held, and we are pleased to introduce the following:

President: Sherry O’Neil – Retail Development Officer

Treasurer: Stew Metcalf – Retired Route Measurement

Secretary: Lisa Gooding – Retired Postmaster/Online Retail Trainer

1<sup>st</sup> Vice: Gail Fraser – Retired Delivery Optimization

2<sup>nd</sup> Vice: Catherine Metcalf – Although Cathy didn’t work for CP, she graciously filled a needed position

3<sup>rd</sup> Vice: Dianna Snell – Retired Maintenance

## Presidents Greeting

Hello Members!

Welcome to Summer and the first newsletter of your new 2026 Executive. My name is Sherry O'Neil, and I am the Thames Chapter Heritage Club President. In this newsletter your executive has included the usual list of necessary dates and important pension contacts. We also have the invites to the Golf Tournament and Reunion Banquet with dates and costs. You will notice that you have the choice of RSVPing by email or mailing in. I urge you to participate. In a recent article in Women's Brain Health Initiative, **"social engagement costs hardly anything, and we do not have to worry about side-effects," Cynthia Felix, M.D., M.P.H,**

We also have invites from Columbia and Goodlife. I would also like to draw your attention to the questionnaire your executive has put together. To keep Thames Heritage Club viable, we need your participation in activities, and your input would be greatly appreciated. This can be emailed (just copy and paste) or mailed in with your Golf or Banquet order and cheque. I urge you to help make your Heritage club the best it can be.

Thank you, Miigwech, Merci

## How do you qualify for Membership

- Any person employed by Canada Post Corporation either full time or part time who has 20 years' service with Canada Post shall be eligible for membership. **YOU DON'T HAVE TO BE RETIRED!**
- Canada Post employees, who retire with a minimum of ten years of service at Canada Post effective on the day following retirement.
- Associate membership shall be granted to the spouse of any active or deceased Member showing interest in the Heritage Club on payments of Heritage Club Annual Due.

## Heritage Club – Thames Chapter Golf Tournament & Dinner

**WHEN:** Wednesday, August 19<sup>th</sup>, 2026, at 11:00am

**WHERE:** Dorchester Golf & Country Club

3342 Hamilton Rd, Dorchester, Ontario, N0L 1G5

**WHO:** All Heritage Club members (and friends) are welcome.

**WHAT:** A FUN golf tournament at Dorchester Golf & Country Club

COST:	Thames Chapter Paid Members	Unpaid Members/Other Chapter Members/Guests
Golf & Dinner	<b>\$65.00</b>	<b>\$75.00</b>
Golf Only	<b>\$25.00</b>	<b>\$30.00</b>
Dinner Only	<b>\$40.00</b>	<b>\$45.00</b>
Cart	If you require a golf cart the cost is \$18.00 for one person/ two people is \$24.00 Please let us know about carts when you sign up.	

Please RSVP **with payment** (e-transfer) by July 30<sup>th</sup>/26 with your above selection by email to: [heritageclubthameschapter@gmail.com](mailto:heritageclubthameschapter@gmail.com) (e-transfer to the same email address), or fill in the form below and mail with payment to Thames Heritage Club

955 Highbury Ave

London, On N5Y 1A3

Attention: Golf Tournament

**Cheques made payable to: Heritage Club Thames Chapter**

**ORDER BELOW:** Please Order Below by writing a number into the quantity column beside the item(s)

PAID MEMBER ITEMS		UNPAID/NON-HC/NON-MEMBER ITEMS	
Qty	Order	Qty	Order
	Golf and Steak Dinner \$65		Golf and Steak Dinner \$75
	Golf and Chicken Dinner \$65		Golf and Chicken Dinner \$75
	Steak Dinner Only \$40		Steak Dinner Only \$45
	Chicken Dinner Only \$40		Chicken Dinner Only \$45
	Golf Only \$25 (cart extra)		Golf Only \$30 (cart extra)
<b>Total Order Cost:</b>			

**Name(s):** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_




 **Columbia**  
Sportswear Company

30 Years of  
Getting  
It Right

The Bahama™

Shop Entire  
Store 40% Off

 **Columbia**

 **SOREL**

**MOUNTAIN  
HARD  
WEAR** 

**prAna.**

**\*PLEASE SHARE WITH YOUR EMPLOYEES / MEMBERS**

**EXCLUSIVE INVITE TO SHOP**



**VALID UNTIL 7/8/26**  
**BRING THIS PASS + UP TO 4 GUESTS**

[TERMS AND CONDITIONS](#)

**London, ON**

1-1425 Max Brose Dr  
MON-FRI: 10A - 8P  
SAT: 9:30A - 6P; SUN: 10A - 5P  
[londonemployeestore@columbia.com](mailto:londonemployeestore@columbia.com)

*Honouring Those We Have Lost*



*Terry Wright - 1953-2026  
Husband of Lorraine*

*Although you can't be here with me  
We're truly not apart  
Until the final breath I take  
You'll be living in my heart.*

**Were you aware that Canada Post no longer provides free mailing for Heritage Club Chapters? This is why it is so important to make sure your information is up to date. Mailing Newsletters to outdated addresses can add up pretty quick, especially when each member is entitled to at least one newsletter annually whether they pay for their membership or not. That's over 300 to mail out and let's not forget the manpower to fold and stuff envelopes!**

**Please, we encourage everyone to let us know your email address so we can keep our expenses down and you informed. If you need to update your information, please email us at [heritageclubthameschapter@gmail.com](mailto:heritageclubthameschapter@gmail.com), or you can call Lisa Gooding @ 519-784-4914. Your help with this is GREATLY appreciated!**

# We have questions and YOU have the Answers!

1. What do you want from your Heritage Club – Thames Chapter (HCTC)?
2. Are you interested in attending more lunches and where would you suggest?
3. In order for the HCTC to continue to meet your goals, what activities would you suggest? Can you suggest (3) three?
4. Would you consider becoming or have you been on the Executive? Which role would interest you?
5. What items of interest would you like to see/read in the Newsletter?
6. What are your thoughts on our website?
7. Have you paid your dues for 2026? Did you know we can check for you?
8. In general, what suggestions, thoughts, ideas do YOU have?
9. Would you mind being contacted for more follow up?

We urge you to fill out our questionnaire. If you would like to email it back to us, just copy and paste it into your email, fill it out and send to

[heritageclubthameschapter@gmail.com](mailto:heritageclubthameschapter@gmail.com), or you can mail it to

Heritage Club Thames Chapter  
955 Highbury Ave  
London, On N5Y 1A3  
Attention: Membership Questionnaire

Your input is appreciated!



GoodLife FITNESS®

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Improved Fitness,  
Mental Health  
and Well-Being**

## The Heritage Club

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

Join at  
[corporate.goodlifefitness.com](https://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



You Are Cordially Invited  
To The  
**Heritage Club – Thames Chapter**  
**Annual Reunion Banquet**  
**September 26, 2026**  
Dorchester Royal Canadian Legion Branch 513  
1227 Donnybrook Drive, Dorchester, Ontario

Social Hour: 3:30 pm

Buffet Dinner: 4:30 pm

- Grand Prize Draw
- Cash Bar – Chicken and Beef on the Menu
- Live Entertainment from Embassy Dukes Band – 50s-60s music from 6pm-9pm
- Share The Wealth Draw
- Ample Free Parking

**Cost -** \$45.00 per person active (2026 paid) member with valid card number  
\$50.00 per person guest/non-member (2026 unpaid)

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

Attendance is not restricted to Heritage Club Members only, feel free to bring along family, friends and colleagues.

Please RSVP **with payment** (e-transfer) by Aug 21/26 with your meal selection by email to:  
[heritageclubthameschapter@gmail.com](mailto:heritageclubthameschapter@gmail.com) (e-transfer to the same email address), or fill in  
the form below and mail with payment to Heritage Club Thames Chapter

955 Highbury Ave  
London, On N5Y 1A3  
Attention: Banquet

**Cheques made payable to: Thames Heritage Club**

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Name \_\_\_\_\_ HC Membership Number \_\_\_\_\_

Name of spouse/partner \_\_\_\_\_ Name of guest(s) \_\_\_\_\_

## Paid Membership Benefits

Why become a member? Well, it's only **\$20 a year (2027)**, and check out these great discounts!

- Access to belairdirect Travel Insurance discounts ( Previously MEDOC)
- Access to belairdirect Home and Automobile special deals
- GoodLife Fitness discounts (Gym)
- Énergie Cardio (Gym)
- Genumark Corporate branded apparels
- Hearing Life
- Specsavers
- Scholarships for children and grandchildren of members (Heritage Club and belairdirect)
- Collette Tour discounts

**GOOD LIFE FITNESS:** You need to be a current paid member to attend GOODLIFE FITNESS to receive approximately up to 30% off regular club rates.



One of the top Insurance Companies offers up to 35% discount for home and auto insurance. Lisa saved \$800 on House and Auto!



Discounts up to 10% featuring price matching as well. Call 1-877-735-1149 or visit [HearingLifeAdvantage.ca](http://HearingLifeAdvantage.ca) to book your free appointment.



Discounts on eyeglasses



Corporate Apparels



Scholarship Program

Give your loved one the gift of Education. Our very own Stew's granddaughter Sidney won this scholarship for all her hard work.



**Unpaid Membership Benefits: 1 Newsletter per year**

Belair Insurance Company Inc.  
(Insurer)

## Travel Insurance Travel plan 2

**Premiums Effective September 1, 2025 to August 31, 2026  
for persons insured under the Canada Post Extended Health Care Plan (CPEHCP)**

The following premiums are applicable to the Base Plan - for trips up to 40 consecutive days outside Canada.

Age	0 - 54	55 - 59	60 - 64	65 - 69	70 - 75	76 - 80	81+
	<b>INDIVIDUAL PREMIUM</b> (Family plan premium* is double the amount below)						
<b>Base Plan Premium*</b>	124	151	172	227	338	548	969

The following premiums are applicable to the Supplemental Plan for trips in excess of 40 consecutive days outside Canada. The Supplemental Plan Total Trip Duration should include the date you leave Canada for a period of longer than 40 consecutive days and the date you return to your province or territory of residence.

### Category A Health Option Rates

Age	0 - 54	55 - 59	60 - 64	65 - 69	70 - 75	76 - 80	81+
<b>Supplemental Plan Total Trip Duration<sup>2</sup> (Days)</b>	<b>INDIVIDUAL PREMIUM</b> (Family plan premium* is double the amount below)						
41-50	149	191	213	262	432	728	1,339
51-60	187	248	271	356	521	919	1,731
61-75	235	340	384	498	657	1,203	2,308
76-90	288	408	449	595	810	1,516	2,939
91-105	332	480	547	697	969	1,819	3,566
106-120	387	614	679	858	1,210	2,232	4,292
121-135	442	755	854	1,014	1,463	2,640	5,013
136-150	490	838	919	1,125	1,636	2,966	5,657
151-165	546	928	1,049	1,241	1,814	3,301	6,312
166-182	598	1,016	1,120	1,370	2,014	3,676	7,049

### Category B Health Option Rates

Age	0 - 54	55 - 59	60 - 64	65 - 69	70 - 75	76 - 80	81+
<b>Supplemental Plan Total Trip Duration<sup>2</sup> (Days)</b>	<b>INDIVIDUAL PREMIUM</b> (Family plan premium* is double the amount below)						
41-50	169	212	238	294	476	810	1,497
51-60	207	277	305	402	578	1,022	1,924
61-75	260	380	427	552	728	1,335	2,573
76-90	319	453	499	663	902	1,683	3,276
91-105	366	538	607	778	1,075	2,028	3,974
106-120	432	683	755	949	1,350	2,486	4,776
121-135	490	845	947	1,130	1,629	2,939	5,581
136-150	550	930	1,022	1,256	1,823	3,306	6,307
151-165	603	1,037	1,166	1,381	2,023	3,676	7,028
166-182	669	1,131	1,250	1,522	2,242	4,091	7,851

### Category C Health Option Rates

Age	0 - 54	55 - 59	60 - 64	65 - 69	70 - 75	76 - 80	81+
<b>Supplemental Plan Total Trip Duration<sup>2</sup> (Days)</b>	<b>INDIVIDUAL PREMIUM</b> (Family plan premium* is double the amount below)						
41-50	209	266	305	395	627	1,038	1,829
51-60	266	452	498	634	947	1,464	2,521
61-75	363	735	832	992	1,431	2,094	3,564
76-90	470	926	1,021	1,272	1,862	2,776	4,739
91-105	574	1,130	1,278	1,542	2,297	3,455	5,908
106-120	689	1,463	1,609	2,016	3,172	4,536	7,656
121-135	807	1,814	2,049	2,492	4,043	5,622	9,404
136-150	914	2,028	2,240	2,809	4,578	6,390	10,703
151-165	1,022	2,277	2,570	3,127	5,105	7,154	12,001
166-182	1,144	2,515	2,771	3,491	5,713	8,031	13,473

Trip Cancellation is a compulsory benefit under this insurance. For Ontario, Newfoundland and Labrador, Manitoba and Quebec residents, Retail Sales Tax is payable on the premium for Trip Cancellation, 30% of the listed premium rate. For Saskatchewan residents, Retail Sales Tax is payable on the entire premium. This tax is not applicable in other provinces.

See reverse for administrative information.

## **Your Benefits: Survivor Procedures**

To ensure a Survivor maintains Pension and Health and Benefits, a number of contacts with documentation must be made after a Retiree's death. They are as follows:

### **Access HR (1-877-807-9090)**

#### **Documents/Information Required**

Retiree Name  
Employee ID #  
SIN  
Death Certificate (copy)

### **Superannuation (1-800-561-7930)**

#### **Documents/Information Required**

Retiree Name  
SIN  
Death Certificate (copy)  
Marriage Certificate (copy)

### **CPC Pension (1-877-480-9220)**

#### **Documents/Information Required**

Retiree Name  
Employee ID #  
Date of Birth  
Death Certificate (copy)  
Retiree's Will (copy)

### **Canada Revenue (1-800-959-8281)**

#### **Documents/Information Required**

C.R.A. is to be contacted to prepare for T-01 and T-3 forms for completion

### **Canada Life CPC (1-866-716-1313)**

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

#### **Documents/Information Required**

Retiree Name  
Employee ID #  
Death Certificate (copy)  
Plan #'s: 51057, 51391, 52111, 52112, 52113, 5214, 52115

**NOTE:** It is very important to notify Canada Life ASAP to set up a new Auto withdrawal in the Survivors name to keep policy and maintain benefits.

### **CPP/OAS (1-800-277-9914)**

#### **Documents/Information Required**

Retiree Name  
SIN  
Death Certificate (copy)  
**NOTE:** Besides the CPC Survivor Pension, there is a Death Benefit payable to the Survivor.