

Heritage Club – Thames Chapter

FALL 2026 NEWSLETTER

PAST * PRESENT * FUTURE

HAPPENINGS

Your Executive Team:

***President:** Sherry O'Neil *
519-872-7013

***Treasurer:** Stew Metcalf *
519-660-4193

***1st Vice:** Gail Fraser*
519-474-9344

***Secretary:** Lisa Gooding*
519-784-4914

Executive Members can be reached at:
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%

Your Executive Team L-R:

Gail Fraser - 1st Vice - Stew Metcalf - Treasurer

Sherry O'Neil - President and Lisa Gooding - Secretary



Presidents Special Report

Retirement Announcement

On behalf of the Heritage Club Thames Chapter Executive, we would like to announce the retirement of **Cathy Metcalf** and **Dianna Snell**.

We extend our heartfelt thanks to **Dianna** for her many years of dedication and service in supporting the numerous Heritage Club events and activities. Her commitment, enthusiasm, and willingness to contribute have helped make many events successful and enjoyable for our members.

We would also like to thank **Cathy** for stepping up during a time of need and for her dedication, participation, and support while serving on the Heritage Club Thames Chapter Executive. Her contributions and willingness to assist the team have been greatly appreciated.

Their hard work, commitment, and volunteer efforts have not gone unnoticed. We are grateful for the time and energy they have devoted to the Heritage Club and wish them both all the best in this next chapter.

Please join us in thanking Cathy and Dianna for their service and dedication to the Heritage Club Thames Chapter Executive. While they are retiring from their Executive roles, we are delighted that they will continue to be part of our Heritage Club community as members. We wish them both all the best and look forward to seeing them at future Heritage Club events.

Annual Dues Notice

Starting in 2027, annual dues will increase to **\$20 per year**. We also want to clarify that the membership year follows the **calendar year**, running from **January 1 to December 31**. This means dues are not calculated from the date you last paid.

We would prefer dues be paid by e-transfer **whenever possible**. We would also like your payment submitted before **March 31** each year. E-Transfers can be sent to: heritageclubthameschapter@gmail.com

NOTE: Please indicate your Name and Member Number in the “Message” section of the e-transfer.

Thank you for your support.



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

**SHARE THE WEALTH (50/50) TICKETS, \$100 COLUMBIA GIFT
CARD TICKETS & RANDOM DOOR PRIZES**

- Cash Bar – Chicken and Beef on the Menu
- Live Entertainment from Embassy Dukes Band –50s-60s music from 6pm-9pm
- 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)

Renew old friendships, make new friends, reminisce about the good old days while having a delicious meal prepared by The Ladies Auxiliary.

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

Please RSVP **with payment** (e-transfer preferred) by **Sept 18/26** by email to:
heritageclubthameschapter@gmail.com , or if mailing payment, let one of your
Executive members know so they can add you to the Guest list and make cheques payable
to: **Heritage Club Thames Chapter and mail to:** **Heritage Club**
955 Highbury Ave
London, On N5Y 1A3
Attention: Banquet



Write a letter to Santa

You may not be ready to accept it, but Winter is coming and so is a need for help with the Salvation Army Kettle drive as well as signing up to help with sending replies through the Santa letter drive.

Gail Fraser is looking for people to join her in making Thames Heritage club a wonderful addition to the Salvation Army Kettle drive. She also has had years of pleasure replying to children who still hold Christmas and Santa in their hearts.

Please consider being a part of one or both of these joyful traditions.

Gail can be reached by email at:

**heritageclubthameschapter@gmail.com, or by
phone @ 519-474-9344**



Enjoy Improved Fitness, Mental Health & Well-Being

The Heritage Club

\$0 enrollment

30% off memberships

Join at corporate.goodlifefitness.com



Corporate Membership Benefits:

- Reduce stress and feel great - physically and mentally
- 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
- [Click here to see what GoodLife offers!](#)

Click here to book a tour and trial pass!

Valid Until: August 8, 2027

Paid Membership Benefits

Why become a member? For only **\$20 a year**, you are entitled to all 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



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.



Discounts up to 10% featuring price matching as well.



Discounts on eyeglasses



Corporate



Collette Tours will help you see the world your way. Not only can they help you plan, they also offer their own Guided Tours all over the world for you to choose from.



Give your loved one the gift of Education.
With the Heritage Club and belairdirect
Scholarship programs.



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)

CPC Pension (1-877-480-9220)

Documents/Information Required

Retiree Name

Employee ID #

Date of Birth

Death Certificate (copy)

Retiree's Will (copy)

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.

Superannuation (1-800-561-7930)

Documents/Information Required

Retiree Name

SIN

Death Certificate (copy)

Marriage Certificate (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

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.

Life Hacks

Shout out to member Rick for letting us know what he'd like to see in the Newsletter.

- Putting a wooden spoon over a boiling pot will stop it from boiling over.
- When taking pills, put a little water in your mouth along with the pills and tilt your head FORWARD to swallow instead of back.
- Always snip the plastic rings from a 6 pack of cans. This prevents wildlife from accidentally getting caught in them.
- Before checking in at the airport, take a picture of your luggage in case it gets lost.
- If you're given a prepaid debt card as a gift, keep it even after you've spent the money. You can use them to sign up for free trials online without having to worry about being scammed.
- Place your remote key fob directly under your chin to use your head's fluid as a signal amplifier...no, I have not tested this.
- If lost and looking for directions, go to a Pizza delivery place or another business that delivers.



Searching for one place to get good discounts? Search no more! Check out Canadian Seniors Discount. Tons and tons of discounts available.

Did you know if click on the picture, it will take you directly to the site. Give it a try!

Thanks to member Bev for the suggestion!

If you have a Life Hack, or a suggestion of what you'd like to see in the Newsletter, please email us at heritageclubthameschapter@gmail.com

Golf Tournament Results

The day was beautiful and the birds were singing!

Then we added golf clubs.....

MEET THE TEAMS



Thank you to our long-time supporters from the Humber Chapter. L-R: Dan, Barnie, Sam and Sarah. We appreciate your support!



L-R: Wayne, Tim, Irene, John and Jerry. Thanks so much for supporting the Chapter!



L-R: Rich, Doris, Mike, and John. Thank you, thank you, thank you for coming out!



L-R: Sherry, Dean, Lisa and Jim.



Our Women's Low winner was Sarah! Congratulations!



Our Men's Low winner was Barnie! Congratulations!



Most Honest Golfer was Tim! Congratulations!



The winner of the Columbia gift card was Irene and the 50/50 draw went to John! Congratulations to you both!

What Canada Post Heritage Club event could possibly be complete without a group picture holding the Santa Letter writing Campaign banner!



We would like to thank each of you for coming out to the Annual Golf Tournament. Whether you played golf, or came for dinner, your support is truly appreciated.

Below is the new **belairdirect** Travel Insurance Travel plan 2. **Premiums Effective September 1st, 2026, to August 31st, 2027, for persons insured under the Canada Post Extended Health Care Plan.** The following premiums are applicable to the Base Plan - for trips up to 40 consecutive days outside Canada. **PLEASE NOTE:** 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. **If you're planning on escaping our winter for awhile or just a nice getaway, check out what they have to offer.**

Age	0 - 54	55 - 59	60 - 64	65 - 69	70 - 75	76 - 80	81+
	INDIVIDUAL PREMIUM (Family plan premium* is double the amount below)						
Base Plan Premium†	143	174	198	261	389	630	1,114

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+
Supplemental Plan Total Trip Duration† (Days)	INDIVIDUAL PREMIUM (Family plan premium* is double the amount below)						
41-50	171	220	245	301	497	837	1,540
51-60	215	285	312	409	599	1,057	1,991
61-75	270	391	442	573	756	1,383	2,654
76-90	331	469	516	684	932	1,743	3,380
91-105	382	552	629	802	1,114	2,092	4,101
106-120	445	706	781	987	1,392	2,567	4,936
121-135	508	868	982	1,166	1,682	3,036	5,765
136-150	564	964	1,057	1,294	1,881	3,411	6,506
151-165	628	1,067	1,206	1,427	2,086	3,796	7,259
166-182	688	1,168	1,288	1,576	2,316	4,227	8,106

Category B Health Option Rates

Age	0 - 54	55 - 59	60 - 64	65 - 69	70 - 75	76 - 80	81+
Supplemental Plan Total Trip Duration† (Days)	INDIVIDUAL PREMIUM (Family plan premium* is double the amount below)						
41-50	194	244	274	338	547	932	1,722
51-60	238	319	351	462	665	1,175	2,213
61-75	299	437	491	635	837	1,535	2,959
76-90	367	521	574	762	1,037	1,935	3,767
91-105	421	619	698	895	1,236	2,332	4,570
106-120	497	785	868	1,091	1,553	2,859	5,492
121-135	564	972	1,089	1,300	1,873	3,380	6,418
136-150	633	1,070	1,175	1,444	2,096	3,802	7,253
151-165	693	1,193	1,341	1,588	2,326	4,227	8,082
166-182	769	1,301	1,438	1,750	2,578	4,705	9,029

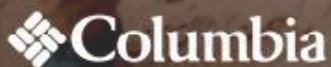
Category C Health Option Rates

Age	0 - 54	55 - 59	60 - 64	65 - 69	70 - 75	76 - 80	81+
Supplemental Plan Total Trip Duration† (Days)	INDIVIDUAL PREMIUM (Family plan premium* is double the amount below)						
41-50	240	306	351	454	721	1,194	2,103
51-60	306	520	573	729	1,089	1,684	2,899
61-75	417	845	957	1,141	1,646	2,408	4,099
76-90	541	1,065	1,174	1,463	2,141	3,192	5,450
91-105	660	1,300	1,470	1,773	2,642	3,973	6,794
106-120	792	1,682	1,850	2,318	3,648	5,216	8,804
121-135	928	2,086	2,356	2,866	4,649	6,465	10,815
136-150	1,051	2,332	2,576	3,230	5,265	7,349	12,308
151-165	1,175	2,619	2,956	3,596	5,871	8,227	13,801
166-182	1,316	2,892	3,187	4,015	6,570	9,236	15,494



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VALID UNTIL **OCTOBER 28, 2026**
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[TERMS AND CONDITIONS](#)

London, ON

1-1425 Max Brose Dr
MON-FRI: 10A - 8P
SAT: 9:30A - 6P; SUN: 10A - 5P

FUN FACTS

YOU DO NOT HAVE TO BE RETIRED TO JOIN THE HERITAGE CLUB!

IF YOU HAVE 20 YEARS IN AND ARE STILL WORKING, YOU CAN JOIN!

IF YOU HAD AT LEAST 10 YEARS WITH CANADA POST AND ARE RETIRED, YOU CAN JOIN!

Interested to know what belairdirect or any of our other Partners are offering? Go back up to page 6 and click on any picture...Spec Savers, Hearing Care, Collette, all of them will take you directly to the website with just one click...go ahead and try it, you know you want to.....

We would love to host another Luncheon before the end of the year, **BUT** your participation is the key to making these events successful. This is where we need your input. Where would you like to go? Our chapter covers a large area from Dungannon to Drumbo, Port Stanley, Glencoe, Port Franks and many places in between. We need your input. Email or call one of your Executive Members to share your thoughts.