

# TRENT SEVERN

Fall 2020

*What's to come at a glance?*

*Johnson Insurance*

*Scholarship  
Winners*

*Railway Mail Car*

*New Treasurer*

*Bob Wludyka's  
monthly lunches  
are cancelled until  
further notice.*

*Trent Severn  
Annual Charity  
Golf Tournament  
Cancelled*

*Lunch in  
Peterborough*

*Santa Claus Letters*

*Muffin Recipe*



## *President's Message*

**Members:**

**Well this year is coming to an end but unfortunately not the pandemic that the world is in.**

**We have spent the better part of this year trying to keep ourselves and family safe and healthy, while following the guidelines and restrictions of our country's leaders and medical professionals. Everyone has had to make sacrifices and changes to their lifestyles. Still there have been some positive changes. A lot of us have spent more time outside with our families. I see more dogs being walked down my street along with their families than ever before.**

**Gardens have gotten a lot of attention this year as more people spend time in their backyards.**

**Our Chapters have had to cancel a lot of their functions.**

**For a Club that thrives on social contact, it has been a very quiet year.**

**We have missed connecting with our members and friends at these events and hope that next year we will be able to enjoy these events again.**

**All we can do is to continue to social distance, wash our hands and wear our masks.**

**To all of you, stay safe and healthy!**

**Hopefully next year will be better.**

**I want to take this opportunity to thank all those members who supported us with their dues this year.**

**It is very much appreciated.**

## **Points of Interest**

### **JOHNSON INSURANCE**

Johnson Insurance is pleased to announce that effective October 1, 2020 medical coverage under your Medoc policy will include Covid-19 for the remainder of 2020 and with your new Medoc policy beginning January 2021.

### **2020 Heritage Club Scholarship Winners**

This is the third year of our new Scholarship Program and it was very successful. We had eight applicants, of which six were finalist, and we saw three scholarships of \$1000.00 each awarded to these winners.

For next year, we are hoping that more people will check out our website and look into the possibility of applying for a scholarship for their kids and grandkids.

This year's lucky winners are:

#### **Abigail Leu**

Abigail Leu is the granddaughter of Walter Leu, member of Simcoe Chapter. She has shown herself to be a caring and capable leader through her participation in multiple activities throughout her high school years. Media executive for her school's on-line magazine, president of two very successful JA teams, founding member of Relay for Life team. Her interests are many and varied. In response to the Covid-19 crisis she showed resilience as she was instrumental in transitioning the Kindness Project to virtual for her Business Leadership class, collaborating with speakers, creating training kits for other schools, and building the website. Her communication skills are well recognized, and she has maintained a high average throughout. We wish Abigail every success as she pursues her studies in Business Administration at Sir Wilfrid Laurier University.

**Anika Heidinger**

Anika Heidinger is the step-granddaughter of Heartland member David Zayac. Anika has turned a learning exceptionality into Honor Roll success in her four years of high school. She has demonstrated her compassion and concern for others in her work as a gymnastics coach and her many volunteer activities. She is the Editor at Large for her school yearbook, having taken many of the pictures for the book and also helped create the layout of the book itself.

Rarely seen without a camera, she also participated in a polar bear research trip to Churchill, M.B. She is also working on a young children’s book to educate others about climate change with proceeds going to charity.

Anika hopes to become a lawyer, and we wish her well as she begins her studies at the University of Winnipeg.

**Shanaya McMillan**

Shanaya McMillan is the granddaughter of Robert L. Sweetland, member of the Heartland Chapter. Shanaya received the Governor General’s Academic Bronze Medal for her final average, while being the only graduate from her school to complete the International Baccalaureate (IB) program. In addition to her notable academic achievements, she was a leader in the Writing Club, Debate team, Science Fair, as well as curling, soccer, Ukrainian dance and as a volunteer swim coach working with children who require extra help. A Type 1 diabetic herself, Shanaya has volunteered with the JDRF and Diabetes Canada for many years, even creating and delivering her own educational presentation for elementary and university students. She intends to pursue a Science degree at the University of Manitoba, and we are confident that she will be successful in her endeavors.

**OTHER CELEBRATIONS:**

Congratulations to Andre and Joanne Charlebois on celebrating their 50<sup>th</sup> Wedding Anniversary!

**Happy Birthday** to Steve Smith!

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## **A POSTAL SERVICE STORY**

**As with many other tourist attractions, the Corona Virus Pandemic has closed the West Coast Railway Park in Squamish, B.C.**

**This closer has provided an opportunity to refurbish the exterior of the Railway Mail Car with a more permanent coat of paint.**

**Since Van Fraser Heritage members assumed the responsibility for maintaining the Railway Mail Car in 1989 they have worked on the car twice a year. This often included climbing onto the roof of the car, at some risk, to sand and paint. The winter weather would beat away the paint and the process would need to be repeated each spring.**

**This year's closure allowed the car to be moved to the CNR workshop across from the park where it could be worked on inside.**

**Railway Mail Car 3704 will now be on display in the Interior Hall alongside the fabled Royal Hudson. West Coast Railway Park is scheduled to open to the public on July 1/20.**

**Following a very successful restoration project of what may be the only Railway Mail Car left in Canada, the Vancouver Fraser Chapter of the Heritage Club has asked for our help in collecting any stories and experiences from former Railway Mail Clerks.**

**The information collected on the Railway Mail Service has primarily come down to us from old Canada Post publications. As the last Railway Mail Service ended in 1971, CPC employees who worked in this branch of the service are now getting on in years, and now would be the time to collect those stories and photos for posterity.**

**The first Railway Mail Cars appeared on Canadian railways in 1854 and were the first to be used in North America. Railway Mail Service revolutionized traditional mail transportation by increasing processing and delivery speeds and reaching remote and isolated communities.**

**Van-Fraser would appreciate if you could put the word out, if you know a former Railway Mail Clerk who would be kind enough to donate some anecdotes of their service or photos.**

**For more information email: [vanfrasernews@gmail.com](mailto:vanfrasernews@gmail.com)**

**Any "Postie" or Rail fan visiting BC should not miss the West Coast Railway Park in Squamish, which houses this last remaining Railway Mail car, as well as other attractions like Canada's most beautiful steam locomotive, the Royal Hudson.**

**New Treasurer**

**Steve Smith has volunteered to take on the treasure's position for the Trent Severn Heritage Chapter.**

**Going forth all membership and /or event cheques are to be sent to:**

**Steve Smith  
Trent Severn Heritage Chapter  
18 Sinclair St.  
Lindsay, On  
K9V 5C9**

**Email: [ssmithcanpost@gmail.com](mailto:ssmithcanpost@gmail.com)**

**Ph: 416-523-7398 \*\*\* after 6:00 P.M. during the week and anytime on the weekend.**

**Cheques should be made out to Trent Severn Heritage Club**

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**August Luncheon at Boston Pizza - Cancelled**

**TRENT SEVERN HERITAGE CHAPTER  
CHARITY GOLF TOURNAMENT - IN SEPTEMBER - Cancelled**

**Peterborough Lunch at Boston Pizza – Oct 13/20**

We had a small group for our annual lunch and meeting in Peterborough at Boston Pizza.

All social distance practices were in place and Boston Pizza was very thorough with safety measures.

It was nice to see some members and to share news with them.

We talked about our Santa Letter Writing Program and I officially announced that Steve Smith is now our Treasurer.

## **Charities 2020**

Food Bank – donated \$400.00

Women’s Resource Center – (a safe house for abused women) –\$200.00,  
plus a large bag of toiletries, donated by Judy Simmons. Thanks Judy.

## **Santa Claus Letters**

Once again it’s that time of year.

I’m putting together Trent Severn’s list of volunteers to answer Santa letters.

I have already been in touch with last year’s volunteers and have gotten my  
“list” started.

If you are interested in volunteering for this program, contact me, Phyllis  
Kimmerer at 705-320-9480 or email at [trentsevern22@hotmail.com](mailto:trentsevern22@hotmail.com) as soon  
as possible.

## **Who we are:**

Trent Severn Chapter is one of 24 chapters across Canada.

We cover an area from Kingston and dependent offices in the east to  
Huntsville and Parry Sound in the north-west of central Ontario.

## **What we do:**

Trent Severn organizes subsidized luncheons and an Annual Golf  
Tournament for our members. We also collect and donate food to the food  
Bank and also make donations to various charities throughout the year.

Do you have any suggestions for trips or special events that you would like  
to participate in?

Do you have a special occasion that you would like to share with fellow  
members?

Let me know at [trentsevern22@hotmail.com](mailto:trentsevern22@hotmail.com) or 705-320-9480.

## **Newsletter Distribution**

This newsletter is produced four times a year and is distributed to every member and associate who has paid the annual dues to the Chapter for that year. Also, a general distribution is made once a year to every person currently listed as retired, or has 25 years of service in our Chapter area.

## **Associate Members**

Associate membership is available to the interested spouses of current members, and to surviving spouses of deceased members who wish to continue to receive correspondence, participate in activities, and keep up with news from their friends in the Club.

Paid up Associate members will be issued their own membership number. If you wish to take advantage of this opportunity, please advise the Trent Severn Chapter President.

## **Membership Advantages**

Johnson Auto Insurance – exclusive savings up to 35%  
Discounts for you and who travels with you through Medoc Travel Insurance

Goodlife Fitness: A substantial member's discount is available at all Goodlife Fitness locations. [www.goodlifefitness.com](http://www.goodlifefitness.com) Please note that you must purchase your membership on-line, not at the gym, and you will require your Heritage Club number to access information regarding this program.

The Goodlife Fitness subscription year started September 2020, through to 2021. In order to apply under the Heritage Club discount, you must have paid your dues to us for 2021.

Choice Hotels: discounts of up to 20% in Canada and worldwide.  
Canada Post Employee TELUS Mobility discounts.  
Collette Tours discounts.

**Details are on our national website: [www.heritageclub.ca](http://www.heritageclub.ca),  
Click on links.**

**Remember you must be a paid member to take advantages of these offers; otherwise coverage could be denied or terminated.**

### **Scholarship Program**

The H. C. Scholarship Program is open to dependent children and grandchildren of all active (dues paid for 2 years) members of any Heritage Club Chapter.

The full application package is available on the website, and the closing date for the applications for the 2021 Program will be June 30, 2021.

Heritage Club members and their families are also eligible to apply for scholarships from Johnson Insurance. Information is available on our website. Please note that you do not have to be a customer of Jonson Insurance, just an active Heritage Club member.

### **MEMBERSHIP**

**Membership dues for 2021 are now due.**

**To those members who have not paid their 2021 dues as of yet, we would appreciate your attention to this matter.**

**Remember, annual dues paid by our members are instrumental in keeping our chapter active.**

### **Welcome to New Members/Retirees and /or 25 years service veterans**

Kim Lavoie - Belleville  
Gwennyth Thompson – Wasaga Beach  
Clifford Jones – Lindsay  
Barbara Varahidis – Lindsay  
Carlos Severino – Tottenham  
Bernard Mcintaggart – Midland  
Donald Morrell – Brighton

### **Condolences:**

Sandra Quinn – Wasaga Beach

Bruce McKinnon – Havelock – July 21/20

### **Your Benefit Contact Numbers**

**Canada Post Pension Site: 1-800-480-9220**

**Gov't of Canada Superannuation: 1-800-561-7930**

**Canada Pension Plan/Old age Security: 1-800-277-9914**

**Canada Post Extended Health Plan (Canada Life) 1-866-249-5723**

**Sun life Insurance: 1-800-361-6212**

**Access H.R. - CPC Human Resources: 1-877-807-9090**

### **Survivor Benefits;**

As a Canada Post employee, many of your benefits will continue upon your death. To make certain the survivor of a retiree maintains the pension, health and medical benefits several contacts must be made after the 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

#### **Superannuation – 1-800-561-7930**

Retiree name

Social insurance number

Copy of death certificate

#### **C.P.P. /O.A.S. – 1-800-277-9914**

Retiree name

Social insurance number

Copy of death certificate

Note: Besides the survivor pension there is also a death benefit payable to the survivor.

## **Great West Life/ Canada Life – 1-866-249-5723**

Retiree name

Employee number

Copy of death certificate

Plan number

Note: - Very important to notify Great West as soon as possible to set up a new automatic withdrawal in the survivor's name in order to keep the policy active and maintain medical, dental, and vision benefits.

As of Jan 1, 2020, The Great West Life Assurance Company, London Life Insurance Company and The Canada Life Assurance Company became one company, The Canada Life assurance Company. It will take some time for them to update websites, materials and forms, so until then, all references to Great West Life or London Life are to be understood as referring to The Canada Life Assurance Company.

## **BELLEVILLE COUNCIL**

**Bob Wludyka heads the council chapter in Belleville. Along with his executive and volunteers he organizes and participates in a great many functions. Some of which are as follows:**

**Monthly lunches and Bus trips are all cancelled until further notice.**

**50/50 draws**

**Beer cans and liquor bottles drives – For charity**

**As well as other charity drives**

**He has also been responsible for establishing the Belleville Postal Museum.**

**Bob is enthusiastic about sharing ideas and events in the Belleville area.**

**Any of our dues paying members, who would like to join in any of Bob's functions, can contact him by phone or e-mail. [bdwludyk@gmail.com](mailto:bdwludyk@gmail.com) or 613-986-3874**

## Volunteers

**The motto of the Heritage Club is “People Helping People”: we would like to know of any activity you are currently volunteering in, that benefits people and/or the community and how many hours you spend per month. This is one of the criteria we are measured on by Canada Post and it affects our funding.**

**Please call 705-320-9480 or email me at: [trentsevern22@hotmail.com](mailto:trentsevern22@hotmail.com) with any volunteer work you wish to share.**

**Enjoy!**

### Blueberry Muffins

<b>½ cup butter or marg</b>	<b>2 tsp. baking powder</b>
<b>1cup white sugar</b>	<b>½ cup of milk (I use skim)</b>
<b>2 eggs</b>	<b>1tsp vanilla</b>
<b>2 cups of flour</b>	<b>2 &amp; ½ cups of frozen blueberries</b>
<b>½ tsp. salt</b>	

**Oven 375 degrees**

**Cream butter and sugar together. Add eggs, one at a time.**

**Combine flour, salt and baking powder in another bowl. Add alternately with milk and vanilla to creamed mixture.**

**Fold in blueberries.(frozen) Put paper liners in muffin tin or spray muffin tin.**

**Fill muffin tin and sprinkle a little sugar on top.**

**Bake 30 mins.**

**Makes 12 or 15 muffins**

**YOUR EXECUTIVE MEMBERSHIP**

**Chapter President: Phyllis Kimmerer**

**Email: [trentsevern22@hotmail.com](mailto:trentsevern22@hotmail.com) (705) 320-9480**

**1<sup>st</sup> Vice President: – Vacant**

**Treasurer: Steve Smith**

**Email: [ssmithcanadapost@gmail.com](mailto:ssmithcanadapost@gmail.com)**

**Secretary: Vacant**

**Past President: Les Kimmerer**

**BELLEVILLE COUNCIL**

**BOB WLUDYKA – (613) 395-5225 E-MAIL: [bdwludyka@gmail.com](mailto:bdwludyka@gmail.com)**

**FORMS**

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**CHANGE OF ADDRESS NOTICE**

**Name:**

**Old Address:**

**New Address:**

**Postal code:**

**Phone number:**

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**MEMBERSHIP DUES RENEWAL**

**Name:**

**Address:**

**Postal Code:**

**Phone Number:**

**Renewal for Self? \$10.00    Couple? \$20.00**

**Reminder: have you enclosed dues?**

**Amount Enclosed**

**Volunteer work:**

**How many hours:**

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**Send completed forms and/or information to: Steve Smith, Treasurer,  
Trent Severn Heritage Chapter.**

**18 Sinclair St., Lindsay, On K9V 5C9**

**Phone (416) 523- 7398 (after 6:P.M. weekdays and all day on weekends)**

**Cheques for luncheons and/or membership dues should be made out to “Trent Severn Heritage Chapter”**