



# TRENT SEVERN CHAPTER

March 2023

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## President's Message

Congratulations... you just made it through the 10 darkest weeks. The days are getting longer and the sun is warming things up! The clocks sprung forward with another surprise dump of snow that comes with an unpredictable March. The weather makes us think spring is here, until that one last snow storm that always seems to surprise us. Oh boy, does Mother Nature ever play with us in the spring! However, for those who love to work in their yard they are likely waiting to take in Gardenscape or have been browsing through seed catalogs. Others folks may be planning new projects at the cottage, summer vacations or scheduling a camping trip or two.

We look forward to seeing you at our luncheons, bus trips and our golf tournament. Our first luncheon will be at the **Mandarin at 28 Fairview Road, Barrie for noon on Thursday, April 20, 2023**. We plan to have a luncheon in Lindsay in August, Golf Tournament in Little Britain on September 16th (save the date), a bus trip from Belleville to a Riverboat cruise to explore the Peterborough Liftlock and the Otonabee River sometime in October followed by a buffet dinner at Chemong Lodge. We will have our annual meeting and luncheon in November in Peterborough and of course you can always attend the monthly lunches in Belleville as organized by Bob Wulduka. The next monthly luncheon is **Monday, March 27, 2023, Noon at the Northway Restaurant, 205 North Front St.** ***For any of our events it's important to book with us as soon as possible.***

Please let us know if you and a friend/spouse will be attending so we can prepare for the event. You would have to pay the following, if you came on your own: Senior's Lunch \$20.79, add a drink \$2.49, taxes \$3.03, tip \$3.95, total: \$30.26. If you bring a family member or friend who is a non-senior and/or non-member, the rate will be \$25.00. If you are a paid member, the rate will be **\$15.00**. That's a 50% savings on your meal! Please carry your Senior ID to claim the "coveted" seniors discount. Paying your membership fee of 10.00 is even more affordable with this savings!

Robin O'Donohue, 416-899-7259  
trentsevern.heritageclub@gmail.com

Read more on our website at [www.heritageclub.ca/trentsevern](http://www.heritageclub.ca/trentsevern)

## **Community Foundation**

We have an opportunity to assist with the evaluations of community based organizations who have applied to Canada Post for funding up to \$25,000. Guidelines are provided for the process and each person is given ten applications to review. It's a very interesting and user friendly process so I just need volunteers to assist.

## **Santa Letter Writing Volunteers**

I would like to thank all those who participated in last year's campaign. 22 Volunteers @ 145 hours answered 1761 letters. A special thank you to Phyllis Kimmerer for organizing the distribution of letters.

THERESA O'HEIR , MARIEL ROLLINS, BOB DUFF,BOB DUFF,DARLENE YOUNG, JUDY SIMMONS, BRYAN IDENOUE, JUDY POOLE, BOB & DIANE WLUDYKA,DONALD ALGAR, JANE MILLER PRITCHARD, JANE MILLER PRITCHARD, KIM & STEVE PRITCHARD, DEBORAH ELDER, ROBIN O'DONOHUE, PAOLO COLALILLO, PHYLLIS KIMMERER, GWEN HARRINGTON, KIM MUGFORD, KATHY ARSCOTT, PAMELA TOWNSEND, ADRIAN & YVONNE BUCHANAN, and CHERYL CAMERON-SMITH

## **Life Events**

Let us know if there are any special events coming up that we could share with our chapter. A simple email or text would suffice.

## **Charities 2022**

Lakefield and Lindsay

Food Bank

Women's Resources of Kawartha Lakes - for abused women and their children.

Kiwanis Boys and Girls Club - Lindsay

## BELLEVILLE COUNCIL

Bob Wludyka heads the council chapter in Belleville. Along with his executive and volunteers he organizes and participates in

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a great many functions. Some of which are as follows:

Monthly lunches and Bus trips,  
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, contact him by phone or e-mail.

**[bdwludyk@gmail.com](mailto:bdwludyk@gmail.com) or  
613-986-3874**

### 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 let me know.

### Membership Advantages

- Johnson Auto Insurance: exclusive savings up to 35%.
- Discounts for travel through Medoc Insurance Travel.
  - Goodlife Fitness: Discounts of 30% off the regular access rates.

[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.

- Choice and Radisson Hotel Group: discounts of up to 20% in Canada and worldwide.

Collette Tours

discounts.

- Discounted luncheons, sports

activities, bus trips, and group tours for you and your friends.

- Check the national website:

[www.heritageclub.ca](http://www.heritageclub.ca) Click on links.

### **FROM THE TREASURER'S DESK**

We are continuing to request members to pay for their 2023 dues. Our funding from the Head Office is based on the number of paid members.

The more paid members we have, the more funding we receive to build our chapter. This means we can support our charities and our

members by offering subsidized lunches and events. It's only \$10.00 per year and the good news is that we have made it easier to pay via e-transfer, cheque, or cash when you attend the luncheon in Barrie.

A renewal form is included for your convenience. Please complete the questionnaire and return with your payment to the Treasurer, payable to: **Trent Severn Heritage Chapter**

E-transfer:

**ssmithcanpost@gmail.com**

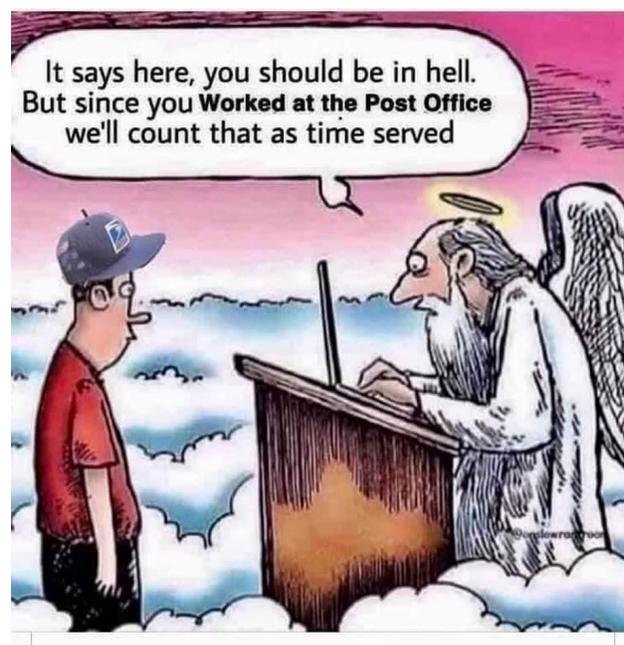
with password as follows:

"Trentsevern22" or call (416)

523-7398 for e-transfer. Mail to:

18 Sinclair St. Lindsay, On. K9V

5C9



**Welcome to New  
Members/Retirees and/or  
25 years SERVICE**

Trevor Jones - Minesing

Sandra Stroud - Essa

Adrian & Yvonne

Buchanan - Barrie

Pamela Townsend -

Keswick

Jeff Hiscock - Havelock

Rosanne Camenzuli - Picton

Carol Ann Latoski - Barrie

Humberto Pacheco - Belleville

Valerie Patterson - Barrie

Eunice Fairfield - Trent Lakes

Joanne McKean - Lindsay

Maureen Ginn - Kingston

Darla Bonner - Keene

## Condolences

Barb Bertrim - Belleville

Larry Newton - Aurora

Barbara Althouse - Norwood

Eugenia Bangay - Brighton

## Recipe Corner

### Canned Salmon Patties

1 can(s) salmon, 14.75 oz

1/3 cup bread crumbs

2 green onions, chopped

1/4 cup chopped celery

1/4 cup mayonnaise

1 egg, beaten

4 Tbsp butter, for frying

Lemon and dill, for garnish

#### Directions:

1. Drain salmon. Remove bones and skin.
  2. In a large bowl combine salmon, bread crumbs, onion, celery, mayo, and egg.
  3. Mix.
  4. Shape into 4 even-sized patties.
  5. In a large saute pan. Melt butter on low.
  6. Add salmon patties.
  7. Cook on medium until golden brown on each side. (Adapt to an AirFryer for less fat)
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## Your Benefit Contact Numbers

C.P.C. Pension:  
1-800-480-9220

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

Canada Rev Agency:  
1-800-959-8281

## 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

Copy of retiree's will

### Superannuation 1-800-561-7930

Retiree name

Social insurance number

Copy of death certificate

Copy of marriage  
certificate

Note: Sun Life benefit  
premiums will be deducted  
directly from monthly  
survivor pension.

### 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.

### Canada Life Assurance 1-866-249-5723

Retiree name

Employee number

Copy of death certificate

Plan number ... **51057 &  
51391**

Note: Very important to  
notify Canada Life ASAP. In  
order to set up a new  
automatic withdrawal in  
the survivor's name to  
keep policy in force and  
maintain benefits.

### Canada Revenue 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.

YOUR EXECUTIVE MEMBERSHIP

Chapter President: Robin O'Donohue  
Email: [trentsevern.heritageclub@gmail.com](mailto:trentsevern.heritageclub@gmail.com) 416-899-7259  
1<sup>st</sup> Vice President: – Vacant  
Treasurer: Steve Smith  
Email: [ssmithcanpost@gmail.com](mailto:ssmithcanpost@gmail.com) (416) 523-7398  
Secretary: Vacant  
Past President: Phyllis Kimmerer

BELLEVILLE COUNCIL

BOB WLUDYKA – (613) 968-3874  
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:

MEMBERSHIP DUES

Name:  
Address:  
Postal Code: