



Van Isle Heritage Club Newsletter # 2 April 2024



President's Message

Hello and welcome,
Welcome to my first newsletter, please bear with me as this is a new learning curve.

I'm truly touched by your encouraging words and messages, thank you. A big thank you to all our Santa Letter elves for their time and volunteer service, I'm so glad we are still doing this fun and worthwhile event.

Our Christmas get togethers in Victoria and Qualicum, were a great success. It was wonderful to see so many friends and familiar faces.

Thank you to everyone for getting your dues and memberships in so quickly. Also welcome to all new members, we encourage you to participate in the events, get together and trips that we will be offering. By paying your dues it allows us to help support many local charities throughout the year.

We have enclosed information about the Canada Post Heritage Club Scholarship Program as I know many of our members have children and grandchildren who could be eligible for the program. It is a worthwhile to look into, as every bit helps. For those of you getting ready to travel, investigate our Medoc travel insurance for big savings. You will find all information in the following pages.

We will keep you posted of up-and-coming events and get togethers. If you have any suggestions, please email us

See you soon!

Heidi Webb

Van Isle Heritage Club

6178 Parkwood Dr

Nanaimo, BC

(250) 618-5532 phone or text

heritagevanisle @shaw.ca

National Website : heritageclub.ca

Check out the National website ...all the chapters across the country have added news and events from their chapter

LOOK FOR US ON FACEBOOK

We have recently started a Facebook group that is exclusively for Van Isle heritage club members

It is a place to catch up and connect
We will have announcements and updates of our events .

We can post photos of our club travels and activities.

It will be a great place to arrange to meet up with other members for any other activities!!

Vancouver Island CPC Heritage Club

In this issue

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Important Numbers

WELCOME New and Returning

Transferring and Travel Mem-
bers

Robert Binning
Gord Diment
Keith Jenson
Barb Vanderbrink
Glynis Buchanan
Cynthia and Harry Hoffman

OBITS

Sadly we will miss our friends and
co-workers that have left us

Yvon Pilon—Victoria

If you know of others that have
passed away please let us know

We have once again included Van Fraser's newsletter. Thanks to an old friend Jim Bain for sending us. He does a great job putting it together.

Many of our members worked in Vancouver and then retired on the Island ... so really enjoy seeing what is going on there. Also Fred has many extra trips You might like to join their group. All the trips are arranged by Fred and Leslie and are always good and very well planned.

Heritage Club Benefits



Forget about all the fun you'll have; your membership also has great benefits!

Here are just a few of the exclusive offerings you'll enjoy as a Heritage Club Member.

- Access to Johnson Travel Insurance discounts (MEDOC)
- Access to Belairdirect Home and Automobile special deals
- GoodLife Fitness discounts (Gym)
- Scholarships for children and grandchildren of members
- Collette Tour Discounts

Have you Moved or planning to move?

If you have recently moved or are planning a move, please let us know so that we can update our mailing list.

Please send address updates by email to Angie – heritagevanisle@shaw.ca or Text/call 250-618-5532

Coffee Clubs

Before COVID there were lots of Island groups that had regular coffee get togethers.

Let us know if you are back and welcoming others to join. We will put it in our next newsletter and on the Heritage Club website. It's always FUN to meet up with former co-workers. Put a notice on the Facebook page or email us at –

heritagevanisle@shaw.ca



Calling all walkers, hikers and bike riders!

Retired Postal workers are an active bunch!

Would you like to get together with your fellow club members for any activities?

We are looking for people to help organize some of these events. Once they get going it will be easier to send out info in the Facebook Group page.

Message us if you need a hand to get started

heritagevanisle@shaw.ca



Up Coming Events -

April 17 Victoria Luncheon at the Monkey Tree Pub 11:30-2:30

RSVP heritagevanisle@shaw.ca

May 23 Golf tourney Cedar Hill golf course 1:00 9 Holes \$33 Cart \$27 per cart

RSVP heritagevanisle@shaw.ca

June 12 Mid-Island Luncheon at Boston Pizza Nanaimo at 11:30 door prizes, 50/50, come and hang out with old friends or make new ones!!

RSVP Angie by email heritagevanisle@shaw.ca or phone 250-618-5532



Rath Trevor Beach BBQ Social

Wed Jul 24 we are hosting a BBQ at Rath Trevor Beach in Parksville from 11:30 until 4 pm. The cost is \$10 per member. We have reserved picnic shelter #S2 which is near the main day use parking lot. The Club will have a BBQ fired up and will supply Beef and Veggie Burgers, salads, and snacks. We will also supply non-alcoholic beverages. Please bring a lawn chair and maybe your favourite adult beverage. RSVP via email heritagevanisle@shaw.ca and indicate beef or veggie burger.

Christmas Luncheons Victoria at the 6 Mile Pub

It was once again a wonderful luncheon in Victoria. The lucky winner of the 50/50 draw was Alison Le Corre!!



Christmas Luncheon in Qualicum Beach



Bill Waldron was the winner of the 50/50. He won \$55 and donated half back to Heritage Club to add to the charities we donated to this year

See the charities your \$10 dues helped in 2023



One of the charities we donate to every year is the Haven House. It helps women and children get out of unhealthy and dangerous situations. We contact them every year to find out what they need. The last 2 years they have asked for new women and children's socks. Heritage club members were very generous!! Along with our \$500 donation, Jim and Karen delivered over 300 pairs of socks, which they were able to be given out for Christmas!!

We were also able to donate to

- SOS Childrens Toy Drive in Parksville - \$500 + \$223 in toys donated

- Victoria Hospice - \$500

- Outreach Society Victoria - \$500 Christmas stockings created for children in outreach facilities. A HUGE thanks to Roy and Val Chabot for their work in buying, putting together and delivering all the Christmas stockings.



HERITAGE CLUB SCHOLARSHIP PROGRAM – 2024

The Heritage Club is planning to award three (3) scholarships to children or grand children of all dues paying members of the Heritage Club. The scholarships are valued at \$2,000 each for university or college studies. The scholarships will be awarded to students starting, for the first time, their first year of full-time studies.

ELIGIBILITY CRITERIA

Dependent children, including adopted children and stepchildren, grandchildren, wards in legal guardianship of all active members (dues paying member for the last 2 years) of a Heritage Club Chapter. Applicants who have previously received a Heritage Club scholarship are not eligible.

ELIGIBLE INSTITUTIONS

These scholarships are applicable to all Canadian educational institutions which have provincial degree granting powers or their affiliates and at Canadian colleges or CEGEPs.

QUALIFICATIONS OF APPLICANTS

Applicants must have completed the requirements for admission into the first year of an undergraduate degree program or college diploma program at a recognized educational institution. Applicants must have obtained an average of 75% (or equivalent) on the best 5 academic courses (see list of academic courses below) in the final year of secondary school or CEGEP (pre-university education). If applicants interrupt their schooling, the maximum period permitted between the completion of secondary school or CEGEP (pre-university education) and the commencement of an undergraduate university degree program or college diploma program is 1 year. During this period, students may NOT have undertaken postsecondary courses.

ACADEMIC COURSES – GRADE 12/CEGEP

Language Arts, Mathematics, Pure Mathematics, Applied Mathematics, Science, Biology, Chemistry, Physics, Social Studies, Geography, History, Literature, Accounting, Computer Graphics, Law. French, English or any one language.

SELECTION OF SCHOLARSHIP RECIPIENTS

The jury is comprised of the Heritage Club executive committee members. The evaluation will be based on scholastic ability, character, and leadership qualities at school and in the community. Decisions of the jury are final and without appeal.

APPLICATION DEADLINE

Submissions must be postmarked on or before **June 30, 2024**.

HOW TO OBTAIN AN APPLICATION PACKAGE

Please visit the Heritage Club website at heritageclub.ca or contact Eldred Holmes at holmese@nl.rogers.com

Our Next Big Trip!

The Mexican Riviera

On The Norwegian Bliss



Nov 10-17th 2024 Los Angeles return

Ports include Los Angeles, Cabo San Lucas, Puerto Vallarta, Mazatlán, and Ensenada

Pricing includes- Free Unlimited Open Bar Beverage Package, Free Specialty Dining, Shore Excursion Credits and Free Wi-Fi. Prices are per person and based on double occupancy and include all taxes and port fees, 20% pre-paid gratuities on drinks and dining and prepaid service fees.

Club Balcony stateroom: \$2596.43

Balcony stateroom: \$2529.32

Inside Stateroom: \$1914.05

Very Limited availability! Book soon!

If you have questions email us at viheritageclub@gmail.com If you are ready to book please contact -

Karen Nelson | Cruise & Vacation Consultant

Expedia Cruises

4089A Shelbourne Street , **Victoria**, BC, V8N 5Y1

Office: [\(250\) 477 4877](tel:2504774877) **Toll Free:** 1 (866) 477 4898

Cell: [\(250\) 216 8947](tel:2502168947)

Ready for some Irish Spring?



Essence of the Emerald Isle

Ireland in 9 Days 8 Nights April 16-24, 2025

Discover the city of Dublin and its history. Make the most of Galway with the traditional pubs and Irish folk music. Admire the beauty of Connemara and the scenery of Killarney National Park. Stop in Limerick before the stunning landscapes of beaches and small Irish towns in the Ring of Kerry. Head back to the capital to finalize your trip.

THE PRICE INCLUDES flight from Vancouver. 7 nights accommodation in Charm category hotels. 7 breakfasts. Transfers in air-conditioned vehicles. Visits and entrance fees as are indicated in the itinerary. All air taxes and fuel surcharge. English speaking guide.

Price is \$3300 each, including airfare from Vancouver. Pricing and dates are subject to change. If you have any questions contact viheritageclub@gmail.com.

If you are ready to book contact **Karen Giesbrecht** at the following-

Karen Giesbrecht | Vacation Consultant Expedia Cruises

#106 - 6750 Island Highway North, **Nanaimo**, BC, V9V 1S3

Direct: 1 (250) 390-7401 **Toll Free:** 1 (888) 423 7114

Office: (672) 476-0113 **Fax:** (250) 390 7473

Cruise the Panama Canal!

We are also looking at a Panama Canal Cruise from Miami to Los Angeles in Mar/April of 2026. The cruise would be approximately 15 nights. Before we go too far, we would like to know how many of you would be interested. Let us know via email or the Facebook page.

Some important numbers to keep on hand

In order to maintain survivor pension, health and medical benefits, several contacts must be made after a retiree's death. While not an exhaustive list, this information is helpful.

<p>Access H.R. 1-877-807-0090</p> <ul style="list-style-type: none"> ○ Retiree name ○ Employee I.D. number ○ Social insurance number ○ Copy of death certificate 	<p>C.P.C. Pension 1-877-480-220</p> <ul style="list-style-type: none"> ○ Retiree name ○ Employee I.D. number ○ Postal code ○ Date of birth ○ Copy of death certificate ○ Copy of retiree's will
<p>Canada Life 1-866-716-1313 Medical & Health Benefits</p> <ul style="list-style-type: none"> ○ Retiree name Employee number Copy of death certificate Plan numbers 	<p>Important: Notify Canada Life as soon as possible to set up a new automatic withdrawal in the survivor's name in order to keep policy in force and maintain medical, dental and vision benefits.</p>
<p>C.P.P. / O.A.S. 1-800-277-9914</p> <ul style="list-style-type: none"> ○ Retiree name ○ Social insurance number ○ Copy of death certificate <p>Note: Besides the C.P.P. survivor Pension, there is a Death Benefit payable to the survivor</p>	<p>Superannuation 1-800-561-793</p> <ul style="list-style-type: none"> ○ Retiree name ○ Social insurance number ○ Copy of death certificate ○ Copy of marriage certificate <p>Note: Sun Life benefit premiums for Superannuation survivor will be deducted directly from monthly survivor pension</p>
<p>Canada Revenue Agency 1-800-959-8281</p> <p>Contact Canada Revenue Agency (CRA) when a member or spouse passes to prepare T-1 and T-3 form completion</p>	<p>Suggestion:</p> <p>Print and store this information with your financial or estate paperwork.</p>



Special Rates for Heritage Club Members!

Medoc-Insurance that's ready when you are!

MEDOC® and me

We make travelling simple with one annual insurance plan: MEDOC Travel Insurance. So even for those last-minute getaways, you'll already have one thing packed and ready to go.

Why travel insurance is worth it-

The more you invest in a trip, the more important insurance becomes. With MEDOC® Travel Insurance, you have peace of mind if your trip takes a little detour. Consider it a safety blanket, knowing that you have someone with experience looking after you, even in situations you may not have planned for. So, in the event of flight delays or lost baggage—it's nice to know that you're in good hands, especially abroad.

Flexibility when you need it-

Need to make updates to your travel insurance? You can downgrade your plan or change your supplemental trip dates at your convenience with our online form.

Your MEDOC® Travel Insurance includes:

- Unlimited trips-Coverage for an unlimited number of trips throughout the policy year¹.
- Access to coverage regardless of age or health status
- Trip disruption-Trip cancellation, interruption and delay insurance³ for multiple trips throughout the policy year.
- Medical emergencies
- Dental emergencies-Emergency relief for certain accidental dental injuries.
- Vehicle return
- Pet return

Call for a quote- 1-866-606-3362

Special Rates for Heritage Club Members!