



CPC Heritage Club Vancouver Island Chapter October 2025



President's Message-

Hello everyone and welcome to our fall newsletter.

I hope this newsletter finds you all well and rested after our gorgeous summer.

Here are the highlights from the AGM meeting in May.

We have lowered the requirement to 20 years of service for joining the Heritage Club, hoping to bring in more members.

Our national committee is still trying to get Canada Post to allow us to mail out the newsletter, but seeing as what is happening currently, I think that is doubtful. So, thank you all again for giving us your email addresses.

In the past Canada Post contributed money to the Heritage Club. This stopped two years ago and has a significant impact on all the chapter's finances. Most chapters have already raised the yearly dues. We foresee raising the dues for our chapter to \$20.00 effective January 2027. They have never been raised to my knowledge.

It has been a busy few months.

Our luncheons at the Legislative Buildings and Boston Pizza were a great time to catch up and see friends. We could not have asked for better weather in July for the BBQ in Parksville.

The Chemainus Theater production of Footloose did not disappoint and it looks like this could be an annual event. We will see what is on their schedule for 2026.

Our two Christmas luncheons are Waddling Dog December 3 and The Bayside Parksville December 8. Please RSVP to let us know you will be attending, making sure we have space.

Cheers, Heidi.

CPC Heritage Club

Vancouver Island Chapter

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Nanaimo, BC

(250) 618-5532 phone or text

heritagevanisle @shaw.ca

LOOK FOR US ON FACEBOOK Vancouver Island CPC Heritage Club

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WELCOME

Kate Clayton

Wynn Coburn

Phil Marlin

Sharlene Reid

Rima Szabo

OBITS

Ken Clark

Peter Fraizer

Shirley Kuttai

Donald McLeod

Upcoming Events -

Dec 3 11:30 Victoria Christmas Luncheon at The Waddling Dog

Dec 8 11:30 Mid-Island Christmas Luncheon at The Bayside Resort Parksville.

Important Reminder for those that pay by Cheque-
The cheque must be made out to:

CPC Heritage Club Vancouver Island Chapter

If at all possible please consider using etransfer to:
heritagevanisle@shaw.ca

The Annual Rathtrevor Beach BBQ

Once again the Club hosted a BBQ at Rathtrevor Beach in Parksville. We fired up the grill and served Beef and Veggie Burgers. We also had salads, and snacks for all to enjoy.



Chemainus Theatre-Luncheon and "Footloose"

Everyone had a great time at the Chemainus Theatre. Definitely something to do again next year!



Van-Isle Chapter Ireland and Scotland trip



We were joined by Bill and Betty Gordon and Russell and Camilla Worsley. It was an incredible tour, from the scenery and history, to the beer and Whiskey! Great fun!



Alaska! May 11, 2026

Join us for a great 7 Day tour of the Alaskan
Glaciers and BC's inside passage.

Inside cabins start at \$1310* incl the Beverage Package, all taxes and tips. Other stateroom options are available. Call **Savanah Richardson** at Norwegian Cruise Lines to get this deal. See below for contact info. Hurry there is limited availability!

* pricing subject to change.



7-DAY CRUISE ON NORWEGIAN JADE

Alaska: Hubbard Glacier & Skagway from Whittier, Alaska

 Sailing May, 2026

 View the awe-inspiring Hubbard Glacier.

 Spy brown bears, whales and eagles in Icy Strait Point.

6 PORTS OF CALL

Whittier, Alaska • Icy Strait Point, Alaska • Juneau, Alaska • Skagway, Alaska •
Ketchikan (Ward Cove), Alaska • Vancouver, British Columbia

 ITINERARY MAP



Contact Savanah at Norwegian Cruise Lines for more information and pricing.

Savanah Richardson

Direct: 954.514.4179 or 877.416.9722 EXT 44179

Or email - savrichardson@ncl.com

Remember to mention you are a member of the Canada
Post Heritage Club.

2025 Heritage Club Scholarship Winners

Liam Cull

Liam Cull is the grandson of Terra Nova member Freeman Cull, and hails from Roddickton, NL. Those who believe that opportunities are limited for residents in smaller communities haven't reckoned with Liam Cull. With an academic average of 99% - impressive enough on its own – Liam is an integral part of everything happening in his community. His achievements include Student of the Year, Volunteer of the Year, Male Athlete of the Year, as well as scholarship, academic and merit awards, all while working part-time and tutoring younger students. He plays and coaches multiple sports. His reference letters from school and municipal representatives speak highly of the huge contribution that he has made to his community through his volunteer efforts. Liam has chosen nursing as his career, and as he enters Memorial University to pursue those studies, we are confident that his patients, his community, and his province will all be better because of his participation. Good luck, Liam, and congratulations on everything you have achieved so far.

Sidney Metcalf

Sidney Metcalf is the granddaughter of Stewart Metcalf, longtime member of Thames Chapter. Sidney is an exemplary candidate who has combined high academic achievement with volunteer activities in her school and community, playing and coaching basketball, and carrying a part-time job through her final year of high school. All of these experiences have defined her can-do attitude, which she recognizes has added immensely to her personal growth. She is also grounded enough to realize that self care is also invaluable to a healthy lifestyle, and is careful to address that with activities to enhance her personal wellbeing. Sidney will be entering King's University College to study Social Science, and we believe that she has every chance of being a very successful student. Congratulations, and good luck, Sidney!

Henri Roy

Henri Roy is the grandson of Russell Hart, member of Brunswick/Abegweit Chapter. Henri has maintained an average of mid-90's throughout high school, with a particular interest and aptitude for mathematics. He has won numerous math competitions. Henri also has 12 years of classical violin studies. He is invested in community sports activities, having played and coached soccer and started a basketball club for the francophone students in his area. His efforts in this area have expanded to now include a senior basketball club. His volunteer efforts in the community also include innovative ideas to raise funds for Ukrainian relief funds. Henri will be entering Queen's University to pursue a career in engineering. We trust that this scholarship will assist him in the pursuit of those goals. You've made a great start, Henri. Congratulations, and good luck!



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.

Access H.R. 1-877-807-0090 ○ 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 ○ Date of birth ○ Copy of death certificate ○ Copy of retiree's will
Canada Life 1-866-716-1313 Medical & Health Benefits ○ Retiree name - Employee number - Copy of death certificate - Plan numbers	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.
C.P.P. / O.A.S. 1-800-277-9914 ○ Retiree name ○ Social insurance number ○ Copy of death certificate Note: Besides the C.P.P. survivor Pension, there is a Death Benefit payable to the survivor	Superannuation 1-877-786-5483 ○ Retiree name ○ Social insurance number ○ Copy of death certificate ○ Copy of marriage certificate Note: Sun Life benefit premiums for Superannuation survivor will be deducted directly from monthly survivor pension
Canada Revenue Agency 1-800-959-8281 Contact Canada Revenue Agency (CRA) when a member or spouse passes to prepare T-1 and T-3 form completion	Suggestion: Print and store this information with your financial or estate paperwork.

Think about your Heritage Club membership great benefits!

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

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

Make sure you mention you are a member of the Heritage Club to get the discounts!

Specsavers



When you need new glasses make sure you check out Specsavers. They offer some very good discounts to Heritage Club members.

Note– you must use your Heritage Club membership number to get the discounts.

<https://www.specsavers.ca/>

Remember, The *Van-Isle Heritage Club newsletter* is always available on the national website.

Click here- <https://heritageclub.ca/van-isle/>

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



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car and home insurance

Special Rates for Heritage Club Members!

BelairDirect and me

We make travelling simple with one annual insurance plan: Belairdirect 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 Belairdirect 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 Belairdirect 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- 1-833-508-2082

Special Rates for Heritage Club Members!