



Cost of living increase

Ongoing challenges in the supply chain network have affected prices of all goods and services. The consumer price index (CPI) is a familiar measure of price changes. It measures price change by comparing, through time, the cost of a fixed basket of goods and services.

To help ensure that the purchasing power of your pension keeps pace with the cost of living, your pension is automatically indexed every January by a percentage that reflects the average increase in the CPI calculated from October 1 to September 30 of the preceding year.

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SEND US YOUR FEEDBACK

If you have comments or want to suggest a topic for our next *Intouch* bulletin, please submit your ideas in writing to pension.services@canadapost.ca or CANADA POST PENSION POLICY, 2701 RIVERSIDE DRIVE, SUITE N0660, OTTAWA ON K1A 0B1

DO WE HAVE YOUR CURRENT ADDRESS?

When you change your address, it's important to inform us at the Pension Centre: 1-877-480-9220, 1-866-370-2725 (TTY), 613-683-5908 (outside North America). For your post-retirement health and dental benefit plans, contact Canada Life at 1-866-716-1313.

Note: In this publication, "Plan" refers to the Canada Post Corporation Registered Pension Plan, "DB" refers to the defined benefit component. **Disclaimer:** The official Plan text governs your actual benefits from the Plan and is the final authority in any case of dispute. For more information, visit cpcpension.com.

Your pension benefits will increase by 6.33% effective January 1, 2023. If you retired in 2022, the percentage increase will be pro-rated based on the number of complete months following the month in which you retired.

For example, if you retired at the end of September 2022, your increase will be $6.33\% \times 3/12$ (October to December), or 1.58%.

For more information regarding your Plan's indexation as well as the pension payment dates, please visit cpcpension.com > Defined benefit (DB) > Recent news.



Heritage Club

Not yet a member of Canada Post's Heritage Club? It's not too late. You're eligible to join if you've contributed 25 years of service or have retired with 10 completed years of service at Canada Post. On top of the camaraderie and opportunities to maintain friendships into retirement, you also benefit from preferential rates and discounts with Heritage Club partners:

- Johnson Home and Auto Insurance
- MEDOC Travel Insurance
- GoodLife Fitness Gyms and Fitness Clubs
- Heritage Club Scholarship Program for your kids and grandkids
- Choice Hotels Canada and Choice Hotels International
- Collette Tours

The different chapters also offer discounted rates on group events, such as luncheons, day trips, group tours, sports and other recreational activities. In addition, members are the driving force behind the

National Heritage Literacy Project and assist with Canada Post's popular Santa Letter-writing Program. Visit heritageclub.ca for more information.

HOME ABOUT MEMBERSHIP FORMS MEETING MINUTES GALLERY CONTACT FR SELECT CHAPTER

In 1989 Canada Post established a formal program to commemorate the contributions made to Canada's postal services by the Corporation's retired and long-service employees. Today the Heritage Club has 24 local chapters and over 20,000 members across Canada.

The Heritage Club aims at developing pride among its members, celebrating the best from the past, sharing the achievements of the present and creating opportunities for the future.

From regular get-togethers and cultural outings, to recreational events and community focused projects, the Club's activities can take a wide range of forms. For example, chapter members contribute thousands of hours every year to the Santa Letter Writing Program and to helping community charities raise money for various causes. They also raise money from among their members to support community ventures such as literacy programs, food hamper drives at Christmas and Easter and various charities to help children, the homeless, the sick and infirm.

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 Insurance discounts
 - Home and Automobile
 - Travel Insurance (MEDOC)
- GoodLife Fitness discounts (Gym)
- Choice Hotels discounts
- Scholarships for children and grandchildren of members
- Collette Tour discounts

JOIN TODAY

*Please note there is a nominal membership fee.

OUR PARTNERS

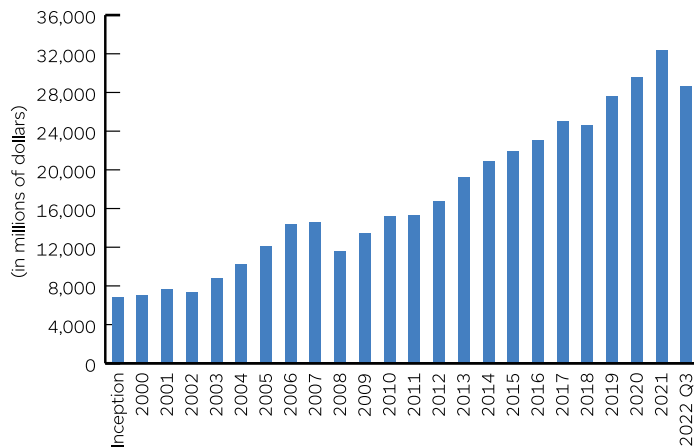
Investment results as at September 30, 2022

Market conditions

Within the Plan, private equity was the best performer in the third quarter, returning 11.34%. Marketwise, the S&P/TSX Composite Index was down 1.41%. S&P 500 index was up 1.32%. The MSCI EAFE Index was down 3.45%. The FTSE Canada Universe Bond Index was down 0.52%. The following table depicts the performance of the Plan's fund (percentage return).

Asset class	Market value (\$ millions)	2022 Q3 (%)	2022 Year to date (%)	2021 Annual (%)	2020 Annual (%)	2019 Annual (%)	2018 Annual (%)	2017 Annual (%)
Fixed income								
Cash and short-term	50.0	0.6	0.8	-0.2	0.4	1.6	1.3	0.7
Bonds and bond overlay	12,275.6	1.2	-17.4	-1.4	11.3	10.3	0.5	3.4
Equities								
Canadian equities	2,946.4	-1.7	-11.2	27.1	1.6	20.4	-8.3	9.3
U.S. equities	2,514.4	1.8	-17.0	24.9	15.4	23.9	3.0	14.1
International equities	2,912.0	-3.3	-21.3	4.6	10.8	17.1	-8.1	25.4
Real estate, private equity and infrastructure	7,951.7	4.8	17.0	26.6	7.4	11.8	17.4	13.1
Currency hedging	-8.57							
Total Registered Pension Plan¹	28,641.6	1.32	-9.90	11.31	9.43	14.69	0.89	10.42
Benchmark		-0.75	-12.70	8.58	10.25	15.79	-1.94	8.59

Investment highlights



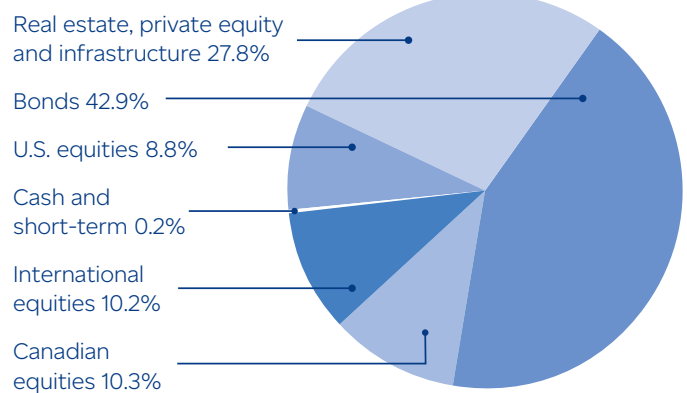
- The fund's third quarter return was 1.32%.
- As of September 30, 2022, the fund held assets of \$28.6 billion.
- The fund had net cash outflows of \$57.7 million in the third quarter.
- We added \$500 million to long bonds, \$47.6 million to private debt, \$124.3 million to bond overlay, \$17.6 million to real estate, \$3.0 million to private equity, \$102.2 million to infrastructure, and \$10.5 million to currency hedging.
- We withdrew \$128.0 million from the transition bond account, \$476.3 million from Canadian equity, \$85.2 million from U.S. equity, and \$173.5 million from international equity.

1. Numbers may not add up due to rounding.

Asset mix highlights

- As at September 30, 2022, 57.0% of assets were invested in equities and alternative investments compared to the asset mix target of 55.9%. These investments were within the allowable range and were made up of 10.3% Canadian equities, 8.8% U.S. equities, 10.2% international equities, 14.1% real estate, 7.2% private equity and 6.4% infrastructure.
- 43.0% of assets were invested in bonds and short-term investments, compared to an asset mix target of 44.1%. This included 10.5% real return bonds, 32.4% nominal bonds, private debt and bond overlay, and 0.2% in cash, short-term investments and currency hedging.

Asset mix¹



Investment highlights – DB data

Date	Value (in millions of dollars)
Inception	6,850
2000	7,024
2001	7,683
2002	7,398
2003	8,797
2004	10,214
2005	12,131
2006	14,349
2007	14,612
2008	11,618
2009	13,466
2010	15,257
2011	15,357
2012	16,712
2013	19,191
2014	20,868
2015	21,919
2016	23,091
2017	24,980
2018	24,610
2019	27,635
2020	29,597
2021	32,322
2022 Q3	28,642

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Asset mix highlights – DB data

Asset	Value (in millions of dollars)
Real estate, private equity and infrastructure	27.8%
Bonds	42.9%
U.S. equities	8.8%
Cash and short-term	0.2%
International equities	10.2%
Canadian equities	10.3%

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