



Grand Saugeen Newsletter Summer Edition 2019

“Deep summer is when laziness finds respectability” – Sam Keen

From the President's desk

I hope all of you are enjoying the beginning of summer weather. Hopefully the rain has stopped, especially for some of our northern members, who have had more than their fair share.

We had some members join us at Lutherwood for our walk. Thanks to all who were there to help us and together we donated \$1000 to this great cause.

We have also donated \$100 to sick kids on behalf of Carl Myatt.

The Grand Saugeen Heritage club will support community service by our members by donating to causes you are participating in. Therefore, if you walk, or run, work in a food bank or contribute your time to a cause in your community, we would love to donate to your cause. We would only ask that you let us know and send a picture of your participation. We may put it in the newsletter or on the web site.

In the newsletter you will find a list of activities we are planning for this year. Our first event will be dinner at the Mandarin The cost to paid members and their guests will be \$10 per person.

You will also find information In this newsletter about a special invite from Columbia sportswear. We have had some members travel to London in the past and were quite happy with the results.

Later in the year we will be set up a lawn bowling day and a dinner or lunch in our northern area.

Herb Stan



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Thanks to those of you who have sent in your dues. It is much appreciated.

I wish everyone a wonderful lazy summer and hope to see you at some of our events.

Herb Stan

Funny Words to Live By

Always keep your words soft and sweet, just in case you have to eat them.

Virtue is insufficient temptation – George Bernard Shaw



Age is a very high price to pay for maturity.

When everything's coming your way, you're in the wrong lane.

Accept that some days you're the pigeon, and some days you're the statue.

My idea of housework is to sweep the room with a glance.

Cooking lesson #1: don't fry bacon in the nude.

Blessed are they who can laugh at themselves for they shall never cease to be amused.

When you eat a candy bar or have a wonderful dessert, have a diet drink. The calories are cancelled out by the diet drink.

MEMBERSHIP DUES 2019

In order to fulfill our mission of “PEOPLE HELPING PEOPLE” your membership dues are essential to ensure we have sufficient funding to continue with the work of your Club. The annual fee is a modest amount of \$12.00, which equates to only \$1.00 a month. Your membership dues and our annual grant from the Corporation enable your Club to carry on its various functions. We also make donations to causes such as mental health and Alzheimer’s research. To those who paid their dues for 2018 we thank you. For those members wishing to pay their dues now for 2019, simply complete the form below and forward it along with your payment (payable to Grand Saugeen Chapter) in the postage paid envelope enclosed with this newsletter.

Note: *On receipt of your dues payment you will be issued a new wallet card with your member number. It is important to have this number for certain discounts and when applying for Medoc Insurance. **As well you must be a paid up member to enjoy the Good Life Fitness discount.***

Send in postage free envelope provided

MEMBERSHIP DUES PAYMENT FOR 2019 (\$12.00)

NAME: _____

MEMBER # (if known): _____

ADDRESS: _____

PHONE#: _____ **EMAIL:** _____

Send completed forms along with payment to:

Donna Vandenhoff
95 Millwood Cr.
Kitchener ON, N2P 1R3

Grand Saugeen lunch

Mandarin

4220 King Street East, Kitchener 519-653-5

Cost to members and their guests \$10.00

Tuesday July 30th 2019

You are invited

Please phone Donna Vandenhoff at 519-748-0252 before Tuesday, July 23, 2019 to let us know how many are coming so we can make reservations.



Hope to see you there.



I help people in my community by contributing to the following .

- Walking for alzheimers.
- Walking for other organizations.
- Meals on wheels.
- Food bank
- Charity Fundraisers.
- Other (Please explain) _____

Please describe your participation and how we can donate to your cause. Please include a picture, if possible. These pictures may be used in an upcoming newsletter or on the website.

Name _____

Address _____

Phone _____

Please return this form to Donna Vandenhoff .

Columbia Discounts

Welcome to the Columbia Sportswear Community Program! I am excited to be sharing your first invite with you! If you ever have any questions regarding the details of the invite, want to brainstorm ways to better communicate the offer to your organization, or need additional marketing material, don't hesitate to reach out!

WHAT THE EMPLOYEE STORE HAS TO OFFER:

- EMPLOYEE discount, meaning items are marked with Employee Pricing (40 – 50% off regular retail pricing)
- All of the latest product from the Columbia Sportswear Company family (SOREL, Mountain Hardwear, and of course Columbia Sportswear)

WHAT TO BRING TO ACCESS THE STORE:

- The attached invites (printed or shown on mobile phone)
- Work /organization ID (Heritage Club membership card .)
- Personal photo ID
- **This invite is valid for you + 4 guests (*you must be present*)**
- **This invite grants store access only (*offer not valid online*)**

WEBSITE

We invite you to visit our website. Our 1st Vice President has done a fabulous job updating the site and you will find pictures of our events as well as information on upcoming events. Gail has also put copies of our newsletters on the site. You also can find several of our forms on the site. Just google Heritage Club or go to www.heritageclub.ca – click Grand Saugeen chapter.



YOU'RE IN!

COLUMBIA SPORTSWEAR EMPLOYEE STORE

EXCLUSIVELY FOR:

Canada Post Heritage Club - Grand Saugeen

ITEMS ARE MARKED WITH EMPLOYEE PRICING (40 -50% OFF REGULAR RETAIL PRICING)
VALID FOR YOU + 4 GUESTS

VALID DATES

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JULY 5 - 28, 2019

WHAT TO BRING

- THIS INVITATION
- PHOTO I.D.
- PROOF OF AFFILIATION

*business card | membership card or badge
company email signature | pay stub
uniform | other form of affiliation*

LOCATION

1425 MAX BROSE DRIVE
LONDON, ON N6N 0A2
PHONE: 519-644-4900

STORE HOURS

MON - FRI: 10A - 7P
SAT: 10A - 6P
SUN: 11A - 5P





YOUR EXECUTIVE

President	Herb Stan	Email – bg herb@hotmail.com Phone: 519-746-3133
Secretary Treasurer	<i>Donna Vandenhoff</i>	Phone: 519-748-0252
First Vice President	<i>Gail Bourhill</i>	Phone: 519-208-9427
Second Vice President	<i>Stella Augerman</i>	Phone: 519-743-4648
Third Vice President	<i>Diane McNichol-Byers</i>	

IN MEMORIUM

Helen Atwell - Tavistock
Berend Devries –Kitchener
Charles Fleming –Guelph
William Hall -Southampton
Jean Litt -St Jacobs
Barbara McCallum – wife of Clarence.
Robert Powell- Waterloo
Aaron(Ernie) Shenk.-Kitchener