YELLOWHEAD

Heritage Club

**July, 2019**

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**Hello Everyone,**

I hope everyone is having a great summer. It is a good time to travel, enjoy some down time and get some much needed relaxation in. I came across this quote and it summarized my summer quite nicely.

“I am more myself in a garden than anywhere else on earth.” I do love my garden and flowers. With the rain everything is beautiful, lush, and green.

I love the thought of puttering around in my garden and being in my bare feet. If you’re not barefoot, then I think you’re overdressed! The best part of warm weather is no shoes and socks!

 We would like to welcome all new members to our club and we look forward to seeing you at our upcoming events. Unfortunately we are experiencing a decline in our clubs across Canada. We are hoping to get lots of new retirees signing up and participating in our events. If you know of anyone who has just retired please encourage them to join our club and keep it strong. It is good for the soul to develop deep friendships in life and our motto is “people helping people.” So if you haven’t been out to any of our events we encourage you to join us. We would love to have you.

**Upcoming events**

**October 19, 2019** - Bowling and Pizza

***Registration Deadline: No later than Sept. 30, 2019.***

**To register please contact**

**Heather Spence at 306-955-1408**

**Shirley Stewart at 306-664-2619**

**Maxine Mcleod at 306-384-3384**

**Place:** Canadian Bowling Centre

**Time:** 7:00 pm to 10:00 pm

**$29/person** for non- members **$25/person** for paid members

**Includes:** shoes, 1 hour of bowling and pizza after bowling. Drinks will be available for purchase.

**Annual Fundraising BBQ’s:**

Each year we have BBQ’s at each of our three depots to fundraise for a chosen charity. Once again we have chosen to support the Canada Post Community Foundation. This Foundation is dedicated to improving the lives of children by building the capacity of local registered charities, initiatives and school programs that help children. Whether it’s through increasing access to healthy food, libraries and play areas, enhancing support for special needs and education, or aiding the recovery from abuse, neglect or conflict, the foundation believes that a strong community connection helps develop happy, healthy and resilient children. This is a non-profit organization that is operated at arm’s length from Canada Post, with an independent board of trustees. Its audited financial statements are available to the public. 97% of all money raised goes to community based organizations all across Canada. Once a year, through an open, criteria-based granting program, it distributes funds raised. For more information please go to: **canadapost.ca/community**

**If you would like to volunteer at our BBQ’s to help us out please contact Heather Spence at 306-955-1408. Donations will also be accepted.**

**The BBQ’s will be held as listed below:**

**Bulk plant: Mon. Aug. 12, 8:30-12:30**

**East Depot: Tues. Aug. 13, 8:30-12:30**

**West Depot: Thurs. Aug. 15, 8:30-12:30**

Thank you once again to Clayton and Louise Armstrong for allowing us to use their Classic car grill once again this year! Come out and show your support for a great cause. See you there!

**Burgers $5.00**

**Drinks $2.00**

 **Monthly Ladies Lunch**

We will bemeeting for lunch at **12:30 at The Village Bistro, 250 Hunter Rd, #110, in Stonebridge. Starting on Aug.6th.**  Lunch dates will be the first Tuesday of each month:

**Aug. 6**

**Sept. 3**

**Oct. 1**

**Nov. 5**

**Dec. 3**

**Weekly Breakfast**

**All are welcome to come and join us for our weekly breakfast. We meet every Tuesday morning at 8:30 am at the Smitty’s in Market** **Mall.**

**Card Club** – **We meet at 831 Delaronde Way at 1:00 pm. on the following dates:**

**Thursday, Aug. 8 & 29**

**Thursday, Oct. 17 & 31**

**Thursday, Nov. 14 & 28**

**Thursday, Dec. 12**

If you have any special accomplishments to share in our newsletter please give us a call or email. Also if you know of any of our members who are hospitalized or someone who has passed away please let us know. Thanks so much.

Spouses are also encouraged to join our club!

**Membership Application for Heritage Club**

If you know of any retired Posties who would be interested in joining please share this form with them. Thank you.

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**Heritage Club Registration**

First Name: ­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Last Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Gender: \_\_\_

Status (Active or Retired): \_\_\_\_\_\_

Home Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-Mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CPC Start Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Years of Service: \_\_\_\_\_\_\_\_\_

Membership Fee is $12.00 for one year. Send to:

saskatooncpcheritageclub@gmail.com or mail to Heather Spence at 831 Delaronde Way, Saskatoon, Sk. S7J 3Y8.

**Your Committee Members**

**President: Heather Spence:**

 **306-955-1408**

**Vice: Shirley Stewart**

**Sec. /Treasurer: Maxine McLeod**

**Members at Large: Robert Lee & Ross Spence**

**Heritage Web Page** – Please do not forget to check out our national web site. Go to [www.heritageclub.ca](http://www.heritageclub.ca) and click on find a chapter. When you click on Yellowhead our site will come up. Here you will be able to read the latest newsletter, learn about any new events coming up and also any monthly events that are happening. So if you lose your newsletter you can use this site so you don’t miss anything! Also please be patient with us as we are just learning to navigate this site as well.

**Discounts & Deals**

Membership discounts have been negotiated with Johnson Insurance for home policies, and if you’re planning to travel, MEDOC travel insurance is a great plan, if you’re buying or selling a home, relocation Services Group can be of assistance, and may save you some money. Call them before you call a realtor or a mover to ensure your maximum benefit. Information site for Johnson Insurance <http://johnson,rsaebusiness,ca/cas>

**Ineresting Canadian Facts**

* For the very 1st time since Confederation – there are now more seniors in Canada than children. 5.9 million people in Canada are 65 and over.
* The Canadian cities with the oldest population are Trois-Rivieres, Que. Peterborough, Ont.

St. Catharines-Niagara, Ont., and Kelowna, B.C.

* Canada has the longest coastline of any country in the world at 243,000 kilometres or 151,600 miles.
* Despite being a huge country, Canada has the 4th lowest population density in the world with only 3 people living per sq. km. India has 440.29 people per sq. km! China has 148.81.
* Almost ½ the population of Canada were born in other countries.
* Coldest temperature ever recorded in Canada was -63C (81.4F) Feb. 3, 1957 in Snag, Yukon.
* Estevan, Sask. is the sunniest place in Canada.
* Canada’s literacy rate is over 99%.
* Canada is famous for its Ice wine.
* Canadians consume 23.4 lbs. of Cheddar Cheese per person annually.
* There are more doughnut shops in Canada per capita than any other country.
* Canada is home to 42 National Parks, 167 National Historic Sites and 4 Marine Conservation areas.
* There are 15 World Heritage Sites in Canada.