



YELLOWHEAD HERITAGE CLUB

May 2022

What a mess the world is in right now, on so many levels...watching the nightly news can easily get you down. There is so much tragedy, and so little we can do about it. What can we control? More than we think.

Our attitude and how we greet each day. Spring is here, the grass is greening, buds are forming on the trees and my tulips are up and close to blooming. Time to clean off your outdoor space and have your morning coffee in the sunshine.

Take care of yourself, only you can. Food nourishes our bodies but also the soul. Doesn't have to be fancy, my favourite lunch is still a bowl of tomato soup and a grilled cheese sandwich, especially on a rainy day. Go for a walk or dust off your bike but remember to take a rest when you need one.

How do we respond to others? Do you smile; it shows with your eyes, even when you are wearing a mask. Greet others with a "Hello", who knows, you might be the first voice they hear that day. Call an old friend just to chat and catch up on the news. Have a good joke to share before you end the call.

Now have a good day, laugh a little and give us your best smile.

Mavis

Some regular Heritage Club events:

Weekly Breakfast Buddies meet on Tuesday's at about 8:30 at the Smitty's in Market Mall
All are Welcome!

The Ladies Lunches meet on the last Wednesday of every month.
May and June gatherings will be at Mr. Ribs in Lakeview
1-1945 McKercher Drive

Still cancelled for now...
Cards and Games Club



The war in Ukraine is so unwarranted and tragic. Lives are being destroyed, cities are being ruined, people are being killed, so much heartache, needless suffering, and pain. The Yellowhead Heritage Club donated \$250.00 to the Red Cross to aid with their work in Ukraine.

Quiz Time

Time flies, or so the saying goes. Hard to believe Covid has been upsetting our lives for over two years. Here's a fun quiz to test the old memory.



1. What year did the Saskatchewan Roughriders win their first Grey Cup?
2. What year was Canada established?
3. What year was Woodstock?
4. What year did the Berlin Wall fall?
5. What year did Canada become a member of NATO?
6. What year did the first men land on the moon?
7. What year was John Kennedy assassinated?
8. What year did the Santa letter program with postal code HOH OHO begin?
9. What year was Super Bowl 1?
10. What year was Saskatchewan established as a province?
11. What year did Martin Luther King give his speech "I have a Dream"?
12. What year did the first Canadian go into space?
13. What year did the Beatles record "Sgt. Pepper's Lonely Heart Club Band"?
14. What year was the first post office in Canada established?
15. What year did John Lennon get shot and die in New York City?
16. What year did Anne Murray record "Snowbird"?
17. What year was Elvis Presley drafted?
18. Most important, what year did you retire?

And answers will be in the in the next issue!

Tips for Adjusting to Retirement

As continued from the last newsletter...

Set Small Goals

Your pre-retirement life was measured in meeting milestones, such as getting all the mail out, having a clean case, possibly making deadlines, finishing projects, or maybe even getting a promotion. You can still focus on goals after you retire, they just will be a little different than they were before. Working on goals can give you a sense of purpose. Also accomplishing new things can give you a sense of worth.

Think about what milestones you might want to meet in the first month, six months, or that first year once you've retired and write them down. Do you want to

- Lose 10 pounds
- Travel to Europe
- Finish five books you've been wanting to read
- Learn to scuba dive
- Redesign your back yard
- The sky's the limit.



Grow Your Friendships

There's a significant risk of becoming isolated during retirement. After 30 years of meeting friends through work and seeing them every day, it might not be as easy to stay in touch.

This can play into the restructuring of your daily routine—ask one friend to grab a coffee with you every Monday, another friend to go walking on Saturdays and a third pal to go to a movie every second Friday. Join the Heritage Club and attend activities. The more the merrier!

If you and your spouse are friends with other couples, aim to invite them over for dinner or board games at least once a month or so. If you don't feel like you have enough people to keep you socially active, take advantage of the extra time in your life to make new friends.

Check out any programs offered at your church or a local community center or find a group of like-minded individuals who share an affection for your favorite hobby, whether it's golf, crafts, or cooking. Meetup groups are also available for many hobbies and activities.

There's a good chance you never thought much about the psychological effect retirement might have on you. Retirement often means a loss of identity; it can cause you to question who you are now that you're no longer working.

Other issues that come with retirement such as more time and less money can also make for a difficult adjustment. Some retirees experience mental health issues, such as depression and anxiety after you stopped working.¹

In the early stages of retirement, you may feel somewhat lost. Many retirees find the transition can be difficult. These eight tips might help you adjust to retirement

so you can feel fulfilled and happy during this chapter of your life. To be continued...



Saying Farewell

We wish to send our sincere condolences
to the family and friends of
John Perkins, who died in February
and
Susan Jobin, who died last fall.

Exciting News for the Graduates in your Family

There are more opportunities for scholarships this year. Check out the information below, both with the Heritage Club, as well as the Johnson Insurance Scholarships

2022 Heritage Club Scholarship Program

So, for this year, the Heritage Club is planning to award three scholarships to the children or grandchildren of dues-paying members of any Heritage Club across our nation. The national executive is pleased to announce that the value of each scholarship has also been increased to

\$2,000. The scholarships are for any 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. Those applicants who have previously received a Heritage Club scholarship are not eligible to apply a second time.

Application Deadline

Submissions must be postmarked on or before June 28, 2022.

To Obtain an Application Package

Please contact Eldred Holmes holmese@nl.rogers.com for an application or for additional information.

And the second opportunity...



The **2022 Johnson Scholarship Program** is now open! @WeAreJohnson is proud to

offer 50 scholarship opportunities, valued at \$1000 each, to eligible applicants.

Deadline: July 28, 2022

To learn more about this exciting opportunity, visit Johnson.ca/scholarship.

#JohnsonPartner



Remember, we want to stay connected and in touch with you. If you move, change phone numbers or your email address remember to please provide updated contact information including: your name, new address, phone number and email us at: saskatoonpcheritageclub@gmail.com

Also, do you have any ideas for activities or events you might want to attend or enjoy? We are always open to new ideas, just let us know!

Your Yellowhead Heritage Club Committee

President: Heather Spence

306-955-1408

Vice-President: Shirley Stewart

306-227-1947

Sec/Treasurer: Maxine McLeod

306-220-1067

Newsletter: Mavis McPhee

306-343-7624 or 306-290-8244

Members at Large: Robert Lee

Ross Spence

Club email: saskatooncpcheritageclub@gmail.com

Heritage Club Registration

First Name _____

Last Name _____

Gender _____

Status (Active or Retired) _____

Address _____

Phone _____

E-Mail _____

CPC Start Date _____

Total Years of Service _____

Membership Fee is \$12.00 per year.

Registrations can be sent to:

saskatooncpcheritageclub@gmail.com

Or by regular mail to:

Heather Spence

831 Delaronde Way

Saskatoon, Sk. S7J 3Y8

Dues are \$12.00 for the year with \$2.00 of the fee being directed towards a charity. Your partner may join as well for an additional \$12.00. Dues can be paid at any time. When sending in your membership, please provide us with your contact information. Cheques should be made payable to **Yellowhead Heritage Club.**

And now for our favorite joke of the month...

A young fellow walks into the post office one day to see a middle-aged, balding, well-dressed man standing at the counter methodically placing "Love" stamps on bright pink envelopes with hearts all over them. He then carefully takes out a small perfume bottle and starts spraying scent all over them. The fellow's curiosity gets the better of him and he goes up to the balding man and asks him what he is doing.

"I'm sending out 1,000 Valentine cards signed, "Guess who?"

"I'm curious, why would you do that?" asks the man.

"I'm a divorce lawyer."

