



YELLOWHEAD HERITAGE CLUB

September 2022

Summer is winding down and for many of us summer meant an opportunity to get away, enjoy walks along the river or a beach, and maybe have visits with family and friends. It felt good being outside to watch a ball game, golf, work in our yard or just enjoy a glass of wine in your lawn chair. There was enough rain to keep things green with sunny and warm (but not too hot) days. We had many beautiful sunsets and some of the storms were very spectacular.

It seems in many ways we are returning to pre-Covid life; that is except for staffing shortages, poor service, lost luggage and cancellations with the airlines, supply-train issues, and inflation (your pension might not be going as far as it was in the past). However, Covid is not over as we know when watching the news and the alarming staffing problems in hospitals.

So, what might our new normal look like? We are retired and have time to be patient and kind when dealing with others. I believe that most people are doing the best they can. They are not trying to make things worse for us and are facing many of the same issues as us. Personally, I would not want to be trying to raise 3 kids on a clerk's salary as prices keep rising, with Covid lurking in the halls at their schools and winter will be here before we know it.

Lastly, let's all remember we do not have to fear bombs, missiles and fighting as the people of Ukrainian learn to live with war. We have much that is good in our lives, pause to take account of all that is right for you.

Mavis

Regular Heritage Club Events:

Weekly Breakfast Buddies meet every Tuesday at 8:30 at Smitty's in Market Mall

All are Welcome!

Ladies Lunch

The last Wednesday of the month

August 31 - Mr. Rib's

September 28 - Manhattan's at Lawson Mall

October 26 - Manhattan's at Lawson Mall

November 30 - Manhattan's at Lawson Mall

Still cancelled for now...

Cards and Games Club



Saying Farewell

We wish to send condolences to the family and friends of

Len Holoboff, who died in June 2019

Al Terry

Bob Sutcliffe – Radio Cab Driver



Western Development Museum Balcony

Wednesday, Dec. 7th

5:00 Cocktails

5:30 Full Turkey Dinner

Gift Exchange with \$15 per person limit

Door Prizes

\$40 per person for unpaid members

\$35 per person for paid members

Please contact Heather to save your tickets.

If you have dietary restrictions,
please let her know that as well.

Call: 306-955-1408

Email: saskatooncpcheritageclub@gmail.com



New Retirees, let the fun begin...

Dianne Addley

Donna Scott

Brandy Samulak

Deb Woichensky

Zee...

Hello Heritage Club members!



Mavis asked me to share a few highlights of our recent family trip. We were so happy to be able to travel again. We were on a very memorable 3-week trip to Ireland, London, and Paris. Before my mom passed away in 2004, we promised her that we would take our kids to Ireland someday to see where she was born and to meet our many cousins living there. We took our 3 kids and partners, plus one grandson and his girlfriend. There were nine of us in total! Not an easy task to organize, all went well, thanks Ross and his planning!



I think the most memorable times for us were being able to experience the beautiful countryside and coastline views of

Ireland and meeting up with family on the farm in Southern Ireland, in Dublin and in London. We got to see the Eiffel Tower, the Louvre, London Bridge, Big Ben and of course Buckingham Palace. We had such a great time together and my kids fit so easily into the family there. It was as though they had known each other all their lives. It is a trip that we will remember for the rest of our lives. I am feeling very blessed to have had opportunity to show my kids this side of the family and their heritage.



Your President, Heather Spence

Yellowhead Heritage Club



Who we are?

Yellowhead Chapter is one of 24 Chapters across the country; we cover the area around Saskatoon and to the north. The Heritage Clubs have a national website; check it out at heritageclub.ca then select **Yellowhead Chapter** to see our information.

What we do?

The Yellowhead Chapter presently organizes the Breakfast Gathering, Ladies Luncheons, Cards and Games Club and the annual Christmas party. Past activities have also included a Train Ride and Dinner, a Dinner Cruise on the Riverboat, Bowling and Pizza Night and an evening in an Escape Room. As well, several members enjoy participating in the annual Canada Post Santa Letter Writing Campaign. Before Covid, there was even some talk about organizing a golf tournament, maybe next year! In 2022 we donated \$250.00 to the Red Cross to support the people of Ukraine. In a second donation, we also provided baby formula, food, and medical supplies.

The purpose of The Heritage Club is to provide a friendly association for our longer-service employees and retired folks. We want to promote fellowship and a spirit of mutual helpfulness and to exemplify and preserve those principles which have come to be regarded as the ideals and traditions of Canada Post. As well, we want to participate in activities of service for our community, contribute to the progress of the Club and

promote the happiness, well-being, and usefulness of being a member.

Many Heritage Clubs ask their members to share those volunteer activities they are involved with. The Yellowhead Club has never asked for this information, but we do know that many of us help in our community by volunteering at our churches, Condo Boards and Community Associations. As well, we have others who are involved with Leadership Saskatoon, Habitat for Humanity, Prairie Hospice, and the Western Development Museum. Way to go folks!

Did you know?

By paying your membership fees, you are entitled to receive four newsletters per year instead of just this one. Your membership also entitles you to receive discounts at many of our Yellowhead Club events. Nationally, Heritage Clubs receive corporate discounts with Good Life Fitness, Choice Hotels, Johnsons Home Insurance, Medoc Travel, and Telus Mobility. Your membership also provides opportunities for scholarship grants for your kids and grandkids.

What can you do?

- Pay your yearly dues, it not only helps the Club, but it also helps your community.
- Get involved; plan to attend the events. Remember, the more the merrier!
- Share your ideas for activities, trips, or special events? We would welcome your suggestions. Please call Heather Spence at 306-955-1408 or email her at saskatooncpcheritageclub@gmail.com

To be entered in a draw for \$25.00 you can join or renew your membership by January 15, 2023. The registration form is towards the back of the newsletter on page 5.

Every year, Canada Post offers 30 scholarship awards to children of our employees who demonstrate academic excellence and a strong commitment to community. Each Region within the Canada Post family has a Coordinator who organizes and moderates a committee review meeting to select these winners out of the hundreds of applications we receive Nationally. We have always enjoyed welcoming a member of the heritage club into each of these regional meetings as a member of the selection committee.

The program has shifted to a fully online and automated process for applicants, creating an easier experience for both candidates and our selection committee.

What you can expect:

- Student applications for review will be provided via a link to a shared online platform – applications include an essay, reference letters, extracurricular activities and community involvement
- You will review the applications assigned to your region and complete an independent evaluation form for each candidate
- Depending on your location, a Coordinator will reach out to you to schedule the review meeting
- Meetings will happen virtually – each application and independent evaluation will be reviewed, and a consensus grade will be given to each applicant
- Winners are selected based on the points issued during the meeting

We do require our selection members to be well equipped and ready for the selection process. For privacy and environmental reasons, there will be no physical applications being mailed out.

To participate in the selection committee process you must have:

Availability for the full month of September to participate in the meetings

Space to work

Stable internet connection

A computer (desktop or laptop) with webcam and microphone (built in or external)

Motivation to learn computer skills!

If you are interested in participating, please reach out to me (Allison Barber) at allison.barber@canadapost.ca

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



Time to renew your membership for 2023.
Your yearly fee is \$12.00 with \$2.00 of the
fee being directed towards various charities
each year.

To help us stay in touch with you, when
renewing your membership, please provide
updated contact information including:
your name, address, phone number and
email address.

Cheques can be mailed to Heather Spence
at the address listed below. The cheques
should be made out to the:

Yellowhead Heritage Club

If you know of any retired Posties who
would be interested in joining, please share
this information with them. Spouses are
also encouraged to join the club!

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.

Applications can be sent to:

saskatooncpcheritageclub@gmail.com

Or by regular mail to:

Heather Spence

831 Delaronde Way

Saskatoon, Sk. S7J 3Y8

Tips for Adjusting to Retirement, again continued from the last newsletter

Consider an “Encore” Job

Who says that retirement from one job must mean leaving the workforce entirely? Several folks try out a less-stressful secondary career, perhaps one that’s part-time, after leaving their long-time workplace.

Research finds that retirees who got a “bridge” job, another term for this type of work, are often in better health, both mentally and physically, and report higher levels of life satisfaction. So, look around your community or search the internet for opportunities for jobs that you might enjoy doing during retirement.

Schedule Volunteer Shifts

Not willing to go back to the grind of working every day or even two or three days a week? That’s understandable. You might find you’d rather reap the same benefits by volunteering on a regular basis.

The perks might be related to the expanded social ties that volunteering provides or the sense of purpose a person can feel by committing to charitable causes. It’s not only going to boost your psychological well-being, but it could improve your cardiovascular health and lower the risk of hypertension, too.

Whether you choose to help at your local library, volunteer to take seniors to appointments or decide you’d like to volunteer at the hospital, look for ways to get involved in your community.

Maybe try something that requires you to learn new skills which helps to keep the brain functioning well. Share your hobbies with others or volunteer to help at a community event such as a fair or festival. Sometimes the added perk is being able to attend at no or reduced cost for working a shift or two.

Studies show that seniors who incorporate a low to medium level of volunteering in their life report more satisfaction with life and fewer symptoms of depression than those who didn’t volunteer.

Create a New Budget

Even the best savers might have to make some spending adjustments after retirement. In an ideal world, you have saved enough to last 20 to 30 years, but if you’re like most retirees, there’s a good chance you might fall a bit short of that goal, especially now with inflation inching upward.

Figure out what you need in your new post-career life and what you don’t. For example, that clothes and shoes budget that you always spent money on can go out the window, but you might need to add in a category for membership dues for a variety of organizations that you wish to join.

Establish a budget that will help you see how much money you have for entertainment or fun. You might learn you need a part-time job so you can go on an annual vacation. Or, you might discover you have enough money left over to take your grandkids to lunch once a week or that extra round of golf in the summer, or a beer on a Saturday with your fish and chips.

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

