



# YELLOWHEAD HERITAGE CLUB

## February 2023

Congratulations... you just made it through the 10 darkest weeks. The days are getting longer and the sun is warming things up! February is short and then comes unpredictable March, when the weather makes us think spring is here, until that one last snow storm that always seems to surprise us. Oh boy, does Mother Nature ever play with us in the spring! However, for those who love to work in their yard they are likely waiting to take in Gardenscape or have been browsing through seed catalogues. Others folks may be planning new projects at the cottage. Some individuals may be scheduling a camping trip or two. Getting through the winter in Saskatchewan always seems to leave us eager for spring!

We are very fortunate to have a cottage at a lake close to Saskatoon. It was an especially wonderful refuge during Covid, a place to go that felt almost normal. Now for the dilemmas! Is it a cottage or a cabin? Definitions vary; what is it made of, is it close to the water and lastly the region you live in impacts the name you chose to call your retreat. I choose to call our place a cottage! The 2<sup>nd</sup> problem is how to make your place comfortable without turning into just another "make-work" project. We have a pretty basic cottage, Alan likes the "KISS" motto. I want a few kitchen upgrades; a new countertop, sink and faucet. It would make working in the kitchen much easier. Well, we'll see what happens with the project. I'll let you know in September, so stay posted. Now remember to enjoy spring, whenever it really arrives.

*Mavis*

## Yellowhead Heritage Club Events

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

**Come join us!**  
**All are Welcome!**

## The Ladies Lunch

The last Wednesday of the month  
February 22 - Granada House on 22<sup>nd</sup>

March 29 - Granada House on 22<sup>nd</sup>

Then April 26, May 31, and June 28

Lunches will be at Las Palapas Resort Grill  
at 910 Victoria Avenue



## Saying Farewell

We wish to send condolences to the family and  
friends of

Sharon Jones, who passed away in  
December 2022

## Yellowhead Christmas Party

What a terrific evening at the Western Development Museum! The balcony seemed to work well. The food was great, the Christmas gift game was fun, door prizes were wonderful, and the company was awesome! Some tables were a bit rowdier than others! (No names will be mentioned to protect the innocent). Thanks to Heather and Maxine for their work planning the evening.



Burning questions from the evening...

Who stole my rug?

Who won the best door prize?

Who kept stealing Rita's gifts?

Who got home the latest?





## Spring Break!

Interested in a bit of a little holiday? We are thinking of a trip to Manitou at the end of March or early April. It will be planned for the middle of the week as the rates are better than on weekends. Your stay includes unlimited access to the mineral pool, great company, and tons of fun! Give Shirley a call at 306-227-1947 to sign up or find out more information. Come float with us!

## Printing the Newsletter

Are you wondering what has changed with the newsletter? For many of you, your newsletter now comes by email. For those receiving it in the mail, it is no longer printed in colour. Prior to our November newsletter, we were able to print it at the Bulk Plant and stuff the envelopes there for the mail-out. Things have changed, that plan is no longer an option for our Heritage Club. We now have to take the newsletter to a local printer and the cost of the newsletter has increased. So, email, while not supporting Canada Post will be used whenever possible. Those folks still getting it by mail will continue to do so. Thanks to Ken Kolenovsky and Lyle Bolton at Print West for agreeing to print our newsletter at a cost we can manage. So appreciated!

## How to Cut Your Grocery Bill

**PART 1** – Inflation has become an issue and food seems to be getting more expensive every day. On a fixed income, like a pension it makes it harder to eat

well. Eating out and ordering in also costs more. Some ideas to consider when it comes to food costs:

**Plan** - take advantage of sale items and reduce impulse buys. Look at store flyers each week, resist the urge to toss them directly into the recycling bin; they may contain great deals. Websites of the big grocery chains can also be helpful. Some shopping apps even compare prices for you. Plan meals based on the bargains you find for the next week; it also reduces the urge to make a fast-food stop. Stock up if you have the storage space for and know you'll consume them by the best-before date. Before shopping check your cupboards, fridge, and freezer to see what you need. Create a shopping list before you head out and then stick to your list.

**Buying in Bulk** - can help prevent the wasting of food and money. Research states Canadian consumers throw out an average of 170 kilograms (375 pounds) of food per person each year. Aside from the environmental impact, your dollars are also being wasted. Shopping in the bulk-food section, instead of going for packaged items might be helpful, you control the amount you buy. Most stores have bulk sections; look the next time you are in the store. Some staple pantry items that you use often can be cheaper by buying in bulk; rice, quinoa, pasta, sugar and flour all have long shelf lives. Check to see which foods could go on your bulk list.

### Consider Meal Delivery

Meal delivery programs are ready-to-prepare dishes delivered to your door with preproportioned meal ingredients and an easy recipe. They are increasing in popularity: often marketed as healthy and delicious, and easy to prepare. Almost all the companies offer deep discounts to new customers. Delivered meals are great if you're unable to cook much for yourself, have too much going on to bother with cooking or want to try something new.

*Taken and revised from Good Times*

## Saskatchewan Heritage Club News

You might remember, in the November newsletter we welcomed the members of the *Golden Sheaf Heritage Club*, which is centered in Regina. Their long-term President had resigned and it looked like no one was willing to take on the President's position. Things have changed, they have a new President, which is great! So glad we were able to help keep the club active, even for a short time.

## Still Travelling... Johnson-Medoc Insurance Information

Johnson-Medoc Travel insurance is a good option for Heritage Club members. Their rates are very competitive, and they are easy to work with. Just a quick update; if you have a medical emergency while out of the country call Medoc within 24 hours of the emergency. Shawn from Johnson says they would like to be aware of the claim as soon as possible to coordinate everything. Their insurance also includes coverage for Covid 19 related incidents. Coverage can be purchased regardless of age or health status with a few exceptions. They provide up to \$10 million in emergency coverage. They work alongside Canada Life so you must also call Canada Life within the first 24 hours after an incident. When you have used your limit with Canada Life, then Johnson kicks in and covers any additional costs. Make sure you have your Canada Life Health Care Plan number and your Canada Post Employee ID number with you; you will need them to make your claim. Here are the numbers to call in case of emergency. Always keep all this information in a safe place when you are travelling so it can be accessed in case of emergency.

### Medoc Numbers:

In Canada & USA: 1-800-709-3420  
Mexico: 800-514-7983  
Rest of the World: 819-566-1002

### Canada Post Extended Health Care Numbers:

USA: 1-855-222-4051

Rest of the World: 1-905-816-1901

## Yellowhead Club Dues

Thanks to those folks who paid their dues for 2023, much appreciated. If you paid by January 15 your name was entered in the draw to win \$25.00. And the winner is...Bob Winslow. Congratulations!

If you still need to pay your dues, please contact Heather, Maxine or email the club. Phone numbers are listed below.

### Your 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](mailto:saskatooncpcheritageclub@gmail.com)

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

