



YELLOWHEAD and GOLDEN SHEAF HERITAGE CLUBS

November 2022

Lots of news in this issue, so let's just get into it and start with info on the Yellowhead Christmas Party. A great chance to get together. If you wish to attend, please let Heather know...ASAP!



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,
let her know that as well.

Call: 306-955-1408

Email: saskatooncpcheritageclub@gmail.com



The Executive of the Yellowhead Heritage Club would like to take this opportunity to welcome Golden Sheaf chapter members to our club. As many of you may have heard Conway Crozier-Smith has stepped down as president of the Golden Sheaf Club. A big thanks to Conway for his many years of service to the Club. We hope you truly enjoy the next phase of your life as you move on to other things.

Our club will be taking on the task of collecting your membership fees and all that is included with that. We ask for your patience as we transition into this new way of doing things. As members of Golden Sheaf, you will now be joining our club. You will continue to receive all the membership benefits such as Johnson Medoc Travel Insurance, discounts, etc. I encourage you to check out Johnsons house insurance, we get a great deal as members. You also will receive 4 newsletters a year as a paid member. If you are not paid your dues, you will receive 1 newsletter a year from us. The last page of the newsletter contains a list of our executive team and the address you can send your dues to each year. Please remember to write your cheques out to **Golden Sheaf Heritage Club**. It is our club's practice to use \$2.00 of each membership fee to donate to a charity each year.

It is our hope there could be a few people from the Regina area that would take on planning some events each year, maybe a weekly breakfast, a monthly lunch, or perhaps a Christmas party. If this is something you would consider, or want more information please don't hesitate to contact me, Heather Spence at saskatooncpcheritageclub@gmail.com

Yellowhead 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

November 30 - Manhattan's at Lawson Mall

January 25 - Granada House on 22nd

February 22 - Granada House on 22nd

And still cancelled for now...

Cards and Games Club

And Last in the series...Tips for Adjusting to Retirement

Give Yourself Time and Flexibility to
Figure It Out What You Want to Do Next.

You might think that you want to spend your retirement painting, cooking, and reading, but then find out that all that time spent at home doesn't fulfill the lifestyle you dreamed about. So you try golfing, fishing, and do some travelling. After 30 or more years in the workplace, you finally have time to experiment with what you really want. There are many varied ways you can spend your time. And fortunately, there's no need to figure it all out right away, so don't panic. It will likely take a fair amount of experimenting to help you find just the right balance of how you want to spend your time. You can always increase social activities later or develop new hobbies if you want to stay busier. The joy of retirement is that you'll have plenty of opportunities to experiment. It's up to you to design the type of day and kind of life that you want to live. The Beginning!



The Annual Santa Letter Writing Program

Santa sent us an email again this year! He needs help up at the North Pole with keeping up with the Santa letters. Can you believe 1.5 million Santa letters were answered in 2021 with 60,000 from Japan alone! Some Canadian teachers who are teaching abroad are using our Santa letters as an English learning tool.

Our letters are translated into 27 different languages. Also, Canada Post is always looking for people who can speak and write in different languages to assist in the Santa Letter Writing Program.

Last year 174,120 letters were answered by Heritage members from across the country. Our Yellowhead Chapter will again be assisting Canada Post with the annual Santa Letter Writing Program. It's a huge task to help Santa by replying to every letter he receives so there are no disappointed children. This is an activity that you can safely do from home. It is a simple process:

- Let us know how many letters you would be willing to answer, they come in multiples of 20. We will get you the requested number of letters, along with the reply letters and envelopes. Additional instructions come with the bundles to assist you.

- The reply letters are already written, you just need to add the P.S. message. Always be careful to not make any promises Santa can't keep.
- You address the return envelopes and put them in the mail at your local retail postal outlet, or even in your local street letter box.
- Keep all the original Santa letters and return them to Heather

If you can help with the Santa Letter Writing Campaign this year, please give Heather at call at 306-955-1408 or send an email to saskatooncpcheritageclub@gmail.com

If there is someone in Regina who wants to coordinate the program for the Golden Sheif Club you can contact Heather as well.



Saying Farewell

We wish to send condolences to the family and friends of

Clayton Pachal - July

Elaine Rowland - Aug.

Peter Kazakoff - October

Also in October, Eunice Kleppe, wife of Johnny Kleppe

With overdue condolences for Glenn Cunningham who passed away within the last 6 years

Helping Out!

This year the Yellowhead Heritage Club supported Abbeyfield House with a donation.

Abbeyfield House Saskatoon opened in 2006 after many years of fundraising to secure money for the build. We are in Holiday Park in a gorgeous park-like setting, close to the river and golf course.

We have 11 bachelor suites with a shared kitchen. Tenants at Abbeyfield must be able to live independently which can sometimes mean external support can be in place, such as Home Care. We have a House Coordinator to prepare the lunch and supper meals and we eat together as a family. We also have a part-time House Manager who assists the Board with the administration and overall running of the House.

Abbeyfield's core mandate is to provide affordable accommodation and companionship for lonely elders within their own community. We also bridge the gap between being completely independent and needing more continuous care. We are a non-profit, registered charity, overseen by a volunteer Board of Directors. We are considered a "working Board" in that we contribute a great deal of time and energy using our acquired skills and expertise to keep expenses to a minimum to allow tenant rents to be as low as feasible. We are a warm and friendly environment that offers "Family Living." We share events and we are there for each other when needed. Abbeyfield is non-denominational and does not discriminate against race, gender, or background.

Abbeyfield Saskatoon seems to have a group of seniors of very modest income. Many folks cannot afford to live elsewhere. Times are very difficult! Our Board works diligently to keep our expenses as

low as possible. However, with the increase in cost of groceries and services, coupled with our aging infrastructure, we are finding it difficult to maintain the high standard and quality of living we should all expect as we age. Recently Abbeyfield ordered new windows for our house. The windows will cost us \$45,000. We have some money set aside for the down payment, and we are hoping to find donors to help us with some of the total expense. Once the windows are in, we will need to repair the walls, paint, and replace the worn and damaged blinds.

Other projects the Board believe are necessary include replacing some of the carpets, painting additional areas, updating kitchen supplies, such as pots and pans, a slow cooker, cookie sheets, mixer, knives, dinner plates, etc. In the absence of replacing carpets with non-carpet flooring, we will need to purchase a carpet cleaner.

We are finding our volunteers are limited in what they can do so we need to hire out for some services. Abbeyfield hopes to find someone to do small, handyman-like repairs and maintenance. Someone with a truck willing to haul away refuse from our very large yard would be appreciated. We have quite the list of tasks needing to be done. We cannot do much without money. Our tenants can't afford to pay more.

We would like to thank you for your generous donation to our charity.

Sincerely,
Linda Chad

President, Board of Directors
Abbeyfield House Saskatoon
306-229-5310

And...Congratulations to Tim Boechler for his work on the movie "Welcome to Kittytown". It was a great premiere, and so nice to see our Saskatchewan on the big Screen!



National Heritage Club News

The purpose of The Heritage Club is to provide a friendly association for our longer-service employees and retired folks; 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. The Heritage Clubs have a national website; check it out at ***heritageclub.ca*** If you want to see information on your club then select either ***Yellowhead Chapter or Golden Sheaf***

By paying your membership dues you are entitled to receive four newsletters per year. Nationally, Heritage Clubs receive corporate discounts with Good Life Fitness, Choice Hotels, Johnsons Home Insurance, Medoc Travel, and Telus Mobility. You are eligible to take advantage of the discounts. Your membership also provides opportunities for scholarship grants for your kids and grandkids. Remember to:

- Pay your yearly dues, it not only helps the club, but it also helps your community.

- Get involved; plan to attend the events organized for your club. Remember, the more the merrier!
- Also remember to share your ideas for activities, trips, or special events.

Travelling...Medoc Johnson Insurance Information

If you have a medical emergency while you are out of the country call Medoc within 24 hours of the emergency. Shawn from Johnson says they like to be aware of the claim as soon as possible to coordinate everything. Also, their insurance now includes coverage for Covid 19 related incidents. They work alongside Canada Life. Coverage can be purchased regardless of age or health status with a few exceptions. They provide up to \$10 million in emergency coverage. You must also call Canada Life within the first 24 hours after an incident. When you have used your limit with Canada Life, which can happen very quickly 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

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

A letter carrier is working on a new route when suddenly, she comes upon a garden gate marked with a large sign reading BEWARE OF THE PARROT!

Befuddled, she looks down the walk and into the garden and sure enough, there is indeed a beautiful parrot sitting on its perch. She has a little giggle to herself at the sign and the parrot there on it's perch.

The letter carrier opens the gate and walks into the garden. She gets as far as the parrot's perch, when suddenly the parrot calls out: "**REX, ATTACK!**"



For the folks in the Yellowhead Club or wishing to join the club...

To be entered in a draw for \$25.00 you must join or renew your membership no later than January 15, 2023. The registration form is at the end of the newsletter.

Good Luck!

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

JOIN NOW!

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.

**Special note: Golden Sheaf members, this is
a reduction of \$3.00 from your past fees. If
you have already paid your 2023 dues, you
will be reimbursed.**

Please provide updated contact information
including: your name, address, phone
number and email address. Also, if you
know of any retired Canada Post employees
interested in joining, please share this
information. Spouses are welcome to join
the club as well!

**For now, only Yellowhead members can
pay your dues, etc. by e-transfer to
saskatooncpcheritageclub@gmail.com
We hope to have e-transfer set up for the
Golden Sheaf members soon.**

If paying by cheque, it should be made out
to your club, so either ***Yellowhead Heritage
Club or Golden Sheaf Heritage Club***

Heritage Club Registration

Circle: Yellowhead or Golden Sheaf

First Name _____

Last Name _____

Gender _____

Status (Active or Retired) _____

Address _____

Phone _____

E-Mail _____

CPC Start Date _____

Total Years of Service _____

Applications can be sent to:

saskatooncpcheritageclub@gmail.com

Or mail to: Heather Spence
831 Delaronde Way
Saskatoon, Sk. S7J 3Y8