



# YELLOWHEAD HERITAGE CLUB

## August 2023

With the cooler mornings, the leaves starting to turn and earlier sunsets, we know we will soon be saying farewell to another summer. I hope you were able to take time to get away, enjoy some of the summer activities offered in and around our city and province, and maybe have time to relax with family and friends. With the many forest fires in the West the smoke got to me some days and was likely a concern for those of you who might have health issues. The rain we had the other day in Saskatoon was welcomed. Even more would be fantastic in hopes of lessening the drought we are experiencing. I feel sorry for some of the farmers who won't have much of anything to harvest this year.

Big thanks to Shirley Stewart for taking the lead on organizing the Golf Tournament at Holiday Park this summer. It was a great day with many new faces (even some from out of town) joining in the fun! Even some of us "non-golfers" enjoyed the day, and with all the prizes, everyone went home with something.

I don't know about you but by the end of August or early September I'm ready to have things slow down a bit. I love spending time at our cottage but I'm also ready to be at home and get back into a regular routine. Hold it...do retired folks have a routine? Breakfast out every Tuesday!

Aside from our regular activities, the Yellowhead Heritage Club have several events planned this fall, some are happening very soon. Take a look at what is being offered and plan to join in the fun. All members are welcome.

*Mavis*

## Rucker's Mini Golf

**Tuesday, Aug. 29, 2023**

Join us for a fun morning at Putt' N Bounce for Mini Golf. It is located at 1206 Arlington Ave on the corner of Arlington and 8<sup>th</sup> Street East right behind Fuddruckers. We will meet in the parking lot at 11:00 right after our regular breakfast at Smitty's.

\$10.00 per person for ages 60 and up

\$11.25 for the younger adults

Pay for your golf on the day.

## Prairie Lily Dinner Cruise

**Tuesday, Sept. 5, 2023**

*RSVP by Aug. 29<sup>th</sup>*

Come join us for a beautiful cruise down the Saskatchewan River enjoying the river valley, our beautiful city and expansive prairie skies. We will enjoy the company of others in our club and share a wonderfully prepared meal.

Boarding: 6:00 pm

Departure: 6:30 pm

Return: 8:00

Plan to arrive at the dock 30 minutes prior to cruise. Boarding ceases 5 min. prior to departure. The dock is located beside the Nutrien Wonder Hub, just across from the Yellow Ferris wheel in Kinsmen Park on Spadina Cres.

There is a bar on board serving wine, beer, and spirits as well as non-alcoholic beverages. Washrooms are available as well.

The cost is \$92.00 per person for members in good standing and \$97.00 per person for non-members. The club will cover the gratuities.

Please pay by etransfer to:

[saskatooncpcheritageclub@gmail.com](mailto:saskatooncpcheritageclub@gmail.com)

Or contact Heather Spence at 306-222-9078 to pay by cash or cheque. Cheques need to be made out to: *Yellowhead Heritage Club*



**2023 Christmas Party**  
**Friday, Nov. 24<sup>th</sup>**  
**Smitty's in Market Mall**  
**RSVP by Nov. 12<sup>th</sup>**

Cocktails: 5:30 pm

Dinner: 6:30- 10:00

Bugsy's Bar next door to Smitty's will be  
available to us after 10:00 pm.

\$25.00 per person for members  
\$30.00 for non-members

We are looking forward to this year's party  
and would love to have you join us. There will  
be door prizes and a gift exchange with a  
\$20.00 limit per person. It is a great  
evening, with lots of visiting and laughter.

We would sure like to see you there!

Once again, you can pay by etransfer to:  
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Please contact Heather Spence at  
306-222-9078 to pay by cash or cheque.  
The cheques need to be made out to the:  
**Yellowhead Heritage Club**

## Regular Heritage Club Events

Weekly Breakfast Buddies meet every  
Tuesday morning at 8:30 at  
Smitty's in Market Mall  
**All are Welcome!**

## Ladies Lunch

**The last Wednesday of the month**  
**1:00 pm**

August 30 - Zervos Tavern  
1605 33<sup>rd</sup> Street West  
September 27 - Loosey's  
3016 Arlington Ave  
October 25 - Loosey's  
November 29 - Loosey's

## How to Cut Your Grocery Bill

### *PART 3 of 3*

**Repurpose.** There's often no need to throw out  
leftovers, try to think about other ways you can use  
them. For example, leftover meat and poultry are  
great in soups and stews or as filling for burritos,  
enchiladas, and tacos. Leftover mashed potatoes  
make a great topping for shepherd's pie and can  
make soups smooth without the cream. In fact,  
consider "planned-overs" for your leftovers. Maybe  
you can make a big batch of rice, then have some as  
a side dish tonight for supper and use some the next  
day in a vegetable-rice-bean casserole.

**Make it count.** Studies show that fresh leafy greens  
are associated with helping to prevent dementia, the  
MIND diet, which promotes cognitive health,  
prescribes eating at least one leafy vegetable every  
day. So don't be shy about using all parts of the  
vegetable when you can, which is also a money-  
saver. For example, if you're roasting beets, use the

greens off the tops for salads. You can sauté most leafy vegetable tops with garlic and olive oil and enjoy them as a side dish.

**Buy generic or no-name brands.** There's little to no difference between these products and the leading name brands...except the price. In fact, often the same company that produces the name-brand version also makes the generic. Maybe try healthier, cheaper choices. The new [Canada's Food Guide](#) stresses plant-based diets. To compensate for the rising price of fresh vegetables, you can save on healthy plant-based foods by buying canned pulses such as beans, lentils, and chickpeas or dried pulses, which are even less expensive. Those are low-cost ways of getting a lot of fibre, iron, and protein.

### **What is the MIND Diet?**

The MIND diet uses aspects of both the DASH diet and the Mediterranean diet. Research suggests that these dietary patterns may help preserve cognitive function. Martha Clare Morris combined the diets to create the Mediterranean-DASH Intervention for Neurodegenerative Delay, or MIND, diet.

A traditional Mediterranean diet primarily consists of grains, legumes, vegetables, fruit, nuts, and fish. People can also include small amounts of meat, eggs, dairy, and alcohol. The DASH diet emphasizes fruit, vegetables, and low-fat dairy products. A person can also eat whole grains, poultry, fish, and nuts but should limit their intake of saturated fats, red meat, sugars and alcohol.

The MIND diet combines these dietary patterns by encouraging the consumption of many plant-based foods, in addition to fish and poultry, while attempting to avoid saturated fats and added sugars. The diet mostly differs due to its focus on daily and weekly recommendations for specific foods and food groups.

It recommends 2 or more servings of vegetables a day but notes that at least 1 serving should be leafy green vegetables.

Evidence suggests that the MIND diet can help lower Alzheimer's disease risk by about 53% or 35%, depending on whether a person follows the diet strictly or moderately well. Although more research is necessary to confirm these findings, this diet may be a promising strategy to help prevent or delay cognitive decline. However, it is advisable to discuss any dietary changes with a doctor before implementing them.

*Taken and revised from Good Times*



### ***SAYING GOODBYE***

We wish to send our condolences to the family and friends of Bob Peake who passed away in July and Lydia Deptuck in August

### **Employment Opportunity**

The Wildwood Golf Course is looking for some temporary employees. They are looking for a part-time person to work in the pro shop for September and October. As well, they are looking for people to work 25 to 30 hours per week in the concession. This might be a way to earn a bit of extra money for your winter vacation or just to get you out of the house.

If you are interested, please contact Abe Buckle, the Golf Pro at Wildwood. His phone number is 306-975-3320 or you can email him at [abebuckle@hotmail.com](mailto:abebuckle@hotmail.com) for additional details.

# Yellowhead Heritage Club



## Who are we?

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](http://heritageclub.ca) then select **Yellowhead Chapter** to see our information.

## What do we do?

The Yellowhead Chapter regularly organizes the Breakfast Gathering, Ladies Luncheons, our annual Christmas party. Activities in the past have included a Train Ride and Dinner, a Dinner Cruise on the Riverboat, a Fun Golf Tournament, 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.

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. In 2022 we made donations to Abbeyfield House and the Red cross in support of Ukraine. We have not yet determined the organizations we will support in 2023.

Also, many Heritage Clubs ask their members to share those other 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, Saskatoon Council on Aging (SCOA) 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 one. Your membership also entitles you to receive discounts at many of our Yellowhead Club events. Nationally, Heritage Clubs members also receive corporate discounts with Good Life Fitness, Johnsons Home Insurance, Medoc Travel. 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 our Club, but also helps organizations in your community. Our Club has 365 eligible members, but only 125 in good standing...we can do better.
- 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 306-222-9078 or email her at [saskatooncpcheritageclub@gmail.com](mailto:saskatooncpcheritageclub@gmail.com)

**This year be entered in a draw to receive your membership waived by paying your membership by January 31, 2024. The registration form is towards the back of the newsletter on page 5.**

## ***Your Yellowhead Heritage Club Committee***

President: Heather Spence

306-222-9078

Vice-President: Shirley Stewart

306-227-1947

Sec/Treasurer: Sandy Kew

306-220-9526

Newsletter: Mavis McPhee

306-343-7624 or 306-290-8244

Members at Large: Robert Lee

Ross Spence

Maxine McLeod

Club email: [saskatooncpcheritageclub@gmail.com](mailto:saskatooncpcheritageclub@gmail.com)



Dues are to be paid in January for 2024. The yearly fee is \$12.00 with \$2.00 of the fee being directed towards various charities each year.

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

Also, 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.

Dues for 2024 can be paid by cheque starting December 15<sup>th</sup>. Cheques can be mailed to Heather Spence at the address listed. All cheques should be made out to the:

***Yellowhead Heritage Club***

If you wish to pay by e-transfer, please do so beginning January 1<sup>st</sup>, 2024. Send your e-transfer to [saskatooncpcheritageclub@gmail.com](mailto: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.***

**Applications can be sent to:**

[saskatooncpcheritageclub@gmail.com](mailto:saskatooncpcheritageclub@gmail.com)

Or by regular mail to:

Heather Spence

831 Delaronde Way

Saskatoon, Sk.

S7J 3Y8



## Close to Retiring, or Retired

### Here are Your Benefit Contact Numbers

C.P.C. Pension:  
1-800-480-9220

Superannuation:  
1-800-561-7930

Canada Pension Plan/Old Age Security:  
1-800-277-9914

Canada Post Extended Health Plan  
(Canada Life)  
1-866-249-5723

Access H.R. - CPC Human Resources:  
1-877-807-9090

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

