



YELLOWHEAD HERITAGE CLUB

May 2023

Well, here comes summer and if the beginning of May is any indication we are in for a "HOT" one. Summer gives us the opportunity to spend time outside and get all the Vitamin D we need! The crocus are out in full bloom and with them...here come the ticks! I grew up in Saskatoon and don't remember having them as a kid, so they can just go back to wherever they came from! I, for one would not miss them in the least.

There are always lots of activities to take in over the summer aside from just being outside. The city parks and River Landing are great places to just hang out, maybe have a picnic or meet up with friends. We now have a variety of sites and times for Farmer's Markets with the bigger ones at River Landing and the facility in the north end of the city. The Jazz Festival has changed its location and format but should still provide us with some great live music. The Taste of Saskatchewan are taking a year off, but rumour has it, there may be a Food Truck Feast. Shakespeare on Saskatchewan runs most of the summer with the plays this year being *Romeo and Juliet* and *As You Like It*. Let's not forget about the Exhibition, The Fringe and the Fireworks at the end of the summer.

Getting away to a cottage or camping at a lake is always fun, just remember your rain gear and bug spray. If so inclined, maybe take a road trip or two; we hope to get to Alberta and British Columbia to visit friends and relatives we haven't seen in awhile due to Covid. And before you know it, the days will start to cool down...and it's September!

Mavis

Yellowhead Heritage Club Events

Weekly Breakfast Buddies meet every Tuesday at 8:30 at Smitty's in Market Mall. We will continue to meet over the summer.

Come when you can and join us!
All are Welcome!

The Ladies Lunch

The last Wednesday of the month
May 31 - Las Palapas Resort Grill
June 28 - Las Palapas Resort Grill

Our Recent Retirees



Congratulations going out to
Diane Just
June Cruz

So now it's time for a bit of rest,
rejuvenation, and relaxation.
Then let the fun begin.
Retirement is great!



TEXAS SCRAMBLE GOLF TOURNAMENT

We are hosting an afternoon of golf, fun and fellowship on

Thursday, June 15th at 1:00 p.m.

Holiday Park Golf Course – Executive 9.

This is a Heritage Club event, but you **do not** have to be a member to take part. It is a fun time whether you are a golfer or not. It is a Best Ball and you play as a team, with teams being drawn from a hat.

There will be a Beer Cart on the course and the Concession will be open for food and drinks.

If interested, please register by June 1st

by emailing, calling or texting

Shirley Stewart at 306-227-1947

Email: shirstew55@gmail.com

Cost is \$42.00 /person including a cart.

If you opt to walk the cost is \$26.00 /person

You pay your fees by etransfer to

saskatooncphertigageclub@gmail.com

Then we will pay Holiday Park. When registering we need to know if you are 65 or over for the final bill to the Golf Course.



Saying Farewell

We wish to send our condolences to the family and friends of Marilyn Haaland

Scholarship opportunities...

There are two scholarship programs available to the children and grandchildren of Heritage Club members.

HERITAGE CLUB SCHOLARSHIP PROGRAM 2023

The Heritage Club is planning to award three scholarships to children or grandchildren of Heritage Club members who have paid dues for the past two years (2023 and 2022). The scholarships are valued at \$2,000 each for university or college studies. The scholarships will be awarded to students starting, for the first time, their first year of full-time studies. Eligible recipients include dependent children, including adopted and stepchildren, grandchildren, and wards in legal guardianship of active members.

These scholarships apply to all Canadian educational institutions which have provincial degree granting powers or their affiliates and at Canadian Colleges or CEGEPs. Learn more about this opportunity [here](#). To be considered all applications must be received or postmarked on or before June 30, 2023.

JOHNSON INSURANCE INC. SCHOLARSHIP PROGRAM 2023

The Johnson Insurance Inc. scholarships are available to the children and grandchildren of Heritage Club members that have MEDOC travel insurance, or home or auto insurance with Johnson Insurance. Applicants must be a resident of Canada, completing high school in 2023 and enrolled in an undergraduate program for the 2023/24 academic year at a recognized publicly funded Canadian post-secondary institution or CEGEP. Applications must be submitted by July 27, 2023. Learn more [here](#).

Yellowhead Heritage Club Annual General Meeting

Tuesday, June 13th
Smitty's in Market Mall
Breakfast at 8:30 with meeting to follow.



Sandy Kew



Maxine McLeod

EVERYONE WELCOME

We would like to extend an invitation to a very important AGM. Please consider joining us for breakfast and a short meeting. We have received a nomination for a new treasurer.

- Sandy Kew has agreed to let her name stand for the treasurer position. Sandy has 39 years in with Canada Post.
- Maxine McLeod will let her name stand for a position as Member at Large. Maxine has been our treasurer for many years, and she had 30 years with Canada Post. She has always been greatly involved in our club and all its activities.

We will be voting at the AGM on June 13th. We hope to see as many members as possible out. This will also be a great opportunity to visit with others.

Thank you,
Heather Spence
President

How to Cut Your Grocery Bill

PART 2 of 3

Consider These Money-Saving Tips:

Kick the bottled-water habit. In Canada we have clean drinking water in most cities and towns. Bottles are handy for when you're on the run, but using a refillable container will save you money, and reduce the use of plastic.

Save on meats. Don't be afraid to be your own butcher, purchasing larger, cheaper cuts of meat is less expensive than purchasing precut, preportioned, and packaged meats. An example, it is cheaper buying a whole chicken than just the breasts or thighs. Freeze what you don't use. And you can make your own stock with the bones.

BYOC. Coffee lovers have many options for thermal bottles that keep drinks hot for many hours. If you're making a pot of coffee in the morning to have with breakfast anyway, bottle some to take with you? It'll save you money and time.

Get a toaster oven or air fryer. Often you use your large oven to cook just one or two servings. Over time, that really adds to your bill. Using a smaller appliance is more energy efficient. Try making toast and bruschetta, maybe bake cookies, cook a casserole. For Sunday dinner, you could roast a chicken or a small beef roast.

Seasonal produce. Preserving used to be a summer and fall tradition, but it fell out of favour as stores began to source produce globally, making most fresh fruits and vegetables available year-round. Fortunately, interest in canning, pickling, freezing, and drying is increasing again. Home preserving is an economical way to enjoy local fruits and vegetables out of season. Most fruits can be frozen or canned and many make delicious jams and spreads, a wonderful treat in the middle of winter. For veggies, try pickling, canning, or freezing.

Buy frozen. Frozen vegetables are just as nutritious as fresh, sometimes more nutritious as they are often picked, processed and frozen on the same day. Years ago, the selection of frozen vegetables was limited to corn, peas, and carrots. Today, there are more choices than ever before, you can find frozen kale, butternut squash, and sliced beets. The best thing about them, besides reducing the time and energy spent on washing and chopping is that you can take out only what you need from your freezer. There's very little if any waste. For maximum nutrition, try lightly steaming or stir-frying the vegetables rather than boiling them.

Choose by quantity. To counter the rising cost of vegetables, choose vegetables that allow you to control the quantity. Don't buy more than you can use before they spoil. For example, mushrooms, Brussels sprouts, green beans, and sweet potatoes. Maybe only buy five mushrooms because that's all you will need to make omelettes for breakfast or lunch.

Taken and revised from Good Times



News from the National Heritage Club

J. P. Leguerrier, the National President recently reported the cancellation of our discount benefits regarding hotels and service with Telus. This was a perk offered to all Heritage Club members. As Yellowhead President, Heather and Ross will be attending the National Canada Post Heritage Club Conference later this month in British Columbia, along with all Chapter Presidents and the National Executive Committee. I'm sure we will hear more information from the national meeting when we meet at our AGM in June.

In the meantime, did you know the Heritage Club has 24 local chapters with over 20,000 members all across Canada. Our benefits include:

- Access to Johnson Insurance discounts
 - Home and Automobile
 - Travel insurance (MEDOC)
- GoodLife Fitness discounts (Gym)
- Scholarships for children and grandchildren of members
- Collette Tour discounts

Additional information on the benefits is available on the website at www.heritageclub.ca

The website has recently been redesigned and is easier to use. Several of our past Yellowhead Newsletters are also available on the site by clicking on the red banner on the top right side of the main page. Locate Saskatchewan and then Saskatoon on the drop-down banner.

Your Heritage Club Committee

President: Heather Spence

306-955-1408

Vice-President: Shirley Stewart

306-227-1947

Sec/Treasurer: To be elected.

Newsletter: Mavis McPhee

306-343-7624 or 306-290-8244

Members at Large: Robert Lee

Ross Spence

Club email: saskatooncpcheritageclub@gmail.com

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

It was a cool morning when a Calgarian letter carrier decided he really needed a coffee. Tim Hortons was close to his walk, so he headed over. It was that time of the year and "Roll up the Rim" was in full swing! He ordered his coffee and a donut. When he was finished, he rolled up the rim on his coffee. He stared in disbelief for a moment, then started yelling, "I've won a motor home! I've won a motor home!"

A woman working at the counter said, "That's impossible. The biggest prize is a car."

"No, it says right here," he said, handing the cup to the employee: "W I N A B A G E L."

