



YELLOWHEAD HERITAGE CLUB

November 2023

Well, we have had our first dusting of snow for the season, time to get out the shovels, put the snow tires on the car and maybe hang the Christmas lights before it gets any colder. This was the time that many letter carriers thought about another winter of battling the cold, snow and ice or deciding it might be a good time to retire. But then what...golfing, fishing, and sitting on a beach (at least in Saskatchewan) just wasn't on the calendar. So, then what?

How do you spend your winter? It seems that as the days get shorter it's easy to just hunker down at home, maybe with Netflix or a good book. However, after learning more about the "Blue Zones" this may not be the best idea.

The term "blue zones" was first coined by Dan Buettner, a National Geographic journalist, during an exploratory project he led in 2004. After a trip to Okinawa, Japan in 2000 to investigate the longevity there, he set out to explore other regions of the world with reportedly high longevity. "Who doesn't want to live longer?" He learned that aside from diet and regular physical activity, another factor is the value of having a community, a sense of purpose and being connected with others. Being involved in the Heritage Club provides a connection to others and a portion of your dues gives back to your community.

To learn more about longevity, not only to live longer but to live with better health you can check out "The Blue Zone" on Netflix or visit www.bluezones.com



2023 Christmas Party
Friday, Nov. 24th
Smitty's in Market Mall
RSVP by Nov. 12th

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

Come join this year's party and have a fun time. There's a gift exchange with a \$20.00 limit per person. Also, lots of door prizes! A great evening, with plenty of visiting and laughter. We'd like to see you there!

Once again, you can pay by etransfer to:
saskatooncpchheritageclub@gmail.com

To pay by cheque or cash contact Heather at 306-222-9078. The cheques need to be made out to the:

Yellowhead Heritage Club

Mavis

Regular Heritage Club Events

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

But then...on a Wednesday afternoon, just
because we can, we decide to meet up for
drinks with Andrea, our favourite server on
Tuesday mornings!
Great fun!



Make
Today
Amazing

Ladies Lunch

The last Wednesday of the month
1:00 pm

November 29, 2023 - Loosey's
December 27, 2023 - No Gathering
Then Solar Gardens in Lawson Heights Mall
for
January 31, 2024
February 28, 2024
March 27, 2024

Prairie Lily Dinner Cruise Update

On September 5th folks from the club shared a
beautiful evening on the South Saskatchewan
River. It was a great time enjoying lovely views
of our city, great food, and good friends.
Thanks to Heather for organizing the event.



2023 Heritage Club Scholarship Results

The Canada Post Heritage Club is very proud to offer a Scholarship Program to the dependants of our members (in good standing). We are now in our sixth year with this program, and with this year's class we have presented scholarships to nineteen fine young people. The qualifications of the applicants are always impressive, making it a difficult choice for our evaluators. We thank them for their thoughtful deliberations. Congratulations to the 2023 winners and we wish them every success in their future endeavors. They are all talented, hardworking individuals, and will surely do well in their studies and their chosen careers. The future is in good hands, if the caliber of our applicants is any indication.



Abbygale Davidson

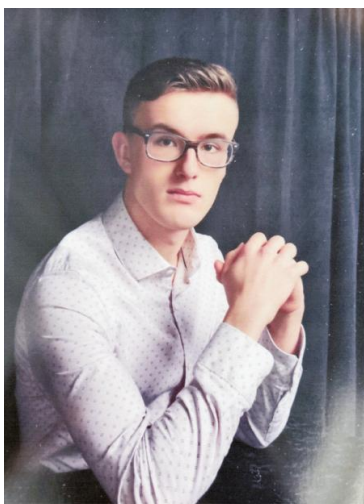
Abbygale is the granddaughter of Humber Chapter member Bruce Fleming. Abby has maintained an excellent academic average while fully participating in her school and community. As secretary of the School Council, she received high praise for her work ethic and initiative. Drama club, cross-country running and skiing, and

participation in a school exchange program show a well-rounded individual, while her volunteer activities in wetlands protection prove her to be highly motivated to improve her world. We wish her good luck as she begins her studies in Biomedical Science at the University of Guelph.



Margaret Fallscheer

Margaret is the granddaughter of Parkland Chapter member Sandra Fallscheer. Margaret participates in many school and extracurricular activities. 4H Club president, SPCA volunteer, Student Leadership Council, she finds time to volunteer with Canadian Parents for French and the parish Bebe project. If that wasn't enough, Margaret babysits, tutors, and is a trail guide program leader. Her high academic level is reflected in the designation of Academic Great Distinction-French Immersion. Congratulations, Margaret, and good luck with your studies in biological sciences at the University of Calgary.



Christian Shimmin

Christian is the grandson of Van Fraser member June Steeves. Christian's commitment to his studies is reflected in his 97% academic average, and this is balanced by his enthusiastic participation in school and parish activities. A skilled track athlete, he is also a Sunday school teacher, camp counselor, and area leader in his job at MacDonalds. His interest in physics earned him the Exemplary Student Achievement Award for the past two years. Christian will be working towards a science degree at Simon Fraser University, with a goal of medicine, possibly research. We wish him the very best of luck in this very worthwhile career.



Saying Goodbye

We wish to send our condolences to the family and friends of Marlene Vavra who died in January 2023 and, more recently Todd Thayer and Donna Dobson.

Yellowhead Heritage Club



And other news:

We will be looking for folks to help out with the annual Canada Post Santa Letter Writing Campaign. This is not a hard task, they even come with easy-to-follow instructions. Most of the letter is already written, all you have to do is add a note at the bottom and then address the envelope. The letters come in bundles of 10, and you can always ask for more 1 bundle, if you want. Put on some Christmas music or even a movie, fix a cup of hot chocolate or mulled wine while you answer the letters. Reading some of the children's letters definitely gets you in the Christmas spirit!

Time to pay your dues for 2024!

Pay your yearly dues; it not only helps our Club, but also helps organizations in your community. Your membership fees entitle you to receive four newsletters a year. You also 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 and provide opportunities for scholarship grants for your kids and grandkids.

To be entered in a draw to receive your membership waived pay your membership by January 31, 2024. The registration form is on the next page.

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



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.

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!

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 15th. 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 1st, 2024. Send your e-transfer to 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

Or by mail to:

Heather Spence

831 Delaronde Way

Saskatoon, Sk.

S7J 3Y8

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

COMING SOON

