



# YELLOWHEAD HERITAGE CLUB

## March 2024

Well we made it through the winter, or at least that is what we thought! As I'm writing this "Spring" newsletter it is snowing! We now have so much snow, and it's still falling, they say for most of the night too. Might be a "snow day" tomorrow!

This storm shut down many highways and we will be digging out from it for days! On the bright side, we need the moisture! Also, this winter didn't give us too many freezing nights. And remember, we are hardy folks, living in Saskatchewan we never seem to be daunted by a -30. It's the wind chill that gets to us.

As many retired letter carriers know, whenever the weather turns cold or we get this much snow there will always be a story or two about delivering mail in the winter and being out on a really bad day. Now, for those folks that are retired, they can just look outside and be happy that being out on those really nasty days are over. In the winter many retirees also enjoy having a chance to spend time away taking in a warm-weather holiday with sun, beaches and flipflops.

As we move into the warmer weather, we can start planning for the summer, which always seems way to short in Saskatchewan. We start to imagine spending time in our yards and gardens, road trips, golf games, time at a lake, visiting a deck or patio for a cool one, maybe wearing our shorts and flipflops. But don't forget the sun screen and bug spray!

*Mavis*



## 2<sup>nd</sup> ANNUAL TEXAS SCRAMBLE GOLF TOURNAMENT

A Heritage Club event, but **open to all** Canada Post employees. Come join us for an afternoon of golf, fun and fellowship.

Thursday, June 20<sup>th</sup> at 12:00 p.m.  
Holiday Park Golf Course - Executive 9.

A fun time whether you are a golfer or not. It is Best Ball; you play as a team with teams being drawn from a hat.

A Beer Cart is available on the course. Concession will be open for food and drinks.

If interested, please register by June 1<sup>st</sup>.

by contacting Shirley Stewart  
306-227-1947

Email: [shirstew55@gmail.com](mailto:shirstew55@gmail.com)

Donations for prizes would be appreciated.

Cost \$42.00 /person including a cart.

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

Pay your golf fees by etransfer to

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

When registering we need to know if you are 65 or over for the final bill at the Golf Course.

## 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  
March 27<sup>th</sup>  
Solar Gardens in Lawson Heights Mall  
Then...  
April 24<sup>th</sup>, May 29<sup>th</sup>, and June 26<sup>th</sup>  
The Flats #102-1820 McOrmond Dr.



## Saying Farewell

We wish to send condolences to the family and  
friends of

Barry Anderson – August 2023

Gary Kinard – December 2023

Jack Hession – December 2023

Wing Tse – January 2024

So, did you know that Canada Post now has an app you can download? It automatically adds packages to your track list. It lets you know when you have mail coming, and in some cases from whom. It lets you easily find postal codes and rate. *Who Knew!*



## 2024 HERITAGE CLUB SCHOLARSHIP PROGRAM

The Heritage Club is planning to award three (3) scholarships to children or grandchildren of all active members who have paid dues for at least the last two years with a Heritage Club. The scholarships, worth \$2,000 each, are for university or college studies. The scholarships will be awarded to students starting for the first time their first year of full-time studies.

**ELIGIBILITY CRITERIA** - Dependent children, including adopted children, stepchildren, grandchildren, and wards in legal guardianship of all active members of a Heritage Club Chapter. Applicants who have previously received a Heritage Club scholarship are not eligible. **ELIGIBLE INSTITUTIONS** - These scholarships are valid for all Canadian educational institutions which have provincial degree granting powers or their affiliates and at Canadian colleges or CEGEPs.

**QUALIFICATIONS OF APPLICANTS** - All applicants must have completed the requirements for admission into the first year of an undergraduate degree program or college diploma program at a recognized educational institution. Applicants must have obtained an average of 75% (or equivalent) on the best five academic courses (see list of academic courses below) in the final year of secondary school or CEGEP (pre-university education). **ACADEMIC COURSES – GRADE 12/CEGEP** - Language Arts, Mathematics, Pure Mathematics, Applied Mathematics, Science, Biology, Chemistry, Physics, Social Studies, Geography, History, Literature, Accounting, Computer Graphics, Law. French, English or any one language.

**SELECTION OF SCHOLARSHIP RECIPIENTS** - The jury is comprised of the Heritage Club executive committee members. The evaluation will be based on scholastic ability, character, and leadership qualities at school and in the community. Decisions of the jury are final and without appeal.

**APPLICATION DEADLINE** - Submissions must be postmarked on or before June 30, 2024.

**HOW TO OBTAIN AN APPLICATION PACKAGE** - Please visit the Heritage Club website at [heritageclub.ca](http://heritageclub.ca) or for additional information contact Eldred Holmes at [holmese@nl.rogers.com](mailto:holmese@nl.rogers.com)



## Heritage Club is celebrating an important birthday!

In 1989 Canada Post established a formal program to honor the contributions made to Canada's postal services by the Corporation's retired and long- service employees. Today the Heritage Club has 24 local chapters and over 20,000 members across Canada. Our Yellowhead Heritage Club is planning a barbecue this summer to celebrate. Watch for more information in the next newsletter!

## IMPORTANT...

### Johnson Insurance News

Johnson is coming together with belairdirect, a Canadian Insurance provider. However, belairdirect does not offer insurance in Manitoba, Saskatchewan, or the territories. For those members that have home insurance with Johnson Insurance this impacts you.

#### ***What does this mean for customers in unsupported provinces?***

Johnson Insurance will continue to provide insurance until your upcoming policy expiration date.

#### ***What happens after my policy expiry date?***

Your insurance policy will no longer be provided through Johnson Insurance after your upcoming policy expiration date. Before that date, your new policy documents will be issued by BrokerLink. You will be served by professional insurance advisors who will provide you with the expert advice and service you have come to expect. If BrokerLink can't issue a policy, you will be notified.

#### ***Do I need to do anything before my policy expiry date?***

To ensure a smooth transition, Johnson Insurance will transfer your insurance policy information to BrokerLink. BrokerLink may contact you for additional information to find a new insurance company to meet your needs. If you have any questions about the transfer of your information to BrokerLink, please contact our Privacy office at [privacy@belairdirect.com](mailto:privacy@belairdirect.com).

#### ***Who should I contact for questions about my policy or if I need to make a change?***

You will continue to be serviced by the same dedicated and trusted team until your policy expiration date. Our contact information remains the same.

**At this time, Johnson Travel Insurance (MEDOC) does not appear to be affected by the changes. Heather is attempting to get additional information. If you would like to check on your insurance or would like more information from Johnson, call 1-866-606-3362.**

## Santa Letters

I want to include a huge thank you for all those who answered Santa letters in 2023. There were 7,100 letters that crossed our coordinator's desk in Regina. 2,200 were forwarded to larger city centers leaving 4,900 to be answered by our Saskatchewan volunteer base. Our Heritage Club answered a whopping 2,020 of those letters! Excellent job! Thank you so much for giving your time and resources to make many children happy this holiday season.

Heather





Do you enjoy dancing...  
want more exercise...  
or meet new people...  
check out...

### **Saskatoon Riverside Dance Club**

for an evening out.

Dances are the 2<sup>nd</sup> and 4<sup>th</sup> Saturday

8pm to Midnight

Royal Canadian Legion #63

606 Spadina Cres W.

Members \$12 Guests \$15

Lunch included.

## **Vitamin D, especially important in the Winter**

There are two ways of getting vitamin D naturally: our bodies make it when our skin is exposed to UVB rays from sunlight, and we can eat foods that contain it.

However, it's difficult for many Canadians 55 or older to get the daily total of vitamin D advised for maintaining bone from food and sunshine alone.

Just what amount depends on whom you ask.

Health Canada recommends at least 600 IU from food and supplements for adults 51 to 70 and 800 IU for those over 70. Osteoporosis Canada's sets the target higher at 800 to 2,000 IU for those Canadians 50 or older.

During our winters UVB rays aren't strong enough to stimulate production. Also, our ability to synthesize vitamin D declines with age. And vitamin D occurs naturally in relatively few foods; these include salmon and egg yolk, so Health Canada mandates the fortification of milk, plant-based milk alternatives, and margarine.

Even so, "we have done the studies and found most Canadians are not meeting the requirements," says Hassan Vatanparast, a professor in the College of Pharmacy and Nutrition and the School of Public Health at the University of Saskatchewan. He found that a substantial percentage of Canadians still won't be consuming enough vitamin D in food even after a doubling in mandatory fortification levels that took place in December 2023. He would also like to see Canada adopt mandatory fortification of bread, since not all people can afford, or store, foods such as milk. To make up the shortfall, "we need to rely on supplements," he says.

The question then becomes what dose to take? It's important to note that "we can't say that one dose fits all," stresses Dr. David Hanley, a professor emeritus in the departments of Medicine, Community Health Sciences, and Oncology at the University of Calgary's Cumming School of Medicine. He says, "if you're overweight, you probably need more." You may also need more if you have celiac, Crohn's, or another disease that can impair the absorption of fat-soluble vitamins. If you fall into any of these categories, ask your health-care provider for individualized guidance. Another point worth keeping in mind is that the above recommendations are aimed solely at avoiding excess bone loss. "We know that vitamin D is important for the immune system, but we don't know what the optimum level is there," Hanley says. However, he adds, in one study comparing 2,000 IU per day to placebo, "the vitamin D group had a lower incidence of autoimmune diseases."

While it's considered safe to consume up to 4,000 IU per day, you may not want to supplement to that level. Hanley and his colleagues studied the effects of three different doses of vitamin D in healthy adults, those taking higher doses—10,000 and 4,000 IU per day—had lower bone mineral density after three years than did those taking a lower dose. "It was the 4,000 IU per day group that had the best bone density," he says.

*Taken and revised from Good Times*

Fun Event coming up...this might be your chance to be a star!



**ZOOMER Idol**

**Hollywood Style AUDITIONS**

The Saskatoon Council on Aging [SCOA] seeks contestants for Zoomer Idol showcase

**WHO:**  
Older adults 50+ : Bands (up to 6 members), vocalists, magic, comedy or dance acts

**SELECTED FINALISTS PERFORM AT Zoomer Idol Showcase Oct 25, 2024, WDM**

Be part of an entertaining night of fun where Saskatoon seasoned talent is showcased!

**HOW:**  
1. Call 306.652.2255 to get on the audition list  
2. Send video or audio files to [june@scoa.ca](mailto:june@scoa.ca) by April 30 [OR drop off memory stick to SCOA at 2020 College Drive OR we can record for you] Length of audition submissions: 10 min max for bands, 7 min max for individuals; 10 min max for dance auditions  
3. You will be notified of the next steps

For more information phone 306.652.2255 or 306.652.1332

scoa.ca  
Facebook  
@scoa25

Let's celebrate the achievements of older people! #AgeIsJustANumber  
**Confront Ageism: It Starts With U**  
A campaign to change the way we think about growing older  
Funded by New Horizons for Seniors, Government of Canada

### Your Heritage Club Committee

President: Heather Spence

306-955-1408

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)

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



### Yellowhead Club Dues

Thanks to all those folks who have paid their Heritage Club dues for 2024. Congratulations to **Virginia Pomedli**, the winner of the draw! Your dues will be waived for 2024!



If you still need to pay your dues, please contact Heather, Sandy or email the club.