



YELLOWHEAD HERITAGE CLUB

June 2024

It's getting closer to summer and all the great activities we can enjoy by living in the province of Saskatchewan; you know camping, visiting a lake, strolls along a river or beach, golfing, thunderstorms, visiting friends and family, gardening, garage sales, hiking, barbeques, road trips, campfires, and who can forget about the mosquitoes and ticks! This is what it is all about!

Still have some free time. There are a couple of Facebook groups that might give you some ideas of things you can take in. They are *Saskatoon Events and Date Night Ideas* and *Saskatoon - Things To Do and Places to See*. Lots of activities you may want to check out!

The recent rain has been so welcomed, and even the cooler weather. Hopefully that will help diminish the threat of wildfires in the northern part of the western provinces and stop the terrible smoke we encountered last year. Last summer I know there were days when the smoke was too bad to even be outside at all. Health warnings happened several times. And letter carriers had to work in it! Our summers are short enough without having to miss days and outdoor activities because of the smoke.

Heather, our President recently attended the AGM for the Heritage Clubs in Ottawa. She had a great time, and has some important news to share with us, some of which will be included in the newsletter. Also please take the time to review the enclosed letter, it is very important!

Mavis



2nd 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 20th 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 10th.

by contacting Shirley Stewart
306-227-1947

Email: 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

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



Heritage Club 35th Anniversary BBQ

This year marks the 35th Anniversary of all Heritage Clubs across Canada.

In Saskatoon, we will be celebrating this event with a BBQ at the Forestry Farm on Thursday, Aug. 29th, from 3:00 to 6:00 pm.

Enjoy a burger and drink on us.

Park admission will be free for our group. There will be door prizes and even better, a chance to see old friends.

There are some picnic tables, but you might want to bring a lawn chair.

Please RSVP to Heather by August 20th

You text to 306-222-9078 or email

saskatooncpcheritageclub@gmail.com

Come out and join the fun, we'd love to see you.



Saying Farewell

We wish to send condolences to the family and friends of
Gloria Priest, wife of Don Priest
Jean (Bain) Huber
Kevin Marsh

Yellowhead Heritage Club Events

Weekly Breakfast Buddies meet every Tuesday at 8:30 at Smitty's in Market Mall...even over the summer!
Come join us, the more the merrier!

The Ladies Lunch

The last Wednesday of the month

June 26th

July 31st

Still at The Flats

#102-1820 McOrmond Dr.

August 28

September 25

October 30

November 27

Earls Kitchen and Bar

610 2nd Avenue North



Santa Letters Volunteers

A huge THANK YOU to all our members who volunteered to answer Santa Letters this past season! We have been doing this project for 35 years! In 2023, 626 Heritage Club members from across Canada volunteered to help. Members from all clubs answered 626,680 letters! At the

Heritage Club National meeting we drew one volunteer's name from each province to receive a \$50. gift card and this year's winner from Saskatchewan was Sandy Kew. Congratulations Sandy!

Next year we are hoping to work with CPC and get some of our volunteers to take part in the Santa Parade and collect the Santa Letters directly from the kids' hands. If you are not able to participate in the parade, perhaps answering letters is an option. We plan to collect the letters on the Sunday of the parade, with the replies in the mail by the following Tuesday or Wednesday. We will be asking for help to make this happen. Thank you so much, without you this could not be a success.

Heather

Belair Insurance Information

As you know, Johnson Insurance will now be rebranded as Belair Direct. There have been a few questions about this transition. At the AGM this year there were representatives from Belair to answer our questions. Shawn McCord and Lynne Nasralla will be our agents. Shawn was our agent with Johnson, so we will be well cared for moving forward. There is a new travel insurance plan in the works that will have some improvements added. The travel insurance we currently have will continue as is until 2025 and then the transition to Belair will happen. At that time, we will be able to purchase the Belair plan. I been assured it will be even better than what we currently enjoy.

The home insurance was rebranded to Belair in 2023 and will switch over on your renewal date. Unfortunately, Belair will not be providing house insurance in Manitoba and Saskatchewan. For those of you currently holding a house insurance policy with them it will be in effect until the renewal date.

At that time, Belair Direct will be contacting you and provide you with options.

Belair Direct has also made some good changes, such as giving their customers the Omnichannel experience. You will be able to apply or contact them online, by phone or use their online chat. They will also have a Belairdirect Mobile App for us to access. Online quotes and purchases will be available, and you will be able to choose your own payment dates. They have also added a 24/7 Fast Claims Service that states you will speak to a claim's person within 30 min., or you will receive \$500.

Belair Direct wishes to thank all of you for choosing them as your insurance provider. They truly do value our partnership and are committed to further developing and strengthening our mutually-beneficial relationship. For additional information please contact:

Lynn Nasralla
343-575-9297

lynn.nasralla@belairdirect.com

or

Shawn McCord
613-323-1083

Shawn.mccord@belairdirect.com

You're How Old...Accepting Your Age

Celebrate your age, give yourself permission. Here are actions you can take that can help you get there.

- *Stay in shape* - Your body is getting older, but letting yourself go physically means giving in, so do what you must do to retain your health.
- *Be reasonable* - Tell yourself that aging is the only way to stay alive. You should take the time to discover all the benefits and promise of your current stage of life and all those to come.
- *Set yourself free* - Forget about what other people think, you don't know what people are thinking unless they tell you, so you should try to not care. And free yourself from what you think, often we are our harshest critic. Decide

to be happy despite the wrinkles, baldness, aches, and pains.

- *Practise gratitude* - Relish all the good times, even the simple ones; the smell of coffee in the morning, the call of a bird, the fall colours can help us to get out of a slump.
- *Have role models* - People who live their older years well have lots to teach us, draw inspiration from them.
- *Stay curious* - Stay up to date on what's happening in the world, what your kids or grandkids are interested in? You don't have to listen to all their music or watch all their favorite shows, but they might help you discover new things. Try to spend time with people who nurture you.
- *Have plans* - Plans or projects keep us going. Dream and make those dreams a reality. Being happy and having projects is not that difficult. It helps you to age well."
- *Be positive* - Feeling sorry for yourself, expecting the worst, or worrying over real or perceived limits doesn't help. Make a habit of turning disadvantages into advantages, hold on to a positive attitude.
- *Make yourself useful* - Volunteer or act as a mentor or advisor. Give of your self, don't waste your experience. It's worth sharing.

Adapted from Good Times



If you still need to pay your dues, please refer to the enclosed letter.
Contact Heather, Sandy or email the club.

Your 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

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

The preacher asked the small boy to show him the way to the post office and the boy courteously obliged.

"Thank you", the preacher said. "You are a bright and polite young man. How would you like to listen to my sermon this evening so that I may show you the way to Heaven?"

"You're going to show me the way to Heaven?" the boy said in astonishment. "But you don't even know the way to the post office!"

