



YELLOWHEAD HERITAGE CLUB

June 2025

Summer has arrived...finally! With summer and the warmer weather it appears we also have many awful wildfires in the North. It seems that the dry conditions and fires start earlier every year and then are harder to control. For some, being evacuated is a terrifying experience and having to spend days in an emergency shelter, not knowing what is happening to your home and community is beyond stressful. If you enjoy cottage country, the loss of your cabin, cottage or trailer is also sad, but at least you still have your home.

For those of us with yards, it is a busy time of year as we plant, treat and tend to our yards and gardens. Sometimes having a small yard would suit us better, especially as we age. Then again it is good exercise, and something that keeps us young, at least that is what *The Blue Zone* tells us.

The Blue Zone is a four episode series on Netflix that shares with us some of the factors that lead to living a longer life. Buettner, the creator of the series traveled to the five (now six) places in the world with the most centenarians to learn about the factors that influenced their good health into old age. Well worth watching, some good things to consider and at the very least starts you thinking about your lifestyle. Being a part of a social group or community is one of the factors that helps us age better. So just saying, belonging to the Heritage Club is good for us! Think about getting involved. Maybe there is something you want to try, others in the club might want to join you. Maybe you just want to see familiar faces and visit.



Our 3rd Annual Texas Scramble Golf Tournament

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

Thursday, June 19th 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, all past and present Canada Post employees are welcome.

It is a fun afternoon whether you are a golfer or not.

It is played with Best Ball, you play as a team.

All teams being drawn from a hat.

The tournament is open to 48 golfers.

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

Last chance to register is **June 10th**
by emailing, calling or texting
Shirley Stewart at 306-227-1947
Email: shirlstew55@gmail.com

Cost is \$42.00 /person including a cart.

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

You can pay your fees by e-transfer to
saskatooncpchitageclub@gmail.com

Mavis

Yellowhead Heritage Club Events

Weekly Breakfast Buddies meet every

Tuesday morning at 8:30

Smitty's in Market Mall.

Come when you can and join us!

All are Welcome!

The Ladies Lunch

Held the last Wednesday of the month.

June 25th

Zervos Tavern & BBQ

1606 - 33rd Street West

July 30th

August 27th

September 24th

The Manhattan Gastropub & Restaurant

234 Primrose Drive



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

306-290-8244

Members at Large: Maxine McLeod

Ross Spence

Club email: saskatooncpcheritageclub@gmail.com

SCOA Globe Walk Challenge

The Saskatoon Council on Aging (SCOA) Globe Walk Challenge was developed eleven years ago based on recommendations from the Age-Friendly Saskatoon Initiative team. Older adults highlighted the need for increased physical activity and social engagement, particularly during winter. In response to this community feedback, SCOA introduced the Globe Walk Challenge. Globe Walk promotes physical activity, fosters social connections, and provides a dynamic and fun way for folks to stay active and engaged during the winter.

This past winter eight members of our Heritage Club, plus four friends took part in Globe Walk. You record your steps, or your time spent with our activities such as shoveling snow, vacuuming, swimming, playing with your grandchildren or going to the gym. Then once a month you email your info to our team captain, who submits a report to SCOA.

Check us out! This year our team of 12 people stayed active and got through the winter...even our very cold February.



CERTIFICATE
Of Achievement
Globe Walk 2025

This Certificate is Proudly Presented To

Yellowhead Heritage Club

For completing 6,902 Kilometers visiting the
UNESCO Heritage Sites of Canada



Globe Walk 2026 will have us walking the coastline of Canada, not physically but on paper. Consider joining up. We will give you more information in the fall or you can visit the SCOA to learn more about Globe Walk.

<https://www.scoa.ca/about-scoa-globe-walk>



NATIONAL HERITAGE CLUB NEWS

And our President's Message...

Hello fellow Posties,

We are very sad to say that our 36-year relationship with Canada Post has significantly changed. Canada Post is facing both labour and financial challenges which unfortunately, has had a ripple effect on the Heritage Club. Our annual funding, as well as our mailing privileges has been cancelled, for the unforeseeable future. We don't know if this will be a permanent situation. Our club is small, and the loss of this funding will hit us hard. Our finances are in good shape, but we will be careful with what we have. Hopefully, we can work with this and that is why some of you have received the last few newsletters via email as we try to minimize our mailing costs.

Canada Post has agreed to give us one last free mailing opportunity to reach all our members with this information. We are still waiting for the arrangements for this mailing.

Some of our members are reluctant to support Canada Post since they are currently not supporting us. As a club, we are not there yet. For now, we will continue to support the Santa letters program. If you would like help to answer the letters, please let me know this November and I will pass your request on to Canada Post. (A reminder will be included in the September newsletter)

Because of the financial uncertainty, if you want to preserve this association of friends, it is now more important than ever, to pay your annual dues. It has been our mission for 36 years, to keep the camaraderie among past workers of the postal service alive.

I would also urge anyone of our paid members who has a child or grandchild to check out our annual Heritage Club Scholarship bursary program. For 2025, the amount of the scholarship is \$2,000. The deadline for applications is very soon, the end of June. belairdirect also has a scholarship available to any member of the Heritage Club. You don't have to be insured with them to qualify. Their scholarship deadline is July 15. The Heritage Club website at www.heritageclub.ca has additional information.

Anyone thinking of traveling should consider the discounts offered with Medoc, which will be rebranded as belairdirect travel insurance on July 1, 2025. There will be a 10% increase in the cost due to medical inflation and the value of the Canadian dollar. Everything else remains the same including the contact phone numbers. Renewal of your insurance should be done by email due to the possibility of a postal disruption. You must be a member in good standing with the Heritage Club to access the insurance.

At the AGM it was decided to drop the number of years of service to join the Heritage Club. Effective immediately the years of service required will be 20 years rather than 25 years and applies to both full-time and part-time employees.

There have been questions and concerns regarding our pensions because of the financial situation of Canada Post. Our pension will survive if Canada Post goes away. The financial position of our funds is very good. The funds are managed independently from Canada Post. There is 32 million in assets, with 65% of our assets held in Canada. The funds are internationally managed by a team of 60 people. These professionals are wisely investing to make that amount grow. The long-term position of our funds is in great shape. There is 15 to 20 years' worth of payout available. No entity can take our pension money or use the funds as collateral for a loan. Currently, Michael Butera is

the Pension Plan Chief and Investment Officer. He provided an excellent presentation at our AGM.

To end on a positive note, this year our chapter won the Camaraderie Award at the AGM, which included a cheque for \$250 for our club. This award goes to the club that shows team spirit, fellowship, collaborative culture, volunteerism, generosity, commitment to the chapter, organization, leadership and mentorship.

Great job everyone!

Thanks, Heather

AND DID YOU KNOW...

Current and past Yellowhead Newsletters and photos are available on the National Heritage Club webpage at www.heritageclub.ca

Click on the red banner on the top right side of the main page. Locate Saskatchewan and then Yellowhead on the drop-down banner.



Saying Farewell

We wish to send our condolences to the family and friends of
Garry Romuldietz (Blackie)
Nelson Venne

Ok folks, this is important! Membership Fees for 2025 were due in January!

Keep your membership active. Your yearly fee is \$12.00 with \$2.00 of the fee being directed towards various charities each year. In 2024, we supported The Ronald MacDonald House and The Canada Post Foundation.

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. Email addresses are especially important if we are unable to mail newsletters.

Cheques made out to ***Yellowhead Heritage Club*** can be mailed to Heather Spence at the address listed below.

Dues can also be paid by e-transfer to saskatooncpcheritageclub@gmail.com

Membership Application for Heritage Club

If you know of any retired Canada Post employees who might be interested in joining, please share this information with them. The larger and more active our club becomes; it provides us with more opportunities for events and fellowship. Spouses are also encouraged to join the club! The more the merrier!

Thank you.

Heritage Club Registration

First Name _____

Last Name _____

Gender _____

Status (Active or Retired) _____

Address: _____

Phone _____

E-Mail _____

CPC Start Date _____

Total Years of Service _____

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



Membership Fee is \$12.00 per year.

Applications and dues can be sent to:

saskatooncpcheritageclub@gmail.com

Or if you prefer by regular mail:

Heather Spence

831 Delaronde Way

Saskatoon, Sk. S7J 3Y8