



# YELLOWHEAD HERITAGE CLUB

## September 2025

For many years September always felt like the actual start of the year rather than January. In January, you are in the middle of everything. In September things get back to normal after the summer. School starts, there is registration for the winter activities and lessons. Church and social clubs start back up. But, what happens when you are retired?

Some activities resume in the fall, but mostly life just carries on. For some of us, it might mean matching our schedule with our families to help out with childcare, or adding our grandchild's hockey, gym or dance schedule to our calendars. Maybe we start to put our gardens to rest and clean up the outdoor furniture to ready it to store for another winter. There are folks who start planning for a winter holiday to any place warmer than Saskatchewan in January and February.

What else can we do to get through the winter? As older adults, take advantage of the time we never had when we were younger and working to try new things. Check out activities and classes running this fall through the leisure guide. Maybe it is time to try out yoga, learn chess, volunteer or start a new hobby. Check out different classes for life long learning (helps keep the brain busy too). Have you ever looked at "Meet-Up" groups in Saskatoon? There might be something fun you can join, or at least try out. Just Google "Seniors Activities in Saskatoon" and you can find lots to keep you busy during the winter. And if it's too much, a cup of tea, a good book and cozy slippers are always an option.

*Mavis*



## Western Development Museum Balcony

Saturday, November 8<sup>th</sup>

5:30 Cocktails

Cash Bar from 5:30 to midnight

6:00 Full Turkey Dinner

Tours of the Museum until 9:00

\$45.00 per person

Door Prizes....and

Local Treasure Gift Exchange

\$15.00 "Elbows Up" made in Canada gifts only

RSVP by October 31 with either an e-transfer to

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

or with a cheque to:

Yellowhead Heritage Club

c/o Heather Spence

831 Delaronde Ways

S7J 3Y8

Questions...call Heather at

306-222-9078



## Our Club Events

**Breakfast Buddies** meet up every Tuesday morning at 8:30 at Smitty's in Market Mall.

Come when you can plan to join us for breakfast, conversation and laughs!  
**All are Welcome!**



### The Ladies Lunch

Held the last Wednesday of the month.  
September 24<sup>th</sup>

### The Manhattan Gastropub & Restaurant

234 Primrose Drive

October 29<sup>th</sup>

November 26<sup>th</sup>

### Loosey's Pub

3016 Arlington Avenue



## Santa Letters

It won't be long till Christmas and children will be sending their letters to Santa. As usual, hundreds of volunteers, some Canada Post employees and some Heritage Club

members answer those letters and help keep the magic of Santa alive. If you would like assist with the program, it means adding a note to a preprinted letter and addressing an envelope. The letters come in bundles of 10 or 12. To help with the letters, please let Heather know by November and she will pass on your offer to help to Canada Post.



## NATIONAL HERITAGE CLUB NEWS

As you may remember from our last newsletter the relationship with Canada Post has changed. Canada Post is facing significant financial challenges; this has impacted all Heritage Clubs. Our mailing privileges has been cancelled. We were told that they would allow one more mail-out but the details have not been provided at this time. While our club is small, and the loss of funding will hit us hard. Presently, our finances are in good shape. You will continue to receive your newsletter by email, events will still happen, and our Heritage Club community will continue.

As a club, we plan to support the Santa letters program. Anyone thinking of traveling can still benefit from the discounts offered with Medoc, which was rebranded as belairdirect travel insurance in July. You must be a member in good standing with the Heritage Club to access the insurance. A link to their website is available on the Heritage Club website at [heritageclub.ca](https://heritageclub.ca)

To preserve this association of friends, good times and activities, it is now more important than ever to pay your annual dues. Dues for 2026 will be due in January. There will be more info in the next newsletter, with a reminder.

Lastly, our pension will survive if Canada Post goes under. The pension funds are managed internationally by a team of 60 people, totally independent from Canada Post. There is 32 million in assets, with 65% of our assets held in Canada. So all is good.

Any updates from the Heritage Clubs Executive will be passed on as things arise.

## Something New in the Community



*The Voice of the Older Adult*

**SCOA RADIO**

*This week's show:*  
Forever in motion  
Kimberly Willison



Thursdays 6:30 pm  
CFCR 90.5 FM in Saskatoon  
CFCR dot ca/schedule online

Comments or questions?  
Contact [radio@scoa.ca](mailto:radio@scoa.ca)

Ever listen to CFCR Community Radio 90.5 FM or online at [CFCR.ca](http://CFCR.ca) Laurence Perrin, a former letter carrier has a regular show most Tuesday mornings at 10:00. Recently a new program has been added to their schedule that might be of interest you. *The Voice of Older Adults – SCOA Radio* started broadcasting in August. The program has different hosts each week with the show being left to the imagination and format of the host. Some shows are more information based; others are more relaxed.

One of the first guests, airing on August 14<sup>th</sup> was Dee Winslow, a retired Canada Post letter carrier recalling her memories of getting her first miniskirt and what it meant to her in the 60's. It was an important symbol of freedom for young girls and the changing times.

On September 25<sup>th</sup> Shirley Stewart is joining Dianne Young as part of her format "Women and Song". Shirley will be sharing her memories of what

it was like to be the first female letter carrier in Saskatoon.

Then, on October 9<sup>th</sup>, Tim Boecher, also a retired letter carrier, will be the guest. He will be talking about his experience writing, co-directing and producing the movie "Finding Emily" which was filmed in Saskatoon and surrounding area.

Past shows are available on the CFCR website for one-month post-broadcasting and on the SCOA website at [scoa.ca](http://scoa.ca). The tab 'About SCOA' is a drop-down menu that links to the SCOA Radio web page. A list of archived programs is provided.

So tune in each Thursday from 6:30-7pm for an eclectic mix of programming and features from the Saskatoon Council on Aging (SCOA), to help keep older adults 55+ active, engaged and informed.

## Time for some "Thank You's"

First for the Golf Tournament in June. It was a great day for golfing, and as usual, tons of fun...until the storm hit! Thanks to Shirley and Heather for doing much of the work; setting up the teams, the tee-off schedule and getting prizes for the event. Also, thanks to Maxine for selling tickets all day.

The Potluck Barbeque at the Forestry Farm was held in August. Since we can't control the weather, it could have been warmer, but at least the wasps stayed away! Thanks to Heather, Ross, Maxine, Jack, Sandy and Guy for pulling everything together. Thanks to all who attended for providing great food to go with our burgers. The beet salad was a huge hit!

Events just don't happen; they take planning and work. We also could just have some suggestions for activities or events

that you think would be great for our club members.

Some ideas include folks getting together at The Bassment to enjoy Piano Friday; attending a movie at The Roxy on Discount Monday evening for just \$6.00; meeting at Pike Lake in the winter for a walk and to feed the chickadees.

So put on your thinking cap...have you got some other suggestions or ideas, that might be fun pass them on to one of the Heritage Club committee members or you can send an email to the club.



### **Saying Farewell**

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

Jack Begg  
Richard Perry  
Jim Christie

### **AND DID YOU KNOW...**

Current and past Yellowhead Newsletters and photos are available on the National Heritage Club webpage at [www.heritageclub.ca](http://www.heritageclub.ca)

Just click on the red banner on the top right side of the main page. Locate Saskatchewan and then Yellowhead on the drop-down banner. That takes you to our information.

The website also provides links to other partners and Heritage Club member benefits in the areas of gym memberships, travel insurance, hearing and vision aids and scholarship applications open to your children and grandchildren.

### **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](mailto:saskatooncpcheritageclub@gmail.com)

### **Membership Fees for 2026 are due by January!**

Keep your membership active. Your yearly fee is still just \$12.00 with \$2.00 of the fee being directed towards various charities each year.

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 now as we are unable to mail newsletters. Aside from connecting with old friends, or maybe making a new one, there are additional benefits by being a member. Check out the National Heritage Club webpage at [www.heritageclub.ca](http://www.heritageclub.ca)



### **Membership Application for Heritage Club**

Also, if you know of any Canada Post employees who might be interested in joining, please share this information with them. All you need is 20 years of service, whether that was part-time or full time, and you are welcome to join. The larger and more active our club is, the better it is, as then it provides us with more opportunities for events and fellowship. Spouses and partners are also encouraged to join the club! The more the merrier!

### **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 and dues can be paid by e-transfer to:

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

If you prefer, cheques made out to the ***Yellowhead Heritage Club*** can be mailed to:

Yellowhead Heritage Club  
c/o Heather Spence  
831 Delaronde Way  
Saskatoon, Sk. S7J 3Y8

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



I was at the Post Office the other day buying stamps when I saw a young couple taking turns shouting into an envelope. They were very loud and folks were wondering what they were up to.

I was curious and so I asked, "Can you please tell me what are you doing?"

They looked at me with a wide-eyed stare, smirked at each other, with one even rolling their eyes and then replied, "Why can't you tell, we are sending a voice mail"....