



YELLOWHEAD HERITAGE CLUB

January 2026

Happy New Year! On a personal level, I'm so glad 2025 is over and hoping that 2026 is gentler to us all. It seems that the world has gone a bit crazy and people are worried about the future. It is hard not to get drawn into all the negativity when you start watching the news on either your TV or any device that you sit with. It is hard to be optimistic and upbeat. Listening to a comic or music might lift your spirits. What about a heart-warming movie! Watching cute animal or little kids videos might help...for awhile. The sunny days in the middle of winter are great, even when it is really cold. Some of you may remember delivering the mail and being outside, no matter how cold it was. Now you can sit in your favorite chair with a hot coffee or tea and remember the "good, old days". Some time our memories play tricks on us.

The brain tends to prioritize pleasure, and pleasant emotions fade slower than unpleasant ones. This is often called the "fading affect bias". It works closely with nostalgia as well, creating a complex process that makes the past feel more significant and positive. The brain really is an amazing organ!

Research indicates that older adults are more prone to this, frequently recalling fewer negative images than younger adults. Their brains show stronger connectivity between emotional and memory regions, prioritizing our more pleasant memories.

Which brings us back to 2025! In a few years, maybe in just a few months, we will only remember the "good stuff" and all the other junk will have faded away.

Mavis

Christmas Party Fun

Thanks to Heather and Sandy for putting together another great Christmas Party for our Heritage Club. Although the number of folks that came out this year were fewer than in past years, it was still a fun evening, and our first turkey dinner of the season! Thanks again!

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!

Yellowhead Heritage Club Hikers

The Saskatoon Council on Aging (SCOA) Globe Walk Challenge was developed eleven years ago based on recommendations from the Age-Friendly Saskatoon Initiative team. During SCOA-led community consultations, 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 addresses the needs of older adults promoting physical activity and fostering social connections and providing a dynamic and fun way for them to stay active and engaged during the winter.

This year folks participating in Globe Walk are exploring Canada coast to coast to coast. Canada's coastlines are as diverse as the country itself with rugged cliffs, icy shores, lush forests, wide open prairie and bustling cities. Explore the Atlantic's historical charm, the Pacific's natural beauty and the Arctic's stark

wilderness. Canada's coastline is wonderful and amazing.

For the 2nd year, our Yellowhead Heritage Club is participating in Globe Walk. So far, we have 19 folks on our team. It's easy to join, and not too late. You keep track of your steps and activities, submit them at the end of the month to Mavis, our team captain. They are compiled and submitted to SCOA as a team. There are regular updates and monthly free activities. The wind-up is a luncheon. Its fun! For more information, you can check out Globe Walk at scoa.ca or contact Mavis at mavis.m@sasktel.net.



Let's Go Bowling!

Come out and join a fun
Heritage Club Event

A Bowling and Pizza evening

Thursday, April 16th

4:00 pm

Eastview Bowl

Cost \$28 per person, which includes
your shoe rental

Everyone is responsible for their
own drinks and food.

The event is limited to 18 people so
better to register soon and save
your spot!

RSVP by April 1st to at
Heather - 306-222-9078
or email

saskatooncpcheritageclub@gmail.com



The Ladies Lunch

Held at 1:00 the last Wednesday
of the month.

January 28

February 25

March 25

Mi Tierra Mexican Restaurant
1702 Alexandra Avenue

April 29

May 27

June 24

Olive Garden

1732 Preston Avenue North

And did you know???

Saskatoon Shines! It's not just a slogan but a fact that Saskatoon is one of the sunniest places in Canada. With winter temperatures falling below minus 20 degrees, or sometimes even lower, Saskatoon is blessed to receive a whopping 2,268 hours of glorious sun annually. I am thinking about that as we are sitting in a frigid spell in January! Cold not just here, but across Canada right now, and we are sharing it with our neighbours to the South!

belairdirect Passport to Prizes

belairdirect provides home, car and travel insurance to Heritage Club members across the nation. They just shared with J.P.Leguerrier, our National President an exciting opportunity for members to enter a contest they have developed. He received the following message:

Our Marketing Team has created a social media post and we are hoping you can share it on your social media channels and in your newsletters.

Details of the contest:

Open now and runs until April 30th, 2026.

Prizes are 5 x \$10,000 travel vouchers.

Open to legal residents of Canada who at time of entry have reached the age of majority in their province of residence.

1 entry per person.

You can enter by logging into the Heritage Club website at heritageclub.ca and scrolling down to the belairdirect travel insurance or log directly into belairdirect.com/ptpcontest

Good Luck Everyone!



Saying Farewell

We wish to send our condolences to the family and friends of
Kent Allen
William (Laurie) Lawrence

Every effort is made to ensure that no one is missed. However, if you notice an omission, please let us know at saskatooncpcheritageclub@gmail.com
We are committed to ensuring every one of our fellow colleagues are remembered.

Membership Fees for 2026 are due in 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 your updated contact information including: your name, address, phone number and email address. Email addresses have become especially important now as we are now 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 As well, on the website are all our past newsletters are available.

Membership Application for Heritage Club

Also, if you know of any Canada Post employees who might be interested in joining, please share membership 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 club. The larger and more active our club is, the better it is, as 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

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

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



Winter in Saskatchewan

Living in the northern hemisphere puts us at risk for Vitamin D deficiency. It is a nutrient the body needs, along with calcium, to build bones and keep them healthy. The body can absorb calcium only if it has enough vitamin D. Calcium is a major part of bones. Vitamin D also has many other uses in the body. It supports immune health and helps keep muscles and brain cells working.

Vitamin D isn't in many foods unless it's added. It's added to fortified milk and cereal. It's in fish such as salmon, mackerel, and sardines. The body also makes vitamin D from direct sunlight on the skin.

How much vitamin D the body makes depends on many things. These include the time of day you're in the sun, what season it is, where you live, and the color of your skin. Depending on where you live and your lifestyle, you might get little to no vitamin D from the sun during winter. Although you need sunscreen to prevent skin cancer, using it also can lessen how much vitamin D your body makes.

Many older adults don't get enough direct sunlight. They also may have trouble taking in vitamin D. Other people who may not get enough vitamin D are breastfed babies, people with Black or brown skin, and people who have obesity or have had gastric bypass surgery. People with conditions that affect how the body absorbs fat, such as ulcerative colitis and Crohn's disease, also may not get enough vitamin D. If you think you don't get enough vitamin D, talk with your doctor. A simple blood test can check the levels of this vitamin in your blood.

Taking a vitamin D supplement or a multivitamin with vitamin D may help improve bone health. The recommended daily amount of vitamin D is 400 international units (IU) for children up to age 12 months, 600 IU for people ages 1 to 70 years, and 800 IU for people over 70 years.

Without vitamin D, bones can become soft, thin and brittle. Not having enough vitamin D also is linked to the bone-thinning condition osteoporosis. People who don't get enough vitamin D from sunlight or diet may need vitamin D supplements.

Taken in typical doses, vitamin D is thought to be mainly safe. But taking too much vitamin D in the form of supplements can be harmful and even deadly.

Taking more than 4,000 IU, a day of vitamin D might cause:

- Upset stomach and vomiting.
- Weight loss and not wanting to eat.
- Muscle weakness.
- Not being able to think clearly or quickly.
- Heart rhythm issues.
- Kidney stones and kidney damage.

So, winter in Saskatchewan puts you at risk. But talk to your doctor before taking Vitamin D, or really any supplements, just to be on the safe side.

Taken and revised from mayoclinic.org



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



Your Heritage Club Committee

President: Heather Spence
306-222-9078
saskatooncpcheritageclub@gmail.com

Vice-President: Shirley Stewart
306-227-1947
shirlstew55@gmail.com

Sec/Treasurer: Sandy Kew
306-220-9526
gatorbait@sasktel.net

Newsletter: Mavis McPhee
306-290-8244
mavis.m@sasktel.net

Members at Large: Maxine McLeod
Ross Spence

Club email: saskatooncpcheritageclub@gmail.com

Please know that we are always open to feedback, ideas and suggestions. We'd love to hear from you!