

THE Voice

VOLUME 17 NO. 1
FALL 2009

SUPERANNUATED TEACHERS OF SASKATCHEWAN — SASKATOON CHAPTER

Editor: Linda Ashley 955-2498 lashley@sasktel.net

President's Message



Irma Kittelson

Once again Fall approaches. Summer in Saskatchewan always seems too short. Unfortunately we can't say the same for the winters.

I am very happy to extend a warm Chapter welcome to all of our new superannuates. Many of you have friends who are involved with our activities, and we now look forward to you joining us for meetings and special occasions. We kick off the new Chapter year with our Welcome Breakfast on September 9. New superannuates are invited as our guests, please let us know that you plan to attend.

Throughout the year we have regular monthly meetings – two of these are evening meetings, two are noon banquets, and the rest are afternoon meetings held in Eamer Auditorium with a planned program followed by the all important social time.

You will find a list of meeting dates in this issue, and we are hoping that you will make plans to attend.

Four new members have joined our Chapter executive this year. I would like to thank them for making this commitment

and hope it will be a very positive experience. Gerry Mamer, Hannorah Ledding, Barry Peters, and Rita Laramée will be the new faces at our STS executive table this fall.

The Saskatoon STS offers many opportunities for all members to be involved – committee work, sports activities, meeting attendance, writing for the newsletter, attendance at AGM. We are an organization of volunteers in a city and a province known for its high level of volunteerism. Look carefully at the roster for special events in Saskatoon – you will often find names of our members. Retired teachers are known as reliable volunteers with so many valued skills. The problem can arise that you do not have enough hours in your day to be involved with all that you find worthwhile. Remember that the days of having to account for every hour are behind you and having some time to yourself is also important. I remain hopeful that it will not be our Chapter activities to which you will say “no thank you” .

I look forward to seeing many of you at the Welcome Breakfast or the October Wine and Cheese. As your new president, if there are questions I can answer, or help I can offer, please don't hesitate to call me. Let's all plan to stay involved and enjoy a wonderful year together.

Fall Welcome Breakfast

Honouring New Superannuates

Everyone Welcome!

Wednesday, September 9, 2009 at 9:30 a.m.

Eamer Auditorium (STF Building)

Advance Tickets Only \$5.00 from Executive members,
or the STF reception desk. Only 200 available – get your tickets early.

Ticket deadline is Friday, September 4.



CARD Committee

The Card Committee sends out thank you, congratulations (for a special anniversary, a special birthday, or other accomplishments) thinking of you, speedy recovery and sympathy cards to all Saskatoon Chapter members when needed. We also send out e-mail cards, when specifically requested by families in the case of sympathy cards. Most often, however, we send out conventional STS cards through Canada Post.

We truly do rely upon YOU to help us with the names of members who would benefit from hearing from our Chapter. Please contact either Mary Anne or Marie with the names of members you feel should receive a STS card. Along with the person's name, please include any supporting information you may have.

Thank you.

You can reach **Mary Anne Nicholson**:
e-mail: m.a.n@shaw.ca
phone: 374-5517.

You can reach **Marie Grimsen**:
e-mail: ggrimsen@sasktel.net
phone: 244-2454

Receipts for Membership Fees

The Chapter issues receipts for fees on a request basis only. If you require a receipt for your personal records or for income tax purposes, you may request one from the Treasurer at the address below. Please include a stamped self-addressed envelope with your request. It is preferable that requests for receipts be submitted before December 31 of the year.

Please check with your tax preparer to determine if you need a receipt.

In most cases the deposit information letter which you receive from the Superannuation Commission in January (or at any time your deposit changes), is acceptable documentation.

Esther Molina
Treasurer, STS Saskatoon Chapter
317 – 930 Heritage View
Saskatoon SK S7H 5S6
Phone 306-955-3810

or **Barry Peters**
Asst. Treasurer, STS Saskatoon Chapt...
406 Bronson Crescent
Saskatoon SK S7J 5E2
Phone 306-652-4915



Saskatoon STS Executive 2009-2010

Back Row: L to R – Elaine Broughton, Peter Stroh, Terry Manley, Willmer Willems, Margaret Martin, Linda Ashley, Cecile Martell, Rita Latamee

Middle Row: L to R – Gerald Mamer, Jane Isinger, Donna Rolston, Sadie Urban, Judy Schmid, Corinne Sturby, Pat Orchard

Front Row: L to R – Esther Molina, Mary Anne Nicholson, Stella Shulhan, Irma Kittelson, Hannorah Ledding, Nettie White, Marie Grimsen

Missing: Faye Kunkel, Barry Peters, Marion Kimberley, Bill Meger, Judith Luciuk, Gail Dust, Freda Robinson, Irene Fahlman

Past President Report

Stella Shulhan

STS President Jim Sego has carried out many Chapter visits during the course of the year. He was Saskatoon Chapter's guest speaker at the June 9 Luncheon. He spoke to our members on current issues of interest.

Long Service Award Certificates were presented to Wilmer Willems and Terry Manley. Willmer Willems has been on the STS – Saskatoon Chapter Executive for the past 20 years. Terry Manley has served on the STS – Saskatoon Chapter for the past twelve years and as the Chapter's Bowling League secretary/coordinator for fifteen years. Congratulations Wilmer and Terry.

I have been honoured to be your president over the past two years. Every day I took my duties to heart. I appreciated the strength and depth of the individuals within our Chapter and I appreciated your support.

It's wonderful to meet and work with people with the same heart as myself, who work to promote teacher welfare and who protect our good name.

Superannuates let us work together to ensure we continue to improve the lives of all superannuates across the province providing a level playing field for all teachers. My motto is "All for one and one for all" To this end let's carry on our work at all levels with transparency, honour and integrity. Thank you to each and every member.

Congratulations to the 2009-2010 President Irma Kittelson and the Saskatoon Chapter Executive.

Florence Bennee Celebrated 100th Birthday



Stella Shulhan, president, presented flowers to Florence Bennee on her 100th Birthday on May 10, 2009. Florence Bennee was a member of STS Saskatoon Chapter. Florence has since passed away.

Honorary Life Membership



Jim Sego, STS provincial president presenting Ernie Epp, a Saskatoon Member, an Honorary Life Membership

Long Service Awards

Stella Shulhan, president, presents Long Service Awards to Saskatoon STS members.



Terry Manley receiving award from Stella Shulhan



Wilmer Willems accepting award from Stella Shulhan

First Vice President Report

Peter Stroh

Every year many talented people provide us with entertainment at each of our regular events and Chapter meetings. Featured entertainers in the past year included the McLure United Church Handbell Choir, Paddle Wheelers and the Living Room Bluegrass Band plus the volunteers who played the piano.

Volunteers are needed for to play piano at each of our regular functions.

Please contact any executive member to volunteer or suggest any musicians. Also please pass on any ideas for entertainment groups for our banquets, Wine and Cheese socials and special functions.

So far for this year we have booked the very lively band *No Hurry* for the October 14, Wine and Cheese and the talented recording artist STS member, Paulette Andrieu for our December Banquet.

Thank you for your support in the last year and anticipated participation for the next year.

STS/STF Liaison Report

Margaret Martin

As you are reading this issue of *The Voice*, the members of the Provincial Executive of the Superannuated Teachers of Saskatchewan are getting ready to have our first set of Committee meetings and the first Provincial Executive Meeting of the year on September 16 and 17, 2009.

Our membership continues to grow as a result of the many teachers who have recently superannuated. Many of our new members choose to join the STS Extended Health and Dental Plan as well. A reminder also for any STS members who are nearing 65 years of age and are members of the STS Extended Health Plan to apply for coverage under the Saskatchewan Seniors' Drug Plan. **Please send to the STS Office a copy of the letter that shows you are eligible for coverage under the Saskatchewan Seniors' Drug Plan so that you receive the reduced monthly rates for the plan.**

Our eight STS Councillors are also thinking of the STF Councillors' Conference and the Special Meeting of Council to be held on October 16 and 17, 2009 in Saskatoon. We will be taking special note of any resolutions that deal with issues important to superannuates.

I hope each of you has had a relaxing summer made special with the presence of family and friends!

Secretary's Report

Secretary – Faye Kunkel

Assistant Secretary - Jane Isinger

It is a pleasure to serve as your secretary once again. I look forward to working with the executive and with the assistant secretary, Jane Isinger.

There are several new executive members and we look forward to meeting you at Chapter meetings. The following people have joined the executive this year: Rita Laramée, Hannorah Ledding, Gerald Mamer and Barry Peters.

Minutes from previous meetings are kept in the archives and are accessible to those who would like to look up some information.

If any member would like to review the minutes for this year, please feel free to contact me.

Social Committee Report

Cecile Martell

Our 2008-2009 year finished with the June Luncheon which was held on June 10, at the Western Development Museum. More than one hundred teachers and guests enjoyed a tasty lunch buffet. Jim Sego, STS Provincial President, addressed the gathering and the Living room Bluegrass Band provided us with some entertainment. Door prizes were awarded to Gary Evjen, Mary McPherson, Gladys Somerville, MaryAnne Nicholson, Paulette Andrieu and Ruth Pryce. Door prizes were donated by TCU Financial, STF, Donna Rolston and Dennis Kittelson. We extend a sincere thank you to the donors.

At this time I wish to extend a sincere thank you to all who helped in preparing the lunches for the year's assembly meetings. Corinne Sturby and I greatly appreciate your help, creativity and culinary surprises. It is our wish to continue to provide you with exciting snacks. We greatly appreciate the fact that you have realized the increase in food costs and have so willingly dug a little deeper in order to increase your snack donation.

The 2009-2010 year will begin with the Welcome Breakfast on Wednesday, September 9. At this time we will be honouring the new retirees. We look forward to seeing you at the October Wine and Cheese Social which promises to be a good time with friends and entertainment. Mark your calendars with these dates but also consider attending the monthly assembly meetings. Your presence is so very important to our Chapter.

Visiting Committee Highlights – Fall 2009

Do you know a retired teacher who is shut in, living in a nursing home or is hospitalized and would appreciate visits from a caring, fellow superannuate? Names of such people are welcomed.

As of June 1, nineteen volunteer visitors were coordinated. Thank you to all of the visitors who give of their time and talent to provide company and enjoyment to seventeen people who are confined to their homes or other facilities.

There is always a need for volunteer visitors. Would YOU like to volunteer in a meaningful way? Please call Pat (373-9905) or Stella (242-9411) and we will pair you with someone who would appreciate visits.

For shut-in or nursing home residents, we assign one volunteer to each person visited. For those who are hospitalized, a visitor from the following list is designated for that particular hospital.

City Hospital: Aldean Glass – 652-0881

RUH: Fern Adair – 653-5900

St. Paul's Hospital: Marion Shutiak – 242-1582

Please contact us if you know of a superannuate who is shut in or who is hospitalized and would like to be visited by one of our volunteers.

It is our hope that the upcoming year will be a successful and satisfying one for the volunteer visitors and for the people being visited.

We encourage you to give serious thought to joining our Visitors' Team

Visiting Committee Co-chairpersons:

Pat Orchard: 373-9905

Stella Shulhan: 242-9411

Registration Report

Judy Schmid

In 2008-2009 the STS Saskatoon Chapter held ten Chapter meetings, of which two were luncheons. These meetings were attended by many of our members.

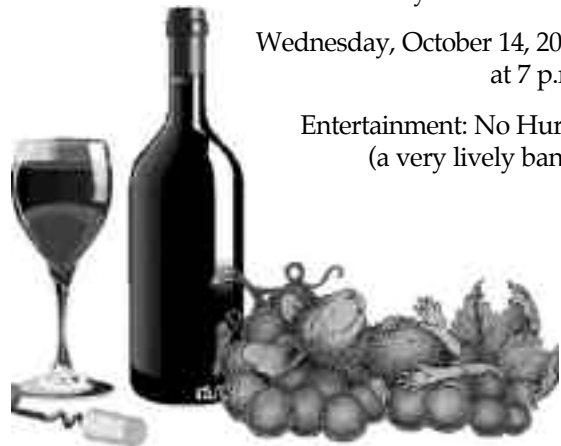
For 2009-2010 many activities and meetings are being planned. Please check the calendar of dates and events in this newsletter. All members and their guests are invited. It would be great to see many of you attending our monthly meeting.

Wine and Cheese Evening

Everyone Welcome!

Wednesday, October 14, 2009
at 7 p.m.

Entertainment: No Hurry
(a very lively band)



Web Page/Mailing

Willmer Willems

The Chapter newsletter *The Voice* is posted on the Saskatoon Chapter web page before you receive your copy in the mail.

If you wish to save a tree and read it only on the internet, please contact me to remove your name from the mailing list.

If you have plans to move to a new address, please inform me as soon as you have your new address and moving date.

E-mail your address changes to wfwillems@sasktel.net



Activities

Bill Meger - Chairperson

Golf

Fall Tournament

Thursday, September 10 a.m. – 1:00 p.m.
Greenbryre Golf Course
Register by Tuesday, September 8.



June Golf

Six foursomes braved gale force winds on June 4 at Warman Golf Course. The spring Texas scramble was played with Saskatchewan rules. All those who participated enjoyed the afternoon.

Team 1 – Moe Hnatiuk, Walter Bergen, Roy Bartell, Vic Anton

Team 2 – Ernie Epp, Jerry Mamer, Cec Hodgins, Marj Hodgins

Team 3 – Len Kirkland, Harold Schultz, Peggy Warren,
Terry Warren

Team 4 – Malcolm Gilbert, Jim Longstaff, Ken Dodge,
Ken Laramee

Team 5 – Irma Kittelson, Bill Martin, Marg Martin, Faye Kunkel

Team 6 – Olga Johnson, Oliver Siba, Stella Shulhan

Join

STS Bowling Club at Eastview Bowl

Tuesdays at 1:30 p.m.

You'll ♥ our Teacher League!!

Teachers have discovered that bowling is the best place to have fun and keep in touch with friends during the fall and winter.

Our club offers convenience, flexibility and sociability in league bowling.

We now have 18 lanes available for our use.

Give us a call today!

Fall season begins Tuesday, September 1, 2009

Call Terry Manley at 343-6297 or
Shirley Bird at Eastview Bowl 373-4333



Bocce Tournament

Thursday, September 17 & 24 – 1:00 p.m.
Meewasin Park, Whiteswan Drive
Register by Tuesday, September 15.

Other Possible Fall Activities

- Disc Golf
- Scrabble
- Regular Bridge and Board Games Event
- Floor Curling (at Hafford)

(These events will be held if members are interested, if you want to know more about these events contact Bill at 249-1329)

Bridge Tournament

October 23-24, 2009
Grace Westminster Church
505 10th Street East, Saskatoon



Format:

Friday 7:00 p.m.

Social with snacks and Bridge with random partner

Saturday:

9:00 a.m. Duplicate Bridge

(1 member must be Superannuate or STF member)

1:00 p.m. Swiss Teams

(2 members of team must be Superannuate or STF member) Lunch will be provided.

Fee: \$40.00 per person (includes all meals, cards, prizes)

Contact: Maureen Scott 1-306-373-0408 moscott@shaw.ca
538 Delaronde Rd Saskatoon, SK S7J4A8

Entry Form (call, e-mail or mail to above address)

Deadline: Friday, October 16, 2009

Name: _____

Address: _____

Email: _____ Phone: _____

Terry Manley Wins Horseshoe Tournament

Terry Manley won five games to take home the Dale Shockey Trophy at the annual Horseshoe Tournament. Bill Meger with four wins one loss claimed the Frank Nickel Trophy. Others taking part in the Tournament were: Harold Flett, Jake Peters, Willmer Willems and Stella Shulhan.



Future meeting dates for 2009-2010 ... MARK YOUR CALENDAR

	EXECUTIVE MEETINGS	CHAPTER MEETINGS
September	01	09 - Welcome Breakfast (see ad in this issue)
October	05	14 (Evening - FALL Social)
November	02 30	12 (Speaker: Sgt. Scott from Saskatoon Police Services. Topic: Fraud)
December		09 Banquet @WDM (confirmed)
January	04	13
Tentative dates, below, pending confirmation with the STF, for use of the facilities.		
February	01	10
March	01	10
April	12	14
May	03 31	05
June		09 -June Banquet



Fitness: Planning for the Couch Potato Season

By Donna Rolston

I WOULD BE INSTOPPABLE. IF I COULD JUST GET STARTED!

Wasn't it easy to be more active in the summer months? There are so many things we can do outside, the biggest one being a nice walk. However, now, when the colder weather starts to arrive, it is often the couch where we spend most of our time and according to Health Canada, 60 per cent of older adults are inactive. Yet numerous studies have shown that maintaining physical fitness is a key factor in maintaining a good quality of life and independence as we age. The many benefits of being active include:

- Increased sense of vitality
- Better balance and less risk of falls
- Fewer aches and pains
- Better digestion
- A sounder sleep
- Relaxation and reduced stress
- Stronger bones and muscles
- Prolonged independence
- A healthier heart and blood pressure
- Feeling happier and mixing with other people

We're told to use it or lose it. It is estimated that regular exercise can prevent over half of the potential physical declines associated with aging. Physical activity slows down the aging process while increasing energy, stamina, and mental health.

So, what can we do to stay active during the cold months? Of course, there is the Saskatoon Field House, where for a fee, we can walk the track and work out on the machines. One of the best kept secrets in Saskatoon is the Bridge City Senioraction, a 55 plus co-ed Seniors' Club, which offers aerobic classes every Tuesday and Thursday in the Field House from September to the end of June and charges only \$10 for an annual membership with a daily drop-in fee of \$2 for each session. The very well experienced, qualified instructor is continually attending in-services to keep abreast of teaching proper activities to maintain strength and flexibility in senior bodies. To join, just go to the Field House any Tuesday or Thursday for 9:30 a.m. (Starting in October, there are two classes: 9:00 a.m. and 10:00 a.m.) Also, in Saskatoon, community associations and Saskatoon Recreation Centres offer Smart Start Programs. Check the Leisure Guide that comes out in the fall or call one of the Rec Centres. Of course, we can't forget our own Saskatoon STS Tuesday afternoon bowling league. If this is your cup of tea, contact Terry Manley at 343-6297.

For you outdoor enthusiasts, the Saskatoon Nordic Club has cross-country skiing for seniors. Check out their website: saskatoonnordicski.ca.



For activities such as those at the Field House, swimming, or Mall walking, it is best to have a fitness buddy, because working out alone can be a drag. And, of course, you then have a coffee partner after the sweating!

If you don't enjoy going out in the cold winter months, you can still work out at home. Walking can be done on the tread mill, and there are lots of exercises that can be done such as wall push-ups, chair squats, bicep curls, and shoulder shrugs while holding light weights. Don't forget the music, which makes working out so much easier!

Health Canada's Guide to Healthy Active Living for Older Adults suggests that we think of three areas of fitness: Endurance, Flexibility, as well as Strength and Balance. All of these areas can be met with the Wii Fit program. If you want to exercise at home and do fun activities with a customized personal trainer, purchase a Nintendo Wii. Games such as bowling, softball, tennis, and golf come with the initial purchase, and if you purchase the Wii Fit program, there are fitness exercises for strength training, balance, aerobics, and yoga. It can be a complete fitness program as well as guiding you on your weight and proper body mass index, but is done on your own schedule at home. It is easy to use once it is hooked up to your TV. The general thinking among fitness and health providers today is that anyone can build more physical activity into their lives, regardless of their age, current level of fitness, or the season of the year.

Have fun staying fit this winter and now, a final word:

One lady had determined to start getting in shape, and had joined a fitness class at the local gym. When asked how she made out at her first class, she said, "Well, I tell you, I spent one whole hour going through the most tiring activities. I bent, I stretched, I twisted and turned, I reached and pulled, I sweated and panted, then I stretched some more. But by the time I got into my leotards, the class was over!"

I hope it goes better for you than it did for her and the good news – you don't have to wear leotards to work out!

Telephoning Committee Members



Back Row L to R:

Ann Young, Marie Grimsen, Linda Kolynchuk, Elaine Broughton, Mel Petty, Elin Sletmoen, Anne Klaassen, Kathy Guenther, Irene Fahlman (Telephoning Committee Co-chair)

Front Row L to R:

Nettie White (Telephoning Committee Co-chair), Fran Gordon, Margaret Cooper, Alice Fyke, Mary Anne Nicholson, Carmelle Toner

Visiting Committee Members



L to R: Stella Shulhan, (Visiting Committee Co-chair), Aldean Glass, Ferne Adair, Joey Kiss, Marion Shutiak
Missing: Pat Orchard (Co-chair)

E-mail

If you are not receiving e-mail notices of monthly meetings and events, but would like to receive them, please e-mail Judy Luciuk jluciuk@sasktel.net Please remember to e-mail Judy if your e-mail address changes or has recently changed.

The Voice

This newsletter is the first of four publications of *The Voice* for the 2009-2010 year. Submissions of interest to Chapter members continue to be encouraged – your article about travel destinations or ideas, activities, special events, creative writing and tips for retirement living are suggestions.

The Voice Deadlines for 2009-2010

You may e-mail submissions for the next issue November 2, 2009 to l.ashley@sasktel.net

If you wish to access past issues of *The Voice* go to <http://www.sts.sk.ca/saskatoon/newsletter/index.html>

Scent Alert

Because some of our members experience harsh and often debilitating reactions to strong scents, we ask your cooperation in not wearing perfumes, scented deodorants, or other scented grooming products to the meetings. We want everyone to be able to enjoy our get-togethers in comfort and good health.

Support Services Website

The information packed Support Services website created by the provincial STS may be accessed at:
www.sts.sk.ca/support_services/index.htm

