

# THE Voice

VOLUME 17 NO. 3  
SPRING 2010

SUPERANNUATED TEACHERS OF SASKATCHEWAN — SASKATOON CHAPTER

Editor: Linda Ashley 955-2498 l.ashley@sasktel.net

## President's Message



My first year as chapter president is drawing to a close, and it is time to thank many individuals and groups. First of all, I wish to acknowledge the many efforts of our Saskatoon Chapter Executive members and thank them for their commitment to our organization. Every committee goes ahead and carries out its responsibilities resulting in

a cohesiveness that allows us to accomplish a great deal, with minimal fuss. We are so fortunate to have such a dedicated group of individuals who are willing to give up their time for the common good of our membership.

Special thanks to the members of the telephoning and visiting committees who reach out to keep our members informed, or to visit with those who are unable to attend our meetings.

I especially want to thank our newest executive member, Loretta Metzger, who has brought us many new ideas for activities which have been offered this year—from gardening to gambling, with High Tea in between, many people have enjoyed the outings and the fellowship. A cruise on Lake Diefenbaker is the next major outing to look forward to. As well golf tournaments are planned for our members on June 3 and also on September 9. If you judge by the fun we have, everyone who takes part in any of these activities is a winner.

This year has seen some new initiatives for our chapter. Last fall we used our e-mail and telephoning systems to assist both the Saskatoon Health Region and the three local school boards in their planning for the H1N1 outbreak. Offering our assistance in this way helps our chapter to strengthen these valuable relationships. On November 2 we held a first-ever Executive workshop; at that time we formed a Goals Review Committee comprised of Jane Isinger, Peter Stroh, and Sadie Urban. We hope this will help us to direct our collective energy in ways which have the greatest impact on our chapter.

Special thanks to Willmer Willems for his 23 years of service on the Saskatoon Chapter Executive. He will receive a provincial Life Membership award when he attends the AGM in May. Congratulations Willmer! Thanks also to Judy Schmid, Hannorah

Ledding, Barry Peters, Rita Laramée and Gail Dust who are leaving our executive at the end of June. We appreciate all of your work during your time on the Executive.

My congratulations to Linda Ashley who was appointed to a three year term on the University of Saskatchewan Senate. She joins Peter Stroh who is serving his second elected term on the University Senate. It's wonderful to have two members of our Executive with a voice on that august body.

I wish each of our members a wonderful summer season - it is truly the best season to live in Saskatchewan. Hopefully this year we really will have a summer! I hope many members will choose to attend the June 9 Banquet and/or the September 8 Welcome Breakfast - tickets are on sale now, and those deadlines come quickly. You may also mark Tuesday, December 7 on your calendar for the annual Christmas Luncheon. Please come out and join us. We'd love to see you at any or all of our activities.

Irma Kittelson  
E-mail: [ijkitt@sasktel.net](mailto:ijkitt@sasktel.net)



### Saskatoon Chapter June Luncheon

Wednesday, June 9, 2010

Socializing 11:00-12:00 / Lunch 12 Noon  
Entertainment

Butler Byers Century Hall  
Western Development Museum, Saskatoon

Tickets are \$20.00  
Tickets are available from Executive members  
until May 30th and from the  
STF reception desk until Thursday June 3rd.



### STS Saskatoon Chapter

## Fall Welcome Breakfast

Wednesday, September 8, 2010 at 9:30 a.m.  
Eamer Auditorium (STF)

Honouring New Superannuates  
Everyone Welcome!

Advance Tickets: \$5.00  
Tickets are available from Executive members until August 31st  
and from the STF reception desk until Friday September 3rd.



## STS/STF Liaison Report

Margaret Martin

By now all STS members who are members of the STS Group Benefits Plan should have received a new Blue Cross card. This new Client Drug Reimbursement card that became effective April 1, 2010 allows our members to have information electronically transferred to Blue Cross when purchasing prescriptions. Clients will pay the cost at the pharmacy but do not have to send in receipts. If you wish to have your reimbursements deposited directly into your bank account, please contact Blue Cross to make arrangements for that to take place. Please inform your pharmacist that you are a member of the STS Group Benefits Plan and that you have a new Blue Cross card that became effective April 1, 2010 so all information can be transmitted correctly. If you did not receive this new card, please contact Colleen or Heather at the STS Office (373-3879).

## Telephoning Committee

Nettie White and Irene Fahlman

OUR INTENT IS TO SHOW WE CARE

We acknowledge members who have given their time and self to our members each month. They cared that their colleagues were constantly aware of the activities which the Saskatoon STS Chapter has planned for them.

On behalf of our membership we want to extend our very sincere gratitude to all our phoners. We especially recognize the following who are no longer able to serve in the capacity of phoning.

Elaine Broughton	Ann Tracey
Darlein Zook	Phyllis Umpherville
Lenore Streiker	Donna Nelson

You are our unseen volunteers and have served us faithfully for many years. Volunteers are the heart and soul of our organization, which is successful because of people such as you. It is indeed better to give than to receive, to show we care for each and every one of our colleagues.

On behalf of the membership we again want to express our gratitude to all our phoners. In the fall we will need some new volunteers for this important job. If you are able to help us out once a month making some calls, please call either Nettie (249-2855) or Irene (242-0117) or our new Telephoning Assistant - Lois Pyne (978-8248).

## Visiting Committee

*"The world is hugged by the faithful  
arms of volunteers."*

Terri Guillemets

During 2009-10, 17 volunteers made visits to superannuates who are confined to their homes or to one of the hospitals. These visits have been greatly appreciated and have brought smiles to many. We are saddened that we lost Florence Parkinson. She was such a faithful and dedicated volunteer. Many thanks go to the following volunteers:



Home Visitors:

Penny Banks, Bill Bender, Herman Berg, Joan and Lindsay Fast, Lorraine Friesen, Joey Kiss, Bergit and Terry Manley, Pat Orchard, Anne Stachniak, Stella Shulhan, Corrine Sturby, Norma Wilson

Hospital Visitors:

Aldean Glass – City Hospital  
Fern Adair – Royal University Hospital  
Marion Shutiak – St. Paul's Hospital

If you would like to be a volunteer visitor **OR** if you know someone who would appreciate a visitor, we would like to hear from you.

Please call:

Pat Orchard (373-9905)  
Stella Shulhan (242- 9411)  
Visiting Committee Co-Chairs 2009-10

## 50 Year Reunion Mount Royal Collegiate (Saskatoon) Celebrates 50 Years

September 24, 2010 from 10 a.m. to 4 p.m.

Formal Program, Refreshments,  
Mustang Car Show, Tours

All former staff & students invited.

Visit [www.mountroyal50.com](http://www.mountroyal50.com)

# A Little Bit of History

Sadie Urban

There seems to be something in human nature that motivates us to observe anniversaries and other life milestones. It recently occurred to me that this year – 2009-10 – marks the twentieth anniversary of my last year as a teacher. Twenty years. The time has flown, and yet so much has happened – so many changes – so much new and so much left behind – such a distance travelled.

Much has also changed for the Saskatoon Chapter in the last twenty years. What was our STS family doing that year, as I was winding down my teaching career? The answer can be found in the Annual Reports for 1989-1990.

The 636 Chapter members paid an \$8 annual fee, of which \$3 remained with the Chapter, with \$5 going to the Provincial organization. In late August, membership forms were sent out, and about 200 were returned, providing not only personal data about the members, but a bit of their teaching history and experiences. These are still on file in the original binder, putting a personal face to our historical records. The Chapter operated on an annual budget of \$4,487. A key item on the expense side of the ledger was the \$385 paid to the Frances Morrison Library for rent, as the Chapter meetings were held there. It was several years later that we moved to the STF Building. The STF computer system made it easier to keep track of the membership.

The Chapter meetings were “characterized by hearty fellowship before the meeting and during lunch, by the reports of the committee conveners and by presentations on timely topics by selected speakers” – sound familiar? It was interesting to discover that at the October meeting, the Chapter was entertained by Saskatoon’s 2009 Citizen of the Year – Al Anderson, with “Messrs. Dahlem and Salkeld, presenting a much applauded concert of Irving Berlin music.” Then in March, “the musical duo of Carl Kause and Jake Enns entertained right royally.”

Mr. Stan Fowler, in his position as Superannuation and Liaison, presented some disturbing facts. Statistics Canada had set the Poverty Line at \$11,531 per single person. Of the 6241 superannuated teachers in Saskatchewan, 13.28% were receiving less than \$5,000 per year, and another 21.29% received less than \$10,001. Another 20.19% were receiving \$12,213, just barely above the Poverty Line. These statistics were cited as evidence of the need for diligent advocacy to seek improved benefits and pensions for our retired teachers.

I like Mr. Fowler’s comment regarding the STS. “... decision makers are aware that the organization known as the Superannuated Teachers of Saskatchewan (STS) speaks with authority, dignity and concern when representing its members. We do exert a very powerful influence, because strength flows from the quality and number of members both individually and collectively through chapters ....”

When we look at the Saskatoon Chapter of today we can see how far we have travelled in the last twenty years – how much has changed, how much has happened, how much is new, and how much we have left behind. Stan Fowler’s description of the STS rings true – and gives us considerable optimism for the next twenty years.

## CARD Committee

We continue to need your help to keep us informed about Chapter members and their spouses, partners and family members who would benefit with a card from our Chapter. We send Thinking of You Cards, Congratulations Cards, Sympathy Cards, Thank You Cards, and Get Well Cards. It is also possible to send electronic cards upon request.

Contact: **Marie Grimsen**  
email: ggrimsen@sasktel.net  
phone: 244-2454

**Mary Anne Nicholson**  
email: m.a.n@shaw.ca  
phone: 374-5517

# Activities

Bill Meger, Chairperson and Loretta Metzger, Assistant

## Golf

- **Texas Scramble**

Thursday, June 3 – 1:00 p.m.  
Warman Golf Course  
Register by Monday, May 31  
Contact Bill (249-1329)



- **Fall Tournament**

Thursday, September 9 – 1:00 p.m.  
Greenbryre Golf Course  
Register by Monday, September 6  
Contact Bill (249-1329)

## Horseshoes

Tuesday, June 15 – 1:00 p.m.  
Exhibition Horseshoe Pitch  
Register by Friday, June 11  
Contact Bill (249-1329)



## Saskatchewan River Tour

### Thursday June 17

This Day Tour is a 3 hour houseboat tour on Lake Diefenbaker, that starts out with a noon BBQ, and covers historic sites and information in this area. Go to <http://srivtqlx.sasktelwebhosting.com/tourboats.htm>

This tour can accommodate 38 passengers. Odyssey Coach Lines has been booked. Departure time is 9:00 a.m. from the Western Development Museum parking lot - just south of Sports on Tap. Tour price is \$60.00. Payable with registration by Monday May 17.

Contact:  
Bill – 249-1329  
Loretta – 382-6769

## Spring and Summer Activities:

**Wednesday, May 19**, Solar Gardens & Living Art Company - Succulent Bowl planting class \$40.00

Class starts at 1:00 p.m.. We need to know numbers; sign up at the Chapter meetings or call Loretta 382-6769 to leave a message. If you would like to go out early for lunch, Roger makes calzones and pizza in an outdoor oven for \$10.00. We need to know numbers by May 5. If you need transportation call Cecile at 934-5849 or Loretta at 382-6769 and we will arrange to meet at Lawson Mall or Market Mall.

**Thursday, June 3**, Golf at Warman Golf Course

Call Bill Meger (249-1329) to register.

**Sunday, June 6**, Saskatchewan Trails Day

Join us to walk the trails of native prairies, property owned by one of our members. This is near Marcelin, so plan to leave mid-morning, take a bag lunch, water and dress to be outside for the afternoon. Sign up at the chapter meetings or call 382-6769. Carpooling will be arranged.

**Thursday, June 17**, Sask. River Cruise – Lake Diefenbaker

\$60.00 includes bus from Saskatoon, tour from 12:00-3:30 p.m. and lunch. There is a maximum of 38. Sign up at the chapter meeting or call Bill (249-1329) or Loretta (382-6769).

**Saturday, July 3**, Doukhabor Dugout Site/Largest Sask. Tree/Crooked Trees

This is a date change due to a special event at the site. This will be a full day! Cost is \$5.00 plus bus transportation. There will be stops along the way for lunch, coffee, etc. Loaves of Doukhabor bread are \$5.00 and should be pre-booked. To sign up call Loretta at 382-6769.

## Teach English in China

- Airfare Paid
- Apartment Supplied
- Fantastic Travel Opportunities
- Experience a Wonderful Culture
- For further information contact Leon at [leonkol@sasktel.net](mailto:leonkol@sasktel.net) or phone 306-773-9624

# Future meeting dates for 2010 ... MARK YOUR CALENDARS

(Reminder: All STS activities are Scent Free!)

- Wednesday, June 9      Banquet at Western Development Museum.  
Visiting – 11:00 a.m. Meal – 12 noon.  
Tickets available from the executive.
- Wednesday, September 8      Welcome Pancake Breakfast at Eamer Auditorium.  
Tickets available from the executive.

## Tentative Fall Meeting Dates:

- Wednesday, October 13      Evening Social 7:00 p.m. in Eamer Auditorium.
- Wednesday, November 13      Speaker's Topic: Genealogy in Eamer Auditorium.



# 2011 Saskatoon Chapter Directory

The STS Saskatoon chapter directory will be issued early in 2011.

To offset the increasing cost of printing and mailing, **a directory will be available only upon member request.**

Please email your request to the Saskatoon chapter at [sts.saskatoon@gmail.com](mailto:sts.saskatoon@gmail.com) or complete and mail the form below. **October 31, 2010 is the deadline for directory requests.**

**If you do not want your name, address or phone number listed in the directory, please fill in the form below and mail to the address listed.**

When the directory is available, **chapter members who reside in the city will be asked to pick up a directory at the STF.** Several pickup dates and times in late winter and spring will be announced and the directory will be available at specific chapter meetings and special events. Members who reside in the city and are not able to pickup a directory in person are asked to have a friend or family member do so.

## 2011 STS Saskatoon Chapter Directory

I would like to receive a copy of the 2011 Saskatoon Chapter Directory.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Please mail to M. Kimberley, 202 Skeena Crescent, Saskatoon, SK S7K 4G8 by **October 31, 2010.**

## 2011 STS Saskatoon Chapter Directory

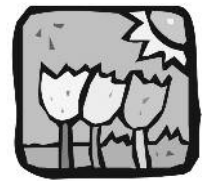
I do not want the following information listed in the 2011 directory:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please mail to M. Kimberley, 202 Skeena Crescent, Saskatoon, SK S7K 4G8 by **October 31, 2010.**

# Small Space Gardening

By Bill and Marj Meger



“A garden changes with the seasons of life, as well as the seasons of the year.”

Author unknown

In a smaller garden plant selection and design are important as each square foot counts. Some plants that look good in a catalog, or at the greenhouse, turn out to be too large, wrong color or simply don't thrive in crowded conditions.

The first step in deciding choice of plants is to take a close look at the present conditions in your yard. Direction to the sun determines if you should use sun loving, shade loving, or plants somewhere in between. Other factors such as wind direction, large trees, fences, soil and neighboring yards control your choices.

“A garden is more than a thing to tend-it's a destination.” Jim Hole. A “destination” garden should flow and blend with hard structure (natural or man-made), soft (plants). In small spaces vertical structures and plants help create flow and depth to a yard. They can also act as barriers, creating hidden areas, and allows a greater number of plants to be used. Structures such as fences, trellises and archways provide focal points. They're great for climbing plants such as clematis, cucumber vine, hops and ivy. Plants such as holmstrop cedar (7'), de groot spire cedar (10'), various dwarf fruit trees and tall grasses add height and don't take up much space.

Create variety by using plants of different sizes, shapes and colors. Select plants with different leaves, long and narrow (grasses): wide (peony).

Provide a variety of textures: fuzzy (lambs ears); smooth, (ladies mantle); shiny, (hostas). Two story planting, or layering, can save space, by planting wispy and taller specimens such as flax or pincushions next to low dense plants (dusty miller).

To add to the flow of a yard, “destinations” should be considered. Usually a pathway leads you to an area of special interest. These can be as varied as your imagination. Some of the more common places are seating areas, bowers, fire pits or a pond. Others that could create interest are sculptures, streams, bridges, water features, chimes and a rock garden. If you wish to extend the time you spend in the garden try to make it “after dark” friendly. White and yellow blooming plants show up well in dim light conditions. (Try angel's trumpet, roses and baby's breath.)

Solar lights along pathways and around feature plants add enjoyment to your evening stroll.

Container gardening can provide color, portability and great accents for a patio or balcony. They can also fill in your yard

where you need color, a focal point or to disguise an early blooming perennial which is past its prime.

Consider the following factors when choosing and potting your containers:

- **Containers:** Choose large ones rather than a number of smaller ones. More plants in a pot will give you more impact and will need to be watered less frequently. If it is a very large pot, you can put in several inches of light material, such as pine cone, Styrofoam pieces, crushed milk cartons, to lighten the pot and save on soil.
- **Soil:** Choose purpose potting mix, as garden soil is too heavy and has poor drainage.
- **Plants:** Vary the height, choose complimentary colors, and vary the textures of the greenery (smooth, fuzzy, glossy). Perennials as well as annuals can be used to make a pleasing combination. You can also plant vegetables such as tomatoes, peppers, lettuce and herbs. Grow the makings of a delicious salad just outside your door!
- **Watering and Care:** Containers usually require watering daily during hot weather and less often in cool cloudy weather. It is best to water in the morning. Regular fertilizing helps keep plants healthy. To conserve moisture you can mulch the surface with wood chips, polished river rock, shells, glass chips, cocoa shells, to provide an attractive topping.

Groom your plants throughout the summer to keep them healthy and showy. Remove flowers as soon as they begin to shrivel and fade. Prune back unruly plants which may become too leggy and unattractive. Periodically look for signs of pests or disease, and remove by handpicking or with a forceful blast of water from a garden hose.

Plant some containers and enjoy the rewards they can give you.

If the gardening bug bites you this spring, and you want to learn more, **join an organization!** Join one of the following:

- Saskatoon Horticultural Society
- Saskatchewan Perennial Society
- Saskatchewan Watergarden Society

All of the above societies offer advice and provide tours, where you can gain valuable information and inspiration.

“If nothing ever changed, there'd be no butterflies”

Author unknown.

# Left Handedness!

By Marie Grimsen

Billy the Kid, Barack Obama, Leonardo da Vinci, Mark Twain, Paul McCartney, Bach, Robert De Niro, Lou Gehrig, Billy Graham, Jim Henson, Kermit the Frog, Queen Elizabeth, Rachmaninoff, Helen Keller, Jimmy Connors, Ben Hogan, Oprah Winfrey, Lewis Carroll, George Burns, Bob Dylan, Michelangelo

## What do these folks have in common?

Did you say that they are all famous? You are certainly right about that, but did you know that these folks, along with at least 10% of the population are left handed?

All those named above grew up at a time when being left handed was viewed as odd. Children were encouraged (forced in some cases) to become right handed. Some Native Americans would strap the left hand of an infant to the cradle board, while leaving the right hand free. There was a time in Japan when a man had grounds for divorce if his wife was left handed. In some countries and cultures, the left side has been frequently associated with clumsiness, wrong doing, improper and even sinister responses. Left handedness was even considered to be a handicap.



Times have changed (Alleluia!) and so has our thinking and information about "Lefties" or "Southpaws".

So, let's take a minute and celebrate "Lefties"...

## Did you know that ...

- while making up only 10% of the population, "lefties" make up 20% of all the Mensa members?
- in 1946, "leftie" baseball pitcher, Fidel Castro, from the University of Havana flew to the USA, to try out for a spot on the Washington Senators?
- "lefties" excel at fencing as well as baseball and swimming?
- there are more "leftie" golfers in New Zealand than elsewhere in the world?
- many "lefties" have excellent spatial awareness and are better at tennis, badminton and squash?
- "lefties" are more responsive to visual based thought as opposed to linear sequential thought?
- "lefties" have an inherit talent for music and art?
- a sizeable number of Apollo astronauts were "lefties"?
- four of the five people who designed the Macintosh Computer were "lefties"
- "lefties" are especially good at mirror writing and reading upside down?

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Information sources available upon request  
(Marie Grimsen email: [ggrimsen@sasktel.net](mailto:ggrimsen@sasktel.net))

## Good Luck, Wayne!

Best wishes to chapter member Wayne Dyck as he rides across Canada, beginning in Victoria on April 28 and finishing in St John's, NL by July 8th, raising money for the Children's Hospital Foundation. For more information on the event and updates on the journey, or to donate, visit [www.coasttocoastforkids.ca](http://www.coasttocoastforkids.ca)





# 2009-2010 Saskatoon Chapter Executive

President	Irma Kittelson	934-0881
Past President	Stella Shulhan	242-9411
First Vice President	Peter Stroh	374-3543
Second Vice President	Gerald Mamer	668-3951
Secretary	Faye Kunkel	934-7163
Secretary Assistant	Jane Isinger	933-2927
Treasurer	Esther Molina	955-3810
Treasurer Assistant	Barry Peters	652-4915
Membership/Directory	Marion Kimberley	242-2204
Membership Assistant	Judy Schmid	373-0569
Program Chair	Freda Robinson	374-6722
Telephoning Co-Chair	Irene Fahlman	242-0117
Telephoning Co-Chair	Nettie White	249-2855
Registration	Judy Schmid	373-0569
Asst. Registration	Rita Laramée	373-9875
Visiting Co-Chair	Pat Orchard	373-9905
Visiting Co-Chair	Stella Shulhan	242-9411
Honorary Life Members	Stella Shulhan	242-9411
Social Chair	Cecile Martell	934-5849
Social Assistant	Corinne Sturby	955-9008
Activities	Bill Meger	249-1329
Activities Assistant	Loretta Metzger	382-6769
Archives	Sadie Urban	343-6451
Cards	Marie Grimsen	244-2454
Cards Assistant	Mary Anne Nicholson	374-5517
Public Relations	Hannorah Ledding	652-4883
Newsletter Chair	Linda Ashley	955-2498
Newsletter Assistant	Donna Rolston	249-4547
E-mail Chair	Judith Luciuk	477-0059
E-mail Assistant	Gail Dust	242-4393
Web Page/ Mailing	Willmer Willems	343-0858
Support Services Liaison	Elaine Broughton	242-3205
STS Liaison (Prov. VP)	Margaret Martin	373-4433
STS Liaison (Prov. Exec)	Elaine Broughton	242-3205

## 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](mailto: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 final publication of *The Voice* for the 2009-10 year. Submissions of interest to Chapter members are encouraged. Your articles about travel destinations or ideas, activities, special events, creative writing and tips for retirement living are suggestions.

The next *Voice* deadline for submissions is June 30, 2010 to [l.ashley@sasktel.net](mailto: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>

## Web Page/Mailing

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

We thank Willmer Willems for his work in this area for the past number of years. As of June 30 this portfolio will be looked after by Irma Kittelson, [ijkitt@sasktel.net](mailto:ijkitt@sasktel.net).

If you wish to comment on the website or change to reading *The Voice* only online, please contact Irma.

If your address has changed or will be changing, please inform Irma as soon as possible.

## 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](http://www.sts.sk.ca/support_services/index.htm)

