

THE Voice

VOLUME 18 NO. 2
WINTER 2010-11

SUPERANNUATED TEACHERS OF SASKATCHEWAN — SASKATOON CHAPTER

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President's Message



As we begin another year, I wish all our members and their families a very happy and healthy new year. I do hope that 2011 will be a very good year for everyone. Also, at this midway point in our STS year, I will take this opportunity to thank our capable and dedicated Chapter executive members.

I am so very grateful to work with such a quality group of individuals, who are such a pleasure to be around.

Our Chapter continues to grow – now topping 2000 members. New retirees and transfers are welcomed equally. Sadly, we lose members each month as well. Marie and Mary Ann, our 'card' ladies, do a great job of extending our sympathy, as well as congratulations, but they need to be made aware. Please give them a call, when a member you know should receive a card.

For many of us, a new year is a time for reflection and evaluation. Consideration of what things in your life are worthwhile, and which may need changing. Individuals need to find their own pathway to a happy retirement – some people travel, some volunteer, others take a different job or become more involved with family or their church – and some try to do

it all. What suits me, may not appeal to you, but neither of us is wrong, just different.

As your president, I have been approached by many different agencies requesting volunteers. A lot of these opportunities have been passed along to our members one way or another. The variety in terms of expectations, duration, and possible rewards is truly astounding. For anyone finding the hours of retirement lonely or dragging – there are certainly lots of opportunities for filling your time with meaningful activities. Additionally, part of the joy of being a volunteer is that it isn't a life sentence – you can try something for awhile and if it doesn't fit, discontinue.

Right here within our own Chapter, our Vice presidents will soon be looking for some smiling faces to fill spots on the Chapter executive for next year. I encourage you to say "Yes!" if you are approached. It's a great way to renew acquaintances and also an opportunity to make new friends.

Once again best wishes for 2011. We hope to see you at a meeting soon.

Irma Kittelson
ijkitt@sasktel.net or 934-0881

CARD Committee

We continue to encourage all Saskatoon Chapter members to email or telephone Marie Grimsen (if emailing-cc to Mary Anne Nicholson) with the names of Chapter members who would benefit from a Sympathy, Get Well, Thinking of You, Special Occasion (Milestone Birthday/Anniversary), Thank You, or Congratulations card. We are also able to send out animated electronic cards for all occasions if preferred by the receiver.

Thank you!

Contact:

Marie Grimsen
Email: ggrimsen@sasktel.net
Phone: 244-2454

Mary Anne Nicholson
Email: m.a.n@shaw.ca
Phone: 374-5517



Chapter Goals And Objectives

Peter Stroh

Membership in our STS Chapter has grown rapidly to over 2000 superannuates.

To better provide services for, and meet the needs of our diverse membership, the executive has undertaken a review of all aspects of our operations. The first step was an executive workshop on November 2, 2009 facilitated by Rita Priestley and Marlene Panko to explore the current status of our chapter.

The workshop began by exploring reasons why members become involved and affirming our successes. From there we moved to a discussion of membership involvement, possible goals, Chapter image, demographics and suggestions for goal implementation. The main outcome from the workshop was the establishment of a committee to identify key goals for the Chapter. The Committee consisting of Peter Stroh, Jane Isinger and Sadie Urban developed a Mission Statement, a Vision Statement and twelve Chapter Goals. The Executive formally accepted these on September 1, 2010. The new Vision, Mission and Goals will soon be available on the STS website.

The second phase of the Chapter review was a follow-up workshop again facilitated by Rita Priestley and Marlene Panko on November 1, 2010. The executive members worked in groups to assess the twelve goals, identify the most significant objectives, and brainstorm ways to meet each goal. After intense discussions, the groups presented their results to the committee, which now is in the process of assembling these reports into a comprehensive summary of the "Goals and Objectives" project. This report will be presented to the executive and then to Chapter members. The plan is to move from the goals and objectives to concrete actions and activities that will enrich the experience of members and enhance the functioning of the Saskatoon STS Chapter.

Treasurer's Report on the Chapter's Financial Status

Submitted by George Georget

The approved Budget for 2010-11 states anticipated total Funds Available of \$22,376 (which includes a Term Deposit of \$7,000 from the previous fiscal period) along with Proposed Expenditures of \$17,750 representing a projected surplus of \$4,626.

The budget was built on the basis of 1950 members at \$8.00 per member less a rebate of \$8.00 to each of the Chapter's Honorary Lifetime Members (26).

Due to a significant growth in membership for this year, the number has reached 1999 regular members and 1 associate member which resulted in total revenue from membership of \$15,992 less the Honorary Lifetime Membership rebates totaling \$2081; consequently, an additional sum of \$392 is added to the projected budget sum of \$15,600.

The Chapter activities have been very successful and operate on a cost-recovery basis. The current account balances of the Chapter with TCU Financial are as follows: Maximizer – \$2986.19; Investment Savings – \$19,009.89; the Chapter has a credit amount of \$522.70 with the STF for publication of *TheVoice*.

The operations of the Chapter are on target which includes the two largest anticipated expenditures in the coming months: Chapter Members' Directory and *The Voice*.

Motion:

The following motion in regards to delegates for the provincial AGM was passed at the September 1, 2010 Executive meeting.

MOTION: All executive members are provided with the first opportunity to attend the AGM as delegates. ALL REMAINING DELEGATES will be selected from a list that is generated by people signing up at chapter meetings. Selections will be made based on demographics such as gender and age. The President and Vice-presidents will make the selection along with the secretary. Members will be informed if they are delegates. If there are insufficient people that have signed up, the secretary will recruit additional members by announcements and calling on people who let their names stand in previous years. The expectation is that all delegates will attend a Pre-AGM meeting.

Resolutions

Peter Stroh

2011 STS Saskatoon Chapter Resolutions carried by the Executive to be voted on by Chapter members at the January 27, 2011 meeting for presentation at the STS AGM.

BE IT RESOLVED that our Group Benefits Health Plan cover the costs of cardiac rehabilitation when prescribed by a physician, to a yearly maximum which is the same as the yearly maximum for Paramedical Services under the STS Plan.

Background: Current life-time maximum payment is \$600. Rehabilitation costs for the Saskatoon and Regina programs are approx. \$50/month. Other medical treatments such as massage, chiropractic, acupuncture are currently subjected to the \$250 yearly maximum with no life-time maximum. Cardiac rehabilitation would therefore be treated as equivalent to these procedures in our health plan.

BE IT RESOLVED that the STS continue to examine ways of improving the indexing provisions of teachers' superannuation allowances.

Background: This resolution reaffirms the STS position in the resolution passed at the 2010 AGM.

BE IT RESOLVED that the STS request the STF to negotiate indexing of teachers' superannuation allowances in the TSP which is 100% of the national CPI for the first \$25,000 of allowances in the TSP.

Background: This would reflect our attempt to address those superannuates living below the poverty line that are living so long that unfortunately the compounding affect of indexing has drastically shrunk their pension. That portion of all allowances over \$25,000 would still be indexed at 80 per cent. Although the STS maintains the goal of full indexing, this resolution sets out a partial return to full indexing until such time as full indexing is achieved.

BE IT RESOLVED that the STS investigate the costs of increasing the yearly maximum to \$350 in the STS Group Benefits Health Plan for the following paramedical services: psychologist, speech therapist, podiatrist/chiropractor, acupuncturist, physiotherapist, chiropractor, naturopath, massage therapist.

Background: Current maximum yearly payment is \$250 per specialty. The current maximum yearly payment in the STF Plan is \$500.

STS/STF Liaison Report

Margaret Martin

Our STS membership of 9,400 is continuing to grow. One of the most important benefits to our members is the Extended Health Plan. With the Extended Health Plan our members receive Outside Province Travel Benefits that include 65 days per trip of out of province of residence or out of country travel insurance with a lifetime maximum benefit of \$2,000,000. If your travels will have you remaining out of your province of residence for more than 65 days per trip, please contact Saskatchewan Blue Cross to purchase extra days prior to your departure (up to 183 days total) at a special cost because you are an STS Extended Health Plan member. Be sure to check the Travel Exclusions and Limitations of our plan before you depart on your holiday. Always take along on your travels your Saskatchewan Blue Cross identification card that you have received as a member of the STS Extended Health Plan so that you have the travel assistance centre telephone number to call if a medical emergency should arise.

On behalf of the STS Provincial Executive, I wish each of you the very best of wishes for 2011! Enjoy your travels!

Social Committee

Cecile Martell

What a celebration! Over two hundred retired teachers, spouses and friends wrapped up 2010 by attending the annual Christmas banquet. The Western Development Museum served a scrumptious roast beef dinner with all the trimmings including Christmas pudding for dessert. The door prizes were donated by the following artists and crafters who had the opportunity to show and sell their works of art: Darlene Famulak, Sue Kargut, Marj Meger and Emily Riben, Loretta Metzger, Van Mostowchuk, Lois Phillips, Phil Schaan-Dumont, Con Romuld, Diane Selby, Gordon and Rita Taylor and Grandmothers for Grandmothers. Thanks to all for your generosity. Winners of the door prizes were: Carol Shanner, Brenda Berg, Deb Smith, Jan Dougall, Joey Kiss, Kathy Guenther, Ted Panchuk, Fran Campbell, Reta Saunders, Deb Ferguson, Wally Matweyko, Denise Hounjet-Roth and Shammi Rathwell.

Two honorary life memberships were presented to Margaret Cooper and Margaret Leaker and Herman Berg was presented with a special service award.

May the New Year bring you many new blessings.



On December 7, Herman Berg was presented with a Special Service Award for his work over the years on the Chapter visiting and telephoning committees. Willmer Willems presented the tribute to Herman.



On December 7, 2010, Honorary Life Memberships in the Saskatoon STS Chapter were awarded to Margaret Cooper (left) and Margaret Leaker (right). Margaret Cooper served for many years on the Telephoning Committee. Margaret Leaker served as a Chapter visitor for many years. The full text of their tributes and responses with more photos of the Christmas Banquet are posted on the Chapter website.

Visiting Committee

"Actions and words are the windows through which the heart is seen".

The volunteer visitors made Christmas brighter for STS members who find it difficult to leave their homes. Holiday wishes were expressed in a special greeting card and gifts were presented on behalf of the STS Saskatoon Chapter. Many thanks to our caring volunteers!

Anyone interested in volunteering some time to cheer up a housebound STS member, please call Pat (373-9905) or Stella (242-9411)



Moving to a Condo: Downsizing and De-cluttering

By Faye Kunkel

When I made the decision to sell my house and move to an apartment condo, the first two words that came to my mind were downsizing and de-clutter.

I knew I would have to do a great deal of work before I moved – but where was I to start? I told myself that I should regard this new step in my life as a move on to something new and exciting and if I took this attitude perhaps it would not be so difficult to let go of some of my “treasures”. I needed to get rid of things that I had held onto that were no longer useful – what was I to do with the hundreds of slides that I had not looked at in more than 15 years and all the craft books and materials that I had? I knew I had to let go of books, CDs, cookbooks and recipe collections, clothes and all those dishes that I no longer used. Did I really need a big deep freeze and all those preserving jars and baking pans?

I jotted down some ideas and then decided to put them to the test. I would clean out one small area at a time and set aside plenty of time so this would not be a rush job. I would ask myself the following questions – “Did I need this (Not “Did I want this?”). “Did I have things that other family members might enjoy?” – If I was saving something to pass onto family members perhaps I should be giving it away now. I also had to ask myself: “Why am I keeping this if I do not use it”.

Traveling has always been a big part of my life and throughout the years I had collected many souvenirs and mementos – was it time to start keeping only the very important things and storing the rest in my memories? In recent years I had made the decision to purchase local crafts or consumable items when I travel and limit myself to one or two purchases per trip, so that helped to make this task a little easier.

As I was going through each area in my house, I based all decisions on the fact that I was going to have a linen closet, a little extra storage area in one closet and a storage room in the underground parking area that was going to be 100 cm (40 inches) deep and 270 cm (9 feet) long. I also had a small laundry room so I made the decision to sell my large computer desk, purchase a smaller one, put my printer and desktop computer in



there as I would mainly use my laptop. This room would also hold my bookshelves behind the door. There is also room to put in a small closet for storing my broom, mops etc.

When I recently purchased furniture I kept in mind that someday I would be moving out of my house so I purchased smaller pieces. My new end tables were smaller in size and had drawers to store articles in and they could also serve as bedside tables if I could not use them in my living area. Many companies are now making furniture for condos and I looked for this when I purchased arm-chairs. I have recently purchased a new dining room table and chairs. I bought a narrower oval –

shaped table with a leaf and the chairs are slim and take up a smaller space.

I knew I would be living in this condo, as I grew older so I made sure it had a walk-in shower and other items that would be helpful. I was fortunate in that I was able to upgrade my kitchen cupboards. I had pots and pans drawers installed and all the shelves in the bottom cupboards are “roll-outs”. I am going to purchase a closet organizer and storage boxes for my closets and put in “pull-outs” under all the sinks.

Moving is a big job and when one has to sort through and get rid of things it can be an enjoyable trip down memory lane: that is if one takes the time to do it before moving day! Looking back, I believe I took the right approach but it was certainly not an easy task!

Wanted

Retired teacher volunteers to help students with their work in the ESL classroom at St. Joseph and Bethlehem High Schools, Saskatoon. Please contact Elaine Muggeridge at 659-7650 or email: EMuggeridge@gscs.sk.ca

Activities

Bill Meger, Chairperson and Loretta Metzger, Assistant

STS Activities for 2010-11

Please call Loretta (382-6769) to book your spot in each activity. Knowing numbers helps with the planning.

Tuesday, January 11 – Relax at the Movies

After the busy holiday season let's get together for a movie. Once the listings are out we will pick one. Save some time for coffee afterwards.

Wednesday, February 9 – A Taste of Italy with Bill Giuseppi

This cooking demo will have you licking your lips and rushing back to your own kitchen with new recipes. 1:00 p.m. at the Farmer's Market. Cost is \$2.00/person. Come early if you like and join some of us for lunch. He makes the best quiche, too!

Thursday, March 31 – High Tea at The Rembrandt in the Senator Hotel

2:00 - 4:00 p.m. Find your hat and gloves! Advance tickets only - \$10.00

Tuesday, April 12 – It's spring! Time for mudpies or maybe Hypertufa with Angie

Make your own planter to resemble volcanic rock. Cost: \$55/person, 1:00 - 4:00 p.m., max 10 people, location TBA.

May (Date TBA) – An Evening at the Horse Races - Marquis Downs

More info to follow.

Saturday, June 4 – Sask. Trails Day

More info to follow.

June (Date TBA) – Fort Carlton – Seager Wheeler Farm

More info to follow.

STS Provincial Bowling Tournament Prizes

Our Chapter is hosting the STS Provincial Bowling Tournament at Eastview Bowl on May 5 - 6, 2011. The STS Bowling Tournament is open to teachers, spouses and associates. To help promote Saskatoon to the bowlers from across the province we are requesting a donation from businesses, artists, photographers, artisans, you personally or someone you know who would wish to donate.



Rose Yaworski and I would like to begin collecting donations for prizes and items for the eighty Welcome Kits as soon as possible. The objective is to have all the donations for prizes and items for the Welcome Kit in place by the first week in April. We are accepting items as of today. There are five members per team and we are expecting 16 teams. Because there are five members per team it would be nice if we could receive five items of a kind. We are aware this is not always possible. Every bit will help to make this tournament a success. Your donation will be recognized on the bowling brochure, at the banquet and in our newsletter, *The Voice*.

Bowling Committee Members: Stella Shulhan (242-9411) or Rose Yaworski (249-3142)

Interested in STS CHORUS?

After five or six years of inactivity there appears to be an interest in reactivating the STS Chorus this winter.

At last count the Chorus comprised a group of approximately 40 singers, men and women who devoted 2 hours every Monday afternoon to intensive rehearsal in the Eamer Auditorium. Elin Sletmoen lent invaluable assistance as accompanist.

The Chorus rehearsed and performed an assortment of music types: folk songs, spirituals, chanteys, stage numbers, an occasional nonsense song, as well as selections from the standard choral repertoire.

STS members or spouses interested in becoming members of the Chorus this winter, or those seeking more information, call Alf Driedger at 374-6572. The decision as to whether or not the group will become active in the new year will depend to a great extent on your early response to this notice.

Bus Tour 2011

Last year marked the 125th anniversary of the North West Resistance of 1885. Many of the historical events of this time took place in Northwestern Saskatchewan. We are planning a two day bus tour to this area the last week of May 2011, giving tour members a chance to explore and learn about some of this area's rich history.

Possible tour stops are:

1. **Battlefords** - Allen Sapp Gallery, Fort Battleford National Historic Site, Western Development Museum, Fred Light Museum.
2. **Cut Knife Hill** & Poundmaker Historical Centre
3. **St. Walburg** - Imhoff Museum & Art Gallery
4. **Fort Pitt Provincial Historical Site**
5. **Frog Lake National Historic Site of Canada**

To change the pace, we are planning to spend the night in Meadow Lake and visit two of the following:

- 1) Meadow Lake Pulp Mill
- 2) Meadow Lake Saw Mill
- 3) Meadow Lake Strand Board Plant

These places are tentative and your input would be appreciated.

To show you are interested in the trip we would require a \$20.00 postdated cheque made out to STS Saskatoon Chapter by March 17, 2011.

Contact Bill Meger at 249-1329

Future meeting dates for 2011 ... MARK YOUR CALENDARS

(Reminder: All STS activities are Scent Free!)

January 27 – 1:30 p.m.	Chapter Meeting @ Holy Cross High School Library Program: Jane Isinger – South Africa
March 17 – 7:00 p.m.	Evening Social @ Holy Cross High School Entertainment: Jean and Doreen – St Patrick's Day
April – TBA	(due to renovations at Eamer Auditorium)
May 4 – 1:30 p.m.	Chapter Meeting @Eamer Auditorium (tentatively) Election of 2011-12 Executive
June 8 – 11:00 a.m. Noon	Social June Luncheon @ WDM Ticket purchase deadline: June 3

Please refer to the Chapter's Website: <http://www.sts.sk.ca/saskatoon>
as we are unsure when Eamer Auditorium renovations will be completed.



2010-11 Saskatoon STS Chapter Executive

President	Irma Kittelson	934-0881
Past President	Stella Shulhan	242-9411
First Vice President	Peter Stroh	374-3543
Second Vice President	Jerry Mamer	668-3951
Secretary	Faye Kunkel	934-7163
Secretary Assistant	Jane Isinger	933-2927
Treasurer	George Georget	955-0848
Treasurer Assistant	Esther Molina	955-3810

Standing Committees

Membership/Directory	Marion Kimberley	242-2204
Membership Assistant	Carol Shanner	374-8415
Program Chair	Freda Robinson	374-6722
Telephoning Co-Chair	Irene Fahlman	242-0117
Telephoning Co-Chair	Nettie White	249-2855
Telephoning Assistant	Lois Pyne	978-8248
Registration	Alicia Klopoushak	242-2753
Asst. Registration	Donna Rolston	249-4547
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
PR (Resolutions)	Peter Stroh	374-3543
<i>The Voice</i> Editor	Linda Ashley	955-2498
<i>The Voice</i> Asst. Editor	Donna Rolston	249-4547
Email Chair	Judith Luciuk	477-0059
Email Assistant	Gladys Somerville	242-6668
Web Page/Mailing	Irma Kittelson	934-0881
Support Services Liaison	Elaine Broughton	242-3205

Ad Hoc Goals Committee:

Peter Stroh, Sadie Urban, Jane Isinger

Ad Hoc Constitution Committee:

Donna Rolston, Faye Kunkel, Peter Stroh

Provincial Executive Members from Saskatoon Chapter:

President	Margaret Martin
ACER-CART	George Georget
Members At Large	Elaine Broughton and Jerry Mamer
Executive Secretary	Fred Herron

Email

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

The Voice

This newsletter is the second of three publications of *The Voice* for the 2010-11 year. Submissions of interest to Chapter members are encouraged. Your articles about travel destinations, activities, special events, creative writing and tips for retiring living are suggestions.

The next *Voice* deadline for submissions is April 4, 2011 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>

Web Page/Mailing

Irma Kittelson

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 comment on the website or to change to reading *The Voice* only online, please contact Irma. If you received a paper copy and prefer to read it online – please also email Irma.

Mailing labels: This newsletter is the second one addressed from a new data base. If there is an error in your name or address, **please contact Irma** – ijkitt@sasktel.net.

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 or contact Elaine at 242-3205.

