

President's Message



My how two years have flown by, and it's time for my final *Voice* message as Chapter president. It's noteworthy that our Chapter topped 2000 members during this year; as well, a record number of members were involved with the various activities and events held since September. We recognize that many superannuated teachers retire to

Saskatoon after their careers have been spent in other centers; our Chapter tries hard to make those members feel welcome and part of our group. With almost one quarter of the entire STS membership, we have a vast resource of skills and talents in our Chapter. If you have ideas for Chapter meeting programs or know of entertainers, particularly from within our chapter, please give us a call. Anyone on the Executive can pass on your information to the appropriate chairperson.

Most executive meetings we spend time considering the budget and the best use of the membership fees we receive from our members. In the past two years we have made several changes which have resulted in cost savings. We did not do this without consultation ... for instance we undertook a five month survey of the membership before instituting the changes which reduced the cost of our 2011 Directory so significantly. Last year a group of Executive and spouses began to apply the mailing labels and also stuff newsletters for mailing. This has a very positive impact on *Voice* costs since previously we paid to have both those tasks done for us. As well we have found that these informal occasions are a fun time for visiting and camaraderie. If there are other members who would like to help out with these tasks occasionally, please give Peter or me a call.

Our Constitution and Bylaws committee, consisting of Faye Kunkel, Peter Stroh, and Donna Rolston, is working to streamline and improve our constitution. The revised document will be ready for voting next year. We continue to support the idea that having co-chairs or assistants in place for most positions as this encourages the involvement of people who might otherwise hesitate to be involved as it may interfere with their personal travel and leisure plans.

I definitely must acknowledge the efforts of the entire Saskatoon Chapter Executive and thank each of them for their commitment to our organization. The chapter members are very fortunate to have such a dedicated group of people who work very willingly for the common good of our membership. I have enjoyed my two years as president and wish the incoming president my very best. Special thanks for their hard work, this year and in the past, to Stella Shulhan – Past President and Honorary Life Chair, Nettie White – Phoning Co-chair, Faye Kunkel – Secretary, Esther Molina – Assistant Treasurer, Marion Kimberley – Membership chair, and Linda Ashley and Donna Rolston – *Voice* Editor and Assistant Editor who are leaving these positions this year. Some of them are simply moving over to different portfolios and others are taking a break from Executive duties.

I will close with two important thoughts from Kahlil Gibran. One I believe applies to retired teachers individually, "A man's true wealth is the good he does in the world.", and the other which could speak to our STS Chapter. "We progress not through improving what has been done, but reaching toward what has yet to be done."

I wish you all my very best. Let's hope the weatherman decides to let us get out and enjoy all Saskatoon has to offer during the wonderful summer season.





Thankyou!!!

Thank you to the Executive, their spouses and friends who have volunteered to help label envelopes and stuff newsletters (*The Voice*) in the envelopes.

Thank you to all members who have contributed information and articles to *The Voice* over the last two years.

Your help and contributions were greatly appreciated by Donna and me as the editor and co-editor.

Linda Ashley
The Voice Editor

Treasurer's Report

George Georget

As at March 26, Chapter financial accounts are as follows:

Maximizer = \$2821.65

Investment Savings = \$12,018.37

7 Outstanding Cheques = \$131.01

Cash to be deposited = \$287.15

The chapter's financial activities are within the approved budget and our financial position to date is strong.

Poems by Carl A. Krause

Spring

winter's lace and finery
are tucked away
in drawers brown
piled high with dirty linen
musty green and peeling gold
paint left over
from an autumn sale

but there's no red
no red at all
it having turned to rust
from all that ice and snow

seedlings

puffs
of fluff
like
flakes
floating
on beams of
breath
picking bits
of
brilliance from
the sun suspending
life
until in
earthy cracks
and deadened logs
they lodge
and there in secret
awaken
and
renew

Retirement!

By Lenore Streicker



Retirement is not about power. It's not about doing nothing. Retirement is learning how to live – and about having the **TIME** to do it.

RETIREES HAVE TIME to contribute to community life. Many people contribute all their lives, but retirees have a special advantage in experience and time. They coach young kids and teach their skills, work as volunteers in service, community,

health and church groups – many in leadership roles – because working people are busy with young families and, of course, work. The young need to make enough money to retire in comfort.

RETIREES HAVE TIME for socializing and activities that we've always wanted to do but never had enough time for: dancing, sports, bridge, collecting, singing, reading.

TIME to create: crafts, art, poetry, memoirs, inventions.

TIME for family, especially grandchildren but also your own adult children; doing something everyday that is unexpected, thoughtful, and uplifting, even for those who are far away; a letter, a phone call or card, a thought-for-the-day email.

TIME to learn: go to the library, take a class, buy a new computer, learn a new skill.

TIME to travel. **TIME** to enjoy nature. **TIME** to meditate. **TIME** to exercise. **TIME** to laugh. **TIME** for friends: old and new. **TIME** to love.

Choose your goals well. Activity in retirement gives one a feeling of belonging and of being useful in life. People nowadays may live as long in retirement as they did in the working world, so plan carefully and you will have a sense of moving forward; a sense of enjoyment and accomplishment.

P.S. If you are a retiring teacher, you might also consider a year or two as a volunteer on the Saskatoon Teacher Superannuate executive. They have done much to contribute to our retirement success.

CARD Committee

Please email or telephone Mary Anne Nicholson or Marie Grimsen if you know of Saskatoon Chapter members who would benefit from a Sympathy, Congratulations, Thinking of You, Thank You, or Special Occasion (Milestone Birthday or Anniversary) card. We are also able to send animated electronic cards if such are preferred by the sender or receiver. (An email address for the receiver must be provided with the request for an electronic card.)

Contact:

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

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



Visiting Committee Report

"There is no "I" in Team but there is a "U" in Volunteer!"

During 2010-2011, 21 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. Sincere thanks go to the following volunteers:



Home Visitors:

Penny Banks, Bill Bender, Joan Caruk, Joan and Lindsay Fast, Lorraine Friesen, Gerry Hoehn, Joey Kiss, Wally Kraus, Bergit and Terry Manley, Esther Molina, Pat Orchard, Elaine Panchuk, Anne Stachniak, Stella Shulhan, Corinne Sturby, Norma Wilson

Hospital Visitors:

Aldean Glass (City Hospital), Anne Stachniak (Royal University Hospital), Marion Shutiak (St. Paul's Hospital)

YOU the members, are our "eyes and ears," our front line assistants. We cannot coordinate visitors/visitees if we are unaware of those who would welcome a visitor or those who would like to visit a shut in. Please feel free to contact us:

Pat Orchard (373-9905) or Stella Shulhan (242-9411)

Visiting Committee Co-Chairs - 2010-2011

STS/STF Liaison Report

Margaret Martin

On April 13-16, 2011 your eight STS Councillors will attend the STF Annual Meeting of Council in Saskatoon. We will discuss and vote on 42 Resolutions and eight Notices of Motion that have been submitted to the STF. Among these resolutions are those that have been submitted by the STS following our 2010 AGM and two submitted by the STS Executive to clarify to all active teachers and superannuates the plan to celebrate the 20th Anniversary of the Dr. Stirling McDowell Foundation for Research into Teaching. Your STF *Bulletin* issue following Council will give you more information about these resolutions and the results of the voting.

At this time of year when many still active teachers are superannuating, please remind any that you know to consider joining the STS and becoming a member of the STS Extended Health and Dental Plan. There is a 60-day window after superannuating where STS members can join the Group Benefits Plan without submitting evidence of good health.

I wish you all a very happy and healthy springtime!



Pre-order Notice for the 2011-12 STF *Diary*

Pre-order online at www.stf.sk.ca until June 30, 2011.

The 2011-12 STF *Diary* is available by individual pre-order only through the Federation website. Please note your STS President will not be completing the order process on your behalf this year. The intent of the pre-order process is to reduce our environmental footprint and address monetary concerns.



Elder Abuse Awareness

By Elaine Broughton

Elder abuse is a serious issue that affects a growing population. As the “over 60” segment of our population continues to grow, an increasing number of seniors will be abused.

What is elder abuse? Abuse of older adults occurs when someone who is trusted and usually in a position of power, causes harm to the individual. This abuse may be physical, financial psychological, a combination of the three or, neglect of an older adult. The abuser may be a family member or friend, a professional, a caregiver or a service provider. The location of the abuse may be in the home, in a care facility or in a professional office.

Physical abuse is caused by physical harm being inflicted upon an older adult. The obvious is hitting, slapping, pushing or injuring an older adult. Other examples of physical abuse could include: sedating a person, under medicating a person, confining a person for long periods of time, whether it be to a chair, a room, a bed, or a house, or deliberately exposing one to severe weather.

Financial abuse occurs when an individual illegally or improperly uses an older adult’s funds, property or assets. Theft of money, belongings, or pension cheques are the most obvious. Forcing an older adult to change a Will, sign cheques or sign legal documents, such as Power of Attorney or Sale of their home, all constitute financial abuse. Pressuring an older adult to provide services for free, such as babysitting or sharing their home are examples of taking advantage of one financially.

Psychological or emotional abuse occurs when anguish, mental pain or distress is inflicted on an older adult through verbal or non-verbal acts. Examples are not limited to: humiliation, ridicule, intimidation through threats, or blaming. Forced isolation, withholding information, treating one like a child, and not allowing the older adult to make decisions are all examples of emotional abuse. Psychological or emotional abuse can be very hard to detect, but could be an indication that other forms of abuse are also taking place.

Neglect or abandonment of an older adult is the failure to fulfill a caretaking obligation to provide for a person’s safety and wellbeing. Neglect can be intentional and involve the

withholding of the basic necessities of life. It can also be unintentional due to the lack of skills, experience, or the inability to provide the basic necessities of life. Neglect might include

withholding of food, clothing, medication, personal care or medical care. Other examples include leaving the elder person in an unsafe place or restrained: tied to a chair or bed. It is also important to distinguish between neglect caused by someone else or self-neglect caused when the older person is not taking care of him/her self, or unable to take care of him/her self.

What are the signs of abuse of older adults? The individual may tell you they are being abused. A change in one’s behavior may be an indication. They may show signs of depression or anxiety. They may seem fearful around certain people. They may become socially withdrawn, passive or very

compliant. They may have unexplained physical injuries, lack food, clothing or other necessities. They may be unable to meet financial obligations or have unusual withdrawals from their bank account.

If you are a victim of elder abuse, you need to tell someone you trust and is able to help you. If you are a witness to elder abuse you need to provide support and assistance when asked to do so. If you suspect abuse, ask these four questions:

1. Are you safe?
2. Are you okay?
3. What do you need right now?
4. What do you want me to do for you?

If it is an emergency, call 911. A call to the Saskatchewan 24 Hour Abuse Line: 1-800-214-7083 will get immediate help. Your local law enforcement agency or doctor can provide advice. As yet Saskatchewan does not have a Community Response Network. Efforts are being made, based on the B. C. Model, to organize a network in Saskatchewan. .

Information for this article was obtained from the University of Regina Lifelong Learning Centre and the Saskatoon Council on Aging.



Activities

Bill Meger, Chairperson and Loretta Metzger, Assistant

Golf

This is not only for retired teachers and spouses but open to friends and relatives of any age. So bring your coffee buddies, your children or grandchildren.



- **Saskatchewan Scramble Spring Tournament**

Warman Legends Golf Course*

Tuesday, June 14 – 1:00 p.m.

Entry Fee - \$25.00 + a "re-gift" item

Register by Wednesday, June 8

Contact Bill (249-1329)

*The Legends is the new first class golf course on the north side of Warman.

Come out and join us for some fun and try this new course.

- **Texas Scramble Fall Tournament**

Greenbryre Golf Club

Wednesday, September 7 – 1:00 p.m.

Green Fees + a "re-gift" item

Register by September 5

Contact Bill (249-1329)

Horseshoes

Wednesday, June 21 – 1:00 p.m.

Exhibition Horseshoe Pitch

Entry Fee - \$2.00

Register by Sunday, June 12

Contact Bill (249-1329)



Spring and Summer Activities:

Please call Loretta (382-6769) or email metzgerl@shaw.ca to book your spot in each activity. Knowing numbers helps with the planning.

Friday, May 27 - Opening Night at the Horse Races

Marquis Downs

Please register by May 16

Dinner from an interesting menu and Rose will give some betting tips.

Sunday, June 5 – Sask. Trails Day

This year we will try not to lose Chuck. We will do the Pike Lake, Gift of Green Nature Trail. It is a 1.5 km loop. Car pooling will be arranged for that afternoon. Get those hiking shoes out.

Thursday, June 23 - Field Trip to Seager Wheeler Farm and Fort Carlton.

Bus leaves at 8:30 to Seager Wheeler for a guided tour and lunch at their Tea House. Then off to explore Fort Carlton. Cost \$40.00 (lunch is included).

We need to have 50 people, please register by June 13. Be prepared to be outside.

Back Country Canoeing on the City Fringe

September 11, 2011, with CanoeSki nationally certified instructor/guide, all equipment, transportation and lunch included, full day, Novice/Beginner level, \$135/person plus GST for group of 6-10, more than 10 cost \$120/person plus GST. Email Loretta for complete itinerary, metzgerl@shaw.ca Must have registration by August 30.

STS Dive Crew!

Maybe you were always too busy to learn about **Scuba Diving?**

Maybe you thought that it would cost too much or you saw it as too risky?

Now you have a safe, easy, economical, enjoyable option. With the Introductory P.A.D.I. Discover Scuba Diving Course, you could experience diving in a stress free Sunday course, with professional diving instruction, in a heated pool, with your friends.

For further information or to sign up, please call Gerry Hoehn at 371-9433.



Provincial Bowling

55+ Mens' Triples Team Champs for 2011

They compete in Nationals in Cambridge Ontario, June 21-24.



Right to Left: Peter Rolstad, Ray Simmer, and Dennis Kittelson

Future meeting dates for 2011 ... MARK YOUR CALENDARS

(Reminder: All STS activities are Scent Free!)

**June 8 – 11:00 a.m.
12:00 p.m.**

**June Luncheon – Social
Lunch**

Location: Western Development Museum

Tickets: \$21.00 each

Tickets are available from Executive Members until May 29 or the STF reception desk until noon Friday June 3.

September 14 – 9:30 a.m.

Fall Welcome Breakfast

Location: Eamer Auditorium (STF)

Advance tickets: \$5.00 each

Tickets available from Executive members until September 5 and the STF reception desk until September 8.



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	955-0484
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 third 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 June 30, 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: 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.

