

President's Message



To our 2,200 members, we welcome you back from the summer break. With autumn we return to a full slate of Saskatoon STS Chapter activities. Welcome to new members. We sent invitations to join to over 100 new superannuates from Saskatoon and Prairie Spirit.

Our Mission statement best states why you should join us:

"The Saskatoon STS supports the needs and interests of members, encourages participation in recreation and fellowship activities, and advocates for pension and wellness improvements."

Join to be part of the collective voice for pensions. Join for the Health Plan. Stay for the fun and fellowship.

The single fundamental thing which we all have in common is the simple fact that we receive a superannuation allowance. This simple fact brings us together into a formal organization. Our primary focus then is, and must continue to be protection and improvement of pension benefits.

The lack of progress in improving pension indexing continues to be our biggest challenge. We did see increasing support from our provincial colleagues at the STS Annual General Meeting in May 2012. The great reluctance to address improvements to pension indexing is now held by only a minority of Executive members. Saskatoon STS Chapter continues to lead at the Provincial AGM. Thanks to your delegates, of the 24 total resolutions which were debated, 6/11 Saskatoon resolutions were passed. This compares to 8/8 from the Executive and 2/5 from the entire rest of the chapters.

We still need work with our own STS members before we can turn to the STF and ultimately the government. Saskatoon delegates had submitted a resolution to the AGM asking the

STF to bargain for an increase to minimum allowances. We were shocked when the resolution was defeated. If you retired five years ago with 35 years of contributory service your allowance is approximately \$1,200 per year of service. "Did you know" that the current negotiated minimum in the collective agreement, which some of our members receive, is \$96 per year of service before 1993 and \$192 per year of service after 1993? Yet many provincial AGM delegates were unwilling to exercise collective responsibility to help those colleagues most in need.

We have a great executive team for the coming year. Congratulations to the six newest members of our executive: Emery Ens, second vice-president; Karen Cymbalisky, assistant treasurer; Irma Byblow, program; Phyllis Wilson, member recognition; Carol Roberts, archives; Randy Danyliw, resolutions. Also congratulations to members with new roles: Jane Isinger, first vice-president; Judy Pidskalny, treasurer. I wish to acknowledge the efforts of the entire Saskatoon Chapter Executive and thank each of them for their commitment to our organization. Members are very fortunate to have such a dedicated group of people who willingly volunteer their time for the collective good of our membership. Thank you to the five members who are taking a break from our executive: Sadie Urban, Marion Kimberly, Jerry Mamer, George Georget and Rae Vogel.

In closing, I invite you to join in the activities of the chapter. Please volunteer to join the fun in helping with any of the standing committees providing support and leadership to our superannuated colleagues.

I have enjoyed the challenges of my first year as president and look forward to continuing to advocate for members.

Best wishes,

Peter Stroh
STS Saskatoon President



2012-13 STS Saskatoon Chapter Executive

Back Row: L to R - Joan Caruk, Gladys Somerville, Pat Orchard, Lois Pyne, Bill Meger, Donna Rolston, Susan Livingstone, Corinne Sturby, Diane Selby, Karen Cymbalisky, Judy Pidskalny

2nd Row: L to R - Leslie Sichello, Carol Shanner, Bev Pacholic, Judy Luciuk, Faye Kunkel, Linda Ashley, Alicia Klopoushak, Freda Robinson

Front Row: L to R - Randy Danyliw, Irma Kittelson, Emery Ens, Stella Shulhan, Jane Isinger, Peter Stroh, Cecile Martell, Marie Grimsen

Missing: Elaine Broughton, Irma Byblow, Loretta Metzger, Carol Roberts, Phyllis Wilson



At the June banquet

Lindsay Fast was presented with the **Honorary Life Membership Award** in the Saskatoon chapter by President Peter Stroh. The tribute was made by Dennis Ens, a long-time colleague and friend of Lindsay Fast.

Social Committee Report

Corinne Sturby

The 2012 STS June Luncheon was held at the WDM with over 130 people in attendance. The meal this year was served 'family style', a new experience enjoyed by all. The entertainment was provided by a very talented musical group, the Prairie Spirit Jazz Band.

The honorary life membership award was presented to Lindsay Fast for his numerous contributions to education.

Telephoning and visiting volunteers were presented with certificates to recognize their years of service.

The winners of the door prizes donated by Leslie Sichello, TCU, STF and the WDM were Linda Ashley, Elaine Dawson, Karen Hanson, Wally Matweyko and Elsie Reimer.

2013 Saskatoon Chapter Directory

The 2013 STS Directory will be issued in early 2013. This is a reminder that the deadline to request a *Directory* or to remove information from the *Directory* is October 31, 2012. Request your *Directory* by mail (Faye Kunkel, #312-918 Heritage View, Saskatoon, SK S7H 1X3), or email your request to sts.saskatoon@gmail.com.

Treasurer's Report

George Georget

This current fiscal year for the STS Saskatoon Chapter has been a very successful one. The financial records and final balance sheet are being prepared for the official Review which will take place during the summer. The Reviewed Balance Sheet will be presented for approval at the next Executive meeting.

The current balances at the time of this report, in each of the accounts with TCU Wealth Management are: Investment Savings – \$2,000.00; the Non-Profit Organizational Maximizer – \$6891.74; the Member Share Equity – \$5.00; and the 1 Year Term Cashable – \$9,000.00.

The primary source of income for the Chapter is STS Member Rebates of \$8 per member. Considering the significant growth in membership numbers, the financial position of the Chapter is strong.

Card Committee

Please email or telephone Bev Pacholik or Marie Grimsen if you know of a Saskatoon Chapter member who would benefit from receiving a **Sympathy, Congratulations, Thinking of You, Thank You, Speedy Recovery or Special Occasion** (such as a milestone birthday or anniversary) card. We are also able to send out **electronic greeting cards** upon request and if the request is accompanied by an email address.

Contact: **Bev Pacholik**
bpacholik@shaw.ca
978-7155

Marie Grimsen
ggrimsen@sasktel.net
244-2454



Visiting Committee Report

"Happiness is being surrounded by the things you love ... a nice pot of tea."

Over the years, caring volunteers have visited shut-ins in their homes or they have made visits to hospitals and other facilities. In recognition and appreciation of these visitors, an STS Service Award certificate was presented at the luncheon on June 13.

10 years – Stella Shulhan, Marion Shutiak

5 years – Lorraine Friesen, Pat Orchard, Ann Stachniak

Active visitors – Bill Bender, Joan Caruck, Aldean Glass, Gerry Hoehn, Terry Manley, Esther Molina, Elaine Panchuk, Corinne Sturby, Norma Wilson, Rose Yaworski

Thanks to all of these individuals for their kindness.

Visitors are needed! It only takes a small amount of time to bring a smile to a deserving superannuate! Please feel free to contact us.

Visiting Committee Co-Chairs:
Pat Orchard (373-9905)
and Stella Shulhan (242-9411)



Saskatoon STS Visiting Committee STS Service Award: In recognition and appreciation of service

L to R: Pat Orchard (Visiting Co-chair), Elaine Panchuk, Corinne Sturby, Stella Shulhan (Co-chair), Joan Caruk, Aldean Glass, Esther Molina
Missing: Rose Yaworski, Bill Bender, Gerry Hoehn, Terry Manley, Norma Wilson, Ann Stachniak, Lorraine Friesen, Marion Shutiak

Telephoning Committee Report

"If you think you are too small to make a difference, you haven't been in bed with a mosquito"

– Anita Roddeck

Certificates of appreciation were presented to 21 callers and their captains at the June 13 banquet at the WDM, who have indeed made a difference to our association this past year. Thank you to all.

Receiving special recognition certificates were: Theresa Morin and Joyce Chycoski for five years of phoning, Jim Holtslander, Anne Klaassen and Carol Hanson for 10 years, and Ruby Parkinson for 15 years.

We would also like to thank four members of our committee who have decided to step down from phoning for us in

2012-13. They are Marion Shutiak, Anne Klaassen, Mary Bowerman and Susan Livingstone.

We have had a very successful and fun year keeping everyone up-to-date on our happenings. Fall brings new faces, new friends and more activities. We always need more phoning volunteers so, if you would like to assist with a few calls per month to your retired colleagues, please let us know as visiting on the phone is a rewarding experience.

Telephoning Committee Co-Chairs:

Irene Fahlman 242-0117 and Lois Pyne 978-8248



Saskatoon STS Telephoning Committee

Back Row: L to R – Marie Grimson, Freda Robinson, Irene (Co-chair), Lois Pyne (Co-chair), Anne Klaassen, Susan Livingstone, Fran Gordon

Front Row: Margaret Cooper
(Pictured here are only those who attended the June banquet)

STS/STF Liaison Report

Margaret Martin

Welcome to all of the new members of the Superannuated Teachers of Saskatchewan – Saskatoon Chapter! Another Saskatchewan summer is turning into autumn and the glorious colours that we all enjoy. I hope that all of our current and new members have enjoyed a summer relaxing with family and friends. Our STS membership is now over 10,000 members. Most of our new STS members have also become members of the STS Group Benefits Plan – the Extended Health Plan which includes the travel benefit and/or the Dental Plan. If you have any questions about your STS membership or the STS Group Benefit Plan, please contact the STS Office by email sts@stf.sk.ca or by telephone 306-373-3879.

The STS Provincial Executive will meet on September 18, 19 & 20, 2012 in Saskatoon. You should receive your first issue of *Outreach*, our provincial newsletter, within three to four weeks after this meeting. If you wish to receive your copy online, please contact the STS Office by email to make your request.

A reminder, too, that if you are a member of the STS Group Benefits Plan but return to teach with a temporary **full or part time contract**, please contact the STS Office to suspend your STS Group Benefits Plan until your contract has expired so you are not paying STS premiums while you are covered by the STF Plan.

Please note that any changes to the premiums you pay for the STS Extended Health Plan after age 65 will only be applied if you send a copy of the letter indicating you are eligible for benefits under the Saskatchewan Seniors' Drug Plan to the STS Office. If you are nearing your 65th birthday, please apply for coverage under the Saskatchewan Seniors' Drug Plan by filling out the form that will be sent to you. If you did not receive this form, please ask your pharmacist for a copy.

I look forward to seeing you at the Saskatoon Chapter meetings and activities.

Activities

Co-Chairs: Bill Meger and Loretta Metzger

STS Activities for 2012-13

Call **Loretta** at 382-6769 or email metzgerl@shaw.ca if you are interested in any of the following activities.

Thursday, September 27 @ 1:00 – Card-making workshop – one hour, \$50.00 cost split between 10 people making two cards each, all materials supplied. Location is 53 Galt Court. Please call to register.

Monday, October 22 – 2:00 @ David's Tea – an information session on the pleasures and health benefits of drinking tea. Location is Circle Centre Mall. Ten people, please call to register.

November – National Novel Writer's Month for 'want to be writers'. Saskatoon teacher and writer, Mary Bishop, will help you get started and even do a follow up. More info will follow.

December – Scrabble – Break out your board! Players will be matched on criteria such as 'if you own a scrabble dictionary', 'need to be reminded how to play' etc. More info will follow.

Tuesday, January 8 – Movies – Rainbow Theatre on 8th St. Register to receive the information.

Friday, February 8 – Synchrotron tour @ 3:00. Please register by Jan 18 and be early; tour leaves at 3:00 p.m. sharp.

March – Wine Education – \$200 split between those attending, you will also bring a bottle of wine from the country, region or grape chosen. Please call to register. Probably to be held in a home.

April – Have lunch at the Farmers' Market and walk the bridges. Also in April, Billiards Evening.

May – Places of Worship – more information to come.

Sunday, June 2 – Sask Trails Day – Beaver Creek Conservation Area. Also in June, a trip to Sceptre Sand Hills – more details to come.

*Working on an art/drawing class with Eltje Degenhart – to start September – need a reasonably priced location.

*Working on a new idea for the Tea.

Fall Texas Scramble

The Fall Texas Scramble will be held at the Legends Golf Course at Warman on Wednesday, September 19 at 1:00 p.m. This is a Fun Tournament and friends are welcome. Deadline for entries is September 12.

Cost: Green fees plus a small gift for the draw.

Horseshoes Tournament

The Horseshoe Tournament will be held on Friday September 21, at 1 p.m. at the Kiwanis Park just east of Market Mall. Deadline for entries is September 19.

Bike Ride

If you are interested in joining a group of bikers, come out for a tour along the river. The tour will start at 1 p.m. on Wednesday September 26. We will meet at the West end of the Preston Crossing Parking Lot (South-west of Pet Smart).

For more information on these or any other activities you are interested in, contact Bill Meger at 249-1329 or email wmeger@sasktel.net.

Join STS Bowling at Eastview Bowl

Tuesdays at 1:30 pm.

You'll Love Our Teachers' 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.

The **season begins on Tuesday, September 4** and goes to December 16. It resumes on Tuesday, January 8 to April 23. Give us a call today!

To join call Terry Manley at 343-6297.



High Average
Rick Murza



High Ladies' Single
Cecile Martell 259



**2011-12
Senior Lady Award**
Ann Young



Grand Aggregate winners 2011-12
Recycled Teenagers – score 91375
L to R: Stella Shulhan, Norma Hrynchuk,
Rose Yaworski, Tom Brophy

Future meeting dates for 2012-13

... MARK YOUR CALENDARS

All meetings except December and June are held at the Eamer Auditorium at the STF Building. (Reminder: All STS activities are Scent Free!)



September 12, 2012 – 9:30 a.m. . . Welcome Breakfast
 October 17, 2012 – 7:00 p.m. . . . Wine and Cheese
 November 14, 2012 – 1:30 p.m. . . TBA
 December 12, 2012 – 11:00 a.m. . Christmas Luncheon
 at the WDM
 January 23, 2013 – 1:30 p.m. . . . AGM Resolutions

February 2013 No Chapter Meeting
 March 13, 2013 – 7:00 p.m. Evening Social
 April 17, 2013 – 1:30 p.m. TBA
 May 15, 2013 – 1:30 p.m. Elections
 June 12, 2013 – 11:00 a.m. Year-End Luncheon
 at the WDM

Safeguarding Your Future: Making the Right Financial and Personal Choices

Submitted by Joan Caruk and Gladys Somerville

The Saskatoon Council on Aging presented its 7th annual full-day workshop on abuse awareness for older adults. It was held on June 19, 2012 at McClure United Church. The day was filled with informative and interesting sessions provided by knowledgeable, enthusiastic presenters.

Cheryl L. Kloppenburg, a local lawyer, gave numerous concrete examples of ways to ensure a safe future through wills, power of attorney, health care directives, and appointing a proxy. It was stated that everyone in a care home should have an advocate acting on their behalf. She gave examples using second marriages, common law relationships, sharing a home, as well as blended families. Numerous scenarios were presented followed by an opportunity for questions.

Linda Smallwood, a Nurse Practitioner, led the workshop participants through guided discussion sessions.

A nutritious lunch and refreshments were included in the registration fee.

In the afternoon, Ethicist Joy Mendel gave a detailed power

point presentation on health care directives, also known as advance directives or living wills. She stressed the importance of writing down your wishes and discussing them with family. Participants were provided with another opportunity for questions. During discussion it was mentioned that seniors who are no longer able to drive can participate in a 'Bus Buddy' program to enable them to utilize the Transit System with ease.

Recreational Therapist Janet Barnes provided energizing activity breaks throughout the day.

There were/are numerous, informative pamphlets available on a variety of topics, as well as a *Directory of Services and Social Activities for Older Adults* developed by the Saskatoon Council on Aging Inc. This comprehensive directory is available by calling 652-2255 or can be viewed online at www.scoa.ca.

The day was worthwhile and enjoyable with three members from the STS Saskatoon Chapter in attendance: Linda Ashley, Joan Caruk and Gladys Somerville.

55 Alive Driver Refresher Course

When: October 3-4
 Where: Eamer Auditorium

This course is sponsored by the Saskatoon and District Safety Council, and is free to anyone over the age of fifty. The course covers a wide range of topics that will make you more aware of traffic laws, and the skills needed to drive safely in our community.

Twenty participants must register for this course to be offered.

Contact: Bill Meger by Friday
 September 21
 Phone: 249-1329 or
 email: wmeger@sasktel.net

STS Artists or Crafters

Sell your work at our Christmas Luncheon.

December 12, 2012

11:00 a.m.-12:00 p.m. and 2:00-3:00 p.m.

Cost to you: one door prize
and \$7 to skirt the table

Contact Irma: 934-0881 by September 15

Wine and Cheese Evening



Wednesday, October 17, 2012
at 7 p.m. in the
Eamer Auditorium, STF building

Entertainment: Colleen Carr
– a tribute to women of country music

Saskatoon Council on Aging – Fall 2012 Programs & Events

SCOA's fall programs include: Computer lessons, men's cooking classes, women's On My Own workshops, and Caregiver events. (Registration for most programs will begin on August 1.)

Spotlight on Seniors: Honoring Seniors Week October 1-7, SCOA is hosting Saskatchewan's tradeshow for seniors on Tuesday October 2, 10 a.m.-4 p.m. at TCU Place, Admission – \$5.

This year's show will feature:

- The Slightly Off-Center Jam Band
- dancers from Dance Dynamics Studio
- Steve Shannon as MC
- booths, displays, presentations

(Wear a special vintage costume or hat and you can enter a free draw for a gift basket. There are many draws for door prizes and baskets at the display booths. **The highlight draw:** two tickets to the Jersey Boys.)

SCOA's annual Seniors Day Walk – Wednesday, September 26

For further information contact SCOA at (306) 652-2255 or visit our website: www.scoa.ca

The Saskatoon Council on Aging is dedicated to promoting the health, dignity and independence of older adults. The Council operates a Resource Centre and works with local agencies to initiate, implement and evaluate projects useful to older adults in our community.

Volunteer Patient Program

As patients now spend less time in hospital, the need arose to find volunteer patients to help first year medical students learn their basic skills. They are learning how to take a history, communicate with their patient, and such skills as taking a blood pressure, listening to the heart and lungs, examining the throat, eyes and ears. At no time are you asked to participate in "sensitive" exams, or invasive procedures.

Our times are flexible, and we don't ask you to commit to any particular day, or number of sessions. We also provide you with a small remuneration for parking, bus fare, etc.

Please contact:

Cathy Yourk, BScN RN
College of Medicine, Uof S
Tel: 966-6946; Email: cathy.yourk@usask.ca



Saskatoon Chapter

Christmas Banquet

Wednesday, December 12, 2012

Socializing and Craft Sale 11-12
Banquet 12 Noon, Entertainment

Butler Byers Century Hall
Western Development Museum, Saskatoon



\$20

Available from Executive October 2 to December 2
Ticket Deadline: STF reception Wednesday, December 5
Please remember this is a scent free event.

River City Squares Square Dance Club

All Saints Anglican Church Hall, 1801 Lorne Avenue
THREE FREE INTRODUCTORY SESSIONS

October 1, 8 & 15, 2012 at 7:30 p.m.

Caller: Eldon Neudorf

No prior experience needed.

Three free sessions with no obligation to continue
Dress: Casual with comfortable shoes.

Square Dancing for two hours is equal to a four mile
hike, burning about 500 calories per hour.

For more information please call:

Bill or Margaret 373-4433
Fran or Larry 934-4633
Carol or George 978-0970

2012-13 Saskatoon STS Chapter Executive

President	Peter Stroh	374-3543
Past President	Irma Kittelson	934-0881
First Vice President	Jane Isinger	933-2927
Second Vice President	Emery Ens	283-4293
Secretary	Joan Caruk	384-6321
Secretary Assistant	Diane Selby	373-0080
Treasurer	Judy Pidskalny	955-0026
Treasurer Assistant	Karen Cymbalysty	374-4672

Standing Committees

Membership/Directory		
Co-Chair	Faye Kunkel	934-7163
Co-Chair	Carol Shanner	374-8415
Program Co-Chair	Freda Robinson	374-6722
Program Co-Chair	Irma Byblow	242-2193
Telephoning Co-Chair	Irene Fahlman	242-0117
Telephoning Co-Chair	Lois Pyne	978-8248
Registration Co-Chair	Alicia Klopoushak	242-2753
Registration Co-Chair	Donna Rolston	249-4547
Visiting Co-Chair	Pat Orchard	373-9905
Visiting Co-Chair	Stella Shulhan	242-9411
Honorary Life Co-Chair	Irma Kittelson	934-0881
Honorary Life Co-Chair	Phyllis Wilson	979-0684
Social Co-Chair	Cecile Martell	934-5849
Social Co-Chair	Corinne Sturby	955-9008
Activities Co-Chair	Bill Meger	249-1329
Activities Co-Chair	Loretta Metzger	382-6769
Archives	Carol Roberts	343-0937
Cards Co-Chair	Marie Grimsen	244-2454
Cards Co-Chair	Bev Pacholik	978-7155
PR/Resolutions		
Co-Chair	Leslie Sichel	477-2839
Co-Chair	Randall Danyliw	249-4494
Newsletter Editor	Susan Livingstone	477-0123
Newsletter Asst. Editor	Linda Ashley	955-2498
Email Co-Chair	Judith Luciuk	477-0059
Email Co-Chair	Gladys Somerville	242-6668
Database/Website	Irma Kittelson	934-0881
Support Services Liaison	Elaine Broughton	242-3205

Ad Hoc Mission/Vision/Goals/Objectives Committee:

Jane Isinger, Sadie Urban, Corinne Sturby

Ad Hoc Constitution and Bylaws Committee:

Donna Rolston, Faye Kunkel, Peter Stroh

Provincial Executive Members from Saskatoon Chapter:

Past President	Margaret Martin
ACER-CART	George Georget
Councillor	Jerry Mamer
Member At Large	Elaine Broughton
Executive Secretary	Fred Herron

Email Alert!

If you requested but have not received your email notices of monthly meetings and events, they may be in your SPAM or JUNK box. To retrieve an email, open the JUNK box, click on the email, then click on Not Junk and it will go to your inbox. Add the STS email address (stsmothlynews@gmail.com) to your Contacts list and future notices will go to your inbox.

If you wish to change from phone reminders to email reminders, contact Judy Luciuk at jluciuk@sasktel.net. Also, please notify Judy of any changes to your email address.

The Voice

This newsletter is the first of three publications of *The Voice* for the 2012-13 year. Submissions of interest to Chapter members are encouraged. Your articles about travel destinations, activities, special events, creative writing and tips for retired living are suggestions.

The next *Voice* deadline for submissions is **December 3, 2012** to Susan Livingstone at livingstone@sasktel.net .

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

Web Page/Mailing

The Voice is usually posted on the Saskatoon Chapter web page before you receive your copy in the mail. To comment on the website, to change to reading *The Voice* online only, if there is an error in your name or address, **please contact Irma Kittelson** at ijkitt@sasktel.net or 934-0881. **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.