

President's Message



Three years ago the Saskatoon Chapter began a review of the multiple functions, services, and activities offered by the Chapter.

Two years ago in this column, as your new president, I identified the multiple functions as six key areas:

1. Protecting and improving pensions.
2. Group health services.
3. Social, recreational, and travel opportunities.
4. Services and advocacy for retired persons.
5. Supporting each other through times of need.
6. Maintaining connections with and the support of the teaching profession.

With your help and working through the Provincial STS we have experienced various levels of progress. I would submit that the same issues should continue to be our focus. The single fundamental thing which we all have in common is the simple fact that we are superannuates. We all are in receipt of a superannuation allowance. This fact brings us together into a formal organization. One focus must continue to be protection and improvement of pension benefits.

Your Executive had a busy year. In addition to the highly successful social, recreational and fellowship activities, the major projects completed include: revisions of Chapter Bylaws and Policies; development of a mission statement, vision, goals and objectives; implementation of a new policy for member recognition and publication of the updated Directory.

The May 14 to 16, 2013, Provincial STS Annual General Meeting again involves information gathering, discussion and voting by Saskatoon delegates. Watch for the details of resolutions and the elections in the provincial STS *Outreach*.

As year end approaches I extend our thanks to all 35 Executive members, the 28 Delegates and the 10 Alternate Delegates to the AGM. I also thank everyone on our 14 standing committees, the five members of the provincial STS Executive and the Chapter members who attended and participated in our many events. Thank you to all 2234 Chapter Members for your interest and support. Thank you to retiring Executive members, Faye Kunkel and Irene Fahlman. I extend a welcome to the new Chapter and Executive members.

I invite you to continue to join in the activities of the Chapter. Please volunteer to help provide support, advocacy, and fellowship for your colleagues.

It has been a great honour to serve as your President for the past two years.

Best wishes as spring turns to summer!

Peter Stroh
STS Saskatoon President

Change is Inevitable

How prepared are you?

Let us help you prepare.

As of now, tickets for our STS events will **NO LONGER** be available for sale at the STF reception desk.

If you have always purchased tickets this way then please, **check *The Voice*** where we will keep you informed of **alternate options for purchasing tickets**.

We will try to make it convenient because we'd hate to see you miss out on the fun.

STS/STF Liaison Report

Margaret Martin

On April 24 to 27, 2013 your eight STS Councillors attended the STF Annual Meeting of Council in Saskatoon. We discussed and voted on 32 Resolutions and six Notices of Motion that were submitted to the STF. Among these resolutions are those that were submitted by the STS following our 2012 AGM and by the STS Executive. These resolutions are asking for the STF to negotiate improvements to the indexing provisions of superannuation allowances under the Saskatchewan Teachers' Superannuation Plan and to negotiate changes to the Teachers' Group Life Insurance Plan to provide coverage for superannuated teachers, after age 65, equal to 10 per cent of the benefit coverage for active teachers. 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 encourage any that you know to consider becoming a member of the Superannuated Teachers of Saskatchewan and to become 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 with all of their pre-existing conditions and without submitting evidence of good health. After this 60 day window STS members may apply to join the STS Group Benefits Plan but would have to submit evidence of good health. If you have any questions about the STS Extended Health and Dental Plan please call the STS Office at 306-373-3879 or by email at sts@sts.sk.ca.

I wish you all a very happy and healthy springtime!

Visiting Committee Report

Volunteers, a precious resource we cannot afford to lose. – Denise Penn

During 2012-13 15 volunteers made visits to 17 superannuates who are confined to their homes. Others have visited at the hospitals. All visits have been greatly appreciated and have brought smiles to many. Sincere thanks go to the following volunteers:

Home Visitors:

Bill Bender, Joan Caruk, Lorraine Friesen, Marie Hammer, Gerry Hoehn, Joyce Kimber Parent, Esther Molina, Pat Orchard, Elaine Panchuk, Stella Shulhan, Corinne Sturby, Gladys Somerville, Norma Wilson and Rose Yaworski.

Hospital Visitors:

Aldean Glass – City Hospital,
Joyce Kimber Parent – Royal University Hospital and
Esther Molina – St. Paul's Hospital.

We need to be informed of individuals who would wish for or benefit from a visitor. We also need more volunteer visitors. Please give us a call.

Visiting Committee Co-Chairs:

Pat Orchard 306-373-9905
Stella Shulhan 306-242-9411



Future meeting dates for 2013 ... 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!)

May 22, 2013 – 1:30 p.m. Elections with
Photography to follow
June 12, 2013 – 11:00 a.m. June Luncheon at WDM
September 11, 2013 – 9:30 a.m. . . Welcome Breakfast

Note: All ticket sales will be through members of the Executive. Please refer to page 3 for details on ticket purchasing options.



Upcoming Events at the Saskatoon Council on Aging

Spring is a time for trying new things and meeting people in the community. In supporting active aging, the SCOA programs feature everything from health and wellness to celebrations and leisure. Staying active and engaged has many benefits for healthy aging including improved mental acuity, enhanced physical fitness as well as fostering independence and empowerment for older adults.

FREE Drop-In Program:

Our monthly Drop-In program has something for everyone: guest speakers on educational topics, social events, light fitness activities and bus tours to interesting destinations. The program is a free event for older adults to participate in cultural and recreational activities as well as providing an excellent opportunity for socializing.

The Drop-In program is held every third Wednesday at the YWCA Studio Room 506-25th Street East from 2 p.m. to

3:30 p.m. Join us for an afternoon of learning new things, friendly conversation and meeting new people. Refreshments included.

Dates and Times: Every third Wednesday of the month (except July and August) 2-3:30 p.m.

Location: YWCA Studio Room

FREE Wellness Clinics:

In conjunction with our regular free Blood Pressure clinics, the Council on Aging is now offering Wellness clinics. These are held the first Tuesday of every month, from 9 a.m. to noon at the SCOA Office – #301, 506-25th Street East. Retired nurses will take your blood pressure. A health nurse and pharmacist are on hand to answer your health and medication questions. Come down for free refreshments and friendly conversation.

For information:

Telephone: 306-652-2255

Email: admin@scoa.ca

Website: www.scoa.ca

What an Evening!!

Our March Social featuring Stephen Maguire was a huge success with a large crowd. If you weren't there you missed a great evening, but don't be too disappointed as this is not our last good show. Keep your eyes open for our October Social and plan to attend as it too promises to be a highly entertaining event.

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 if the request is accompanied by an email address.

Contact: **Bev Pacholik**
bpacholik@shaw.ca
306-978-7155

Marie Grimsen
ggrimsen@sasktel.net
306-244-2454



Saskatoon Chapter June Banquet



\$20.00

Wednesday, June 12, 2013

Socializing 11-12, Banquet 12 Noon

Butler Byers Century Hall, WDM, Saskatoon

Call 306-934-0881 for reserved seating.

Last day to purchase tickets is June 3, 2013.

To purchase tickets you have four options listed below.

Four Options for Purchasing Tickets for the June Luncheon:

- Contact any Executive member to purchase.
- Purchase at the Chapter meeting (May 22)
- Purchase at the STF Building in the front lobby on Wednesday, May 22 or May 29 from 1-3 p.m.
- Send a cheque to be received no later than June 3 to our STS mailbox. (Your order will be confirmed by phone and tickets can be picked up at the door of the WDM the day of the banquet, June 12.) Cheques should be made out to the STS - Saskatoon Chapter and mailed to:

Saskatoon Chapter
2325 Preston Ave
Box 23016 Market Mall
Saskatoon, SK S7J 2G0

Are You Looking for a New Hobby, Craft or Art Venture?

Following is the first in a series of articles featuring crafters, artists and hobby seekers.

Susan Livingstone

CARVING IN RELIEF and IN THE ROUND

Relief Carving

Relief carving has been with us for thousands of years. "So what is it?" you ask.

To put it simply, a relief carving is a picture carved in wood. The carver begins by preparing a panel of wood that is one to two inches thick. He then traces a suitable picture on the surface. After removing the bulk of the excess wood with a router the rest is then hammered, shaved, eased or teased out by manipulating a variety of tools and mallets. As the background wood is removed the picture stands out 'in relief', hence the name. Some carvers create their own designs while others use patterns that are commercially available. As well, patterns can be created by commissioning an artist to produce a suitable drawing.

Here in Saskatoon, we are very fortunate in that we have someone who has been doing relief carving for more than 35 years. Bill Judt began carving in 1975 and has been a full time carver for 31 years since 1982. He is mostly self-taught and his commissioned work can be found in many parts of Canada, but you don't have to travel the country to see it. Many of his projects as well as those of his students are available for viewing on his website.

Not only does Judt carve exceptionally well, but his teaching skills are also a bonus. Having taught carving for many years, he is organized, efficient, incredibly patient and he takes novice carvers just as seriously as those who have much carving experience. His input and suggestions are valuable and your chances of succeeding are very high. All it takes is a commitment to learning.

Judt began teaching carving in Grande Prairie and in addition to that, he also taught carving in the Red Deer college summer series. After 15 years of teaching in Alberta he and his family moved to Saskatoon. Here, he has had his garage converted into a workshop to accommodate seven carvers. He presently teaches weekly sessions from early September to the end of April and most of the time all seven stations are occupied. He also offers two five-day workshops, one in May and one in August.

My love of relief carving began when I attended his May 2011 workshop. Since then I have officially been added to his list of 'lifers'. I take classes weekly and sign up for workshops early because they fill up quickly.

If you have some spare time, consider visiting Judt's website. Along with those pictured below, you will see many other carvings including "The Prodigal Son" which happens to be my personal favorite.

For more on the subject of relief carving or to see more pictures of his work, contact Bill Judt by phone, 306-715-4919 or by email, bjudt@me.com, or visit his website at <http://www.woodcarver.com/>.



Relief Carving: *Viking* by Bill Judt



Relief Carving: *Sower* by Bill Judt



Relief Carving: *Poppies*
by Susan Livingstone

Photography by Bill Judt is used with permission.

Carving in the Round

Like relief carving, carving in the round has been with us for thousands of years. Similarly, this type of carving is done in a variety of materials, including many different kinds of wood. "So," you ask, "what is the difference?"

Unlike a relief carving that is flat and usually hung on a wall, this carver begins with a block of wood and he then proceeds to produce a carving that is fully three dimensional. If you carve a duck you get to see that duck from every angle... front, back, side, top and so on. These carvings can be highly representational and, when skillfully painted with acrylics to mimic Mother Nature, you may find yourself momentarily confused... is it a carving? Or is it a real bird?

Here in Saskatoon we are again fortunate to have a carver with many years of carving experience. Harvey Welch signed up for his first carving class in 1986 while still a principal in the Saskatoon Public Elementary school system. He chose carving because he needed a creative outlet. Today, after carving in the round for 27 years, his work is exacting and precise.

Committed to his love of learning, Welch continues to stretch himself. He takes part in juried competitions; sometimes as a competitor and other times as a judge. As well, he has recently begun carving in stone but as yet, he has no finished pieces.

After gaining some experience as a carver, Welch began sharing his expertise by teaching. He taught carving in Red Deer,

Alberta, and also teaches here in Saskatoon. His classes are loosely structured and though his shop can accommodate 8 carvers he usually works with fewer. He mostly works with seasoned carvers but he says he would happily take on a sincere novice, so don't hesitate to contact him if your interest is piqued.

Welch has a very sincere love of nature and all things woodsy. So it stands to reason that the Saskatchewan River Valley Art School at the Shekinah Retreat Centre (near Waldheim, Saskatchewan) is close to his heart. In this setting he is again, either carving or teaching the craft to others.

Although Welch has done some commissioned work, he prefers instead to sell work that has already been produced. That gives him the freedom to carve subjects of his own choice. Although he has carved a variety of subjects, his specialty is birds and I feel fortunate to have seen his work up close. One carving that particularly fascinated me was that of a blue jay whose breast feathers looked as if a breeze had ruffled them up. Those feathers looked so real that I was sure they'd be soft to my touch.

If you want to see samples of his work, contact Harvey Welch by phone, 306-374-1184 or email welchjh@shaw.ca. To see colored photographs of his work online, start by googling www.saskcraftcouncil. Next, click on 'Membership Directory' then 'Membership Categories' then 'Professional Craftsperson' then 'H. Welch'.



Robin (life size) by Harvey Welch



Eastern Meadowlark (life size)
by Harvey Welch



White Pelicans (miniature)
by Harvey Welch

Photography by Joan Welch is used with permission.

When space allows The Voice will offer short articles on hobbies, crafts and art ventures. Perhaps now that you are retired, time hangs heavily on your hands. Or are you someone who is looking for something new and interesting to do? If so, these articles may be of interest to you. On the other hand, you might be skilled at something that you think others may enjoy learning and would like to be featured in a future article. If so, please contact the editor, Susan Livingstone at 306-477-0123 or livingstone@sasktel.net.

Grill For Sale



Expedition 3X Propane Grill

(approximately 42" x 16") with a large griddle that was purchased separately.

Original Owner: The STS Saskatoon Chapter

Original value: Approximately \$300 or more.

Yours for \$100. Like new!

Used for 4 or 5 STS Pancake Breakfasts only!

Call: 306-934-0881

Activities

Co-Chairs: Bill Meger and Loretta Metzger

STS Activities for 2013

Call Loretta at 306-382-6769 or email metzgerl@shaw.ca if you are interested in any of the following activities:

Sunday, May 26 – High Tea at the Sheraton Cavalier-Top of the Inn – Break out the Hats and Fascinators, for this year we are joining the Osteoporosis Society for the "Bone China" Tea. There will be music, a silent auction, a speaker and lots of visiting. Tickets cost \$30 and are available from the Osteoporosis office (phone 306-931-2663) for individual or tables of 8.

Wednesday, May 29 – Places of Worship Tour – We will start in the morning at the Jewish Synagogue followed by St John's Anglican Church then a Hindu Temple. A restaurant will be booked for lunch in between. At present this is a drive-yourself event. We suggest carpooling even though parking is not a problem at the Places of Worship and it will be considered in the restaurant choice. We do need to know numbers for our booking so please email or call Loretta. Times and location (route) are still being established.

Sunday, June 2 – Sask Trails Day – Beaver Creek Conservation Area. Meet at the Grasswood Esso for brunch at 10:30 a.m. then head to Beaver Creek for a hike.

June 8 or 9 – Sceptre Sand Hills – This is a 2-3 hour drive but a hidden gem in Saskatchewan. We will tour the sand hills first then return to the Sceptre museum. Lunch arrangements have not been finalized. Please register with Loretta.

Wednesday, September 18 – Come for a Jewelry Making Class with Marj and Emily – max - 15 people. Cost is \$15 and you will make 2 bracelets. Location: 571 Adilman Drive at 1:30 p.m. Please register.

55 Alive Driver Refresher Course

September 26, 27, 2013 • 10a.m.- 4p.m. • Eamer Auditorium

This course is sponsored by the Saskatoon & 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. Call Bill Meger at 306-249-1329 by September 19.

Golfing

Spring Texas Scramble

The Spring Texas Scramble will be held at the Legends Golf Course in Warman on June 24, 2013 at 1:00 p.m. Entry Fees: Warman Green fees, a golf prize and \$2.00. Registration deadline is June 21.



Fall Golf Tournament

The Fall Golf Tournament will be held on Thursday, September 5, 2013. The place and time will be decided at the Spring Tournament. Registration deadline is September 3.

Horseshoes

The Horseshoe Tournament will be held on Monday, June 10, 2013 at 1:00 p.m. at the Kiwanis Park just east of Market Mall. Bring a friend and play for free.



For more information on these or any other activities you are interested in, contact **Bill** at 306-249-1329 or email wmeger@sasktel.net.

We are always open to suggestions of activities you would like to see included. A peek at next year: jewelry, remote control planes, bridge, art classes, U of S Greenhouse tour, distillery tour, lawn bowling, disc golf, Floating Gardens at Osler, Able Crystals and Devic Centre, a high school drama, Creative House Sewing Centre, rural art tour.

Wanted!

We're seeking **BOWLERS** for the 2013-14 season. Bowling starts in September and ends in April. We are flexible for snowbirds! We bowl on Tuesdays at 1:30 p.m. We socialize, exercise and have a great time.

You don't have to be a teacher or a pro to bowl with us. Recruit a new bowler and receive \$50.00. (The new bowler must stay with the league for 3 months.)

To join, call:
Terry Manley at 306-343-6297
or Cecile Martell at 306-934-5849



Welcome Breakfast

Wednesday, September 11, 2013 – 9:30 a.m.

All Saints Ukrainian Orthodox Church
2616 Louise Street

Cost: \$5.00

Please Remember: Tickets are **NO LONGER** available for purchase at the STF reception desk.

To purchase tickets:

- Contact an STS Executive member.
- Purchase at our Chapter meetings.
- Or send a cheque to:

STS Saskatoon Chapter
2325 Preston Avenue
PO Box 23016 Market Mall
Saskatoon SK S7J 2G0



Scent Free please!

Your Help is Needed in the U of S Patient Resource Program

We are recruiting Standardized Patients for our national licensure exams, as well as Undergraduate & Postgraduate Medicine, Nursing, Pharmacy, Physiotherapy, Vet Med, and Continuing Medical and Nursing Education programs. A Standardized Patient is a healthy person who is trained to portray the personality, history, body language, physical findings and emotional characteristics of the patient they are representing. SP roles can require memorizing a history and/or simulating physical findings, or you may need to portray some type of affect (i.e. anxiety, pain). If we get a request for someone in your age group and think you would be suitable for the role, we will email you and then coordinate getting you a copy of the case, booking training times, etc., to prepare you for the role. The events that require SP's may occur during the week day or evening, or on weekends. Remuneration varies depending on which organization the SP work is for, but you will be paid at least \$15/hour for training and for the event.

If interested, please email me at lori.tastad@usask.ca.
Contact information:

Lori Tastad
Patient Resource Program Coordinator
Council of Health Sciences Deans Office
University of Saskatchewan

Book Reviews for Bookworms

A Test of Will: One Man's Extraordinary Story of Survival by Warren MacDonald

April 9, 1997, Warren MacDonald, an experienced mountaineer, set off on a two-day adventure climb in Australia. The nightmare began when a massive rock slab sheared off the mountain, crushing and trapping him for two days. In 2003, he became the first double amputee to reach the summit of Mt. Kilimanjaro. This is a story of courage, strength of spirit and the tenacity to test the boundaries of human potential.

Memory Keeper's Daughter by Kim Anderson

This is a book that tells an unforgettable, tragic story that relates to human disabilities. Because of a father's wrong decision, the family that he cares about is forever changed and influenced by family secrets.

Payback - Debt and the Shadow Side of Wealth by Margaret Atwood

If you enjoy reading Atwood's books here's another cleverly written nonfiction writing based on the Massey Lectures. *Payback* is about the history of debt through the ages right to our current global financial situation. This book urges each one of us to consider our ideas on ownership and debt before it's too late.

The Houston at Riverton by Kate Morton

The novel is set in England between the wars. It is told in flashback by a woman who witnessed a death at the mansion and kept the secret for many years. Morton is also the author of *The Forgotten Garden* and *The Secret Keeper*.

Have you read a great book lately?
Summarize it in one or two sentences then
email your report to livingstone@sasktel.net.



Retired? Interested in China?

Contact billpeel@gmail.com
University English Teaching Jobs available
for the school year 2013/2014

2012-13 Saskatoon STS Chapter Executive

President	Peter Stroh	306-374-3543
Past President	Irma Kittelson	306-934-0881
First Vice President	Jane Isinger	306-933-2927
Second Vice President		
Secretary	Joan Caruk	306-384-632
Secretary Assistant	Diane Selby	306-373-0080
Treasurer	Judy Pidskalny	306-955-0026
Treasurer Assistant	Karen Cymbalysty	306-374-4672

Standing Committees

Membership/Directory		
Co-Chair	Faye Kunkel	306-934-7163
Co-Chair	Carol Shanner	306-374-8415
Program Co-Chair	Freda Robinson	306-374-6722
Program Co-Chair	Irma Byblow	306-242-2193
Telephoning Co-Chair	Irene Fahlman	306-242-0117
Telephoning Co-Chair	Lois Pyne	306-978-8248
Registration Co-Chair	Alicia Klopoushak	306-242-2753
Registration Co-Chair	Donna Rolston	306-249-4547
Visiting Co-Chair	Pat Orchard	306-373-9905
Visiting Co-Chair	Stella Shulhan	306-242-9411
Honorary Life Co-Chair	Irma Kittelson	306-934-0881
Honorary Life Co-Chair	Phyllis Wilson	306-979-0684
Social Co-Chair	Cecile Martell	306-934-5849
Social Co-Chair	Corinne Sturby	306-955-9008
Activities Co-Chair	Bill Meger	306-249-1329
Activities Co-Chair	Loretta Metzger	306-382-6769
Archives	Carol Roberts	306-343-0937
Cards Co-Chair	Marie Grimsen	306-244-2454
Cards Co-Chair	Bev Pacholik	306-978-7155
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Support Services Liaison	Elaine Broughton	306-242-3205

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 (stsmoonthlynews@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 third 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 **June 30, 2013** 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 306-934-0881. **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 306-242-3205.