

## President's Message



As we begin 2014, I would like to wish all our members and their families a very happy and healthy new year. I hope one of your resolutions will be to get involved in your Saskatoon Chapter and attend some of our many events. The Executive works very hard to provide a wide range of informative topics and interesting activities

for your enjoyment. We need your involvement and your input. If you have any ideas for afternoon programs or tours, please contact the Program and/or Activities Committee and pass on your suggestions.

In order to get some feedback on our two noon banquets, we conducted a survey at the June Luncheon. The majority of people who attended the banquet responded. Thank you so much for your input as it really assists us in providing the best possible experience for you. Following is a summary of the survey results:

- Family Style Dining vs. Buffet – 92% of respondents preferred Family Style Dining.
- Entertainment vs. Background Music – Entertainment was favoured by 66% and Background Music received 88%. Comments suggested that many people seemed to enjoy a combination of the two. Background music provides ambiance while people visit. Entertainment does need to be kept between 20-30 minutes maximum and depends on the rest of the program.
- Assigned Seating – 97% liked having assigned seating.
- Location at the Western Development Museum – 100% were in favour of this location. Parking is good and many enjoy the opportunity to visit the museum.

The October Wine and Cheese Social was attended by approximately 80 members, spouses and friends. Colleen Carr presented the songs of the Great Ladies of Jazz and was accompanied by pianist Maurice Drouin. A great time was had by all. Please mark your calendar for the next evening

social on March 19 at 7 p.m. at Eamer Auditorium, STF Building. Entertainment will be by **Peter, Wendy and the Lost Boys**. Please note that there is no charge to attend the evening socials.

This year the focus of our Executive In-service on October 2 was on developing resolutions to submit for consideration at our Annual General Meeting, May 13-15, 2014. Resolutions were then presented to members at the November 20 Chapter Meeting. The list of resolutions has been published in this newsletter for your information.

On December 11, 2013, our annual Christmas Banquet was held at the Western Development Museum with 232 members and guests attending. Freda Robinson, a long time Executive member, was presented with an Honorary Life Membership. Freda continues to serve as Program Co-Chair. Thank you, Freda, for the many years of service you have so willingly given to the Saskatoon Chapter. Entertainment was by the

*continued on next page*

### Evening Social

Cash bar featuring the music of

**Peter, Wendy and the Lost Boys**

Wednesday, March 19, 2014

7 p.m. - Eamer Auditorium

**No cover charge!!**

Come and bring **all** your friends.

(This event is not restricted to retired teachers only.)



Paddlewheelers. This year we continued the tradition of having an Arts and Craft Sale. Twelve tables provided a wide variety of items and members enjoyed doing some Christmas shopping. Thank you to the following artists and crafters for helping to make this event so popular: Andy Dziadyk, Susan Ehman, Darlene Famulak, Grandmothers for Grandmothers, Susan Livingstone, Marj Meger, Van Mostowchuk, Lois Phillips, Diane Selby, Gord and Reta Taylor, Helen Walker, and Gerry Zado.

Please do not hesitate to contact any member of the Executive if you have questions or comments. We will do our best to assist you. If you leave a message and do not get a quick response, please contact another member. Since retiring, many of us take the opportunity to travel during the winter months and may be away.

Once again, best wishes for 2014.

Jane Isinger  
STS President Saskatoon

## 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.

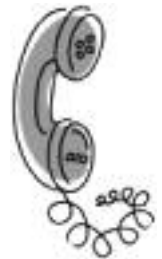
Contact: **Bev Pacholik**  
bpacholik@shaw.ca  
306-978-7155

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



## Telephoning Committee Report

Between the 2012 and 2013 Welcome Breakfasts, we called and welcomed 126 new retirees to our Chapter. All except five have chosen to receive our information by email. We have updated our phoning lists and now have two captains and 12 callers responsible to call 158 people about our activities each month. If anyone wants to switch to email please call Lois @ 306-978-8248 or Leslie @ 306-477-2839.



## STS/STF Liaison Report

Margaret Martin

Both of our pension plans have an indexing provision. The Saskatchewan Teachers' Superannuation Plan has our pension benefit indexed at 80% of the Canadian CPI, and the Saskatchewan Teachers' Retirement Plan has the pension benefit indexed at 80% of the Canadian CPI to a maximum of 3%. As a result of this indexing provision our January pension cheques will increase by 0.7% with the increase being pro-rated for those who retired during 2013.

Many retired teachers are thinking warmer climates during these Saskatchewan winter months. For those STS members who are also members of the STS Extended Health Plan, the included Travel Benefit is very important. Please note that for any accident or unexpected illness while you are out of your

province of residence, your Travel Benefit includes 100% coverage up to a lifetime maximum of \$5 million for your 65 day vacations. Please check out the travel limitations and exclusions before you travel, and remember to take along with you your Saskatchewan Blue Cross membership card. On the back of your membership card is a telephone number that you or someone with you should call if you have a medical emergency while you are on vacation. If you have any questions about the STS Group Benefit Plan or about the Travel Benefit, please call our STS Office at 306-373-3879.

I would like to wish each of you a very happy and healthy 2014! May all of your travels be special and enjoyable!

# Exercise Your Mind!

By Kimberly Willison, Recreation Therapist

As a Recreation Therapist, we focus on the 'whole' person. We help our clients understand how important it is to look after the five components of self in their lives – physical, intellectual, emotional, spiritual and social. One of these very important areas is the intellectual component. This includes the things that you need to do to stimulate your mind. Your brain is a muscle just like the rest of your body and if you don't use it, you'll lose it!

As a fitness instructor, I try to frequently stimulate my participants' minds as well as their bodies, often together to strengthen the mind-body connection. It is very important to develop this mind-body connection so that if you have to move quickly, for example to catch your grandchild's ball or to recover from a slip or trip, your mind has already developed neural pathways that help your body to move quickly and adjust.

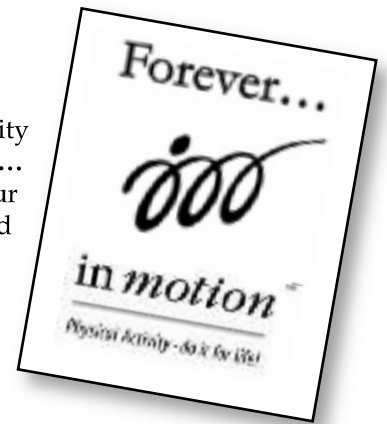
Here are some ideas of what you can include in your physical activity program to include the intellectual component:

- Use different patterns. (March 1-2-3 tap, first on the spot then forward and back).
- Do both, upper body and lower body exercises together then add exercises where you have to cross the midline of your body.
- Do dance steps (such as Macarena).
- Do mind/body activities: Practice patting your head with one hand and rubbing your stomach with the other hand at the same time.

- Go to a physical activity program such as a **Forever... in motion** program in your area. The leaders are trained to challenge your mind.

Suggestions to do at home:

- Sudoku
- Word Searches
- Crossword puzzles
- Memorize three of your family/friends phone numbers (then memorize five, then seven, then 10)
- Memorize your to-do lists more often.



## Mind Teasers:

- #1 What has a mouth but cannot eat, no legs but moves, and a bank but cannot put money in it?
- #2 Two girls are born to the same mother, on the same day, at the same time (one directly after the other) in the same month and year and yet they're not twins. How can this be?

*The solutions are on page 5.*

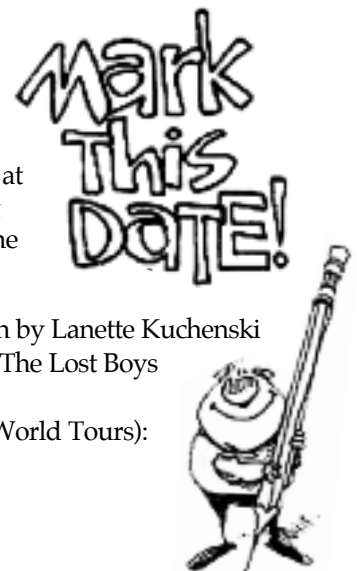
Kimberly is with the **Forever ... in motion** program, a physical activity program for older adults 50+ in the community. For more information about the **Forever... in motion** program contact her at 306-655-0829.

## Future meeting dates for 2014 ... MARK YOUR CALENDARS

All meetings will be held at the STF Building, except the June Luncheon which will be held at the Western Development Museum. Luncheon tickets (\$20) can be purchased by contacting Executive members or at Chapter meetings and events. As well, they can be purchased at the STS Provincial Office from 9 to noon. Call 306-373-3879.

- February 19, 2014 – 1:30 p.m.** . . . PowerPoint Presentation about the McDowell Foundation by Lanette Kuchenski
- March 19, 2014 – 7 p.m.** . . . . . Evening Social with Entertainment by Peter, Wendy and The Lost Boys
- April 16, 2014 – 1:30 p.m.** . . . . . Peter and Elaine Zakreski: "Hope for Malawi"
- May 21, 2014 – 1:30 p.m.** . . . . . Elections then a presentation by Koral Carpentier (West World Tours):  
"Coach-and-Cruise-Combo Tours and How to Pack"
- June 11, 2014 – Noon** . . . . . Luncheon at the WDM

All STS Events and Meetings are Scent Free!



## Affordable Non-Credit University Classes for Seniors

Are you interested in politics? Do you want to learn more about past world events or Saskatchewan native art? Perhaps the history of jazz or European art and architecture intrigues you.

Saskatoon Seniors Continued Learning (SSCL) has been providing academic studies (non-credit) for Saskatoon seniors, on a wide variety of topics for the past 30 years. Taught by professors and resource experts, these courses are open to all seniors (55 or older) regardless of previous education or prior knowledge. There are no assignments or exams, and no texts to buy, just intellectual stimulation and social contact with other interested adults.

SSCL, in co-operation with the Centre for Continuing and Distance Education at the U of S, offers classes for three terms – fall, winter and spring. Each term runs for eight weeks, and each course meets once a week for two hours. Classes are held at the University of Saskatchewan. Participants pay a membership fee of \$5 and cost is about \$55 per class.

Prior to each term, course-description information is placed at all Saskatoon Public Libraries and posted online at [www.ccde.usask.ca/seniors](http://www.ccde.usask.ca/seniors). For more information, please phone 306-343-6773.

## Visiting Committee Report



*“Volunteers do not necessarily have the time, they just have the heart.”*

– Elizabeth Andrew

Our volunteer visitors made Christmas brighter for the STS Chapter shut-in members. A special holiday greeting card was created and presented along with a gift on behalf of the Saskatoon Chapter. We extend many thanks to the faithful volunteers for making the world special by being so caring and thoughtful.

Please phone us regarding anyone you know who would appreciate a visit, or if you are able to volunteer as a visitor to housebound STS members.

Best wishes for a Happy New Year in 2014.

### Visiting Committee Co-Chairs:

Pat Orchard 306-373-9905

Stella Shulhan 306-242-9411

## What's New at the Saskatoon Council on Aging?

### Saskatoon Seniors' Globe Walk – Do Yourself a World of Good!

SCOA will launch this exciting new physical activity challenge for older adults over the age of 50 starting in January 2014. Not only is the challenge a great way to keep active over the winter months—it's also free!

Phone Linda at 306-652-0027 daytime on Mondays or Thursdays or visit our website [www.scoa.ca/globewalk](http://www.scoa.ca/globewalk) for more information.

Liven up your winter with an SCOA lifelong learning course. We have:

- 'On My Own' workshops for women
- Men's cooking
- Technology courses
- Art classes and more!

Phone the SCOA at 306-652-2255 or visit our website [www.scoa.ca/globewalk](http://www.scoa.ca/globewalk) for more information or to register.

# Resolutions

## Deductions for Seniors' Fitness Programs

**BE IT RESOLVED** that the STS urge that ACER-CART advocate the Government of Canada to allow tax deductions for fees associated with seniors' physical activity-based programs.

**BE IT RESOLVED** that the STS urge that the Saskatchewan Seniors' Mechanism advocate the Government of Saskatchewan to allow tax deductions for fees associated with seniors' physical activity-based programs.

## Support for Seniors Living Independently

**BE IT RESOLVED** that the STS urge that the Saskatchewan Seniors' Mechanism advocate the Government of Saskatchewan to develop a long-term commitment to work with community agencies and stakeholders so that more seniors live safely and independently at home with the proper community and individual supports rather than in care facilities.

## Chronic Disease Management Programs

**BE IT RESOLVED** that the STS negotiate with Saskatchewan Blue Cross to provide coverage for all physician prescribed chronic disease management programs with the same yearly limit as the Cardio Rehab program.

## Surveying Members

**BE IT RESOLVED** that the STS continue to conduct periodic surveys of its members to determine priorities for the Group Benefit plans prior to negotiating renewal contracts with Saskatchewan Blue Cross.

## Provincial Grants for STS Activities

**BE IT RESOLVED** that the STS amend Guidelines 2 – Chapters and Committees Hosting Recreational Events: 2.4 (Finances) to increase the grant level to \$450. This grant will be paid in two installments (\$350 upon application and \$100 upon receiving the handbook, trophies, and final report for the event).

Resolutions Committee: Randy Danyliw and Margaret Martin

## Solutions to Mind Teasers ...

#1: A river.

#2: They are triplets.

# Volunteers Wanted at St. Paul's Hospital

## Gift Shop Associates

These volunteers get to interact with patients, visitors and staff. Duties include greeting customers and assisting them with their purchases, operating the cash register, selling lottery tickets and stocking light merchandise.

We are looking for people who have great customer service and love interacting with people.

## Library Cart Associates

These volunteers provide a friendly personalized library service to patients. They interact with patients while going room to room offering complimentary reading materials. It's a great way to brighten up the day for patients. The Library Cart Associate also helps keep the Resource Centre tidy and stocked with books, and sorts donated books and magazines.

For information on these roles please contact:

Kathi Lewis

Telephone: 306-655-5823

Email: [kathi.lewis@saskatoonhealthregion.ca](mailto:kathi.lewis@saskatoonhealthregion.ca)

# Attention! Volunteer Opportunities!

**Are you looking for volunteer opportunities?**

**Do you want to advertise in search of volunteers?**

*The Voice* is receiving an increased volume of requests for advertising for volunteers. We print them when we have space, but we are a small publication and cannot print them all, so, at a recent meeting we made a decision to place these advertisements on our webpage.

We encourage you to post and/or search for volunteer opportunities online.

To access our website, go to  
[www.sts.sk.ca/saskatoon/newsletter](http://www.sts.sk.ca/saskatoon/newsletter).

Contact person: Irma at [ijkitt@sasktel.net](mailto:ijkitt@sasktel.net) or 306-934-0881.

# Book Reviews for Bookworms

*Alone in the Classroom* by Elizabeth Hay  
(Canadian author)

In a small prairie school in 1929, Connie Flood helps a backward student, Michael Graves, learn how to read. Observing them and darkening their lives is the principal, Parley Burns, whose strange behaviour culminates in an attack so disturbing that its repercussions continue to the present day.

*Run* by Ann Patchett

A poor black woman with an 11-year-old daughter throws herself in front of an SUV to save the life of a young man named Tip Doyle. The woman is taken to hospital and her daughter is left in the company of the Doyles. Relationships begin to both, emerge and unravel. Secrets, hopes and fears are disclosed.

*Remembering the Bones* by Frances Itani

Georgie, an 80-year-old woman, shares her birthday with the Queen. En route to the airport for a celebration with the Queen, her car veers off the road, down a ravine, and she is left immobile. In the ravine, she keeps herself alive with all the memories of her life and family members.

*Stone Barrington (a series)* by Stuart Woods

This author seems to have a little of everything – police procedural, law, mafia, lives of the rich and those who would like to be rich. If you like a series of books that keep the same main characters and add other colourful characters to keep it interesting, this could keep you reading all winter as there are nearly thirty books in the series.

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



STS Past President, Peter Stroh presented an Honorary Life Membership certificate to Freda Robinson. The tribute was presented by Stella Shulhan.



## Postal costs are rising!

Please consider reading *The Voice* online.

Contact Irma K. if you wish to change. [ijkitt@sasktel.net](mailto:ijkitt@sasktel.net)



Some STS activities prove to be more popular than others! Michael Goldney, one of the owners of LB Distillers, conducted not one, not two, but three consecutive tours for STS members on November 15.

Now, if you didn't go on one of those tours, you might be wondering what LB stands for ...

Formerly a doctor, Michael won a lottery. His friends pronounced him a "Lucky B-----!", hence the name.

# Activities

Co-Chairs: Bill Meger and Loretta Metzger

## STS Activities for 2013-14

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

**Tuesday, January 28** – Movie afternoon. Call Loretta and leave a message. You will be contacted regarding the exact time. Expect lunch or coffee to be included.

**Thursday, February 27** – Folk Dance at the Albert Community Centre from 7-9 pm. Cost is \$5, no partner required. Plan to be active, wear comfortable shoes and bring a water bottle. Call Loretta to register.

**March-TBA** – Billiards evening. Call Loretta for more information.

**Spring Tea** – We are going back to having our own STS Tea. It will be held in April or May. Watch for details.

## Fall Golf Tournament Results

The Fall Golf Tournament took place at the Moon Lake Golf Club on Thursday, September 5.

Twenty-eight golfers took part in this tournament, sweltering in the 34 degree heat.

### Results:

- 1st Place: Tie- Score 31  
Team – Dennis Kittelson, Gerry Zado, Arnold Shaw, Bill Meger  
Team – Randy Danyliw, Darlene Danyliw, Gary Stinson, Stella Shulhan
- 3rd Place: Tie- Score 32  
Team – Wes Friesen, Walter Toews, Harold Berg, Ernie Balzer  
Team – Kaz Pacholik, Bob Trew, Garth Johnson, Ernie Epp
- 5th Place: Score 35  
Team – Allan Shire, Daryl Cooper, Wayne Guenther, Trace Hampson
- 6th Place: Score 38  
Team – Bev Pacholik, Freda Trew, Olga Johnson, Katie Kehrig
- 7th Place: Score 39  
Team – Peter Rolston, Donna Rolston, Brenda Simmer, Ray Simmer
- Men's Long Drive: Gerry Zado
- Women's Long Drive: Katie Kehrig
- Men's Closest to the Pin: Gerry Zado
- Women's Closest to the Pin: Katie Kehrig

We would like to thank all the newcomers, and guests that attended this tournament.

## Teachers' Bowling League Tournament: October 22, 2013



L to R: Cathy Touet, Linda Smith-Windsor, Susan Livingstone, Peter Rolston. Missing from photo: Renelle Gauthier, Rick Murza, Trace Hampson, Helen Schriek

- Most Improved Female Bowler: Cathy Touet
- Most Improved Male Bowler: Renelle Gauthier
- Ladies' High Triple: Linda Smith-Windsor
- Ladies' High Single: Susan Livingstone
- Men's High Triple: Peter Rolston
- Men's High Single: Rick Murza
- Shulhan Team Champions Trophy: Helen Schriek, Trace Hampson, Susan Livingstone, Peter Rolston

## Bowlers Wanted!

We're seeking **BOWLERS** for the 2013-2014 season. Bowling resumes on January 7, 2014 and ends on April 22, 2014.

We bowl on Tuesdays at 1:30 p.m. and spots are available. 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 Eastview Bowl will gift you with \$50.

(The new bowler must stay with the league for three months.)

Call: Terry Manley at 306-343-6297 or Cecile Martell at 306-934-5849.



## 2013-14 Saskatoon STS Chapter Executive

President	Jane Isinger	306-933-2927
Past President	Peter Stroh	306-374-3543
First Vice President	Daryl Nordick	306-477-5160
Second Vice President	Bernice Shindelka	306-249-1555
Secretary	Joan Caruk	306-384-6321
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	Gary Gullickson	306-933-0126
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	Leslie Sichelto	306-477-2839
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
Member Recognition	Peter Stroh	306-374-3543
Member Recognition	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
PR/Resolutions		
Co-Chair	Margaret Martin	306-373-4433
Co-Chair	Randall Danyliw	306-249-4494
Newsletter Editor	Susan Livingstone	306-477-0123
Newsletter Asst. Editor	Linda Ashley	306-955-2498
Email Co-Chair	Judith Luciuk	306-477-0059
Email Co-Chair	Gladys Somerville	306-242-6668
Database/Website	Irma Kittelson	306-934-0881
Support Services Liaison	Elaine Broughton	306-242-3205

### Ad Hoc Mission/Vision/Goals/Objectives Committee:

Jane Isinger, Sadie Urban, Corinne Sturby

### Ad Hoc Editorial Committee:

Margaret Martin, Irma Kittelson, Daryl Nordick

### 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 second of three publications of *The Voice* for the 2013-14 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 **April 9, 2014** 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](http://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](mailto: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](http://www.sts.sk.ca/support_services/index.htm) or contact Elaine at 306-242-3205.