

President's Message



On behalf of the STS Saskatoon Executive, I would like to wish you all a very happy and healthy 2015. If you are planning to make a list of New Year's resolutions, I hope one of them 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. An organization can only be truly successful with member involvement and input. If you have any ideas for afternoon programs or tours, please contact the Program and/or Activities Committee and pass on your suggestions.

The October 15 Wine and Cheese Social was attended by 92 members, spouses and friends. It was a wonderful evening of entertainment provided by "**Back of the Bus**," a five piece band who plays a variety of traditional Irish and Scottish music. Please mark your calendar for the next evening social on April 15, 2015, at 7 p.m. in the Eamer Auditorium, STF Building. Entertainment will be by **Howard Titman**, who will be strumming his acoustic guitar and singing some old-time favourites from the 50s and 60s by artists such as Marty Robbins, Sonny James, Jim Reeves and others. Please note that there is no charge to attend the evening socials, and family and friends are very welcome.

Once again this year the focus of our Executive In-service on October 1 was on developing resolutions to submit for consideration at our Annual General Meeting, May 12-14, 2015. Resolutions were then presented to members at the November 19 Chapter Meeting. The list of resolutions from our Chapter has been published in this newsletter for your information.

On December 10, 2014, our annual Christmas Banquet was held at the Western Development Museum with approximately 220 members and guests attending. Two long time Executive members, Irma Kittelson and Cecile Martell, were presented with Honourary Life Memberships. Irma continues to serve as our Website Chair, as well as, doing Mail Labeling and

organizing the Christmas Arts and Craft sale. Cecile is the Co-Chair of the Social Committee, which organizes our lunches for various events. Thank you, Irma and Cecile, for the many years of service you have so willingly given to the Saskatoon Chapter. We hope you will continue to assist us for many more years.

The Arts and Craft Sale has become an annual tradition. The craft 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: Darlene Famulak, Deb Ferguson (The Mitten Project), Grandmothers for Grandmothers, Marj Meger, Loretta Metzger, Van Mostowchuk, Lois Phillips, Diane Selby, Gord and Reta Taylor, Gerry Zado and Christel Schoenemann, and Judy Ostrander and Jackie Bradley. As well, we extend a special thank you to Wilma Gauthier and Sandra Nelson who also donated door prizes. This year the shopping time was extended by a half hour with the meal beginning at 12:30 p.m. Everyone appeared to appreciate the extra time to shop or just visit with friends.

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

Once again, best wishes for 2015.

Jane Isinger
STS President Saskatoon
Saskatoon Chapter



Wine and Cheese Social

April 15, 2015 at 7 p.m.
in the Eamer Auditorium, STF building

No Charge!
Bring a Friend!

Featuring: **Howard Titman** on acoustic guitar singing some old time favourites!

Medications and the Saskatchewan Formulary

Margaret Martin

The Saskatchewan Seniors' Drug Plan and the STS Extended Health Plan are both based on the Saskatchewan Formulary. The Saskatchewan Formulary is a listing of the therapeutically effective drugs of proven high quality that have been approved for coverage under the Drug Plan. A prescription is required for all drugs dispensed under the Drug Plan. The Formulary is compiled by the Minister of Health with the advice of the Drug Advisory Committee of Saskatchewan and is then prepared, maintained, and distributed by the Drug Plan and Extended Benefits Branch. The members of the Drug Advisory Committee are appointed by the Minister of Health: two public representatives and clinical specialists in the areas of medicine, pharmacology, pharmacy, and economics. The Saskatchewan Formulary is published annually in April, but additions to the Formulary are made throughout the year. Interchangeable generic drugs are added monthly, and other products are added quarterly. This information comes from the Government of Saskatchewan document "About the Saskatchewan Formulary". Each province of Canada has a similar list of drugs or a formulary upon which they base their Drug Plan coverage.

It is important for patients who receive a prescription from a doctor to ask questions about the medication being prescribed. First it is important to ask the prescriber if the drug being prescribed is on the Saskatchewan Formulary. If the answer is "Yes", then the medication will be covered by the Saskatchewan Seniors' Drug Plan and will also be included in the medications covered by the STS Extended Health Plan if the patient is a member of the Plan. If the answer is "No", then the next question should be to ask if this medication would qualify for coverage under the Exception Drug Status (EDS). If this drug is eligible, the doctor prescribing it or the pharmacist must apply for this coverage on behalf of the patient. If this drug is approved for the EDS coverage, it is then covered by the Saskatchewan Seniors' Drug Plan. When Saskatchewan Blue Cross is advised by the STS member of this EDS coverage, the drug will be covered by the STS Extended Health Plan.

If you are finding that medication costs are using a greater percentage of your income, it is important for you to apply for the Special Support Program offered by the Government of Saskatchewan. There are no age restrictions on applying for this benefit. Application forms are available at your doctor or at your pharmacy but you must apply to receive this coverage.

If you have any questions about your medications, please ask your doctor or your pharmacist. If you have any questions about the STS Group Benefit Plan and/or the STS Extended Health Plan, please contact the STS Office at 306-373-3879 or by email at sts@sts.sk.ca. Being informed is very important.

Card Committee

Contact those named below if you know of a Saskatoon Chapter member who would benefit from receiving a card for a milestone event, or to show caring, sympathy, thanks, or wishes for recovery. Electronic cards are also available (recipient's email address needed).

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

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



Postal costs are rising!

Please consider reading *The Voice* online.

Contact Irma K. if you wish to change. ijkitt@sasktel.net



Attention: Photographers!

We invite Saskatoon STS chapter members to submit up to four photographs in jpg format, for possible use in our print and online material related to individual events or programs. Bear in mind that any chosen photo must have **significant light colored space** to allow for printing of information.



Some suggestions are close ups of pastel flowers or spring scenes for the Spring Tea or the June Banquet tickets, fall scenes for the Welcome Breakfast tickets, winter or Christmas scenes or items for the December banquet.

By submitting, you agree to allow our use of your photo for our own chapter printing for one event, nothing beyond that. We will keep all submissions on file for possible use in the next few years, beginning in 2015.

As a thank you, if your photo is used for an event, you will receive one free ticket for that event. Please submit by email with your full name to Irma Kittelson at ijkitt@sasktel.net at any time.

Visiting Committee



"Time is valuable. VOLUNTEERING is invaluable. Value your time."

– Vicki Barber

We are placing a strong emphasis on RECRUITING SHUT-INS this year. Do you know a retired teacher who is a shut-in, living in a nursing home or is hospitalized and would like visits? Names would be greatly appreciated.

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

Please contact us if you know of a shut-in superannuate who would enjoy a visit or if YOU would wish to be a volunteer visitor.

Best wishes for a Happy New Year in 2015.

Visiting Committee Co-Chairs:

Pat Orchard 306-373-9905

Stella Shulhan 306-242-9411

ATTENTION: Address Change – STS Office

Our new address as of December 1 is in the TCU Financial building:
2311 Arlington Avenue
Saskatoon SK S7J 2H8

No Change: phone number, fax and email

Access to our Offices:

Members will have to access our offices **by the east entrance at the back** of the building. There will be **no access** from the front of the building.

The STS name will be above a doorbell that members will press when they visit so we can let them in.

Telephoning Committee

We have called and welcomed 102 new retirees to our Chapter since July 2014. All are now on our email list to receive our monthly updates of activities. We look forward to welcoming them to some or all of our events. We have two captains and thirteen callers responsible for calling 125 people about our activities each month. If anyone wants to switch to email please call:



Lois Pyne 306-978-8248

Leslie Sichello 306-477-2839

NOTICE: Change in Procedure

Do you have a report, an article, photographs or anything else that you would like published in *The Voice*?

If yes, **all future submissions** to *The Voice* should be directed to **Linda Ashley**.

Call: 306-955-2498 Email: l.ashley@sasktel.net



Honorary Life Membership in the Saskatoon STS Chapter

Cecile Martell (left) and Irma Kittelson.

Corinne Sturby presented the tribute to Cecile Martell, and Marie Grimsen presented the tribute Irma Kittelson.

HLM Co-Chairs Peter Stroh and Phyllis Wilson were on hand to present the awards.

Spring Tea

WHERE: Solar Gardens

WHEN: Thursday, May 7, 2015

TIME: 2 - 4 p.m.

Tickets will be available in the spring.



Future meeting dates for 2014-15

... MARK YOUR CALENDARS

All meetings and evening socials will be held at the STF Building. Luncheons are held at the Western Development Museum.

Luncheon tickets can be purchased from any Executive member. They can also be purchased at the:

- Welcome Breakfast & Evening Socials
- Chapter Meetings
- Provincial STS Office (TCU Building) from 9 a.m. to noon

February 18, 2015 – 1:30 p.m. . . . Meeting and Highlights of Australia & New Zealand

March 18, 2015 – 1:30 p.m. Meeting then Rick van Duyvendyk - Gardening Advice

April 15, 2015 – 7 p.m. Wine and Cheese Social with Howard Titman

May 20, 2015 – 1:30 p.m. Meeting, Fred Herron & Blue Cross Representative
(see our ad)

June 10, 2015 – Noon June Luncheon

If not sold out, the June Luncheon tickets can be purchased until June 4 from Irma Byblow – call 306-242-2193.

All STS Events and Meetings are Scent Free!



Shulhan Team Trophy

(L to R) Michelle Mac Auley, Gerald Zado and Elaine Kennedy
Missing: Gayvin Franson

Individual results of the 2014 Teachers' Bowling League Tournament are as follows:

- Men's High Triple – Gayvin Franson
- Ladies' High Triple – Donna Rolston
- Men's High Single – Terry Manley
- Ladies' High Single – Elin Sletmoen
- Most Improved Male Player – Dennis Kittelson
- Most Improved Female Player – Jane Isinger

Bowlers Wanted!

We're seeking **BOWLERS** for the 2014-15 season.

Bowling begins on September 2, 2014 and ends on April 21, 2015.

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 Eastview Bowl will gift you with \$50.

(The new bowler must stay with the league for eight weeks.)

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



Activities

Co-Chairs: Bill Meger and Loretta Metzger

STS Activities for 2014-15

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

February – No activity will be held this month.

March 25, Wednesday – Note change of venue – The Snooker Shack, 3421 8th St E, upstairs in the Acadia Centre. Cost: \$15/hr/table split between players. Please register and we will pick a place to have supper before the games begin!

April 23, Thursday – Rayner Dairy Research and Teaching Facility – 1 p.m. (30 minute guided tour then approximately 30 min on your own in the Gallery). This is a state-of-the-art dairy facility and the gallery is an informative view of the provincial agricultural scene. Please register before April 16.

May 7, Thursday – Solar Gardens Tea 2-4 p.m.. Tickets will be available in the spring.

June 12, Friday – Riverside Lawn Bowling – 1:30-3:30 p.m. – Play and Learn. You must wear flat shoes or runners. Cost: \$3. Please register.

2014 Fall Texas Scramble

Eight teams entered the Texas Scramble held at Greenbryer on Thursday September 11. This year's winning team was: Bev Pacholik, Kaz Pacholic, Bonnie Pollreis, Denis Masurat, with a two under par 42. Coming in second with an even par 44, were Len Kirkland, Jim Beebe, Harold Schultz and Ernie Cychmistruk.

Other winners were:

Ladies' Long Drive – Donna Rolston

Ladies' Closest to the Pin – Bonnie Pollreis

Men's Long Drive – Jim Lorette

Men's Closest to the Pin – Roland Thiessen

"Check out the photos on our website."

Request for Donations:

STS Provincial Bowling Tournament Prizes

The Saskatoon Chapter is hosting the STS Provincial Bowling Tournament at Eastview Bowl on April 30 and May 1, 2015. The STS Bowling Tournament is open to teachers, spouses and associates. To help promote Saskatoon to the bowlers from across the province we are requesting donations from businesses, artists, photographers and artisans.

We would like to begin collecting donations for the prizes and items for the sixty-five to seventy Welcome Kits as soon as possible. The objective is to have all the donations for prizes and items for the Welcome Kit in place by the end of March. We are accepting items as of today. There are five members per team and we have sixteen lanes available to us. Every bit will help to make this tournament a success. Your donation will be recognized on the bowling program and at the banquet.

Chapter Meetings – don't miss these!

February 18: Highlights of Australia and New Zealand – This Power Point Presentation will be presented by Jane Isinger who spent three months touring these countries in 2014.

March 18: Rick van Duyvedyk from Dutch Growers will share expertise on 'Spring Pruning' and 'Spring Clean-up' in preparation for gardening season.

May 20: Fred Herron, Executive Secretary of the STS and a representative from Blue Cross will be discussing our Health Plan with special emphasis on pre-existing conditions.

All A-Board the Cribbage Board!

On December 4, a small but enthusiastic group of cribbage players met for the December activity.

Bragging rights went to Jim Lorette and Bill Meger who didn't lose a game. Jocelyne Lorette and Kathy Pulles-Henick placed second while the Eileen Deneiko, Dennis Kittelson duo won third place.

The others had fun even though they didn't have such winning ways.



Saskatoon Chapter June Banquet

\$20.00

Wednesday, June 10, 2015

Socializing 11-12, Banquet 12 Noon

Butler Byers Century Hall, WDM, Saskatoon

Call 306-934-0881 for reserved seating.

Last day to purchase tickets: June 4, 2015.



Book Reviews for Bookworms

A House in the Sky by Amanda Lindhout & Sara Corbett

This memoir is about a woman whose curiosity about the world led her to dangerous countries on every continent and then into fifteen months of captivity. She survives this harrowing ordeal with the imaginative power of her mind.

Butch Karp Series by Robert K. Tanenbaum

Butch starts out as a lawyer in New York City; later on he becomes the DA of Gotham. Of course every book has him, his wife or his family facing mortal danger. However, good always triumphs, sometimes in the most unlikely of ways. This is a series of 25 books.

The Language of Flowers by Vanessa Diffenbaugh

A child grows up without family, hungry for unconditional love. It illustrates the power of nature and human connection needed to heal hearts. The Language of Flowers is just a thread that gathers together themes of maternal love, forgiveness and redemption, a thoroughly good read.

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



Resolutions

STS Resolutions passed by the Saskatoon Chapter Executive – 2015

BE IT RESOLVED that the STS investigate the inclusion of the pneumonia vaccination for members under the age of 65 into the Extended Health Plan.

BE IT RESOLVED that the STS request the STF to negotiate changes to the Group Life Insurance Plan to provide coverage for superannuated teachers, after age 65, equal to ten percent of the benefit coverage for active teachers.

BE IT RESOLVED that the STS consider providing each member with an official STS identification card.

BE IT RESOLVED that the STS explore member discounts at hotels and fitness locations.

Background: Presently a business such as Motion Fitness has an annual membership fee of over \$800 but active teachers of the Greater Saskatoon Catholic Schools receive this same annual membership for just over \$300. There is no discount in their annual membership fee for seniors either. Because we promote fitness opportunities for our members, a similar discount could be made available to our members at fitness locations.

BE IT RESOLVED that the STS investigate changing the Extended Health Plan maximum allowance for Paramedical / Health Practitioners from \$300 to \$400 per practitioner per calendar year.

BE IT RESOLVED that the STS urge the STF to negotiate changes to the Teachers' Group Life Insurance to raise the termination age from 85 to 90 years of age.

BE IT RESOLVED that the STS investigate the process involved in adding drugs to the Saskatchewan Formulary.

Free Curling Lessons!

Nutana Curling Club | January 24, 2015 | 11 a.m. - 1 p.m.

Introduction to Stick Curling

Curling shoes and brooms supplied!

Find out about curling at Nutana for the rest of the winter (\$100/curler).

Openings in leagues are available.

Phone for more details or send an email:

Barry Brusky 306-477-0024 b.brusky@sasktel.net

Kory Kohuch 306-374-2422 gman@nutanacurlingclub.ca



An ART-icle: Finding Fitness

As Told in Pictures by Susan Livingstone (You add the words!)

I talked to my doctor and my doctor said:



First I OBJECTED... Then I CONSIDERED...



Hmmm...

So, I thought of things I used to do as a kid:

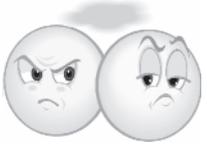


...and what I do now:



Then I remembered all those things I did when I was young and strong and FULL of energy:

You guessed it, I was:



I'd much rather:



But I thought for awhile: What can I do at my age that:

- maintains muscle
- is heart healthy
- is low impact
- helps balance & mobility
- keeps me strong



I know!! I'll go:



Hah! My doctor:



How RUDE!!!



Embarrassed, I went to my chiropractor...HE'D understand!



But he said: "Motion is"

(Rhyming word)



Okay, okay! With help, I made this:



And here it is...

Yoga:
Strength-Low Impact-
Flexibility-Balance



Tai Chi:
Balance-Flexibility-Low Impact



Aqua Exercise: Muscle Tone
Low Impact-Strength-Cardio



Swimming:
Head to Foot Workout



You want a team sport? How about:



...or ...or

And don't forget walking:
Cardio-Muscle Tone





THE END

2014-15 Saskatoon STS Chapter Executive

President	Jane Isinger
Past President	Peter Stroh
First Vice President	Daryl Nordick
Second Vice President	Peggy Proctor
Secretary	Joan Caruk
Secretary Assistant	Diane Selby
Treasurer	Judy Pidskalny
Treasurer Assistant	Donna McTavish

Standing Committees

Activities Co-Chair	Bill Meger
Activities Co-Chair	Loretta Metzger
Archives	Bernice Schindelka
Cards Co-Chair	Marie Grimsen
Cards Co-Chair	Bev Pacholik
Email Co-Chair	Judith Luciuk
Email Co-Chair	Gladys Somerville
Member Recognition	Peter Stroh
Member Recognition	Phyllis Wilson
Membership /Directory Co-Chair	Carol Shanner
Co-Chair	Karen Cymbalisky
Newsletter Editor	Susan Livingstone
Newsletter Asst. Editor	Linda Ashley
Program Co-Chair	Freda Robinson
Program Co-Chair	Irma Byblow
PR/Resolutions Co-Chair	Margaret Martin
Co-Chair	Randall Danyliw
Registration Co-Chair	Donna Rolston
Registration Co-Chair	Jocelyne Lorette
Social Co-Chair	Cecile Martell
Social Co-Chair	Corinne Sturby
Support Services Liaison	Elaine Broughton
Telephoning Co-Chair	Leslie Sichelto
Telephoning Co-Chair	Lois Pyne
Visiting Co-Chair	Pat Orchard
Visiting Co-Chair	Stella Shulhan
Website/Mail Labeling	Irma Kittelson

Ad Hoc Mission/Vision/Goals/Objectives Committee:

Jane Isinger, Corinne Sturby

Ad Hoc Editorial Committee:

Margaret Martin, Irma Kittelson, Daryl Nordick

Provincial Executive Members from Saskatoon Chapter:

ACER-CART	George Georget
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 second of three publications of *The Voice* for the 2014-15 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 2, 2015** to Linda Ashley at l.ashley@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, or 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.