

THE Voice

VOLUME 22 NO. 3
SPRING 2015

SUPERANNUATED TEACHERS OF SASKATCHEWAN — SASKATOON CHAPTER

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PLEASE NOTE: All submissions should to be sent to Linda Ashley

President's Message



Spring has finally arrived! I am sure you are as happy as I am to see the end of winter. It is a time for renewal, and it also seems that it is the time when organizations "renew" themselves. A number of our STS Saskatoon Chapter Executive members are moving on so we are preparing our list of nominations to fill these vacant positions for the 2015-16 year. If you would be interested in getting involved, please contact me. It is a great way to give back to your organization, to stay current on issues of importance to all superannuates, and to influence the decisions that affect our members.

In preparation for the May 12-14, 2015, Provincial STS Annual General Meeting, our Saskatoon Chapter holds a Pre-AGM Delegate In-service to assist our forty-one Delegates to become knowledgeable about the resolutions that have been put forth this year. These Delegates represent our 2,370 Chapter members. The May/June *Outreach* edition will have a complete report on the AGM.

The annual June Luncheon will be held at the Western Development Museum on June 10, 2015. This is a popular event so please get your tickets early. Tickets are available from all Executive members, at our Chapter meetings, and from the Provincial STS Office (TCU Financial Building, north of the STF, back entrance) between the hours of 9 a.m. and 12 p.m. Cost per ticket is \$20. Socializing begins at 11 a.m. with the luncheon starting at noon. This is an excellent opportunity to renew old friendships and make new ones. We hope to see you there.

Please mark your calendars for the upcoming fall events. The annual Fall Breakfast to welcome new STS members will be held on September 9, 2015, at 9:30 a.m. at All Saints Ukrainian Orthodox Church, 2616 Louise Street. Tickets will soon be available. Our October Wine and Cheese Evening Social will be held on October 21, 2015, at 7 p.m. at the STF Building,

Eamer Auditorium. If you have suggestions for entertainers, meeting topics, and/or activities, please contact any Executive Member.

Every two years our Membership/Directory Committee prepares the *Directory* for publication. In order to cut costs and respond to members who felt they did not use the *Directory*, we ask that members request a copy. This year we printed 325 copies rather than over 2,300 copies. The next revised *Directory* will be printed early in 2017.

As I come to the end of my two year term as President of the STS Saskatoon Chapter, I cannot believe how quickly the time has passed. I have been fortunate to have had the support of a very dedicated and hard-working Executive. I look forward to continuing to work with them in my role as Past President. Thank you for the encouragement and especially the friendship.

Please contact me or any member of our Executive if you have questions or concerns. Don't forget to check out our website at www.sts.sk.ca/saskatoon/index.htm

Have a wonderful spring and summer!

Jane Isinger
STS Saskatoon Chapter President

Saskatoon Chapter June Luncheon

Wednesday, June 10, 2015

Social Hour: 11 a.m. - 12 p.m.

Butler Byers Century Hall at the WDM

Tickets **\$20**

Call **306-934-0881** (For reserved seating)

Last day to purchase tickets: June 4, 2015.

Scent Free Please



Public Relations Report

Margaret Martin

Spring has sprung in Saskatchewan – finally!

Several items should be noted by all STS members. The 2013-2017 Provincial Collective Bargaining Agreement for all STF members contains Article 6. This Article speaks to Group Insurance for all STF members and superannuated teachers up to age 85 who have continued to pay the premiums for this continued coverage and are therefore covered by the provisions of *The Teachers' Life Insurance Act*. This means that for the 2014-2015 year superannuated teachers up to their 65th birthday will receive an insurance amount of \$184,000 plus have in place the Accidental Death and Dismemberment Benefit clauses as well. From age 65 to age 85 the amount of term life insurance provided to superannuated teachers will equal to 10% of the amount of coverage provided to those under age 65 or \$18,400. This coverage will increase both for superannuated teachers under age 65 and for those age 65 to 85 as the contract goes forward to the 2015-16 year. Please note that the premium for this continued coverage has increased to \$24.90 per month as well. You will have received a letter from the Teachers' Superannuation Commission or the Saskatchewan Teachers' Retirement Plan reflecting this change to your monthly superannuation allowance.

All STS members who are also members of the STS Extended Health including Travel and Dental Plans will have received a letter regarding the new contract between STS and Saskatchewan Blue Cross from July 1, 2015 to June 30, 2018. This new contract contains several improvements in coverage and a new premium structure. If you have any questions about the STS Group Benefit Plan, please contact the STS Office by telephone 306-373-3879 or by email at sts@sts.sk.ca.

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



Visiting Committee



"You give but little when you give of your possessions. It is when you give of yourself that you truly give."

– Kahill Gibran

During 2014-15, fifteen volunteers have visited superannuates who are confined to their homes or to one of the hospitals. The visits are always welcomed, with friendship and happiness being positive outcomes of the time spent together ©

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, Gladys Somerville, Corinne Sturby, Norma Wilson, Rose Yaworski

Hospital Visitors:

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

If anyone knows of individuals who would benefit from a visit, please inform us and arrangements can be made. Also, visitors are always appreciated! 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 2014-15:

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

Welcome Breakfast

All Saints Ukrainian Orthodox Church
2616 Louise Street

September 9, 2015 - 9:30 a.m.

Tickets: \$5.00

(No cost to new STS members)



Vacant STS Executive Positions

Each year, our Chapter seeks individuals who would like to become more involved in their local chapter of retired teachers.

Some common reasons that people are reluctant to step forward:

- I don't know enough (or any) people from the Chapter.
- I don't know enough about the organization to be on the Executive.
- I didn't teach in Saskatoon so I wouldn't be eligible or I wouldn't fit in.
- They must have lots of people who want to run for positions.

Becoming more involved is an excellent way to meet people. No one knows everyone. It's a big local!

We all are or were new to the world of retirement, so all you need to bring with you is your willingness and enthusiasm.

There are a significant number of people who retire and move to Saskatoon as their retirement location. Our current Executive has a number of out-of-towners who have made Saskatoon and the Saskatoon Chapter their new home. Furthermore, the Chapter is made up of teachers from Saskatoon Public, Saskatoon Catholic, and Prairie Spirit, so already it is eclectic in its membership. You'd fit right in!

As in any organization, many are called but few are willing. Being on the Executive is something you can do to meet people, occupy and energize yourself in retirement, and give a little back to your fellow teachers.

We always welcome involvement from our members (there's always something to do), and nominations for any Executive position always are encouraged; however, we currently have two vacancies for which there are no nominations: Second Vice-President and Email Co-Chair.

The following are the main responsibilities for each position. Full descriptions and the entire Constitution of the Saskatoon Chapter can be found at <http://www.sts.sk.ca/saskatoon/index.htm>

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

Second Vice-President: Arranges for entertainment at the two Luncheons and two Chapter Socials, and covers for the First Vice-President. The hope of the organization is that the Second VP will consider being nominated for election in the future as First VP, and eventually as President.

Email Co-Chairs (Chairs (both positions are open for nominations; currently, we have one nominee): Contacts members by email with updates about the Chapter.

If you are interested in either of these positions or any Executive position, or simply want more information, feel free to contact us:

Saskatoon Chapter
2325 Preston Ave
PO Box 23016 Market Mall
Saskatoon SK S7J 5H3
Email: sts.saskatoon@gmail.com

Daryl Nordick
(1st Vice President)
Email: nordick@sasktel.net
Tel: 306-477-5160

Jane Isinger (President)
Email: jisinger@sasktel.net
Tel: 306-933-2927

Peter Stroh
(Past-President)
Email: peterstroh@sasktel.net
Tel: 306-374-3543

Thank you to **Stella Shulhan** for her enthusiasm and expertise in photographing so many STS events! Whether individual or group shots, we appreciate the excellent photographs that she has submitted to *The Voice* and our website.



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.

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:

June 12, Friday – Lawn Bowling at Riverside – 1:30-3:30 p.m. – Play and Learn. You must wear flat shoes or runners, no heels allowed. Bring a hat and be prepared to have fun! Cost: \$3/person. Please register.

August 19, Wednesday – Meewasin Valley Authority – 10 passenger canoe trip – Cost: \$20/person. Equipment is provided, no skill required. Register online: ritzbrenda@gmail.com or call: Brenda Ritz 306-954-2591.

Golf Tournament Spring Texas Scramble

Where: Greenbryre Golf Course
When: Monday, June 15 – 1 p.m.
Price: Green fees, plus small golf prize for the presentations, plus \$2 for “pink ball”.
Deadline: Friday, June 5, 2015.
Contact: Bill Meger at 306-249-1329
or email wmeger@sasktel.net

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

May 20, 2015 – 1:30 p.m. Meeting, then a presentation by Fred Herron and a Saskatchewan Blue Cross Representative

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!



Chapter Meeting: Don't Miss This One!

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

Bowlers Wanted!

We're seeking **BOWLERS** for the 2015-2016 bowling season.

Bowling begins on September 1, 2015 and ends on April 19, 2016.

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.

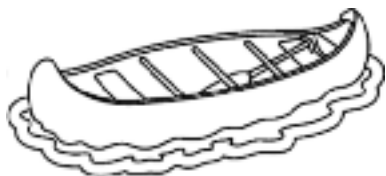
We are flexible for Snowbirds!

Recruit a new bowler and Eastview Bowl will gift you with \$100. (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**



A CANOE TRIP ON THE RIVER!



**10 passenger canoe trip on the river
from Beaver Creek and back**

The trip will take about 3 hours.

When: August 19, 2015

Wanted: Ten canoe enthusiasts, no skill required other than the ability to board and paddle.

All equipment supplied by Meewasin Authority

Participants will be asked by Meewasin to sign a waiver.

Cost: \$10/person (lunch not included)

Group decision: stop on a sandbar with bag lunches or paddle to the Berry Barn.

For Trip Description:

see the Meewasin Valley Authority website

<http://meewasin.com/visitors/canoe-information>

For more information and/or to sign up call:

Brenda Ritz at 306-954-2591

Book Reviews for Bookworms

With spring here and summer fast approaching we like to relax on our decks or in our backyards with a good book and a cold drink. Some books recommended to me are as follows:

***The Guernsey Literary and Potato Peel Society* by Shaffer and Barrows**

The setting for this book is the Guernsey Islands in 1946 when they were occupied by the Nazis. It is the story of a group of people who use a book club as a way to meet without raising the suspicions of the Nazis.

***Midwife of Venice* by Roberta Rich**

The setting is 16th Century Venice when Christians and Jews lived separate lives. It is the story of an expert Jewish midwife whose reputation spreads to the Italian nobility. It is historical fiction and full of romance and suspense. There is now a sequel to this book, *The Harem Midwife*.

***American Wasteland – How America Throws Away Nearly Half of Its Food (and What We can do About It)* by Jonathan Bloom**

This book is about the food industry and how we, the consumers, throw away or waste the food. It incorporates ways which society, governments and industry could decrease the waste.

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



Postal costs are rising!

Please consider reading *The Voice* online.

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



Tips for Barbecuing Season!

By Linda Ashley

With summer here and the temperatures rising, you start to think of foods that are cooked outdoors on a barbecue in your backyard, or on your deck or balcony. The characteristic odour and flavour we associate with barbecuing is the result of the smoke that comes from the fat and juices dripping onto the heat source.

Before you get cooking, you should check for any limitations to using a barbecue in your neighbourhood, apartment or condominium complex. Some limitations may be the size of barbecue and type of fuel (propane, gas or charcoal). Also don't forget to read or review the owner's/manufacturer's manual.

Cooking on a barbecue is very simple, but the following factors can influence safety, cooking times and techniques:



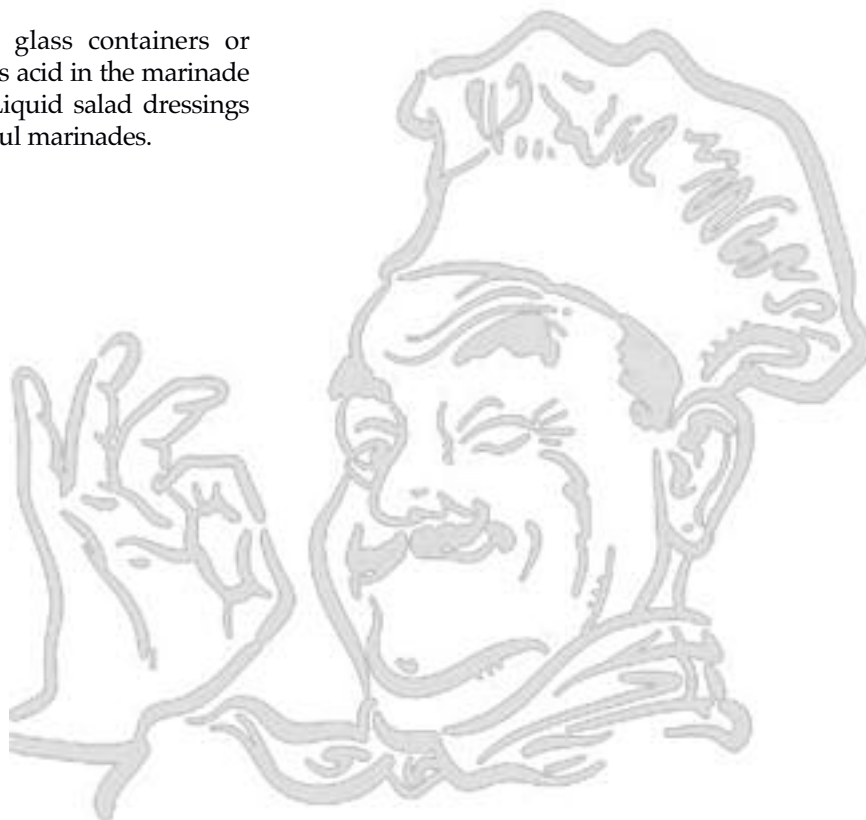
- Do not barbecue in an enclosed building such as a garage.
- Make sure all combustible materials are away from the barbecue as a fire can start very quickly and don't leave the barbecue unattended.
- Open the lid when lighting the barbecue and make sure all burners are ignited. If the burners fail to ignite turn off the controls and wait 5 minutes before trying again.
- If it is recommended to grease the grates, do it when they are cold. Your manual will tell you what is best to grease them with.
- Preheat 10 to 15 minutes with the lid closed before placing food on the grate.
- The closer the grates are to the heating source, the more intense the heat.
- The food temperature at the start of cooking will affect the length of cooking time. Foods taken directly from a refrigerator or still frozen will require a longer cooking time.
- On a cold or windy day, a higher flame and longer cooking time will be needed. On a hot or windless day, a lower flame and shorter cooking time are adequate.
- Cooking with the cover opened or closed is a matter of personal preference. There is a greater concentration of heat and smoke if the cover is closed. In general, close the cover for cooking large cuts of meat such as roasts and whole poultry, and when barbecuing in cold weather.
- Flare-ups and smoke occur when grilling. Smoke provides the flavour while the flames add the dark brown colours. Excessive flaring may be caused if the barbecue is too hot, if there is a buildup of grease, or if there is a high fat content in the food.
- If you have a barbecue fire, close the lid and turn off the gas. Never use water or baking soda to extinguish the flames. The water will damage the barbecue and spread the flames. Baking soda and melted fat will clog the burners.
- Clean-up is important not only for food safety but for the good operation of the barbecue.
 - Empty grease catchers on a regular basis, not just when full or flaring.
 - Remove the grates and brush off charred material and wash. Word of warning: don't clean the grates on the barbecue.
 - Rotate lava rocks or ceramic briquettes occasionally to prevent a build-up of fat and burnt food particles.

Time to cook! Methods of barbecue cooking or grilling are direct, indirect or smoked. Direct heat is the most common where the food is placed over the heat source and is faster. Common foods cooked this way are steaks, chops, hot dogs, chicken and some vegetables. With indirect cooking the direct burner is turned off, and the opposite burner is on medium with the lid closed. This method is used for long slow cooking time for foods such as roasts, whole poultry and baking.

General tips for the perfect barbecue:

- Use tongs to turn the meat and remove it from the grill as a fork will release the juices making the meat less tender.
- Steaks, chops, hamburgers, fish and chicken pieces should be uniform in thickness to ensure even cooking.
- Use a meat thermometer to check the internal temperature of meat as the charred outer coating may be deceptive as to the meat being cooked.
- When making kebobs soak bamboo or wooden skewers in water at least 30 minutes before using to avoid excessive burning. Remember to leave small spaces between the meat and/or vegetables when placing on the skewers as it allows for even cooking.
- When marinating, use glass containers or disposable plastic bags as acid in the marinade may react with metal. Liquid salad dressings make quick and flavourful marinades.
- As a general rule, turn meats once. If turned too often you lose moisture thus the meat become less tender.
- Some foods such as ribs are often partially cooked in ovens, slow cookers or boiled to shorten barbecuing time thus preventing the meat from becoming overcooked, dry or tough.
- When making foil packets use heavy duty foil or two layers regular foil and seal with a double folded edge.

Have a safe barbecue season and try new things on the barbecue. With a little time and imagination, basically all foods can be adapted to cook on a barbecue.



2014-15 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	Peggy Proctor	306-978-4748
Secretary	Joan Caruk	306-384-6321
Secretary Assistant	Diane Selby	306-373-0080
Treasurer	Judy Pidskalny	306-955-0026
Treasurer Assistant	Donna McTavish	306-373-1666

Standing Committees

Activities Co-Chair	Bill Meger	306-249-1329
Activities Co-Chair	Loretta Metzger	306-382-6769
Archives	Bernice Schindelka	306-249-1555
Cards Co-Chair	Marie Grimsen	306-244-2454
Cards Co-Chair	Bev Pacholik	306-978-7155
Email Co-Chair	Judith Luciuk	306-477-0059
Email Co-Chair	Gladys Somerville	306-242-6668
Member Recognition	Peter Stroh	306-374-3543
Member Recognition	Phyllis Wilson	306-979-0684
Membership/Directory Co-Chair	Carol Shanner	306-374-8415
Co-Chair	Karen Cymbalisky	306-374-4672
Newsletter Co-Editor	Linda Ashley	306-955-2498
Newsletter Co-Editor	Susan Livingstone	306-477-0123
Program Co-Chair	Freda Robinson	306-374-6722
Program Co-Chair	Irma Byblow	306-242-2193
PR/Resolutions Co-Chair	Margaret Martin	306-373-4433
Co-Chair	Randall Danyliw	306-249-4494
Registration Co-Chair	Donna Rolston	306-249-4547
Registration Co-Chair	Jocelyne Lorette	306-382-3423
Social Co-Chair	Cecile Martell	306-934-5849
Social Co-Chair	Corinne Sturby	306-955-9008
Support Services Liaison	Elaine Broughton	306-242-3205
Telephoning Co-Chair	Leslie Sichelto	306-477-2839
Telephoning Co-Chair	Lois Pyne	306-978-8248
Visiting Co-Chair	Pat Orchard	306-373-9905
Visiting Co-Chair	Stella Shulhan	306-242-9411
Website/Mail Labeling	Irma Kittelson	306-934-0881

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 the SPAM or JUNK box on your server's site. 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 (stsmonthlynews@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 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 **June 30, 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.