

## President's Message



Let me tell you something I've have discovered about myself in retirement. I love quotes. I love to find them, reflect on them, collect them, and use them to get myself up and going on some of "those days".

"Life can only be understood backwards; but it is lived forwards" (Soren Kierkegaard). I think I'd like to take a philosophy class focused on this quote! So many analogies and learnings come to mind when I reflect on it. One analogy is driving. Thank goodness we have both windshields and rear view mirrors – and only the best drivers know to keep that magic balance between looking forward and looking back. By looking back, we see what we have learned, caused, or left behind, and by looking forward we can know what we have left to do and how best to do it.

"If the grass looks greener on the other side, then get out there and start watering the grass you're standing on" (Anon)! I can't think of a more polite way to say, "If you're not happy with the situation, then be a part of the solution!" Griping and negativity doesn't lead us anywhere – only action, involvement, and solution seeking do. I try hard to regularly water my own grass.

"When life gives you rain storms, learn to dance in the rain" (Anon). I suppose in Saskatchewan, this quote could easily have said, "When life gives you bitter cold and snowstorms . . ." Bottom line? This quote reminds me to plan fun and have fun whenever and wherever I can.

"When you learn, teach. When you get, give" (Maya Angelou). The late Maya Angelou shared this notion when she was describing her youth and precious times spent with her grandmother. When I read this quote, I can't help but think of what we do as educators throughout our careers

and in retirement; how we continue to grow communities when we get to mentor young men and women around us, or when we extend ourselves to family and friends.

"You don't have to attend every argument you're invited to" (Anon). The author of this quote must have known a thing or two about the futility of engaging in every single discussion that comes your way. This quote is also an excellent way to say, "Pick your battles.". There are battles worth fighting and battles that are best walked away from. A similar quote that my family often chuckles about is, "Not my circus, not my monkeys" (Polish proverb) or as Kenny Rogers might say, "Know when to hold 'em and know when to fold 'em"!

I'm thinking about quotes as I write this, because so many of them come to mind when I reflect on the current state of education, early learning and childcare, and the profession of teaching in our province. Economics and politics seem to be at the root of a lot of conversations across our province. Those conversations are revealing a lot of people's various beliefs. Oh, and here's another of my favourite quotes, "Show me what you do, and I will tell you what you believe" (Mississippi civil rights leader, 1960's). Regardless of your beliefs about the education budgets, contract negotiations for teachers, bi-lateral agreements for early learning and childcare, take a stand, model your beliefs in your actions, and let your voice be heard. The STF's recent campaign called "Pick a Premier" demonstrated how influential the collective voices of educators can be. So . . . water your own grass, use your years of experience to mentor others while living your life forward, pick your battles and learn to dance in the rain. Your voice and your beliefs matter, and being an active member of your STS Chapter is one way to have your voice heard.

Have an amazing Saskatchewan summer filled with family, fun, and good health. And remember – all things in balance.

Kim Newlove

## From the Editor's Desk

Editor: Nancy Caird

Assistant Editor: Ardelle Chicilo

This is the final newsletter of my two year term as Editor. My parting wish is for all of you to consider changing your preference to view the newsletter online or print your own copy at home and help us save on printing and mailing costs, which can total up to \$4,000 per issue!

As an added incentive, the online issues are usually available up to a week earlier than the issues that are mailed to you. If you'd like to make the change, please contact Irma Kittelson at [ijkitt@sasktel.net](mailto:ijkitt@sasktel.net)

You may also request to receive the provincial newsletter, *Outreach*, online by emailing [sts@sts.sk.ca](mailto:sts@sts.sk.ca)

I would like to thank the Saskatoon Chapter membership and Executive members for their support and encouragement. Extra special thanks go to Ardelle Chicilo, Margaret Martin, and Irma Kittelson for their work in assisting me to get each issue off to print.

### THE DEADLINE FOR SUBMISSIONS TO THE VOICE FALL ISSUE IS JUNE 29, 2018

Please send all submissions to [stsvoiceditor@gmail.com](mailto:stsvoiceditor@gmail.com)

## STS Spring Tea '18

Thursday May 24 • 2-4 p.m.

Saskatoon Golf and Country Club  
865 Cartwright St. W., Saskatoon, SK

Tickets: \$17

Tickets available from  
Loretta Metzger –  
306-382-6769 and  
Karen Hanson –  
306-227-0152



*Hats and gloves welcome, but not required*

## Visiting Committee

Co-Chairs: Pat Orchard and Gladys Somerville

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

– E. Andrew

During the 2017-2018 term, fifteen volunteers made visits to superannuates who were confined to their homes. Others were visited at one of our three hospitals. All visits have been greatly appreciated and have brought smiles to many. Sincere thanks go to the following volunteers:

**Home Visitors:** Bill Bender, Carol Dean, Lorraine Friesen, Gerry Hoehn, Joyce Kimber Parent, Esther Molina, Brenda Olson, Pat Orchard, Elaine Panchuk, Carol Shanner, Stella Shulhan, Gladys Somerville, Corinne Sturby, Norma Wilson, Rose Yaworski

**Hospital Visitors:** Aldean Glass – City Hospital, Joyce Kimber Parent – Royal University Hospital, Brenda Olson – St. Paul's Hospital

Please give us a call if you know of a superannuate who is confined to their home and would enjoy having a visitor.

## Card Committee

Co-chairs: Elaine Broughton and Marie Grimsen

The Card Committee sends out cards (both electronic and regular mail) to our Chapter members, who are celebrating a milestone birthday or anniversary. We also send out Sympathy, Thinking of You (illness/treatments, recovery/caregiver, etc.), Thank You (for speakers or presenters, etc.), and Congratulations cards to members who have achieved recognition for an achievement.

When you call or email to request a card, please include a brief explanation related to your request, so the card can be personalized as much as possible. If you request an e-card, please include the email address of the person that is to receive the card. In some cases, where an illness/recovery may be prolonged, you may wish to contact the committee more than once to request another card be sent.

Cheers and good wishes to you all.

# Public Relations/ Advocacy/Resolutions Committee

Co-chairs: Randy Danyliw & 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 Saskatchewan Formulary is updated 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

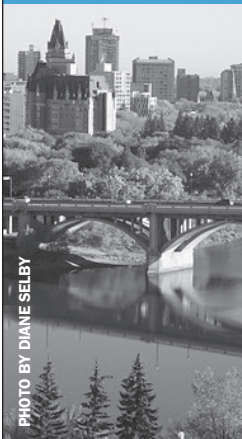
**Exception Drug Status (EDS).** If this drug is eligible, the doctor prescribing it or the pharmacist must apply for this coverage on behalf of the patient. EDS approval is based on each individual's qualifications for coverage. If this drug is approved for EDS coverage, it is then covered by the Saskatchewan 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.

For any patient who is taking multiple medications, a **regular medication review** can be done by your pharmacist upon request. That way each patient will be reminded about what each medication has been prescribed for and can ask questions about that medication. Also you may question about the number of medications you are taking. In order to keep our STS Extended Health and Dental Plans affordable, it is important, if you are a member of the Plans, to be knowledgeable about your medications. **The STS Group Benefit Plans are totally funded by the members of those Plans.**

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 e-mail at [sts@sts.sk.ca](mailto:sts@sts.sk.ca). Being informed is very important!

## STS Saskatoon Welcome Lunch Wednesday September 12 • 11:30 a.m.



Ukrainian Orthodox Church  
2616 Louise Street

**Tickets: \$15**  
(Limited number available)

New member ticket cost will be fully refunded at the luncheon.

Available from Provincial STS office in June, or contact:

Irma Kittelson at 306-934-088  
[ijkitt@sasktel.net](mailto:ijkitt@sasktel.net)



## sts June Banquet

WEDNESDAY, JUNE 13, 2018  
11 A.M. SOCIAL, 12 P.M. BANQUET  
WESTERN DEVELOPMENT MUSEUM

Tickets available at the Provincial STS office, from  
Saskatoon Executive Members or from  
Irma Kittelson - [ijkitt@sasktel.net](mailto:ijkitt@sasktel.net) or 306-934-0881

**Purchase Deadline: June 7 @ Noon**  
**SCENT FREE!!**

# Activities Committee

Co-chairs: Darlene Danyliw and Lyle Markowski

## UPCOMING ACTIVITIES . . .

For more information or to sign up for any of these activities, please contact Darlene Danyliw at darlene.danyliw@shaw.ca or call (306) 249-4494.

### Canadian Light Source

**Date:** Tuesday, April 24

**Time:** 1:30 p.m.

**Where:** Canadian Light Source, 44 Innovation Blvd. Saskatoon

**Cost:** Free

**What:** Get a first-hand look at the brightest light in Canada! Witness cutting-edge technology right in your own backyard!

### Spring Tea

**Date:** May 24, 2018

**Time:** 2-4 p.m.

Location: Saskatoon Golf & Country Club

**Cost:** \$17 (Tickets will be available from Loretta, Karen or the STS office.)

**What:** This event is hosted by Loretta Metzger and Karen Hanson. This is a great opportunity to don your fancy hat or fascinator, enjoy connecting with friends and former colleagues, and be treated to a special tea experience.

### STS Lawn Bowling

**Date:** Tuesday, May 28 and Tuesday, June 5, 2018

**Where:** Mayfair Lawn Bowling Club 923 Avenue D North

**Cost:** \$20 (\$10 per session)

**What:** Mayfair Lawn Bowling Club will provide 2 lessons for us.

*\*\*Register soon so instructors can be arranged.*

### Spring Texas Scramble Golf Tournament

**Date:** Tuesday, June 12, 2018

**Time:** 9:30 a.m.

**Where:** Greenbryre Golf Club

**Cost:** \$27.00 Walking \$42.00 with Cart

*\*\*We have 7 tee times (Room for 28 golfers)*

### Night Out at the Track – Horse Racing with Supper

**Date:** Saturday, June 16, 2018

**Time:** Gates open at 5 p.m. First race at 6:35 p.m. Last race will be approximately 9:05 p.m.

**Where:** Marquis Downs - Prairieland Park

**Cost:** TBA (Approximately \$30)

*\*\*Must be booked in advance. Call soon to reserve your spot.*

### Fall Texas Scramble Golf Tournament

**Date:** Tuesday, September 4, 2018 12:00 Noon

**Where:** Greenbryre Golf Course

**Cost:** \$27.00 Walking \$42.00 with Cart

*\*\*We have 7 tee times (Room for 28 golfers)*

## Provincial STS Stitch 'n Quilt Retreat

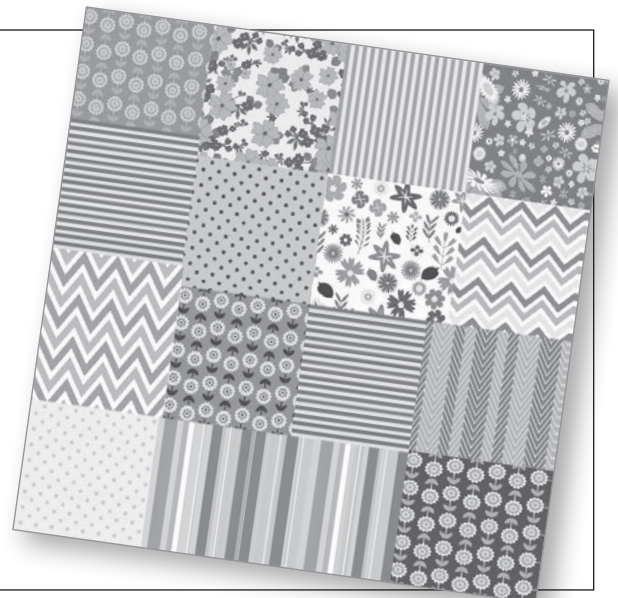
Saskatoon Travelodge • October 23-25, 2018

Registration: \$200 (Includes 2 lunches, 2 suppers, coffee breaks, and instruction)

Contact us and we will send you the details of all classes.

**Registration Deadline:** September 23, 2018. Special room rates are available at the Saskatoon Travelodge until September 22. Please indicate you are attending the Stitch 'n Quilt Retreat when you make your booking.

**To register:** Email atchisona@sasktel.net or phone Ann @ 306-955-2671



# Chapter Bursary

Jane Isinger presented the STS-Saskatoon Chapter Bursary to Caitlin Williams-Untereiner at the College of Education Awards Celebration. The celebration was held on January 20, 2018 at Lakeview Church.



## 2019 Saskatoon Chapter Directories

The Saskatoon Chapter Directory will be issued early in 2019. Due to the ever increasing cost of printing and mailing, the Directory will be available only upon member request.

**October 31, 2018 is the deadline** for Directory requests.

Please email your request for a Directory to the Saskatoon Chapter at [sts.saskatoon@gmail.com](mailto:sts.saskatoon@gmail.com) or complete and mail the form below.

**\*\*If you do not want your name, address, or phone number listed in the Directory, please send your request to [sts.saskatoon@gmail.com](mailto:sts.saskatoon@gmail.com) or mail your request to the address below.**

If you choose to use email notification about Directory inclusion, we will confirm that we have received your message.

When the Directory is available, Chapter members who reside in Saskatoon will be requested to pick up a copy at a location to be determined. Several pick up dates and times in late winter and spring will be announced. At least one of these dates will be late enough to facilitate pick up by our Snowbird members. Directories will also be available at specific Chapter meetings and special events. Saskatoon residents who are unable to pick up a Directory in person are asked to arrange to have a friend or family member do so for them.

- I would like to receive a copy of the 2019 Saskatoon Chapter Directory.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

- I **do not** wish to have the following information listed in the 2019 Directory:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please mail to: Z. Krushelniski  
1409 - 33rd Street  
Saskatoon, SK S7L 0X1

**\* Email addresses will not be published and are for contact purposes only.**

# University of Saskatchewan College of Education Wall of Honour

Did you know that just over 10 years ago, the College of Education launched an Alumni Wall of Honour, to recognize many graduates from the College? The Wall is located on the main floor of the College and is one of the legacies of the College's 80th Anniversary celebrations. Knowing that several alumni of the College of Education have succeeded in a variety of fields, the Wall recognizes achievements in five categories: Community and Culture, Indigenous Initiatives, Business and Philanthropy, Athletics, and Education. To date, a number of individuals have been recognized for exemplifying the spirit of the mission, vision, and values of the University of Saskatchewan; and for their contributions to the social, cultural, and economic well-being of society.



Our President, Kim Newlove, being recognized in the Education category, on the College of Education Alumni Wall of Fame. Congratulations, Kim!

We all might know the names of at least some of those who have been named on this Wall and can most likely think of many, many more who are deserving of such a recognition. Honours such as these only come about because someone like you has stepped up and completed the nomination process. If you would like to nominate a deserving individual, please check out the following links:

## **Nomination Form:**

[www.usask.ca/education/documents/alumnianddonors/Wall-of-Honour-Nomination-Form-January-2018.pdf](http://www.usask.ca/education/documents/alumnianddonors/Wall-of-Honour-Nomination-Form-January-2018.pdf)

## **Terms of Reference:**

[www.usask.ca/education/documents/alumnianddonors/Wall-of-Honour-Terms-of-Reference-January-2018.pdf](http://www.usask.ca/education/documents/alumnianddonors/Wall-of-Honour-Terms-of-Reference-January-2018.pdf)

## **To date, the following alumni have been honoured:**

Barry Wigmore

Gary Merasty

Stirling McDowell

The Hon. Lynda Haverstock

Colette Bourgonje

Lyle Vinish

Dave Rodney

Ann McCaig

Gene Makowsky

Diane Jones Konihowski

Betty-Ann Heggie

The Hon. Joseph Handley

Blaine Favel

Sharon Butala

Pat Atkinson

Robert (Bob) Reid

Sharon Maher

Betty Anne Latrice-Henderson

The Hon. Ken Krawetz

Ronald Kostyniuk

Dave King

Cecil King

Helen Horsman

Fred Herron

Freda Ahenakew

Tania Miller

Mary Houston

Robert Kilpatrick

Fibbie Tatti

Grit McCreath

Lloyd Cenaiko

Dale Botting

Anthony Bidulka

Delber Wapass

Frank Roy

Susan Lamb

Willie Dejadins

Marguerite Gallaway

Glen Sorestad

Rita Mirwald

Jacquie Lavallee

Leah Dorion

Robert Barker

Simon Bird

Gord Dobrowolsky

Judy Warick

Lorraine Isinger

Robert Hinitt

Charlene Dobmeier

Maureen Haddock

Sylvia Weenie

Velma Illasiak

Dale Yellowlees

Kim Hebert

Kim Newlove

Darren McKee

Jane Graham

# Self-care and Elder Care



Over this past winter, your STS Chapter found itself connecting with a number of self-care and elder care agencies in our community. We've come to notice that many of us are caring for aging family members, which requires both self-care and elder care, and some of us are looking at the concept of elder care to plan for our own self-care in future years. We're all getting older! We are fortunate to have a network of agencies in our community to help us navigate our way through the web of supports that are available.

This past fall, we encouraged you to learn more about the Saskatchewan Seniors Fitness Association (SSMA) as a way of helping you keep your body confidence and to get out there, make social connections, and simply have some fun. The SSMA provides a wide range of activities from cards to sports games, to keep those over 55 socially connected and physically fit. The SSFA can be found at [www.ssfa.ca](http://www.ssfa.ca).

This last while, we also told you a bit about the Saskatchewan Seniors Mechanism (SSM). The SSM is an umbrella organization that brings together groups of older adults who offer their wealth of experience, knowledge, and time to work together in the interest of seniors in Saskatchewan. The SSM publishes a magazine called *Gray Matters*. Their Winter 2018 issue focused on the importance of social inclusion while aging and the negative effects of

isolation on our overall health. For more information about the SSM and *Gray Matters*, go to [www.skseniorsmechanism.ca](http://www.skseniorsmechanism.ca).

In February 2018, our Chapter members engaged in a presentation from Home Instead Senior Care. We learned about services available, how to have difficult conversations with an aging loved one, related costs, and signs an individual might show when they are losing their independence. Home Instead Senior Care is but one of a handful of companies in Saskatoon who, for a fee, will help seniors find ways to live the lifestyles of their choice – be it at home or in some type of supported living situation.

In March, the Saskatoon Council on Aging (SCOA) let us know about a workshop series they were hosting on Caregiver Supports. SCOA is a non-profit organization that supports older adults (55+) stay active, engaged and informed. This organization provides an information hub, provides caregiver support, works for community change for an age-friendly city, and advocates on issues that impact older adults. More information about SCOA can be found at <http://www.scoa.ca>.

Whether you are in need of self-care, elder care or want to be an advocate for issues impacting older adults, we encourage you to look into these organizations or some of the many others in our area. While you are caring for others, be sure to take care of yourself!

## STS Fall Social

STF Building – Eamer Auditorium  
Wednesday, October 17, 2018 at 7 p.m.  
Entertainment by: Slightly Off Centre

- No cover charge
- Cash Bar
- Lunch will be served
- Friends and family welcome!

# STS Chapter Events & Meeting Dates 2017-18

... *Mark your calendars or post on the fridge!*

**Chapter Events** occur on the third Wednesday of each month, except for January 2018.

**Executive Meetings** occur on the first Wednesday of each month with the exception of January (2nd Wednesday). Chapter Events and Executive meetings take place in the Eamer Auditorium, STF building, unless otherwise noted.

## MAY 2018

**May 16** 12:45 p.m. AGM Delegates follow-up  
– Chapter Meeting to follow at 1:30 p.m.

## JUNE 2018

**Jun 6** Executive Meeting

**Jun 13** Awards/Luncheon at WDM – Noon

All Chapter events and evening socials will be held at the STF Building. There is **no** admission charge. Friends and family welcome.

Luncheons are held at the Western Development Museum. Tickets for luncheons can be purchased prior to the event from members of the Executive or at the STS Office.

*All STS Events and Meetings are Scent Free!*



## Thank You!

Thanks again to our photographer members ....

Grant Dougall, who took photos and adjusted them so we'd have the Christmas ticket photo we wanted.

Nancy Caird, who allowed us to use a photo of her original painting for the June banquet ticket, as well as her photo which was used for the Spring Tea.

We really appreciate your willingness to share your talents.

## 2017-18 Saskatoon STS Chapter Executive

<b>President</b>	Kim Newlove	306-374-1149
<b>Past President</b>	Loretta Metzger	306-382-6769
<b>Vice President</b>	Eileen Deneiko	306-447-0989
<b>Secretary</b>	Diane Ellis	306-373-2386
<b>Secretary Assistant</b>	Eileen Deneiko	306-477-0989
<b>Treasurer</b>	Judy Pidskalny	306-955-0026
<b>Assistant Treasurer</b>	Donna McTavish	306-373-1666
<b>Standing Committees</b>		
Activities Co-Chair	Lyle Markowski	306- 934-7043
Activities Co-Chair	Darlene Danyliw	306-249-4494
Archives Stella Shulhan	306-242-9411	
Cards Co-Chair	Marie Grimsen	306-244-2454
Cards Co-Chair	Elaine Broughton	306-242-3205
Email Co-Chair	Bonnie Semenoff	306-931-1196
Email Co-Chair	Roland Nordick	306-934-4948
<b>Membership/Directory</b>		
Co-Chair	Zonia Krushelniski	306-384-6384
Co-Chair	Sadie Urban	306-343-6451
<b>Membership Recognition</b>		
Co-Chair	Loretta Metzger	306-382-6769
Co-Chair	Phyllis Wilson	306-979-0684
<b>Program</b>		
Co-Chair	Freda Robinson	306-374-6722
Co-Chair	Peter Stroh	306-374-3543
<b>PR/Advocacy/Resolutions</b>		
Co-Chair	Margaret Martin	306-373-4433
Co-Chair	Randy Danyliw	306-249-4494
<b>Registration</b>		
Co-Chair	Diane Selby	306-373-0080
Co-Chair	Joan Hickie	306-373-0385
<b>Social</b>		
Co-Chair	Cecile Martell	306-934-5849
Co-Chair	Corinne Sturby	306-955-9008
<b>Special Occasions Committee</b>		
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Co-chair	Gillian Thompson-Black	306-477-1310
<b>Telephoning</b>		
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Garfield Grimsen, Stella Shulhan		
<b>Provincial Executive Members from Saskatoon Chapter:</b>		
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Member At Large	Jane Isinger	
Executive Secretary	Fred Herron	