



## STS Saskatoon Chapter

### MARCH 2024

*The Superannuated Teachers of Saskatchewan is an organization of retired teachers who are dedicated to promoting the welfare of all superannuated teachers, and to maintaining the ties which bind them to fellow professionals. The STS Saskatoon Chapter has over 2800 members and is the largest chapter in the organization.*

### MARCHing into Spring

March definitely came in like a lion  
so fingers crossed, it will end like a  
lamb.



**Be sure to check out the special activities that have been planned for the spring months ahead and mark your calendar to save the date. Be sure to buy your tickets early or sign up for an event you wish to attend before it is full.**

A very special welcome is extended to the new retirees! Enjoy this new chapter in your life.

*Please peruse the email and focus on the information that is pertinent for you.*

Please take time to visit:

The **STS Website** at <http://www.sts-saskatoon.ca> [CLICK HERE](#) It is a quick way to check out planned activities, acquire forms, become more familiar with membership benefits, and read **The Voice**.

The **WINTER issue of The Voice** is available to read [CLICK HERE](#). The **SPRING** issue will be available mid April.

[CLICK HERE](#) for the **STS Saskatoon Chapter Facebook** page - another fine way to stay current and in-touch with activities and announcements.

Don't forget that **OUTREACH SPRING Edition** [CLICK HERE](#) is the provincial publication of the Superannuated Teachers of Saskatchewan and is available online in PDF form. It is an excellent resource for current updates and provincially planned recreation activities. You can look up previous issues of **\*\*OUTREACH** [CLICK HERE](#)

### **Keep us informed:**

If your email address changes, please be sure to contact the STS Office at 306-373-3879 or email [sts@sts.sk.ca](mailto:sts@sts.sk.ca) when notifying people of the change.

## **STS AGM Alternate Delegate All Call**

The **Saskatoon Chapter** is looking for members who would like to be **delegates** for the **provincial STS annual general meeting to be held May 7th (evening), 8th (am, pm and evening banquet with entertainment) and 9th (am) at the Travelodge Hotel (Saskatoon)**. The AGM is an interesting event to attend to learn more about the STS and how it supports our retired colleagues.

If you are interested, **please contact Linda (Saskatoon Chapter secretary) at [l.ashley@sasktel.net](mailto:l.ashley@sasktel.net) or phone 306 955-2498**. Thank you.

## **INFORMATION and PLANS for the SPRING**



### **Visitation Outreach**

**An ounce of giving equals a pound of caring!**

Now that winter is waning and spring is just around the corner, it may be just the right time for this. If you know of anyone who is a member of the Saskatoon Chapter of the Superannuated Teachers and is hospitalized or considered a shut-in, please contact **Carol Shanner at cshanner63@shaw.ca or 306-514-8415 or Shirley Henderson at rshenderson@sasktel.net or 306-374-5388** and contact will be arranged. *We have a wonderful team of retired teachers who are willing to make contact with a phone call or a personal visit.*

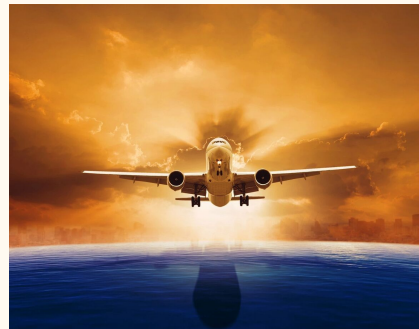
## STS Travel Group Meeting

**When:** Monday, March 18

**Time:** 1:30 pm

**Where:** Eamer Auditorium

**Topics:** Travel Carry On Only, a river cruise from Budapest to Amsterdam and a long stay in Portugal for the late fall.



## STS Saskatoon Chapter Event in March

**“Once a teacher - Always a teacher: STF for life”**

**When:** Wednesday, March 20, 2024

**Time:** 1:30 pm

**Where:** Eamer Auditorium (STF Building)

**What:** Ian Krips, a representative from the STF Senior Staff and Executive, will be presenting updates on STF issues with an emphasis on partnerships, cooperation, relationships, and mutual support with the STS. Chapter Members are encouraged to bring your questions and shared ideas to the presentation.

## Chapter Event

# STEPS TO SAFETY™

**PREVENT FIRE & FALLS AT HOME**

**May 15, 2024**

**1:30 p.m.**

**Eamer Auditorium**

This Saskatoon Fire Department presentation will discuss how the **PLANT** program promotes balance, strength and mobility exercises to prevent fire and falls at home.



Balance, Strength and Mobility  
Exercises to Help Prevent Falls



# 2024 STS Spring Social

featuring

## NO HURRY



**Tuesday, April 16, 2024**

**7:00 — 9:30 p.m.**

**Saskatoon Legion - 606 Spadina Cr W**

No cover charge, cash bar

**STS MEMBERS, THEIR FRIENDS &  
FAMILY WELCOME!!**



## Spring Tea

May 2, 2024 12 noon

*\*Treats\* by Solar Gardens  
in Lawson Heights Mall*

**VOID**



**\$27.00**

includes tax & tip

Use the entrance closest to Safeway.

1

**Please contact**

**Loretta Metzger** at metzgerl@shaw.ca or 306 291 8435

**Kaye Wolfater** at wolfbk@sasktel.net and 306-514-8383 to buy tickets for the Spring Tea.



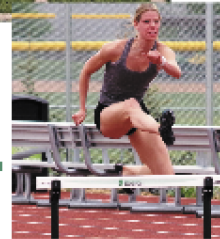
**GORDIE HOWE  
SPORTS  
COMPLEX  
TOUR**

THE CENTRE OF  
**SPORT**

Indoor Training Centre  
Nordic Ski Facilities  
Gordie Howe Sports Centre  
Outdoor Batting/Pitching Cages  
Track & Field Complex  
Saskatoon Minor Football Field  
(SMF Field) and more...

**Monday, May 6, 2024**  
**2:00 p.m.**

Register with Janet Christ @ (306) 934-6722  
or email: [jlchrist@sasktel.net](mailto:jlchrist@sasktel.net)



**VOID**



# Spring Luncheon

*Saskatoon Chapter*

Wednesday, June 12, 2024

Social: 11 a.m. | Meal: 12 p.m.

Western Development Museum  
(2610 Lorne Ave)

**\$20**

Always scent free.

(Write your name on reverse for door prize)

EXT-00514 / 20240307

**Please contact**

**Irma Kittelson** at 306-934-0881 or email [ijkitt@sasktel.net](mailto:ijkitt@sasktel.net)

**Judy Pidskalny** at 306-955-0026 or email [pidskalnyj@gmail.ca](mailto:pidskalnyj@gmail.ca)  
to purchase Spring Luncheon tickets.



## Transportation to Chapter Events a Problem?

### We have a Possible Solution

**The Saskatoon Chapter would like to re-introduce a trial program to provide transportation to Daytime Chapter events.**

We realize that some of our members may not drive anymore or currently have a medical condition that prohibits them from driving for a period of time. We would like to offer a taxi voucher for a return trip to a daytime Chapter Event for these members. A member is limited to one event/year and vouchers will be dispersed on a first come basis. **If you are interested in receiving a voucher, please request a copy of the application form by sending an email to [STS.Saskatoon@gmail.com](mailto:STS.Saskatoon@gmail.com) . You may return your application to [STS.Saskatoon@gmail.com](mailto:STS.Saskatoon@gmail.com) or mail to J. Pidskalny, 111 Costigan Road, Saskatoon, SK S7J 3P5.**

*Please ensure that the form is submitted at least two weeks in advance to ensure enough time to receive the taxi voucher by mail. If you do not have email or require more information, please call Eileen @ 306-477-0989 or Judy @ 306-955-0026.*

## Buying a Ticket for an Event -

### Here are your options!

**Payment by cash, cheque or e-transfer using [saskatoonsts2022@gmail.com](mailto:saskatoonsts2022@gmail.com) are accepted.**

Please do not send e-transfers directly to Judy's or Irma's cell number or email.

***In the Message box, please include your name(s) and the name of the event you are purchasing tickets for.***





## Payment by Cheque?

If paying by cheque, make it payable to

### **Superannuated Teachers of SK Saskatoon Chapter**

and mail it to Irma or Judy (please contact one of them for their mailing address).

**STS Saskatoon Chapter is no longer accepted by our bank.**

## Keep Calm

## **. . .and Keep Having Sew Much Fun!**

**Welcome to the planned sewing activities. It is time to get our creative juices flowing and ramp up for projects to work on during the winter.**

**To get you started with your plans, here is what the Sew Much Fun group has in the works for the next while. Please note:**

- 1. Register through Wanda at [wandaldrew@gmail.com](mailto:wandaldrew@gmail.com)**
- 2. Payment due when you arrive for the day.**
- 3. All days are held in Eamer Auditorium in the STF building on Arlington.**
- 4. Bring your own beverage.**
- 5. Some people pack a lunch. Some go out as a group. Some dash home to let their dog out!**
- 6. Days start at 9:00 unless stated otherwise below and we sew until about 3:30.**
- 7. Please let Wanda know if something “last minute” will cause you to need to let go of your spot in a class.**

**Also, please note that all dates for classes include limited spaces for all sewers and crafters to come for the day to work on their own projects (\$5). Please register with Wanda ahead of each date.**



### **March 25 – Cathedral Window Garlands**

Get your birthday or spring fabrics out (or your Christmas stash if you're super organized for Christmas 2024!) and come to learn how to make Cathedral Window Garlands with Trudi Scrapper. Those of you with quilting skills will recognize some of the techniques. Those who don't quilt will love the experience! Fee - \$25 payable at the door



### **April 4 (and possibly the 5th, if there's enough interest!) Beading Class**

We found a beading instructor!! Register early if you want to learn the techniques for beading while creating a beaded medallion. Beading can be used for so many things – including embellishments on fabric/fibre art projects! Fee - \$25 plus small fee for beading kit – payable at the door.

**That's it for now! Keep your needles sharp and don't use your good scissors to cut paper!!**

### **Your Sew Much Fun Planning Team,**

Linda Ashley  
Mary Lou Ast  
Ann Atchison  
Wanda Drew  
Kim Newlove  
Phyllis Wilson

## **STS Walking Group - Step Right Up and Join in the Final Walks in the Snow**



**The STS Walking Group faithfully walks every Monday. Time to step right up to breathe the fresh spring air and enjoy a variety of walking paths and scenery around Saskatoon!**

**Date: Every Monday morning at 9:00 am**

**Where: Each week the group will meet at a pre-arranged location.**

**What: Loretta Metzger will make contact with pertinent information. Join in when available! If you are interested in walking with the motivated group, please contact Loretta Metzger at metzgerl@shaw.ca for further information.**

The STS Saskatoon Chapter Facebook page also includes weekly updates for the walking group.

## **STRIKE! 5-Pin Bowling**

**is close to winding down for the season. Thank you for coming out for the 2023-2024 Bowling season.**

**For more information and to sign up for Chapter activities, please contact: Darlene Danyliw: dedanyliw@gmail.com or 306-249-4494.**

## **Saskatoon Council on Aging (SCOA)**

The Saskatoon Council on Aging (SCOA) continues to offer a number of

interesting educational opportunities. It is an excellent organization that supports seniors and offers a wide variety of activities. For more information, check out [scoa.ca](http://scoa.ca). [CLICK HERE](#) There is also a **Coming of Age Publication** that you may wish to peruse. [[CLICK HERE](#)]

## **Prairie Hospice Society - Volunteer With Us**

### **Volunteers needed.**

The need in the community continues to grow, our current volunteers are providing many hours. Learn more by visiting the website:

[www.prairiehospice.org](http://www.prairiehospice.org) [[CLICK HERE](#)], or contact:

[@admin.assist@prairiehospice.org](mailto:@admin.assist@prairiehospice.org) or phone 306-249-5554.

**Prairie Hospice Society** is a charitable, non-profit community organization working to ensure access to compassionate, community-based, end-of-life support in Saskatoon. Our goal is to enhance quality of life at the end of life, wherever people call home. We provide one-on-one companionship and non-medical support for clients and their families, raise awareness and educate the community about end-of-life care, and advocate for quality end-of-life care.

## **Additional STS Member Information**

**This information is included each month as we continuously have new members added to our contact list.**

### **Never Miss an Event! Join the Saskatoon STS Chapter by becoming an Associate Member**

If you are or know a teacher who has left the teaching profession but has not met the requirements for superannuation/retirement eligibility, **you are invited to become an Associate Member of the Saskatoon Chapter of the Superannuated Teachers of Saskatchewan**. Also, we welcome any superannuates from other STS chapters to consider becoming an associate member with the Saskatoon Chapter. An associate membership will ensure that you get up-to-date information about our many events. **For more information click on the [link](https://sts-saskatoon.ca/associate-membership) <https://sts-saskatoon.ca/associate-membership> or contact Past President Eileen Deneiko at [eileen.deneiko@sasktel.net](mailto:eileen.deneiko@sasktel.net) .**

## Important Group Benefit Reminder

**A reminder to all STS members who have recently retired or are leaving another Group Benefit Plan of the sixty-day window to join the STS Group Benefits Plan—the Extended Health Plan including travel and/or the Dental Plan--without having to provide medical evidence of good health. It is possible to join later but you will be asked to provide medical evidence. This same sixty-day window also applies to the spouse of a deceased superannuate or of a deceased active teacher who is then able to become a member of STS and apply to join the STS Group Benefit Plan without having to provide medical evidence of good health.**

## The Voice

*The Voice* is a newsletter that is published three times in the STS 2023-2024 year.

To submit articles for consideration of inclusion or suggestions for topics of interest to our general membership, **please contact the editor, Darlene Danyliw: [stsvoiceeditor@gmail.com](mailto:stsvoiceeditor@gmail.com) or 306-249-4494.**

To change reading *The Voice*\*\* to online only, or if there is a label error in your name or address, **please contact Irma Kittelson at [ijkitt@sasktel.net](mailto:ijkitt@sasktel.net).** If your address has changed or will be changing, please inform Irma as soon as possible. Read ([THE VOICE ONLINE HERE](#))

The **STS Provincial Newsletter, [OUTREACH](#)**, is also available to read online; contact the provincial office [sts@sts.sk.ca](mailto:sts@sts.sk.ca) to make a change to reading their newsletter online as well.

## Don't forget to follow us on FACEBOOK - STS SASKATOON CHAPTER

For photos, find us on [Facebook](#) or our chapter website - <http://www.sts-saskatoon.ca> [CLICK HERE](#)

The right side of every page of our website has a contact link for contacting the Executive - messages will be forwarded to the appropriate Executive member.

*On behalf of the STS Saskatoon Chapter Executive, Bonnie Semenoff and Irma Kittelson are the Email Co-Chairs. If you wish to contact us with a question or clarification, our contact email address is [info@stssaskatoon.ca](mailto:info@stssaskatoon.ca).*

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