



## STS Saskatoon Chapter

### SEPTEMBER 2025

*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.*

*We acknowledge that we are on Treaty 6 Territory and encompassing the land of the Cree, Dakota, Nakota, Saulteaux and the homeland of the Metis Nation. We are dedicated to ensuring that the spirit of Reconciliation and Treaty 6 are honoured and respected.*



### SEPTEMBER

September marks that time of year when crops are being harvested, trees are starting to change colours and teachers and students are back to school.

**Superannuates/Retirees – its time to start planning your fall activities. Consider attending some of our planned activities, luncheons, or joining the executive.**

***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](#) is a quick way to check out planned activities, acquire forms, become more familiar with membership benefits, and read **The Voice**.



The **FALL issue of The Voice** is available to read [CLICK HERE](#)

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

Don't forget that **OUTREACH FALL 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](#)

## **The STS Saskatoon Chapter Executive 2025-2026**



Back Row: Kaye Wolfater, Darlene Danyliw, Peter Stroh, Barbara Alberton, Freda Robinson, Corinne Morton, Randy Danyliw, Shirley Henderson, Jane Isinger, Zonia Krushelniski, Pat Orchard, Gladys Somerville, Karen Cymbalisty, Janet Christ, Tom German.  
Front Row: Judy Pidskalny, Irma Kittelson, Lyle Markowski, Janet Lowndes, Bonnie Semenoff, Phyllis Wilson, Linda Ashley, Stella Shulhan, Rod Holowaty.  
Missing: Linda Kindrachuk, Margaret Martin, Loretta Metzger, Diane Selby, and Carol Shanner.

The **STS Saskatoon Chapter Executive** is an active group of superannuated teachers, who work on a variety of sub-committees to plan, organize and share information for the members of the STS Saskatoon Chapter.

If joining the STS Saskatoon Chapter Executive in the future is something you would be interested in being a part of, please reach out to any member of the Executive or contact Janet Lowndes, President, text 306-291-4495 or email [janet.lowndes@gmail.com](mailto:janet.lowndes@gmail.com).

## **KEEP US INFORMED**

**Keep your information current!**

If your address, email address or phone number changes, **please contact the STS Office** at 306-373-3879 or email [sts@sts.sk.ca](mailto:sts@sts.sk.ca).

## **FOR YOUR INFORMATION and PLANNING**



**Be sure to check out the variety of activities and events that are planned this fall.**

# STS SASKATOON TRAVEL CLUB

Interested in travelling? Want to see and hear where some of our STS members have gone or where they are going? Check out the STS Saskatoon Travel Facebook Page...

***Saskatoon STS Travel Club***



**CLICK HERE** for the link to the Saskatoon STS Travel Club.

## **Saskatoon STS Travel Club Meeting**

**Tuesday September 23, 1:30**

The **McDowell room** is booked for our next travel meeting. That room is in the TCU ( bank) building just north of the STF building. Come in the front doors and head to the right.

Any one heard of the Copper Canyon in NW Mexico? There's a train ride , El Chepe, that is pretty amazing. I will gather some info, maybe even a video. I'm thinking February 2026.

There will be a few other things on the agenda as well. Come join us.

## **Important Date Change!!**

**Date should be Tuesday, October 21, 2025**

**(not October 14 as previously advertised.)**





**Original Covers**

# **STS Fall Social**

**Tuesday  
October 21, 2025  
7:00-10:00 pm**

**Spadina Legion - 606 Spadina Cr W**

**No cover charge, cash bar**

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

**Plan to come out to Nutana Legion for an opportunity to  
tour the Military Museum.**



## **Nutana Military Museum**

**Mark your calendar:**

**Tuesday, October 28**

**1:00 p.m.**

**Donation of \$5.00**

***Stay tuned for more information in the future.***

**If interested in volunteering for the Legion...**

Check out the webpage [saskatoonpoppyfund.com](http://saskatoonpoppyfund.com) [CLICK HERE](#),

call 306-374-6303 or

email [nutana.legion@shaw.ca](mailto:nutana.legion@shaw.ca).



## **Sew Much Fun is So Much Fun!**

**Due to ongoing renovations in Eamer Auditorium, Sew Much Fun will be launching their season of creative "sew"cializing in late October. Once a return-to-fun date has been confirmed, dates and topics will be sent out via the group's email and through the STS email. Keep your needles sharp and your fabric sorted!!**

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

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

## **STS Walking Group - FALL into Step and Get In Motion**



The STS Walking Group faithfully walks every Monday, all year round. Whether you are a regular or a first timer, enjoy coming out for a morning walk. Pick your pace and modify the length of your walk if needed.

**\*\*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.

## To All The Bowlers

**Bowling Season started September 2 but join anytime.**

**Not on a team, just call Eastview Bowl, 306-373-4333.**

***STS/Seniors***  
***5 Pin Bowling League***  
**Hunter's Eastview Bowl**  
**2929 Louise St E**

**Who:** Retired Teachers & Seniors  
**When:** Tuesdays at 1:30 p.m.  
**Begins:** Sep 2 — Dec 16, 2025  
**Resumes:** Jan 6 — Apr 19, 2026

**No Experience Necessary!**  
**To be put on a team, contact**  
***Ace at Hunter's Eastview Bowl***  
**(306-373-4333)**





## VISITATION OUTREACH

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

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](mailto:cshanner63@shaw.ca) or **306-514-8415** or **Shirley Henderson** at [rshenderson@sasktel.net](mailto: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.***



**If you have any ideas for possible tours, outings or activities, please contact: Janet Christ, email: [jlchrist@sasktel.net](mailto:jlchrist@sasktel.net) or call 306-934-6722.**

## **Don't Forget to check out these TWO Health Plan Opportunities**

**Please review the information below on the Extended Health Plan and the Health Spending Account. Please contact the STS Office at 306-373-3879 if you have any**



questions about either plan.



## **STS Members - Know how to use the Extended Health Plan**

The **\$500 vaccine benefit** that was authorized as of July 1, 2024 for members of the STS Extended Health Plan is **per person - \$500 for you and \$500 for your spouse if you are paying premiums for a couple** – and it is an annual amount, **so you have \$500 each starting in January, 2025**. Just a reminder that the plan will cover 80% of the vaccine cost and you will pay the other 20%. **If you have any questions about the STS Extended Health Plan, please contact the STS Office at 306-373-3879.**

**Be Sure to Use the Health Spending Account on a Future  
Claim between January 1, 2025 and December 31, 2026!  
Read the information below to KNOW your Health  
Spending Account (HSA)!**

### Know your HEALTH SPENDING ACCOUNT

As a result of a number of resolutions passed at the Annual General Meeting in May 2023, and given the current positive financial situation of the STS Group Benefits Plan, the Provincial Executive has authorized the implementation of a Health Spending Account (HSA) for members (Primary Plan Holders) of the Extended Health and/or Dental Plan to be utilized between January 1, 2025, and December 31, 2026.

A Health Spending Account allows individuals the flexibility to apply the allocated funds as they wish for any health expenses allowed by the Canada Revenue Agency (CRA) incurred between January 1, 2025 and December 31, 2026 which are not included in, or completely covered by, the STS Extended Health and Dental Plan. Please see the CRA website under Eligible Medical Expenses.



The allocations to the HSA are as follows:

- \$200 if the Primary Plan Holder has "Single" coverage
- \$400 if the Primary Plan Holder has "Couple" coverage
- \$460 if the Primary Plan Holder has "Family" coverage

These allocations may be used by anyone covered by the Plan Holder. The overall cost to the Plan, should the allocations be fully utilized, will be approximately \$2.9 million.



## 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 Judy @ 306-955-0026.

## EMPLOYMENT and VOLUNTEER OPPORTUNITIES

### Saskatoon Council on Aging (SCOA)

The Saskatoon Council on Aging (SCOA) offers a number of interesting opportunities and activities supporting seniors. 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](#)]



**SPOTLIGHT ON SENIORS**

TUES OCT 7 2025 9 AM TO 3 PM  
TCU PLACE - 35 22ND ST. E, SASKATOON  
ADMISSION: \$15  
PAY AT THE DOOR, CASH ONLY

Products \* Services \* Demos \* Refreshments & Snacks  
\*Prize Draws\* \* Music & entertainment  
Lunch Available for purchase



Creating Your Own Path 

### Prairie Hospice Society - Volunteer With Us

**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.

[CLICK HERE](#) for more information about Prairie Hospice.

**Please contact Mary-Anne Parker for further information.**

**Mary-Anne Parker,  
Quality Coordinator,  
Prairie Hospice Society Inc.**

302-506 25th St. E., Saskatoon, SK. S7K 4A7

306.249.5554

[www.prairiehospice.org](http://www.prairiehospice.org)



## Additional STS Member Information

**This information is included each month as we continuously add new members 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 while still maintaining contact with your 'home' chapter.** For more information [CLICK HERE](#).

## 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 2025-2026 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 [CLICK 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, Darlene Danyliw 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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