



STS Saskatoon Chapter

JANUARY 2026

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 2900 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.



January 2026

Hello, January! Let's make it amazing. January is a wonderful time to reflect on what you have been doing, what you want to change and looking forward to new experiences.

New year, new adventures in January. Update your 2026 calendar with these upcoming events—Bagel Making, Monday Morning Walking Group, Bowling, Meet the Mayor, and more. Looking for ways to Volunteer, see our Volunteer section.



STAY IN THE KNOW! Find a wealth of information - something for everyone! Please look through this email to find 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 **WINTER 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 WINTER 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](#)

Your 2025-2026 STS Saskatoon Chapter Executive



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 might be interested in, please reach out to Janet Lowndes, President, text 306-291-4495 or email janet.lowndes@gmail.com.

[Click this link to go to the Scholarship form.](#)

COST OF LIVING ADJUSTMENT (COLA) for 2026

For those receiving allowances from
Teachers Superannuation Commission:
The Cost of Living Allowance (COLA)
increase for 2026 is 1.6%. For those who
began receiving payments during the 2025
calendar year, the COLA will be prorated.



For those receiving allowances from

Saskatchewan Teachers Retirement Plan (STRP):

The following COLAs are applicable for January 1, 2026:

Monthly Benefits

Benefits earned up to June 30, 2015

Benefits earned after June 30, 2015

Cost-of-Living Adjustment

Guaranteed COLA: 1.6%

Conditional COLA: 2.0%

Superannuated Teachers of Saskatchewan (STS) Saskatoon Chapter Scholarship

The Saskatoon Chapter of STS sponsors a \$2500 scholarship for U of S students.

To be eligible, students must:

- be entering their final year of study in the Bachelor of Education program at the University of Saskatchewan in the calendar year of receiving this scholarship.
- present a statement of no more than 300 words highlighting their experiences with children or students, their community involvement, and their philosophic approach to the education profession.
- submit two letters of support attesting to their community involvement and experiences with children.

Deadline for application: January 15

Pass on this information to anyone you know who may be eligible or may know of someone who is eligible to apply./

Events & Activities



Bagel Making Class

Wednesday, January 21, 2026
11:00 am — 3:00 pm
Solar Gardens
Cost: \$90/person

It's a learning experience; Roger is one of the best and a Pizza lunch is included. Bring a friend. Email Janet: jlchrist@sasktel.net or phone Janet @ 306-934-6722.

STS SASKATOON CHAPTER WALKING GROUP

We're always walking—even in the snow...

Come walk with us.

Monday Mornings—9:00 a.m.

For more information contact

Loretta Metzger at metzgerl@shaw.ca

Like to Bowl?

STS/Senior55+ Bowling League

Bowl Tuesdays 1:30 pm

Call Eastview Bowl, 306-373-4333

to join a team.



Sew Much Fun

**Sharpen your skills! Try some Embroidery
knots and stitches with Edwina Weninger.**

Embroidery is such a lovely way to do hand work and also helps when embellishing your art quilts or needle felting. If interested in participating on January 23 (and January 30, if needed) at Eamer Auditorium, STF Building. **Fee: \$25 payable at the door.** Register with Wanda by email at wandaldrew@gmail.com. There will also be a small "kit fee" for your hoop, needle and threads . . .but we haven't worked out the price of the kit just yet.

January 30 - Personal Project Day

What a great way to end one of our coldest months! A full day of working on your own projects with other like-minded people!

Fee: \$5 payable at the door. Register with Wanda by email at wandaldrew@gmail.com



February 19 - Fabric Bowls with Brenda

Brenda Sawchuk has generously offered to guide us through the creation of fabric bowls. Given that Easter will not be far off, these would make super cute Easter baskets if you use the right colour/theme of fabric. **Fee: \$25 payable at the door.** Register with Wanda by email at wandaldrew@gmail.com

February 26 - Personal Project Day

This will be another full day to work on your own projects . . .or maybe keep making more fabric bowls (Easter baskets!) for all those grandkids!

Fee: \$5 payable at the door. Register with Wanda by email at wandaldrew@gmail.com

wandaldrew@gmail.com

March 12, 13, 24

At this point, we have 3 dates booked at the Eamer Auditorium (STF building) but we haven't confirmed our classes yet. For now, we just want you to be able to pencil the dates into your busy calendar!

Your Sew Much Fun planning team (Mary Lou Ast, Ann Atchison, Linda Ashley, Phyllis Wilson, Wanda Drew & Kim Newlove) is excited to start off another calendar year knowing that we'll have oodles of opportunities to learn, laugh, create and build community with all of you!!

If you would like your name added to the Sew Much Fun database, please email Kim at newlove.kim@shaw.ca.



Hosted by: Erin Vapri & Rod Holowaty

Tuesday, February 10, 2026

7:00-9:00 p.m.

Spadina Legion

606 Spadina Cr W

Cost: \$25 per person

Max # of participants 35

To register, email Rod Holowaty, r.holowaty@sasktel.net or call 306-381-6016.

If you have ideas for tours, outings or activities, please contact Janet Christ, email: jlchrist@sasktel.net or call 306-934-6722.



STS Chapter Event

February 18, 2026

Eamer Auditorium, STF Building

1:30 pm

Meet our Mayor - Cynthia Block



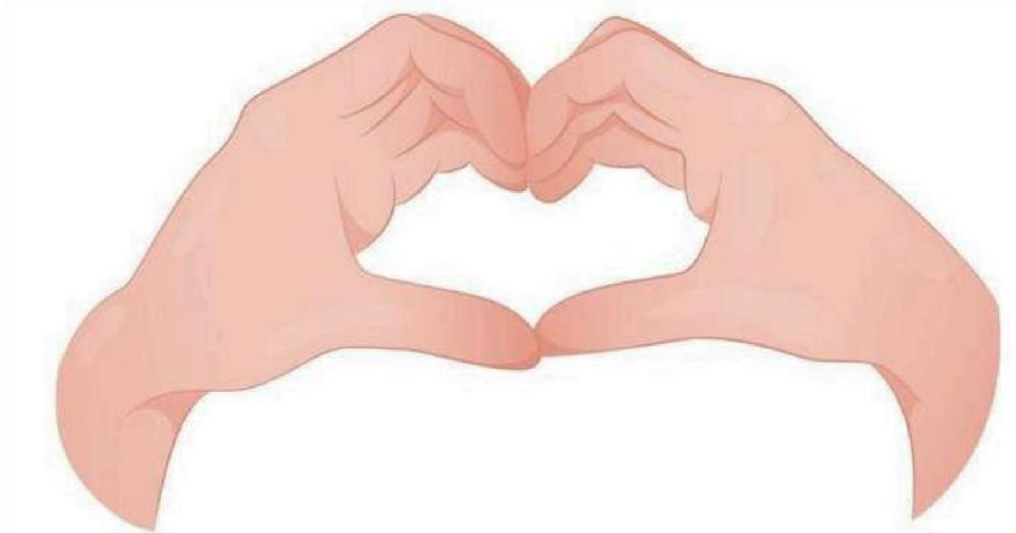
Elected as Mayor in 2024, Mayor Cynthia Block has served Saskatoon in many capacities. A former CTV News anchor and owner of Block Communications, Mayor Block has built strong community relationships throughout her career.

STS SASKATOON TRAVEL CLUB

[CLICK HERE](#) to see the **STS Saskatoon Travel Club Facebook page.**

STS Explore Local

Another travel opportunity...*STS Explore Local* is a "private" Facebook Group open to members of Superannuated Teachers of Saskatchewan. We find activities and then members get together for short trips throughout Saskatchewan. Members should be prepared to help plan trips, provide ideas and actively engage in all aspects to the best of their ability. It is set up so any member can get an idea for a trip and post it on this Facebook page. People could get then get together and organize a trip. Last summer many went to the Bruno Cherry Festival; another time a group attended the play, Stag 'n Doe in Rosthern. Over this festive season, Christmas markets have been featured. Note to be a member, you must be given "permission" to be part of the group. **Open your Facebook page..**then search for **STS Explore Local.**



CHAPTER 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-

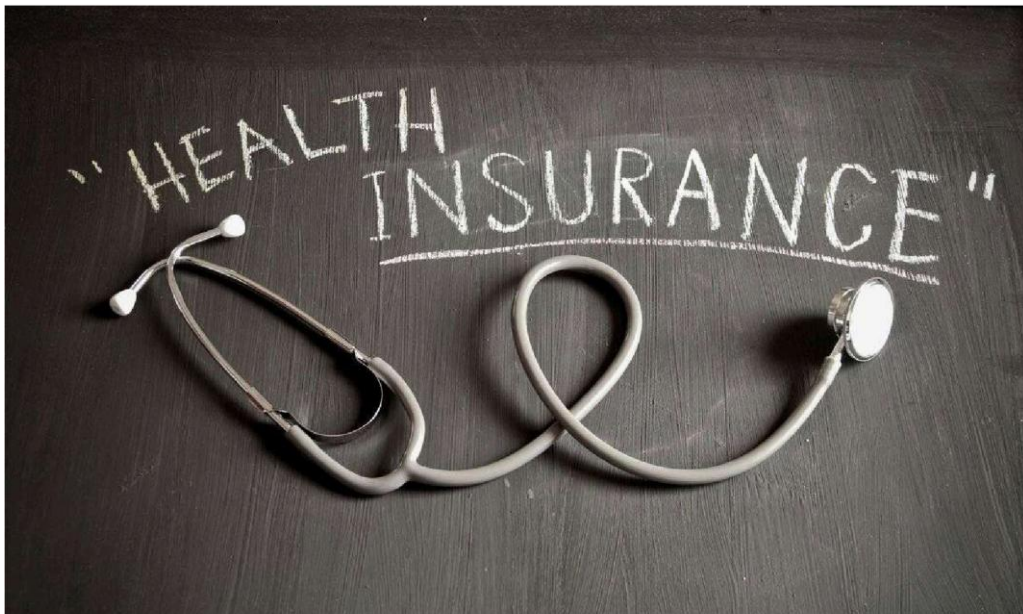
in, please contact **Carol Shanner** at csshanner63@shaw.ca or **306-514-8415** or **Shirley Henderson** at rshenderson@sasktel.net or **306-374-5388** and contact will be arranged.

We have a wonderful team of retired teachers who are willing to make contact with a phone call or a personal visit.

KEEP YOUR INFORMATION CURRENT!

If you change your address, email address or phone number, please contact the **STS Provincial Office** at **306-373-3879** or email sts@sts.sk.ca.

Need to contact the Provincial STS Office [CLICK HERE](#)



We have TWO (2) Health Plan Opportunities

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

VOLUNTEER OPPORTUNITIES **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**. 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.**

IMPORTANT INFORMATION **HEALTH SPENDING ACCOUNT (HSA)**

Any expense incurred in 2025 must be claimed through the HSA by the end of 2025 – this expense cannot be submitted after that, even though the HSA does go until December 31, 2026.

All STS Group Benefit Plan members (Primary Plan Holders) that enrolled in the Plan prior to January 1, 2025 have a Health Spending Account—\$200 if you have “Single” coverage, \$400 if you have “Couple” coverage, and \$460 if you have “Family” coverage. This amount must be utilized before December 31, 2026. These allocations may be used by anyone covered by the Plan Holder and used for any health expenses allowed by Canada Revenue Agency (CRA) which are not included in, or completely covered by, the STS Extended Health and Dental Plan.

What if I don't use my HSA in 2025? Health Spending Account funds remaining after the first year (2025) will be carried into the next calendar year to be utilized between January 1, 2026, and December 31, 2026.

Should you not have medical expenses, it is possible to use the HSA for reimbursement of premiums paid. If you wish to go that route, please contact the STS office (306-373-3879 or sts@sts.sk.ca). The office will provide a statement of premiums which would then be submitted to Saskatchewan Blue Cross. You do not need to wait until the annual premium statement is mailed out in January.

If you have any questions about your HSA coverage or the STS Group Benefit Plans (Extended Health and/or Dental), please contact the STS Office by email sts@sts.sk.ca or by telephone 306-373-3879.

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.

We'd love to have you on our team

Mary-Anne Parker,
Quality Coordinator,
Prairie Hospice Society Inc.
302-506 25th St. E., Saskatoon, SK. S7K 4A7
306.249.5554
www.prairiehospice.org

Women's Auxiliary

to the Western Development Museum,
Saskatoon, Saskatchewan

The Women's Auxiliary to the Western Development Museum (WDM) — Saskatoon is a volunteer group that partners with the WDM to celebrate, practice, and preserve the many crafts and skills used by those in Saskatchewan's past. Through demonstrations to the public and weekly group crafting sessions, we strive to share what we know with those around us. We work with donated fabric, yarns and craft supplies to produce hand-made items which we then sell in our Parlour on Boomtown Street. Why not Join Us? Email us at wa.saskatoon@gmail.com.

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. [CLICK HERE](#) There is also a **Coming of Age Publication** that you may wish to peruse. [[CLICK HERE](#)]



Need Transportation to a Chapter Event?

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 . You may return your application to 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.

STS Office Alert

Retired Teachers of Ontario

Please note that the Retired Teachers of Ontario (RTO/ERO) have recently withdrawn from the national organization of retired teachers (ACER-CART) and may be trying to market their health plan to retirees in Saskatchewan. The STS Health Plan is designed by retired teachers in Saskatchewan and is tailored to retired teacher needs here. We would encourage you to let the office know if you receive marketing information from RTO/ERO.



This information is included as we continuously add new members to our contact list.

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

To all STS members who have *recently retired or are leaving another Group Benefit Plan* - there is a 60-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 60-day window *applies to a spouse of a deceased superannuate or of a deceased active teacher*, who must apply to become a member of STS and join the STS Group Benefit Plan without having to provide medical evidence of good health.**

STAY ON THE KNOW...Just a CLICK away!

The Voice is a newsletter that is **currently published three times in the 2025-2026 year.** Please note that The Voice **will produce two editions in 2026-2027.**

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.** 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 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 Darlene Danyliw are the Email Co-Chairs. If you wish to contact us with a question or clarification, our contact email address is **info@stssaskatoon.ca**.