

## President's Message



I am writing this message while hoping for the arrival of spring with all the outdoor activities that we look forward to all winter. While many of us have our winters booked with pastimes, active exercise, and holidays to warmer regions,

we still look ahead to our spring and summer here at home.

The Saskatoon Chapter of the STS has been active this 2022/23 year. I would like to extend my thank you to the Executive members who look after our committees and for the work they do on your behalf. Some of our Executive look after communications with our membership through our newsletter, the Voice, and our monthly emails, but we also have phoning and visiting committees to keep in touch with other Chapter members. Other Executive members plan and organize Chapter events with speakers on topics of interest to our members, while others organize socials which involve live music, dancing, and snacks. Then there are those who make sure we have refreshments at our events. Others on our Executive organize activities such as Sew Much Fun, a Walking group, a Spring tea, Spring and Fall golf tournaments. We have those who keep our membership lists up to date, and those who keep track of our finances, records, and the like. We also have members on the Provincial Executive and help with our superannuation benefits, medical and dental

insurance, and connect us with other senior organizations. I extend my sincere gratitude to all these people who look after our members.

We have almost 2800 members in our Chapter, most of whom came from careers in Saskatoon Public, Catholic, and Prairie Spirit School Divisions, but we also have many who have transferred in from other school divisions in the province.

This year, we have had four Chapter meetings for our members: 1) September - Murray Wall and a Blue Cross rep talked about our medical and dental plans, 2) Saskatoon Police Sergeant Barsi talked about fraud awareness, 3) a talk from Saskatchewan Council on Aging, and 4) Gardening by Cory Confrey from Early's.

The Fall Social held at the Spadina Legion featured entertainment from Pat Mitchell and her band with about 100 attending. Our Spring Social is April 19 at the same location with entertainment by the Redeemers. The Spring Tea is coming up in May. Please look at our website ([sts-saskatoon.ca](http://sts-saskatoon.ca)) and emails for further information about activities and events.

We have held two banquets so far this year. The Welcome Brunch in September was attended by 150 people, and the Christmas Banquet in December by almost 300. There is also an upcoming June Spring Luncheon.

At our Christmas banquet, we presented a well-deserved Honorary Life Membership award to Fred Herron.

*continued on Page 2*

President's Message continued from Page 1

I would like to encourage you to join us at these activities, Chapter meetings, socials, and banquets.

We are always looking for interested members who would be willing to help with events or if you would be willing to join our Executive. Please contact one of our Executive Members if you are willing to join us.

✦ Lyle Markowski, President STS-Saskatoon Chapter



## Telephone Committee

*"Act as if what you do makes a difference. It does."  
-William James*

Our telephoning committee members are making a difference in the lives of the 32 senior retirees they continue to call by keeping them up to date with our activities and giving them the personal contact they need within our great profession.

As of March 1, 2023, Leslie and I have welcomed 56 new members to our Chapter. We hope to meet some of you soon at our events.

Our phoning numbers continue to decline, so if you or anyone you know would benefit from a call please contact us

**Co-Chairs:**

Lois Pyne - 306-978-8248  
Leslie Sichello - 306-477-2839



***Interested in Serving on your Executive?***

We have openings on our Executive...  
*Vice President, Activities, Social,  
Membership/Directory*

Contact:  
Lyle Markowski, lylemark@sasktel.net or  
Eileen Deneiko, eileen.deneiko@sasktel.net

# Visitation

*"Spring is nature's way of saying, 'Let's party!'"  
- Robin Williams Reader's Digest's Quotable Quotes*

Spring has arrived at last! During 2022-2023 our 12 volunteers found safe ways to stay in touch with the STS shut-ins who could use an encouraging word or some contact with the outside world. For this a huge bouquet of thanks to these special people!

Home Visitors: Bill Bender, Lorraine Friesen, Shirley Henderson, Gerry Hoehn, Joyce Kimber Parent, Brenda Olson, Elaine Panchuk, Carol Shanner, Stella Shulhan, Gladys Somerville, Corinne Sturby, Norma Wilson.

This year special recognition is given to these volunteers for their long service on the Visitation Committee.

- 25 years - Norma Wilson
- 20 years - Stella Shulhan
- 15 years - Bill Bender, Lorraine Friesen & Corinne Sturby
- 10 years - Gladys Somerville
- 5 years - Carol Shanner & Brenda Olson

If you know of a shut- in superannuate who would enjoy contact from one of our volunteers, please contact our committee.

**Co-chairs:**

Shirley Henderson	Carol Shanner
306-374-5388	306-374-8415
rshenderson@sasktel.net	cshanner63@shaw.ca

**Check your Monthly STS Email for up-to-date information about ticket availability, meeting & event times and locations!**



# Public Relations/Advocacy/Resolutions

The Saskatchewan Seniors' Drug Plan and the STS Group Benefit Plan are both based on the Saskatchewan Formulary. The Saskatchewan Formulary is a listing of therapeutically effective drugs. 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", the medication will be covered by the Saskatchewan Seniors' Drug Plan and will also be included in the medications covered by the STS Group Benefit Plan if the patient is a member of the Plan. If the answer is "No", 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.** 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 Group Benefit Plan member of this EDS coverage, the drug will be covered by the STS 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. 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 large percentage of your income whether you are a member of the STS Group Benefit Plan or not, 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 from your doctor or at your pharmacy but you, as the patient, must apply to receive this**

**coverage.** When your family drug costs exceed \$800 in any given year and you are an STS Group Benefit Plan member, you will be asked to apply for this program. It is very important to do so since your benefits under your Group Benefit Plan may be suspended until you apply and submit a copy of the response from Saskatchewan Health to Saskatchewan Blue Cross. Further information on the Special Support Program can be found in the March-April 2023 issue of OUTREACH (<https://www.sts.sk.ca/outreach>).

With the increasing number of people dealing with different types of respiratory infections, it is important to keep your immune system strong. Make certain that as older adults we receive all of the immunizations that are available at present, particularly COVID and influenza vaccines. If you are 65 years of age or susceptible to pneumonia, please consider receiving the **free** pneumonia immunization.

If you have questions about your medications, please ask your doctor or your pharmacist. If you have questions about the STS Group Benefit 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!



Margaret Martin ([bill.marg@sasktel.net](mailto:bill.marg@sasktel.net))  
Randy Danyliw ([randydanyliw@shaw.ca](mailto:randydanyliw@shaw.ca))



**Check us out on Facebook!**

Superannuated Teachers of Saskatchewan –  
Saskatoon Chapter or on our website  
[www.sts-saskatoon.ca](http://www.sts-saskatoon.ca)



# Activities & Events



*Spring Tea*  
 May 4, 2023 12 Noon  
 \*Treats\* by Solar Garden  
 in Lawson Heights Mall  
 \$25 includes tax & tip

Tickets are available from Kaye at wolfbk@sasktel.net or 306-514-8383 or Loretta at metzgerl@shaw.ca or 306-291-8435. Advance tickets only.

Payment can be made in person or by e-transfer to saskatoonsts2022@gmail.com Tickets paid by e-transfer will be held for you at the door.



Stay in motion with this enthusiastic group of fitness seekers!

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

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

If you are interested in walking with this motivated group, please contact Loretta Metzger at metzgerl@shaw.ca. Join in when available!

*Spring* Monday, June 5  
 9:30 am

**Golf Texas**  
**scramble**

GREENBRYRE  
 GOLF & COUNTRY CLUB

\$32.75 Walking  
 \$48.75 w/cart

To register email  
 Darlene @ dedanyliw@gmail.com  
 or call: 306-251-0303




Watch your email. The STS Newsletter will have the details about other events.

## Card Committee

**What:** A card is sent to any Chapter member.

**When:** Any member is celebrating a milestone birthday, anniversary, one is ill, or recovering, or someone has lost a loved one.

**Why:** A card is like a moment in time. The sender's thoughts at that moment are 'held' in the card. When the card is read, the moment is shared. It feels so great to know someone has thought about you and cared enough to save 'the moment' in a card.

**How:** By contacting either

Gladys Somerville

306-242-6668

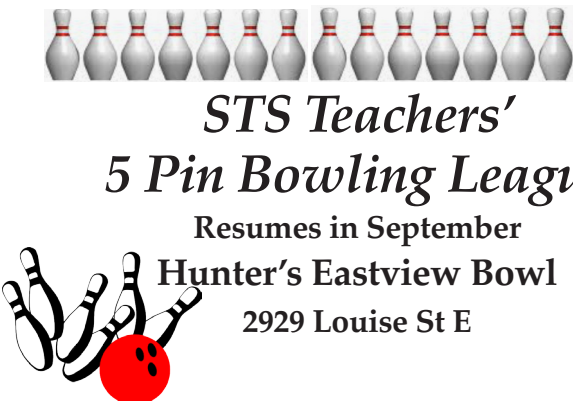
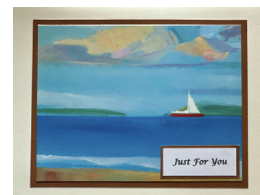
gsomer@sasktel.net

Pat Orchard

306-373-9905

pattymel@sasktel.net

**STS Teachers'**  
**5 Pin Bowling League**  
 Resumes in September  
 Hunter's Eastview Bowl  
 2929 Louise St E

# "Sew Much Fun!"

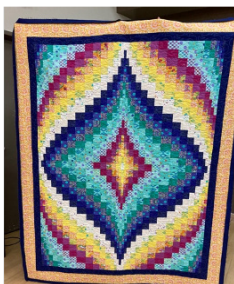
The Place for Sewing and Fun!

## Sew Many Opportunities to Join In...

We've got a busy couple of months ahead of us, so read on and get excited for your next group sewing adventure! All days are held in Eamer Auditorium in the STF building on Arlington. Days start at 9:00 unless stated otherwise and we sew until about 3:30. Some people bring a lunch; others go out as a group; some dash home to let their dog out. Bring your own beverage. Register with Wanda Drew at [wandaldrew@gmail.com](mailto:wandaldrew@gmail.com). Payment is due when you arrive for the day.

**April 20 – Quilt Blocks and Quilting Tips (\$25.00)** This will be a fun day for both beginning and experienced quilters. Each participant will select a quilt block pattern from a variety of 80 patterns. Make one – make two – make as many as you want! While sewing, we will take breaks throughout the day to share tips on measuring, cutting, sewing, piecing, shortcuts . . . you name it and we'll share it! At the end of the day, you can take your blocks home and continue sewing on them to create a quilt, table runner, wall hanging, or the pocket for a tote bag . . . or you can leave them behind and they will be donated to Serendipity Sewing (a charity that donates quilts to less fortunate folks).

We will do our best to reserve space for a few Personal Sewers (\$5.00 . . . register with Wanda)



**May 11 & 12**  
**Create a Bargello Quilt (\$60.00)** During these two days, Sheryl Hilash will lead participants through the making of a Bargello Quilt. These amazing quilts look so,

so complex – but are actually something that an experienced beginner can tackle. The fee for this class includes the \$10 pattern. Participants will need to purchase their own material (details about this will be sent out once you've registered). Sign up and create a quilt you'll be proud to brag to your friends and family about!!

**May 25 – Personal Sewing Day (\$5.00).** Bring along a project you're working on and enjoy sewing in the company of others! Irons and ironing boards are provided.



**June** – We don't have dates secured yet, but this month will give you a chance to sign up for a day of **bucket hat making**, personal sewing, and a Show and Tell time where we'll meet up for some visiting time and show each other some projects we've been working on.

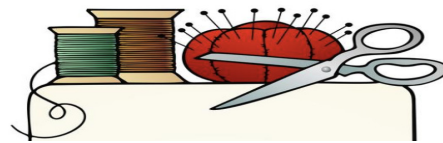
**Lastly . . .** Plans are already underway to start the Fall off with some fun, so stay tuned!!  
Sew long for now!

Your Planning Team

Wanda Drew                      Ann Atchison

Mary Lou Ast                      Linda Ashley

Phyllis Wilson                      Kim Newlove



*The Superannuated Teachers of  
Saskatchewan celebrating ...*





*Special Congratulations to*  
**Fred Herron & Peter Stroh**



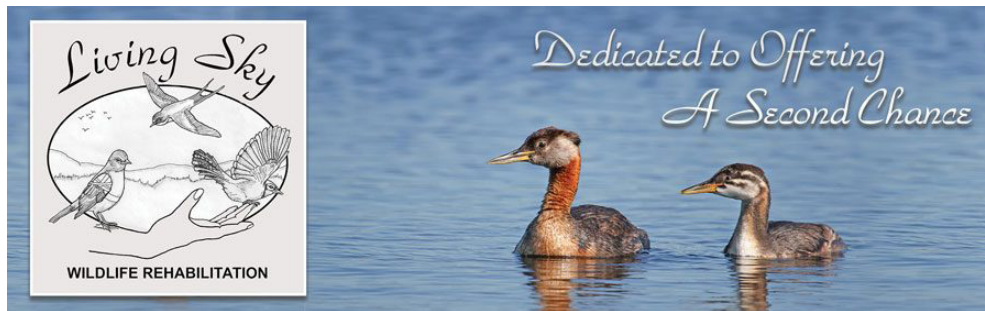
*2023 Queen Elizabeth II Platinum Jubilee Medal Winners*

## *Congratulations*

*2023 Saskatoon Chapter Scholarship Winner - Brittany Tschorzewski*

**Brittany Tschorzewski** is the 2023 STS Saskatoon Chapter Scholarship recipient. Brittany is a fourth-year student from Clavet, now living in Dundurn.

Brittany writes "I teach a grade 5/6 home room at Allan Composite School. Thank you to the STS for their generous scholarship; it really made a difference after completing my internship to have the extra financial stability."

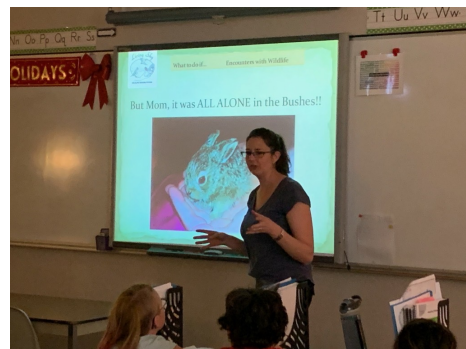


## **Wildlife Educators Wanted!**

Living Sky Wildlife Rehabilitation is the largest facility in the province. We care for 2000 animals a year, with the goal of returning them back to the wild. Our Education Programs are designed to teach people about the importance of our wild neighbours and encourage tolerance. We have animal ambassadors who go with you to allow people to connect directly with an animal – even if not a wild animal. Educators receive half

the fee as payment, plus any mileage for out of town presentations. Check out our webpage: <https://livingskywildliferehabilitation.org/our-mission/education-programs/>

If you still love teaching, and want to talk about wildlife, the environment, and our eco-system, Contact us! [LSWR@sasktel.net](mailto:LSWR@sasktel.net) or 306-281-0554 We look forward to hearing from you!





# 2023 STS Chapter Events & Meeting Dates

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

**Executive Meetings** take place at 9:30 a.m. on the first Wednesday of each month with the exception of January (2nd Wednesday). **Chapter Events** occur each month, except for January.

## April 2023

April 19 - Spring Social - Saskatoon Legion

## May 2023

May 3 - \*9:00 am Executive Meeting

May 3 - 11:00 am Pre-AGM Meeting

May 4 - STS Spring Tea (Treats)

May 9-11 — Provincial STS AGM

*50th Anniversary*

May 16-17 — Provincial STS Mah Jongg (Regina)

May 17 - Noon Debrief AGM

May 17 1:30 pm Chapter Event

Saskatoon Chapter STS Elections

## June 2023

June 5 - STS Spring Texas Scramble Golf

June 7 - Executive Meeting (Year End Reports due)

June 12 - 13 STS Provincial Golf (Tisdale)

June 14 – Spring Luncheon

Western Development Museum

## September 2023

Sep 6 - Executive Meeting

Sep 7 - STS Fall Texas Scramble Golf (Tentative)

Sep 20 - Lunch with the Bunch



Tickets for Spring Luncheon available from:  
Lyle - lylemark@sasktel.net or 306-371-2761  
Irma - ij Kitt@sasktel.net or 306-934-0881  
Lois - wlpyne@sasktel.net or 306-978-8248



## 2023 STS Spring Social

# THE REDEEMERS

Kim, Ron, Jay, Darrell & Kyle will entertain us...

**WHEN:** Wednesday, April 19th 7:00 - 10:00 pm

**WHERE:** Saskatoon Legion - 606 Spadina Cr S

No cover charge, cash bar

STS Members, their friends and family welcome!!

*All STS Events and Meetings are Scent Free!*

## The Editor's Desk

Your Editors: Darlene Danyliw/Eileen Deneiko

We welcome your submissions...

2023 Deadline for submissions to *The Voice*:

Fall Issue - June 30, 2023

Winter Issue – November 30, 2023

Spring Issue – March 31, 2024

Please send to: stsvoiceeditor@gmail.com



# 2022-2023 STS – Saskatoon Chapter Executive

President	Lyle Markowski	306-371-2761	Registration		
Vice President	—		Co-Chair	Diane Selby	306-373-0080
Past President	Eileen Deneiko	306-477-0989	Co-Chair	—	
Secretary	Linda Ashley	306-955-2498	Social		
Secretary Assistant	Donna McTavish	306-270-4497	Co-Chair	Cecile Martell	306-934-5849
Treasurer	Irma Kittelson	306-934-0881	Co-Chair	Corinne Sturby	306-955-9008
Assistant Treasurer	Judy Pidskalny	306-955-0026	Special Occasions Committee		
			Co-Chair	Loretta Metzger	306-382-6769
			Co-Chair	Kaye Wolfater	306-651-0153
			STS Liaison	Jane Isinger	306-933-2927
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			<i>The Voice</i> Assistant Editor	Eileen Deneiko	306-477-0989
			Visiting Co-Chair	Shirley Henderson	306-374-5388
			Visiting Co-Chair	Carol Shanner	306-374-8415
			Website	Tom German	306-242-8361
			Website/Mail Labeling	Irma Kittelson	306-934-0881
			<b>Ad Hoc Editorial Committee:</b>		
			Margaret Martin, Irma Kittelson, Eileen Deneiko		
			<b>Provincial Executive Members from Saskatoon Chapter:</b>		
			Councillor	Jane Isinger	306-933-2927
			Member-At-Large	Diane Selby	306-373-0080
			Executive Secretary	Murray Wall	306-373-3879
			STS Office	Colleen Bailey	306-373-3879
				Heather Hase	306-373-3879
				MJ Kripps	306-373-3879



 Superannuated Teachers of Saskatchewan

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 Superannuated Teachers of Saskatchewan - Saskatoon Chapter

[www.sts-saskatoon.ca](http://www.sts-saskatoon.ca)



THE VOICE  
IS  
DIGITAL

Please Note: The Fall issue of THE Voice is sent to all members except those who have specifically requested online only. You can access THE Voice any time online at:

[www.sts-saskatoon.ca/the-voice/](http://www.sts-saskatoon.ca/the-voice/)



To have **THE Voice** mailed to you, please contact [stsvoiceeditor@gmail.com](mailto:stsvoiceeditor@gmail.com)  
Note: If you have requested a mailed copy, only one copy is sent to households where both spouses are members.

Your monthly e-mail contains the link when a new issue of "THE Voice" has been posted.

Website: [www.sts-saskatoon.ca](http://www.sts-saskatoon.ca)  
Email: [stsvoiceeditor@gmail.com](mailto:stsvoiceeditor@gmail.com)

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