

President's Message



Lyle Markowski, President

I would like to take this opportunity to wish all of you a happy and healthy 2024. I hope everyone had a Merry Christmas and a rewarding holiday season. By now, almost everyone is settled into their winter routine - whether that be taking part in activities such as hockey,

curling, indoor pickleball, being a snowbird to warmer climes, taking a warm weather vacation, volunteering at any number of venues, or just settling in somewhere cozy and warm.

Our STS Saskatoon Chapter had a busy and rewarding start to the 2023-24 year. In addition to our regular Sew Much Fun and Walking groups, we have organized many other events. New this year is the beginning of a Travel Club, which is attempting to organize trips for members of our Chapter. They have met and are working to find travel opportunities for our membership.

We began the year with the Fall Texas Scramble golf tournament at Greenbryre Golf Course, where we had 40 entrants. The weather cooperated, and all participants enjoyed the golf and fellowship afterward.

Brunch with the Bunch, held at the Western Development Museum is our welcome to new retirees. Seventeen new members as well as over 120 others welcomed them.

The provincial STS was founded in October of 1973. To celebrate the 50th anniversary of the founding, our Chapter hosted a 50th Anniversary Luncheon in October at the Gordie Howe complex. This was attended by approximately 120 people. The program consisted of a short talk from Jane McLeod about the history of the STS, historical

anecdotes, with 1970s music played in the background.

Our first social of the year was held at the Legion on Spadina in October. The theme was baseball, as the Blue Jays had made the playoffs. Hot dogs, popcorn and doughnuts were the snacks, and entertainment was provided by Original Covers. Attendees enjoyed the entertainment, snacks, and dancing. Watch for updates on our April social.

Our annual Christmas banquet and craft sale was held December 13th at the Western Development Museum. Attendance was close to 300. The tickets were sold out by the beginning of November. It continues to be very popular.

As we turn our attention to 2024, we have Chapter events in February and March. These events focus on a topic of interest to retirees, and speakers are engaged to inform us of these topics. Watch for information on topics and speakers in our monthly email.

The Provincial STS AGM will be held May 7-9, 2024 in Saskatoon. Any person wishing to be a Saskatoon Chapter Delegate please let one of our Executive members know of your interest. This is your opportunity to have a voice in the direction the STS will take in the next year. It is also a chance to network with other superannuated teachers from across the province.

In closing, I would like to point out that we are unique as a group of retirees in that we have an organization that provides opportunities to gather for activities, luncheons, fellowship, and support for each other. I know of no other profession that does this. For us to continue seamlessly into the future, we need you to consider joining us on the Executive, coming to our activities, luncheons and events, and forwarding suggestions to the Executive.

✦ Lyle Markowski, President STS-Saskatoon Chapter

Card Committee

Now that winter is here, are you thinking of someone who needs a greeting card to brighten their day?



"A hand-written note is a hug you get to keep."
Hallmark.com

Please let us know of any member whose spirits would be uplifted by receiving a hand-made Thinking of You, Congratulations, Milestone Birthday, Anniversary, Thank You, or Sympathy card, with a personal, hand-written message from the STS, Saskatoon Chapter.

From your Card Committee Co-Chairs:

Pat Orchard 306-373-9905 pattymel@sasktel.net	Gladys Somerville 306-242-6668 gsomer@sasktel.net
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Telephone Committee

"Telephones connect voices, but they can also connect hearts" Author unknown

After updating our phoning lists this summer, our new packages have gone out for the year 2023-2024. Our four telephoners and one captain are now calling 18 STS members, who do not have email and wish to be called.

Our phoning numbers continue to decline. If you desire to be called about our activities, please contact us.

Co-Chairs: Lois Pyne - 306-978-8248
Leslie Sichello - 306-477-2839

Buying Tickets for an Event....

Pay by cash, cheque or e-transfer using saskatoonsts2022@gmail.com. When using e-transfer, please include *your name(s)* and the *name of the event* you are purchasing tickets for in the Message box. ****Please do not send e-transfers directly to Judy's or Irma's cell number or email.**

Visitation

"There are few things more precious than the gift of a warm smile and an encouraging word."

(Celebrating Teachers, Pam's Den Inc.)

Our Committee members spend time visiting and keeping in touch with fellow retirees. Usually, they visit with shut-ins in care homes or hospitals.

Over the last three years visits may have been through telephone calls, notes, cards, emails, or messaging. Our sincere thanks to these thoughtful, caring and giving members!

If you know an STS member who is shut-in and would benefit from a visit, please contact one of our co-chairs so arrangements can be made.

Shirley Henderson 306-374-5388 rshenderson@sasktel.net	Carol Shanner 306-514-8415 cshanner63@shaw.ca
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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!!



Public Relations/Advocacy/Resolutions

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 Formulary is compiled by the Minister of Health with the advice of the Drug Advisory Committee of Saskatchewan and is then prepared, maintained, and distributed by the Drug Plan and Extended Benefits Branch. The members of the Drug Advisory Committee are appointed by the Minister of Health: two public representatives and clinical specialists in the areas of medicine, pharmacology, pharmacy, and economics. The Saskatchewan Formulary is published 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.** 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. You may question the number of medications you are taking. In order to keep our STS Extended Health and Dental Plans affordable, it is important, as 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. Being informed is most important!

We welcome any resolutions that you may wish to submit. Please contact us at the email addresses below.

Randy Danyliw (randydanyliw@shaw.ca)

Margaret Martin (bill.marg@sasktel.net)



You were wondering about the Cost of Living Allowance (COLA) for 2024...

For those receiving allowances from TSC:

The Cost of Living Allowance (COLA) increase beginning January 2024 is 3.5%.

For those who began receiving payments during the 2023 calendar year, the COLA will be prorated.

From STRP: Pre-2015 guaranteed COLA: 3% (guaranteed increase is 80% of CPI, to a max of 3%.)
Post-2015 conditional COLA: 4.4% (100% of CPI is being granted this year)

Activities & Events

Activities: Janet Christ @ jlchrist@sasktel.net; Rod Holowaty@ r.holowaty@sasktel.net;
Darlene Danyliw @ darlene.danyliw@ shaw.ca

" Sew Much Fun! "
The Place for Sewing and Fun!

Sew Much Fun! . . . Truly!

As the calendar shifts to another year, the Sew Much Fun gang are in the middle of their sewing and crafting year. We follow the school calendar . . .firing things up in September and winding things down in June. Mid-winter seems to be a favourite time of year for those keen to do hand-work, so if you haven't joined in on some of our days, consider making this one of your resolutions for 2024!

This past Fall saw Sew Much Fun hosting days to learn about making felted scarves, making cork wallets, and getting creative designing string quilt placemats. We also had days each month for people to gather and work on their own personal projects while sitting among other creative folk. Many brought along their sewing machines and others worked on painting, knitting, crocheting and pastels. No matter the purpose for the gathering, both new and old members frequently comment on how welcoming and fun these days are.

For the rest of our "school year", we will continue with personal project days every month and will also hold a monthly class. We are currently looking for someone willing to teach a beading class. If you or someone you know would be willing to do this, please pass the name and contact information on to Kim Newlove at 306-716-8199 (text or call). . .or if you have other ideas for classes we could have, let Kim know about those, too!



Here's our schedule for the next couple of months:

January 16 (personal project day)
January 19 (topic to be determined)
January 31 (topic to be determined)
February 13 (topic to be determined)
February 28 (topic to be determined)

**one of the February dates will be focused on sewing tote bags

Save those dates in your calendar so that when we announce the topics for each day, you'll be available and able to register with Wanda Drew at wandaldrew@gmail.com . The first to hear about our class announcements are those who have asked to receive our emails, so if you want to be on that list, send your name and email address to Kim Newlove at Newlove.kim@shaw.ca or via text at 306-716-8199.

If you're looking for something a little creative to do for yourself with your grandchildren this season, check out this link for making Scandinavian folded stars. Its Sew Much Fun and no sewing involved!! <https://www.youtube.com/watch?v=Bjx16Gf3TsE>

Your Sew Much Fun Planning Team,

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



Put your walking shoes on!

Monday Mornings — 9:00 a.m.

Join our motivated walking group. Contact Loretta Metzger at metzgerl@shaw.ca.

Walk when you are available!

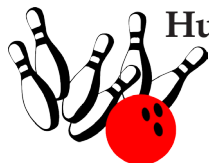


STS / SENIOR 55+ Bowling League

Resumes: Jan 8 — Apr 22, 2024

Hunter's Eastview Bowl

2929 Louise St E



May 2024



Tour of the Gordie Howe Complex

June 2024

Spring Texas Scramble



*Why not
Join Us!*

**NEVER MISS
AN EVENT...**

Join the STS Saskatoon Chapter by becoming an **ASSOCIATE MEMBER...**

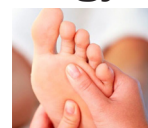
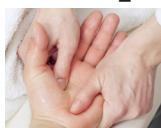
If you are or know a teacher who has left the teaching profession but has not met the requirements for superannuation/retirement eligibility, you are invited to become an Associate Member of the Saskatoon Chapter of the Superannuated Teachers of Saskatchewan. Also, we welcome any superannuates from other 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> or contact Past President Eileen Deneiko at eileen.deneiko@sasktel.net.

Chapter Event - Reflexology

February 21, 2024

1:30 p.m.

Eamer Auditorium



Shauna Basaraba (RCRT), a registered reflexologist, will be the presenter. She will discuss the benefits of using 'Reflexology' to promote good health, relaxation and enjoyment.

Check your Monthly Emails and our Facebook page for up-to-date information about ticket availability, meetings, event times and room locations for Chapter events and Activities.



Friends and family are welcome at all Chapter Events. There is **no** admission charge.

Tickets for Banquets can be purchased from either:

Irma: 306-934-0881 or ijkitt@sasktel.net

Judy: 306-955-0026 or pidskalnyj@gmail.com

All STS Events and Meetings are Scent Free!

*****IMPORTANT*****

Did you get rid of your Landline?

Be sure to give the STS Office your cell phone number!

Email: sts@sts.sk.ca



The Editor's Desk

Your Editor: Darlene Danyliw

We welcome your submissions...

Deadlines for submissions to *The Voice*:

Spring Issue – March 31, 2024

Fall Issue - June 30, 2024

Winter Issue – November 30, 2024

Please send to: stsvoiceeditor@gmail.com



Foundations Learning & Skills Saskatchewan (formerly READ Saskatoon) has a long history as a local literacy organization that offers free learning opportunities to adults and families.

Upcoming 2024 Orientation Sessions

Want to learn more about us?

Our orientations introduce the community and prospective volunteers to Foundations Learning & Skills Saskatchewan, literacy facts, and literacy challenges facing our city, province, and country.

To find out more or to register, please call Foundations at (306) 652-5448 or visit FoundationsLearning.com



Foundations
Learning & Skills
Saskatchewan

- 1 January**
Date: **Wednesday, January 10th**
Time: **12:00 pm - 1:00 pm**
Location: **Online via Zoom**
- 2 February**
Date: **Thursday, February 8th**
Time: **12:00 pm - 1:00 pm**
Location: **Online via Zoom**
- 3 March**
Date: **Tuesday, March 5th**
Time: **6:30 pm - 7:30 pm**
Location: **Foundations Office, 2-706 Duchess St**
- 4 May**
Date: **Wednesday, May 8th**
Time: **12:00 pm - 1:00 pm**
Location: **Foundations Office, 2-706 Duchess St**

Need a Ride 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. Then 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 allow 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.

2023-2024 STS Saskatoon Chapter Executive



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

2024 STS Chapter Meeting & Event Dates

Note: Dates/Venues are tentative!

Executive Meetings take place at 9:30 a.m. on the first Wednesday of each month with the exception of January & April (2nd Wednesday). Chapter Events are usually held in Eamer Auditorium.

January 2024

January 10 – Executive Meeting

February 2024

February 7 – Executive Meeting

February 21 - Chapter Event

March 2024

March 6 – Executive Meeting

March 20 - Chapter Event

April 2024

April 10 – Executive Meeting

Draft Budget

Executive Nominations

April 16 (Tuesday) - Spring Social

May 2024

May 1 – Executive Meeting
Finalize Budget

May 1 – Pre AGM Mtg

May 2 – STS Spring Tea

May 6 – Tour of Gordie Howe Sports Complex

May 7-9 - STS Provincial AGM

May 15 - Noon - AGM Delegates Debriefing Mtg
- 1:30 p.m. Elections/Chapter Event

June 2024

June 5 - Executive Meeting
Year-end Reports due

June 12 - Spring Luncheon

June 17 - Spring Texas Scramble

**The STS Website has all the details...
and pictures too.
<https://sts-saskatoon.ca>**

**Superannuated Teachers of
Saskatchewan
Saskatoon Chapter**

HOME ABOUT US MEMBERSHIP ACTIVITIES & MEETINGS MONTHLY EMAILS MORE

2023-2024 STS – Saskatoon Chapter Executive

President	Lyle Markowski	306-371-2761	Registration		
Vice President	Vacant		Co-Chair	Diane Selby	306-373-0080
Past President	Eileen Deneiko	306-477-0989	Co-Chair	Eileen Deneiko	306-477-0989
Secretary	Linda Ashley	306-955-2498	Social		
Secretary Assistant	Donna McTavish	306-270-4497	Co-Chair	Zonia Krushelniski	306-221-9158
Treasurer	Irma Kittelson	306-934-0881	Co-Chair	Corinne Morton	306-371-5225
Assistant Treasurer	Judy Pidskalny	306-955-0026	Special Occasions		


Standing Committees

Activities Co-Chairs	Janet Christ	306-934-6722	STC Liaison	Jane Isinger	306-281-4662
	Rod Holowaty	306-381-6016	Telephoning		
	Darlene Danyliw	306-251-0303	Co-Chair	Lois Pyne	306-978-8248
Archives	Stella Shulhan	306-242-9411	Co-Chair	Leslie Sichello	306-477-2839
Cards Co-Chair	Pat Orchard	306-373-9905	<i>THE Voice</i> Editor	Darlene Danyliw	306-249-4494
Cards Co-Chair	Gladys Somerville	306-242-6668	<i>THE Voice</i> Assistant Editor	Vacant	
Email Co-Chair	Bonnie Semenoff	306-931-1196	Visiting Co-Chair	Shirley Henderson	306-374-5388
Email Co-Chair	Irma Kittelson	306-934-0881	Visiting Co-Chair	Carol Shanner	306-514-8415
Membership/Directory			Website	Tom German	306-242-8361
Co-Chair	Barbara Alberton	306-665-1213	Mail Labeling	Irma Kittelson	306-934-0881
Co-Chair	Janet Lowndes	306-291-4495	Ad Hoc Editorial Committee:		
Membership Recognition			Margaret Martin, Irma Kittelson		
Co-Chair	Phyllis Wilson	306-380-0684	Provincial Executive Members from		
Co-Chair	Eileen Deneiko	306-477-0989	Saskatoon Chapter:		
Program			Member-At-Large	Jane Isinger	306-281-4662
Co-Chair	Peter Stroh	306-227-4334	Member-At-Large	Diane Selby	306-373-0080
Co-Chair	Freda Robinson	306-374-6722	Executive Director	Murray Wall	306-373-3879
PR/Advocacy/Resolutions			STS Office	Sherri Schmitz	306-373-3879
Co-Chair	Margaret Martin	306-373-4433		MJ Kripps	306-373-3879
Co-Chair	Randy Danyliw	306-249-4494		Heather Hase	306-373-3879



 Superannuated Teachers of Saskatchewan

www.sts.sk.ca

 Superannuated Teachers of Saskatchewan - Saskatoon Chapter

www.sts-saskatoon.ca



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

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

Website: www.sts-saskatoon.ca
 Email: stsvoiceeditor@gmail.com

Disclaimer of Content

All reports in *THE Voice*, excluding Executive reports, represent the information and opinions of the authors and not necessarily those of the STS Saskatoon Chapter.



Photo provided by Bob Sand