

OUTREACH



To The Superannuated Teachers
of Saskatchewan

President's Report

Robert Wuschenny

In *Once Upon a Winter Day*, Joseph Renaldi reminds us of the beauty of winter when he says,

*Gray clouds passed swiftly
across the sky*

*As shapely snowflakes
fell steadily down*

*Covering the land
in a dazzling white,*

*Leaving a winter calling card
on the ground.*

So far the calling card left by winter 2013-14 is gentler than some past winter calling cards have been. This allowed for a number of visits to Chapters. It is always a pleasure to meet our members while visiting a Chapter, and I welcome the opportunity to do so in the latter half of this term.

Provincial Committees and the Executive met on January 15 and 16, 2014, to advance the work of the STS. Membership in the STS continues to grow and is currently at 10,338.

Our Extended Health and Dental Plan, now in the second year of a three-year contract, is doing well. Two 2013 resolutions referred to the Executive have been acted upon. This resulted in additional benefits in that our Health Plan now provides coverage for certain chronic

disease management programs up to \$300 per calendar year and for cochlear implant processors to a maximum of \$600 every three years. This is a significant enhancement to our Benefits Plan. A reminder, also, that Health Plan members may submit their claims on-line as of January 1, 2014.

The Resolutions Committee reviewed resolutions received thus far. There is still time to submit resolutions for the 2014 AGM and Chapters are encouraged to do so. Members are also reminded that the Disposition of 2013 Resolutions may be checked on the website.

In the area of recreation, bowling and golf tournaments will be held in the spring and early summer, hosted by Moose Jaw and Humboldt Chapters respectively. Registration information may be found elsewhere in this publication. The time is short, but we are still looking for a host Chapter for fishing. Is there a Chapter willing to host this summer? The Recreation Committee is always on the lookout for host Chapters. If your Chapter would like to host an event, please contact Recreation Committee Chair, Calvin Bachmeier, or the STS office. Many thanks to Chapters that hosted events in 2013!

One area that is perhaps underused at present is Support Services. Did you know that Support Services will provide a grant of up to \$400 to any STS Chapter needing financial assistance to host an activity that would enhance the professional growth or personal development of its members? More details on guidelines, eligibility, and procedures may be found in our *Policy Handbook*. There is also an opportunity for two Chapters to jointly sponsor an activity/event and to receive double the grant. It's certainly worth a look and a try!

Our Annual General Meeting will again be held at the Travelodge Hotel in Saskatoon on May 13-15, 2014. This is an opportunity for delegates to hear committee reports, consider and approve the annual budget, appoint an auditor, approve the annual membership fee, debate resolutions, attend interest sessions and elect an Executive. Chapter Presidents will soon be receiving information regarding the AGM.

Pre-retirement Seminars for teachers contemplating retirement in the near future are currently in the works. Changes to format and content of the seminars are in place. The STS welcomes the opportunity to play a greater role in STF Pre-retirement Seminars.

Last year the STS sponsored a successful Retirement Lifestyles Seminar. This year, Retirement Lifestyles Seminars are planned for Regina (April 5, 2014) and Saskatoon (April 12, 2014). Details about the seminars may be found elsewhere in this publication. We encourage "soon to be super-

annuates" to attend these seminars. Please tell your active teacher colleagues about the seminars.

Seed catalogues are already arriving, prompting one to look ahead and say, as the poet Shelley did, *O wind, if winter comes, can spring be far behind?*

Annual General Meeting

Elaine Broughton and Joyce Hoffman

The 41st Annual General Meeting of the Superannuated Teachers of Saskatchewan will be held in Saskatoon at the Travelodge Hotel on Tuesday, May 13 to Thursday, May 15, 2014.

Entertainment:

Tuesday evening we will be treated to the musical talents of Kristian Wenaus and on Wednesday evening, Colleen Carr.

Interest Sessions:

We will again offer five interest sessions on Wednesday afternoon. Delegates will attend three of:

1. STS Benefits
2. Condominium Living
3. Fit Minds – Healthy Brain
4. Technology for Seniors
5. Emergency Preparedness

Chapter Presidents:

You will soon receive a package of information from the STS Office. Please forward your list of Delegates to the Office by April 1, 2014. The formula this year is the same as last year: two Delegates for the first 60 paid members or portion thereof and one delegate for each additional 60 paid members or portion thereof.

Each Delegate will receive a package of information in early April, after

the Office has received the list of delegates from the Chapter President.

A McDowell Foundation Raffle, with fantastic prizes, will again be held.

Group Benefits

Margaret Martin

The Committee examined the Claims Experience Reports and the Membership Report for the STS Extended Health and Dental Plan for the period ending December, 2013. It was noted that both plans are doing well financially and membership in both the Extended Health and Dental Plan continues to increase.

We were reminded that coverage for Chronic Disease Management Programs such as Pulmonary, Diabetes, and Stroke would be at the same level as Cardiac Rehab (\$300 every calendar year) and coverage for cochlear implant processors would be the same coverage as hearing aids (\$600 every 3 calendar years). These have been added to the STS Extended Health Plan effective January 1, 2014.

Congratulations and Thank You:



Karen Tzupa has retired from TCU Financial Group. Over many years Karen has made presentations at our AGMs and to the Pre-Retirement Seminars. She has always been the smiling face and helpful person to many at TCU Financial. Thank you and best wishes in your retirement.

Members of our plans may now submit receipts using an on-line submission process. Our members may go to www.sk.bluecross.ca and follow the directions to submit their claims on line. If you have any questions about this claims submission process, please contact Saskatchewan Blue Cross.

Saskatchewan Blue Cross is also working with additional service providers such as massage therapists, chiropractors, optometrists, and physiotherapists so that they also will submit your claims electronically. They are anticipating that this will be in place by April 1, 2014.

If you have a change of address or any other questions about the STS Group Benefits Plan, please contact the STS Office at 306-373-3879.

Congratulations

The recipients of the STS Bursary for 2013 for University of Saskatchewan are **Lyndsey Newton** and **Michael Wilk**.

Dennis Beerling, Saskatoon Chapter named 2013 Saskatoon Citizen of the Year.

Phylis Jones, member of the Regina Chapter, received the Premier's Council of Federation Literacy Award. She has taught ELA students for 24 years through the Regina Public Literacy Program.

Elsie Mironuck, Regina Chapter member, celebrated her 90th birthday in January. The staff and students at Elsie Mironuk School hosted a celebration in honor of her birthday.

Minnie Roske, (non-chapter member) formerly of Southey and now of Regina celebrated her 98th birthday in November.

Outreach

Joyce Hoffman

The *Outreach* Committee would like to thank our members for submitting articles for **Spotlight on Superannuates** and **Superannuates Make a Difference**. Due to the increase in mailing costs, please consider receiving your *Outreach* on line, rather than as a paper copy. Email the STS Office your wishes.

Secondly, if there are two copies of *Outreach* arriving in your mail and you only require one copy, please contact the STS Office at sts@sts.sk.ca. Together we can help save money in mailing costs, as well as, a tree or two.

Support Services

Calvin Bachmeier

"What's New"

Most of us don't go the STS Website unless we want to check on our benefits or want to know the dates of recreational activities. These visits are thus on a need to know basis. However, there is a good reason to make monthly visits to the STS website. The "What's New" is an article of interest to retired teachers. The article changes each month and topics vary greatly, so please check it out on a regular basis.

You can access "What's New" by simply going to the Superannuated Teachers website at www.sts.sk.ca. "What's New" will appear and all you have to do is click on "read more" and the current article will appear.

Chapter Activity Support Program

Has your Chapter ever wanted to undertake an activity, but found yourself short of funds? The Chapter Activity Support program will provide a grant of up to \$400 per year to any Chapter of the Superannuated Teachers of Saskatchewan requiring financial assistance to undertake an activity in support of the professional or personal development of members consistent with the aims of the STS.

Two or more Chapters may combine to submit an application for a joint activity. Each Chapter can be awarded up to \$400 per Chapter. Eligible activities will typically

consist of those which contribute to the health and well-being of members, provide information on matters pertinent to safety and security, improve lifestyle, educate and inform or entertain.

The application is very easy to complete and can be obtained on line at the STS Support Services website or from the STS office.

Announcements:

Holy Rosary Community School

Holy Rosary Community School in Regina will be celebrating its 100th Anniversary this coming year. We are seeking alumnus and/or Cathedral Village Community members to assist with organizing the celebrations planned for September 2014. Donations of time and/or money always welcome. Please contact the Holy Rosary Community School Office at 306-791-7280 for more information. We will be holding an organizational meeting soon but participants, ideas and/or funds are welcome at any time. Thank you.

Regina College Avenue Campus

Continue the Legacy... is the College Avenue Campus in Regina renewal project. This campus opened its doors over 100 years ago. Help is needed to restore the historic College Avenue Campus. Learn how by visiting www.uregina.ca/building-knowledge or call the donor relations office 306-585-4024.

Reminder to All Members:

Any changes in your address and/or group benefits coverage please contact the STS Office immediately at: 1-306-373-3879.

Nominations

Margaret Martin

Please consider letting your name stand for election to the STS Provincial Executive.

Please submit your name and short autobiography to the STS Office as soon as possible.

Candidates will be requested to present a short speech on Tuesday, May 13, 2014, at the STS AGM.

ACER-CART

George Georget

The following letter was received from Thomas Gaskell, ACER-CART President.

Dear STS Retirees,

First a "thank you" to your *Outreach* Editor for allowing me to extend my most sincere best wishes for 2014. The past year has seen continued strides by our member organizations as we work to create awareness about issues crucial to retirees. These efforts, while having our retirees as a focus, are carried out on behalf of all seniors, many whom do not have an opportunity to speak for themselves. With the efforts of member organizations such as STS, and now with the establishment of your Advocacy Committee, the efforts to provide a sustainable health care system, as well as decent standard of living through secure pension benefits, are within reach. May your continued effort help produce the positive results we feel are attainable.

As I wish you well for the coming year, I extend my sincere thanks for your support in the past, as well as that of your Executive Member George Georget.

I look forward to your continued support.

With thanks,
Tom

McDowell Foundation

Elaine Broughton

The McDowell Foundation is pleased to present a 15 minute video from a recently completed McDowell school-based action research study. It is titled "Inquiry-Based Learning in a Professional Development School".

McDowell Foundation grant recipient St. Anne School, located in Saskatoon, is leading their staff and community in the development of an exceptional educational learning environment that responds to the needs of the school, community, and 21st century learners. The programming includes an inquiry-based learning approach from kindergarten to grade eight where students focus on learning by doing. Students ask a lot of questions they wonder about and experience the learning hands on, not only in the school, but in communities, collaborating with various community partners. This research team has won four local, national and international awards and we are proud to have supported their work!

To view the St. Anne school inquiry-based community experience click on the video link: <http://www.youtube.com/watch?v=V35TaPc2Gwc>

or google Inquiry based learning Prytula.

McDowell Foundation thanks all donors and contributors who support our teaching and learning grant programs. With your support we introduced a new letter of intent process to encourage, support and provide guidance for teachers when applying for classroom and school-based research grants. We have also introduced new supports for teachers as they work on their classroom and school research study.

A special thanks to those who support our efforts to effectively create new ways to disseminate our local teacher research findings. With your support we have created research summaries, videos and will soon be featuring research updates in the *Saskatchewan Bulletin*.

Have a wonderful year.

Lanette Kuchenski
Manager, McDowell Foundation
2317 Arlington Ave
Saskatoon SK S7J 2H8
T: 306.373.1660 ext. 6933
F: 306.374.1122
lanette.kuchenski@stf.sk.ca

Retirement Lifestyles Planning

Shirley Henderson

The Committee will be presenting two Retirement Lifestyles Seminars. The first will be in Regina on **April 5, 2014** at the Executive Royal Hotel. Further information can be found in the *STF Bulletin* or contact the STS Office to register. Please inform all "soon to be" retirees that the date

published in the *Bulletin* should read **April 5** for Regina.

The second one is in Saskatoon at the STF Eamer Auditorium on **April 12, 2014**.

Thank you for helping spread the word.

Resolutions

Mike Kaminski

The Resolutions Committee would like to remind members of the importance of resolutions. We are a resolution driven organization! The directive actions and basis for policies for the organization originate from well-written resolutions discussed by Chapters and debated on by the membership at the AGM. Background information assists in providing basic understandings

regarding the intent of a resolution. This can happen only if the process is started on time and resolutions are submitted to the STS Office by March 1, 2014, for publication in *Outreach*. Any resolutions received after this date will be considered late resolutions.

We look forward to hearing from as many Chapters as possible.

Cost of Living Adjustment

Effective January 1, 2014, retired teachers and beneficiaries receiving a pension from the Teachers Superannuation Plan (TSP) and the Saskatchewan Teachers Retirement Plan (STRP) will be paid a cost of living adjustment of 0.7 percent. For those individuals whose pension payments commenced during the 2013 calendar year, this increase will be pro-rated to reflect their retirement date.

STS 2014 Golf Registration

- June 9 and 10 – Humboldt
- All entrants must pre-register by May 31, 2014
- Entry fee \$135 – Includes golf (36 holes), lunch and supper (Monday), breakfast (Tuesday) and carts (both days)
- Make cheques payable to: STS Golf – 2014
- Mail Registration and fee to: Jeanne Craddock
PO Box 2251, Humboldt SK S0K 2A0
- For further information contact:
Carol Oleksyn: 1-306-682-2862
email: carololeksyn@sasktel.net

Registration fee	= \$	135
Extra supper ticket	___ X \$20 = \$	_____
TOTAL ENCLOSED	= \$	_____

Name: _____

Address: _____

Postal Code: _____

Phone: _____

Email: _____

Categories:

- Women Senior Women (70+)
 Men Senior Men (70+)

Usual 18 hole score _____ or Handicap _____

Please use a separate form for each entrant.

STS 2014 Bowling Registration

- Thursday, May 1 & Friday, May 2, 2014
- Moose Jaw, SK
- Entrants may register as a single or as a team.
- Entry Fee is \$65 per bowler (Includes bowling fee, banquet, lunch and prizes)
- Deadline for Registration is April 15, 2014.
- For further information contact:
Richard Towriss 306-692-2562 richtowriss@hotmail.com
Elaine Parsons 306-692-4634 elaineparsons@hotmail.com

Team Name: _____

Name of Team Captain: _____

Address: _____

Phone: _____ Email: _____

Team Members:

1. _____
2. _____
3. _____
4. _____
5. _____

Single Entry:

Name: _____

Address: _____

Phone: _____ Email: _____

Entry fee _____ X \$65 = \$ _____

Extra banquet tickets _____ X \$20 = \$ _____

TOTAL ENCLOSED = \$ _____

Make cheques payable to: Stella Kuc
 Mail entries to: 8-1006 1st Avenue NE
 Moose Jaw SK S6H 0Z6



Upcoming Events

Recreational Activities Participation STS Style . . .

Bowling

Date: May 1-2, 2014

Host: Moose Jaw Chapter

Contacts:

Richard Towriss

Phone: 1-306-692-2562

Email: richtowriss@hotmail.com

Elaine Parsons

Phone: 1-306-692-4634

Email: elaineparsons@hotmail.com

(Registration form is on previous page and on the website www.sts.sk.ca)

Bridge

Host needed for 2014

Curling

Date: November 3-5, 2014

Host: Prince Albert Chapter

Contact: Merv Wiesner

Phone: (h) 306-922-4444 or
(c) 306-961-2473

Email: mj4.weisner@sasktel.net

Fishing

Host needed for 2014

Golf

Date: June 9-10, 2014

Host: Humboldt Chapter

Place: Humboldt Golf Club

Contact: Carol Oleksyn

Phone: 1-306-682-2862

Email: carololeksyn@sasktel.net

(Registration form is on previous page and on the website www.sts.sk.ca)

Kaiser

Host needed for 2014

Stitch 'N Quilt

Host needed for 2014

STS Provincial Curling Tournament 2013

The Carrot River Valley (Melfort and District) Chapter hosted the Provincial Curling event on November 4-6, 2013, with sixteen teams in attendance.

This year's winner of the G.T. Anderson Trophy was the Garth Ward team from Assiniboia who defeated last year's champion, Larry McCallum from Saskatoon.

The second event trophy went to Prince Albert's Ken Peet who prevailed over last year's third event winners, Norbert Gaudet, from Raymore. Murray Bottcher from Margo took the third event winning over Wally Drobot of Melfort and the Doug Lyon team from Melfort took the fourth event defeating Margaret Martin's team from Saskatoon.



Winners of the G.T. Anderson Trophy

Saskatchewan Senior Fitness Association (SSFA)

SSFA is holding its provincial 55+ curling competition in Humboldt, March 19-21, 2014. Gold medal winners are eligible to compete at the Canada 55+ Games being held August 27-30, 2014, in Strathcona County, Alberta. The curling competition includes men's, women's, and mixed teams in both 55+ and 65+ age groups. In addition to regular curling, there will also be a two-person 55+ stick curling competition for men, women or mixed teams. Rules for both are on the SSFA website. To obtain your SSFA membership and registration forms, contact your district representative as listed on the website www.ssfa.ca. Deadline for registration is March 10, 2014. Additional information is available on the website and in most curling rinks. All other events in the provincial games will be in Humboldt July 8-10, 2014.

If Chapters are interested in hosting provincial events, please contact the STS office or a member of the recreation Committee. We would also be open to any proposals for new events.

Spotlight on Superannuates



Unity STS celebrates Freda Marion

We, the STS members of the Unity Chapter, would like to introduce to you our centenarian, Freda Marion McCallum.

On January 12, 1913, a beautiful baby girl was born to Fred and Mary (nee Horsman) Wright. Of course, she was very special to them. What they did not know was that she would grow up to be very special to many people – not only for her longevity but also for her talents and how she used them.

Schooling up to grade 12 was the result of sheer determination as she could only go to grade nine in her rural school of Rosebrier. After that she had to go to a boarding school in Battleford and later to Scotstown where she studied with only the curriculum guide to help her. Finally, she got her grade 12 in Biggar. Off she went to Normal School in Saskatoon to follow her grandfather's and mother's footsteps.

Freda touched the lives of many children she taught, first at Rosebrier then at Langmark School. But the call to have her own family came when she met and married Everett McCallum. Together they had six children. Needless to say she didn't teach for many years – 20 years to be exact. Instead she became a dedicated mom and a farmer's helpmate.

But the call to teaching brought her back to the classroom in 1960, this time at Rockhaven then at Unity Public School. She had to hone her driving skills as both of these schools required a morning and evening commute. To further her

teaching skills she once again tackled the books by taking university classes the hard way – by correspondence and summer school. At Unity Public she became the librarian in a cottage school, then designed the new library for the enlarged school where she "ruled" until her retirement in 1979.

She once again prepared for another career – this time as a volunteer. She had a great interest in History and in how best to show our past. She took six different courses on organizing and operating a museum. When the Unity Pioneer Museum officially opened in 1980, she became the curator. She catalogued everything that had



Freda Marion

been donated since the museum's inception and continued there as a volunteer until she was well into her 90's. In 1991, she was named "Woman of the Year" for Unity and district.

Freda served as President for our Chapter of the STS for several terms and continued as an active member until just a couple years ago. She was a voracious reader and a keen bridge player. She graced many canvasses with oils resulting in wonderful paintings. Her quilts are still enjoyed by her children and grandchildren who were the lucky recipients.

To cap off a lifetime full of activities, Freda gathered together her collection of readings for a book entitled Memories. The following year she found all of her favourite recipes for a book called (naturally) Freda's Favourites. English classes from the Unity High School compiled, typed, and edited both books.

Today, at the age of 101, Freda lives in a condo in Unity. She is still in her own place, enjoying cooking, playing solitaire, solving crossword puzzles, and receiving visitors. Her reduced vision has curtailed some of her activities. She gave up driving when she was 93 years old, but she can still play bridge and cribbage. Her health is fairly good as is her mobility. Her memory is enviable, and she is still "as sharp as a tack".

Congratulations, Freda, on a life well-lived!!!

From The Editor's Desk

I trust the New Year has started out well for you. The temperature changes here have been drastic and dramatic. One day we broke all records for wind speed and temperature.

Coming up in May will be our AGM. It looks like an interesting time.

If you change your address or have to do changes to your coverage for Group Benefits the STS Office must be contacted first.

Till next time – take care and hang onto your hat.

Shirley

“Life isn't about waiting for the storm to pass. It's about learning to dance in the rain.”

Reminder Seniors' Drug Plan

If you are the primary plan holder of the STS Group Benefits Plan and are eligible for the Seniors' Drug Plan, please send a copy of the confirmation letter to the STS Office in order to have your monthly Extended Health premium reduced. If you are no longer eligible for the Seniors' Drug Plan please notify the STS office.

STS Executive 2013-14

President/Councillor

Robert Wuschenny, Regina Chapter

Vice-President/Councillor

Doug Haroldson, Maple Creek-Medicine Hat Chapter

Past-President/Councillor

Margaret Martin, Saskatoon Chapter

Executive Secretary

Fred Herron, Saskatoon Chapter

ACER-CART Representative

George Georget, Saskatoon Chapter

Councillors:

Joyce Hoffman

Swift Current Chapter

Mike Kaminski

Assiniboine Chapter

Gerald Mamer

Saskatoon Chapter

Maxine Stinka

Assiniboine Chapter

Helen Sukovieff

Regina Chapter

Members-At-Large:

Calvin Bachmeier

Maple Creek-Medicine Hat Chapter

Elaine Broughton

Saskatoon Chapter

Judy Buzowetsky

Weyburn Chapter

Shirley Henderson

Prince Albert Chapter

Roger Marchand

South Central Chapter

Kate McCorriston

Nipawin Chapter

Sunil Pandila

Moose Jaw Chapter

Attention Manitoba Members:

For those members living in Winnipeg and surrounding areas who would be interested in the formation of an STS Chapter please contact Joseph Smith at 1-204-231-9562 or by email to zadoz1@mts.net.

Attention Edmonton and area Members:

For those members living in Edmonton and surrounding areas who would be interested in the formation of an STS Chapter please contact Austin Gerein at 1-780-460-0360 or email to agerein@yahoo.com.

OUTREACH

To The Superannuated Teachers of Saskatchewan

To control costs, one copy is sent to households where both spouses are members. If this is not satisfactory, please contact the STS office in Saskatoon.

The Outreach is available online. Please email the STS Office if you wish to receive notification when it is posted on the website instead of receiving a hard copy.

website: www.sts.sk.ca

Phone: 306-373-3879

Email: sts@sts.sk.ca

Fax: 306-242-2538

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