

OUTREACH



To The Superannuated Teachers
of Saskatchewan

President's Report

Maxine Stinka

The STS Provincial Executive met on January 11, 2017, with Committee meetings the previous two days. The Succession Planning Committee continued its work on a succession plan for the Executive Secretary. The Executive accepted the following recommendations: 1. That there be a mentoring process to assist in an efficient, effective transition when an Executive Secretary is hired; 2. That the Committee prepare a salary grid for approval by the Executive; and 3. That the Committee proceed to develop a brief succession plan that includes a five-step process. Executive Secretary Fred Herron's contract was renewed for 2017-18 with additional time and a proportionate increase in salary.

The Retirement Lifestyles Planning Committee met to finalize the sessions to be offered this year. To date there have been four requests for these new sessions. At the annual January social, non-Executive members of the Retirement Lifestyles Planning Committee along with those from the Support Services Committee were recognized for their service over the years. The STS has also participated in seven STF Planning for Retirement programs with a very positive response according to the evaluations.

Financial statements for the period ending November 30, 2016, indicate that all revenue and expenses are on budget (revenue slightly above) and there is a surplus of \$33,574.83 to date. This includes two major expenses (Chapter rebates and Presidents' Day) which are both under budget. However, the Extended Health Fund shows a negative experience for the last three months of 2016 where claims exceeded premiums. Please check the committee report for more detail. The first draft of the proposed 2017-18 budget was discussed based on the five-month actual expenses

for the past year. Membership as of our meeting date was 11,143.

The 2017 Audit Services Proposal was accepted by the Executive. The updated versions of the Operations Continuity and Disaster Recovery Plan as well as the STS Style Guide were approved and the STS website is being updated.

Please check your *STS Policy Handbook* for upcoming deadlines for resolutions and nominations, honorary life membership and Executive nominations. More information about other Committee work is provided in the Committee reports.

Cost-of-Living Adjustment

The January 2017 cost of living increase (COLA) for retirees and beneficiaries:

Receiving a monthly pension from **Saskatchewan Teachers' Retirement Plan:**

- For benefits earned to June 30, 2015 (guaranteed COLA): 1.1%
- For benefits earned after June 30, 2015 (conditional COLA): ... 0.7%

Receiving a monthly pension from **Teachers'**

Superannuation Commission: 1.1%

Group Benefits – Doug Haroldson

The Committee met on Tuesday, January 10 in Saskatoon and reviewed the Extended Health and Dental Plan Experience Reports for the period ending December 31, 2016. For the six months from July 1, 2016 to December 31, 2016, the Extended Health Plan incurred a deficit of approximately \$252,000.00. Factors causing this deficit are increased usage of prescriptions and paramedical

services. During the same period the Dental Plan incurred a deficit of \$14,000.00 creating a total deficit of approximately \$266,000.00. Hopefully the plan experience improves over the next several months as we are only in the second year of a three-year contract. Plan deficits are covered by the Unappropriated Reserve Funds.

Bob Wilhelms and Leslie Donsberger

from Saskatchewan Blue Cross provided information regarding the Paid Claims Analysis Report.

Membership in the Extended Health and Dental Plan as of December 14, 2016, was 7,257.

As the Extended Health and Dental Plan is funded by its membership, it is very important that we take ownership of the Plan.

ACER-CART Report

Marie LeBlanc-Warick

At its June 2016 Annual General Meeting, ACER-CART passed motion E-10, which recommends to its Members that they make their membership aware of the Cogniciti project.

Cogniciti is an initiative of Baycrest Medical Centre in Toronto, a leading North American hospital in the treatment of and research in dementia. Health care in general is concerned with aging, the growing number of seniors, and the rising costs of dementia. Often, people wait too long before they are diagnosed.

The instrument, Cogniciti, is the result of clinical research and has been reviewed by around 4,000 professionals around the world. It is clinically validated and has been used by over 40,000 people so far.

Essentially, Cogniciti is a test, lasting about 15 to 20 minutes, taken confidentially online. It tests memory, problem solving, and other factors that measure your cognitive health. It rates you in terms of others

your age and education and can act as an early warning assessment. It can be taken on a fairly regular basis, once your base score has been established. Again, it is strictly confidential and only you and Cogniciti researchers will know the score. They do not know or care to know your name.

“Cogniciti.com” can be checked out on the web and people can find the test instrument by following the links. You can also find out more about Baycrest by going to the web.

Congratulations!

to Erie Chaykowski who celebrated her 90th birthday on October 18, 2016. Erie lives in Surrey, B.C. and has been a faithful member of the Fraser Valley Chapter since its formation in 1995. She last taught in Wadena, SK.

Resolutions

Mike Kaminski

The updated Disposition of Resolutions Report has been posted on the website. Please visit the website and inform yourself in regard to the resolutions and the resultant actions. Many resolutions have resulted in the updated policies, improved benefits for the members or the need to clarify positions with agencies or departments. As a membership-driven organization, your resolutions are very important to help us understand the issues being encountered by you. Your involvement is very important. March 1 is the deadline for resolutions to be received and published.

Thank you to the Chapters for the resolutions that have been received and approved for presentation at the AGM.

Annual General Meeting – Joyce Hoffman and Jane Isinger

The Annual General Meeting of the Superannuated Teachers of Saskatchewan will be held in Saskatoon at the Travelodge Hotel on Tuesday, May 9 to Thursday, May 11, 2017.

Entertainment

Tuesday evening will begin at 7:30 p.m. with the candidates' speeches, followed by a social allowing Delegates time to socialize and

reconnect with Delegates from around the province. On Wednesday evening following the banquet, we will be treated to the music of "Back of the Bus."

Interest Sessions

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

1. Canadian Diabetes Association with Lauren Suchan
2. Podiatry with Dr. Sarah-Jane Roche
3. The Role of the Pharmacist in Modern Health Care with Joan Cochrane
4. Zumba with Kelly Duncalfe-Baker
5. STS Finances, Health and Dental Plan with Fred Herron

Saskatchewan Seniors Mechanism – Jane Isinger

The Saskatchewan Seniors Mechanism (SSM) held a Member Organization Consultation on November 17, 2016 in Regina. The purpose of the meeting was to provide an opportunity for the 16 SSM member organizations:

- To share information about what their organization is doing.
- To receive an update on what is happening at SSM.
- To learn about Dementia Friendly Communities, Orange Tree Living and Baluchon Alzheimer.

Member organizations reported on the many initiatives that are taking place across the province.

Presentations were made by:

- Abby Wolfe, Alzheimer Society of Saskatchewan, who spoke on Dementia Friendly Communities
- Crystal Spooner, Orange Tree Intergenerational Community in Regina

- Jackie Plante, Baluchon Alzheimer Organization
- Linda Anderson, Media and Ageism Project

The SSM Executive Director, Holly Schick, reported on the following topics:

- Age Friendly Communities
- The Annual SSM Conference will be held in Regina on May 31 and June 1, 2017. The theme is "Medical Assistance in Dying."
- The next Celebrating Seniors Gala Event will be held in September, 2017 in Regina. Member organizations are encouraged to promote nominations for this event. There are 13 award categories.

Mike Kaminski, Maxine Stinka and Jane Isinger represented the STS at the SSM meeting. Robert Wuschenny and Sunil Pandila serve on the SSM Board of Directors and were also in attendance.

Chapter Presidents

You will soon receive a package of information from the STS Office. Please forward your list of Delegates to the STS Office by April 1, 2017. The formula this year is the same as last year: two Delegates for the first sixty paid members or portion thereof and one Delegate for each additional sixty paid members or portion thereof.

Each Delegate will receive a package of information in early April, after the STS office has received the list of Delegates from the Chapter President.

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

Nominations

Doug Haroldson

Nominations for the Provincial Executive are welcome. Deadline for submission of nominations is 4:00 p.m. the evening of the day prior to STS Executive elections (Bylaw 3).

McDowell Foundation

25th Anniversary Legacy for Learning Campaign
Ellen Whiteman, Manager, McDowell Foundation

The Dr. Stirling McDowell Foundation for Research Into Teaching, established as a registered charitable organization in 1991, is celebrating 25 years of supporting and promoting professionally-led educational research in the province. The McDowell Foundation funds, supports and promotes professionally-led educational research that focuses on teaching and learning relevant to today's classrooms.

As part of the Foundation's jubilee celebrations, it has launched a Legacy for Learning campaign. The goal over the 25th anniversary year is to increase the endowment to ensure that students and teachers in the province continue to benefit from locally-based, professionally-led research.

The Foundation thanks the Superannuated Teachers of Saskatchewan who continue to support their endeavours through provincial, Chapter and individual donations to the endowment fund. Ongoing commitment to the teaching profession through Foundation support is greatly appreciated.

Outreach Report

Joyce Hoffman

According to the rules of Canada Post, in order to send *Outreach* by Publication Mail, bylaws cannot be included. Therefore, at our last Executive Meeting, the following motion was presented and carried, "That the pre-AGM Bylaws and post-AGM Bylaws be sent to each Chapter President for distribution to their Chapter members."

Chapter Presidents, please be aware of this change and help us with the distribution.

If you have an event happening in your Chapter and would like to share it with other STS members, please feel free to submit your short write-up to the STS Office for inclusion in either "Superannuates Make a Difference" or "Spotlight on Superannuates". As space permits, we will include them in the *Outreach*.

A friendly reminder: you are able to receive your *Outreach* online, if you choose, by contacting the STS Office. This would help save money on postage and also save several trees. If you are receiving more than one copy of *Outreach* and require only one copy, please contact the STS Office, at sts@sts.sk.ca to indicate this.

STS Office Hours

Monday to Friday
8:30 a.m. to noon.

There are three visitor parking spaces located at the East side of the TCU Financial building for STS members.

Please do not park in TCU Financial spaces.

Amendment to *The Teachers Superannuation and Disability Benefits Act*

Through the most recent round of collective bargaining between Saskatchewan teachers and the Government of Saskatchewan, *The Teachers Superannuation and Disability Benefits Act* (the Act) has been amended. Teachers with fewer than 20 days of contributory service are now eligible to receive a refund of their contributions with interest that remains in the Saskatchewan Teachers' Superannuation Plan. Previously legislation locked in these contributions and they were only payable as a death benefit. The amendment to the Act was effective June 30, 2016.

Teachers hired in Saskatchewan prior to July 1980 are members of the Saskatchewan Teachers' Superannuation Plan. If you are aware of anyone who was hired as a teacher in Saskatchewan prior to July 1980 and was in the school system for a short period of time, they still may have pension monies to their credit with the Saskatchewan Teachers' Superannuation Plan. Enquiries can be made with the Saskatchewan Teachers' Superannuation Commission at #129-3085 Albert Street, Regina, Saskatchewan, S4S 0B1, 306-787-8814 or toll free 1-877-364-8202. Email enquiries can be sent to mail@stsc.gov.sk.ca.

Spotlight on Superannuates

Sarah Ranger

Submitted by Laurie Hnatuk, Lloydminster Chapter



Sarah Ranger is an active member of the Lloydminster Chapter of STS.

She grew up on a farm along the North Saskatchewan River in the North Bend/Frenchman Butte area, before heading off to high school in Lloydminster and Teachers' College in Saskatoon. Like many teachers of that time, Sarah taught, married,

raised children, then returned to University through summer school and winter classes to gain her Education Degree. She retired in 1988 to continue to work alongside her husband on their farm near Marshall, Saskatchewan, maintain a home and large yard and garden, and help support community organizations.

Sarah's initial encounter with the Terry Fox Run was in 1988 when the Frenchman Butte area held a great celebration including folks canoeing down the river, driving teams of horses with wagons, riding horseback, biking or walking paths to support the cause. That year Sarah collected \$205. She was pleased and thought maybe she could do better.

In 2014 Sarah had her best year of donations for the Terry Fox Run. She collected \$14,740. In 2015 her total was \$12,135; and the grand total of all the years she has taken pledges for completing the walk (sometimes in more than one location) is \$113,825.50!

Sarah concludes, "People have been very generous and I am thankful for all the support. They are the ones to be rewarded."

Advocacy – Helen Sukovieff

The Advocacy Committee continues to receive positive feedback regarding our opposition to Social Impact Bonds and the decision regarding funding of the NORTEP program. No further information is available at this time.

Another issue of concern to the STS is the K-12 educational governance review. Dan Perrins submitted his findings to the Ministry of Education by presenting four options for consideration. Because the heart of what we do in education is based on what happens between students and teachers, it's important that we know how each of the options presented impact this relationship. There is not enough information for this to be determined. Therefore, the following motion was passed at the January 11, 2017, Executive Meeting:

That the STS Executive write a letter to the STF supporting their stance regarding the importance of the student/teacher relationship in governance and request more detail regarding each option.

If you haven't yet read the K-12 educational governance review, you can access it here: <http://publications.gov.sk.ca/documents/11/96975-Perrins-Governance-Review-Report.pdf>



Santa visits Melville Chapter Superannuates

Committee Members Honoured

Individuals who provided service to the Support Services Committee and the Retirement Lifestyles Planning Committee were honoured at the STS Executive annual January social. Several former members were unable to attend.



L to R:
Elaine Broughton, Shirley Dyck,
Margaret Martin, Peter Stroh,
Horst Sawatzki, President
Maxine Stinka.

L to R:
Wally Derkach, Elaine Broughton, President Maxine Stinka
Missing from photos: Ron Adair, Doug Glazer, Bert Gordon,
Shirley Henderson, Darlene Kidd, Mike Klein, and Al Schell

Recreation – Calvin Bachmeier



Upcoming Events

Recreational Activities Participation STS Style . . .

<p>Bowling 2017 Date: May 3-4, 2017 Host: Regina Chapter Contact: Florent Bilodeau Phone: 306-757-5090 Email: bilodeauflorent@gmail.com</p>	<p>Fishing 2017 Date: June 8, 2017 Host: The Battlefords and District Chapter Contact: Alan Laughlin Phone: 306-824-4535 Email: ar.laughlin@sasktel.net</p>	<p>Kaiser Host needed for 2017</p>
<p>Bridge 2017 Date: To be determined Contact: Marian Spagrud Phone: 306-476-2504 OR Lois Giraudier Phone: 306-268-2097 Host: South Central Chapter</p>	<p>Golf 2017 Date: June 20-21, 2017 Host: Mainline and Souris Moose Mountain Chapters Contact: Brenda Scheirer Phone: 306-577-1255 Email: bren.scheirer@sasktel.net Location: Kenosee Lake</p>	<p>Mah Jongg 2017 Date: May 3, 2017 Host: Regina Chapter Contact: Helen Sukovieff Email: helens@sasktel.net</p>
<p>Curling 2017 Date: November 6-8, 2017 Host: Saskatoon Chapter Contact: Darlene Danyliw Phone: 306-249-4494 Email: darlene.danyliw@shaw.ca</p>	<p><i>If Chapters are interested in hosting provincial events please contact the STS office. We would also be open to any proposals for new events.</i></p>	

Provincial Curling

Warm weather was the order of the day when the Provincial Curling Bonspiel, hosted by the Yorkton Chapter, was held on November 7-9, 2016, at the Gallagher Center. We were very pleased to have 16 teams from across the province participate, which included a record number of seven members from the Provincial Executive.

Opening ceremonies on Monday began at 3:00 with Piper Bruce Monette leading all 16 teams on to the ice. Local Chapter President Glenda Lazaruko welcomed the curlers and Yorkton Mayor Bob Maloney welcomed everyone to our fair city. Provincial STS Recreation Committee representative, Calvin Bachmeier, also brought greetings. Honorary Life Member, Orest Machushek, held the broom for Honorary Life Member, Ed Magis, who threw the ceremonial rock right to the button, thanks to some

very fine brushing by Sheldon Knoll and Rob Wilson.

All teams curled their opening game at 3:30. The day concluded with refreshments and a pizza supper in the BMO Lounge upstairs. The remainder of the evening was open for curlers to practice their “off-ice” activities.

There were two draws on Tuesday at 9:30 and at 1:30. Wednesday evening was our banquet ably MC'd by Rob Wilson and Sheldon Knoll. Entertainment included musicians Doug Ingham, Cindy Smith and Bruce Monette; they have a talent for getting audience participation. Our resident comedian, “Charlie”, shared some humorous perceptions of retirement and of those retirees in attendance.

Wednesday morning at 9:30 all 16 teams again were out on the ice for their final game. The bonspiel concluded with cash prizes awarded to all participating teams.



A Winner: Murray Bottcher, Ivan Peterson, Arnie Makowsky, Gail Peterson



B Winner: Ardelle Chicilo, Maxine Stinka, Jim Chicilo, Merv Tomski, Ron Hoehn



C Winner: Judy Schick, Gail Simpson, Barb Coleridge, Gerri Martin



D Winner: Bill Woodward, Ken Theis, Gary Brandt, Tom Flath

Mah Jongg Tournament

Mah Jongg is very similar to Rummy and is played with 152 tiles. It is played by four players and the main objective is to be the first to build a hand (14 tiles) with the tiles through drawing and discarding. If you know how to play the game using American-Style Mah Jongg Rules, please consider registering for the tournament to be held on May 3 in Regina. You know you are ready to play in a tournament if you are able to play a hand in fewer than 15 minutes. Each round will

be timed and it is expected that you will complete four hands in the 60 minutes provided. You must bring your 2017 card to the tournament.

We will be playing National Mah Jongg Tournament Rules and a complete list of these as well as the scoring rules will be sent to all registered players. Registration including payment must take place prior to April 21 but changes such as substitutions can be made up until the day of the event. Cancellations after April 21 may result in the

loss of your registration fee of \$20 (dependent on whether we can find someone to fill the spot).

Each player will receive Master Points through the National Mah Jongg Master Points program. This tournament is being sponsored by the Superannuated Teachers of Saskatchewan and hosted by the STS Regina Chapter.

If you have any questions, please contact Helen Sukovieff by email at helens@sasktel.net.

Mah Jongg Tournament

Wednesday, May 3, 2017

Hosted by the Regina STS Chapter
To be held at: Uplands Community Centre
20 Weekes Crescent, Regina SK

First Name:
Surname:
Chapter Member: <input type="checkbox"/> Yes <input type="checkbox"/> No
If yes, indicate Chapter:
Address:
City/Town: Postal Code:
Telephone:
Email:

Time: 10 a.m. to Noon First session (8 games)
Noon to 1 p.m. Lunch
1 to 3 p.m. Second session (8 games)

Tournament rules will be emailed to all registered players.

Registration Fee: \$20 (includes tournament fee, gift and lunch)

Make cheques payable to: **STS Regina Chapter**

Mail to Helen Sukovieff, 26 Kerley Bay, Regina S4R 7L1

Players are required to bring their 2017 National Mah Jongg Card with them.

Information will be posted on the Regina Chapter website: www.stsregina.com

If you have any questions, please email Helen at: helens@sasktel.net

Full refund prior to April 21 if you need to cancel. After that date, your registration fee is transferable to another player if you're able to find someone to take your place.

2017 Provincial Bowling Tournament

Date: Thursday, May 4 & Friday, May 5, 2017

Place: Glencairn Bowling Alley, 1620 9th Ave. E., Regina, SK

Registration deadline: April 14, 2017.

Entrants may register as a member of a team or as a single bowler (single registrants will be paired or added to teams of fewer than five players). Once you have registered, a confirmation will be emailed to Team Captains only, unless it is a single entry.

Entry fee: \$70 per bowler (includes bowling fees, banquet, Friday luncheon and prizes)

For more information contact:
Florent Bilodeau – 306-757-5090, bilodeauflorent@gmail.com
Dwayne Dornan – 306-545-8583, dornd@sasktel.net

Team Name:	_____
Team Captain Name (or single entry):	_____
Address:	_____
Phone: Email:	_____
Team Members:	
1.	_____
2.	_____
3.	_____
4.	_____
5.	_____
Entry fee	_____ X \$70 = \$ _____
Extra banquet tickets	_____ X \$35 = \$ _____
Extra luncheon tickets	_____ X \$10 = \$ _____
TOTAL ENCLOSED	= \$ _____

If banquet guests have dietary restrictions please provide the food restrictions and the name of the guest (or guests) before April 7.

Cheques payable to: **Regina Retired Teachers' Bowling League**
Mail Registration Forms and cheques to: **Florent Bilodeau,**
9355 Wascana Mews, Regina, SK S4V 2W4

Accommodations: A block of 25 rooms has been reserved at The Hampton Inn & Suites by Hilton, 3830 East Gate Drive, Regina, 306-721-6000.

Cut-off date for making reservations is April 4, 2017.
Cancellations must be made prior to April 27.

From The Editor's Desk Robert Wuschenny

Happy New Year!

I do hope you are enjoying the warmer, sunny winter days when it can actually be a pleasure to be outdoors. With much of winter behind us and the seed catalogues arriving, can spring be far away?

To those who have ventured out to warm sunny climes, best wishes for a safe and enjoyable time.

STS Executive 2016-17

President/Councillor	Maxine Stinka, Assiniboine Chapter
Vice-President/Councillor:	Sunil Pandila, Moose Jaw Chapter
Past-President/Councillor:	Doug Haroldson, Maple Creek-Medicine Hat
Executive Secretary	Fred Herron, Saskatoon Chapter
ACER-CART Representative:	Marie LeBlanc-Warick, Saskatoon Chapter
<i>Outreach</i> Editor	Robert Wuschenny, Regina Chapter

Councillors:	
Don Gabel	Wakaw Chapter
Joyce Hoffman	Swift Current Chapter
Mike Kaminski	Assiniboine Chapter
Alan Laughlin	The Battlefords and District Chapter
Helen Sukovieff	Regina Chapter

Members-At-Large:	
Susan Amundrud	Carrot River Valley (Melfort & District) Chapter
Calvin Bachmeier	Maple Creek-Medicine Hat Chapter
Laurie Dubé	Mainline Chapter
Jane Isinger	Saskatoon Chapter
Roger Marchand	South Central Chapter
Doreen Rathgeber	Yorkton Chapter
Anna Wehrkamp	Carrot River Valley (Melfort & District) Chapter

STS Office Reminders

- Saskatchewan residents who are 65 years or older can apply for the Saskatchewan Seniors' Drug Plan. If you are approved by the Seniors' Drug Plan, you will receive a confirmation letter from the Ministry of Health. STS Group Benefits Planholders who are eligible for the Saskatchewan Seniors' Drug Plan may be eligible for a reduced premium by providing the STS office with a copy of the Seniors' Drug Plan confirmation letter.

For information on the Saskatchewan Seniors' Drug Plan, please speak with your pharmacist or contact the Seniors' Drug Plan office at 1-800-667-7581 or in Regina at 306-787-3317.

- For any changes to your address and/or Group Benefits coverage, please contact the STS office directly at 306-373-3879 or sts@sts.sk.ca.
- If you are on a temporary contract and wish to suspend your STS Group Benefits, please contact the STS office.



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.

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

Outreach is available online at www.sts.sk.ca.

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