

OUTREACH



To The Superannuated Teachers
of Saskatchewan

President's Report

Doug Still

Although 2023 is already well underway, on behalf of the STS Provincial Executive and our staff, I want to extend best wishes to each of you for the New Year!

This year is also a special one for the provincial association and its 41 Chapters.

In the late 1960s and early 1970s, retired teachers began to organize locally. Saskatoon and Regina retirees formed local superannuate bodies in 1971, and by October 1973, the provincial association known as the Superannuated Teachers of Saskatchewan was formed.

Building on earlier versions from previous anniversaries, work is currently underway to produce a 50th anniversary STS history publication. If you know of any documents related to the earliest years of the STS or any of its Chapters, please consider getting in touch with the STS office as we work to identify and save as much of this archival material as possible.

We foresee the anniversary being marked provincially as well as locally. The Provincial Executive has authorized a grant program as a way of supporting anniversary projects at the Chapter level. The application process is being kept as simple as possible. There is more information in the 50th Anniversary Committee report and information will also be communicated to Chapter Presidents.

For the first time since 2019, we are returning to an in-person Annual General Meeting from May 9-11 in Saskatoon. Because the provincial organization is built on active Chapters, I hope you will consider involvement as a Delegate in the AGM. In addition, Chapters are encouraged to nominate a deserving member for the 2023 Honorary Life Membership Award as well as submitting resolutions. Both have a deadline of March 1.

There is another deadline rapidly approaching: June 30, 2023, which will mark the end of the Health Spending Account (HSA) for members with eligibility in the health plan. Although a letter was sent to each plan member at the start of the program, and updates have been provided in *Outreach*, three-quarters of the way through the 24-month program, approximately one-third of the money set aside has been claimed by eligible members. The HSA amount

is \$250 per plan holder as a reimbursement for costs permitted under Canada Revenue Agency guidelines. This includes being able to receive reimbursement for premiums paid for the STS Group Benefits Plan.

It is important to note that a Health Spending Account (HSA) cannot simply send rebate cheques. Because premiums paid to a private insurer are tax deductible, sending a rebate cheque would trigger income tax for the recipient.

If you have not done so already, please make your claim as soon as possible. Once the program ends, any unclaimed monies will go back into the general pool for paying regular benefits claims. Please contact the STS office at (306) 373-3879 or sts@sts.sk.ca if you are unsure how to proceed and need assistance.

Significant work is underway to refresh *Outreach* as early as this fall. As we look at publications from other superannuated organizations across the country, we believe there is value to be gained with changes to both content and format. Please stay tuned for updates.

The STS also communicates through a recently-enhanced website accessible by going to sts.sk.ca and clicking on the 'Membership and Benefits' tab on the home screen. We also maintain a Facebook page which can be accessed by 'liking' us at "Superannuated Teachers of Saskatchewan."

In person contact is still an important way of sharing information. Each Chapter has a Provincial Executive member who serves as a 'liaison' between your Chapter and the STS Executive. Liaisons are to be in contact with Chapter Presidents, and where possible attend events from time to time.

Recent planned Chapter visits have been affected by winter weather and are being rescheduled. If you are interested in having me at any event, please touch base. I value these visits as an opportunity to provide a brief overview, but more importantly to hear from and engage with members. My contact information is found on the back of this issue along with that of other members of the Executive team.

Until the next issue of *Outreach*, warmest regards.

Advocacy

Huguette Kitchen and Devona Putland

The Advocacy Committee received a request for funding from Saskatchewan Seniors Mechanism for Phase 2 Home Supports Initiative in the amount of \$100,000.

Discussion occurred including the process of advocacy and the reasons for advocacy, the timelines of advocacy often being lengthy, and the need to have sustainability in our support. Other discussion points included questions about the end goal of the campaign and available money. A motion was made from the Committee recommending the Executive support SSM's request for Phase 2 of the Home Supports Initiative funding for \$100,000. After extensive discussion at the Executive level, the Executive voted in favour of supporting the Saskatchewan Senior Mechanism's request for \$100,000.

AGM

Huguette Kitchen and Anna Wehrkamp

The AGM Committee met and is working on our in-person AGM scheduled for **May 9-11, 2023**. Chapters are encouraged to commence selecting their Chapter Delegates who will be attending. Additional information will be provided to Chapter Presidents from the STS Office.

Due to an in-person AGM, we will have break-out sessions to discuss resolutions rather than Pre-AGM Regional meetings.

Interest Sessions are being finalized and will be shared in your Delegate packages.

We are excited to return to an in-person AGM at a time when we are also celebrating the 50th Anniversary of the STS. There will be a celebration of the 50th Anniversary on Tuesday evening following registration and all Delegates are encouraged to attend.

STS 50th Anniversary

Jane Isinger

In 1973 when a group of individuals established the Superannuated Teachers of Saskatchewan (STS), their main goal was supporting teachers at that time. They likely didn't consider that the organization they formed would still be thriving 50 years later, with 41 Chapters (39 in Saskatchewan and 2 in British Columbia). We have an excellent Group Benefits Plan, providing social, recreational, educational as well as a variety of other supports for members. The STS is a unique organization, and we have much to be thankful for.

Our 50th Anniversary year will be an opportunity to remember the past, and to look to the future. It is our hope that local Chapters will consider organizing one or more events to celebrate this milestone.

The 50th Anniversary Committee's Planning Goals are as follows:

- To celebrate 50 years of STS existence over the course of 2023.
- To encourage Chapters to engage in their own 50th Anniversary celebration events at the Chapter level.
- To involve members as much as possible and to communicate a member appreciation focus.

The Provincial Executive will be supporting 50th Anniversary celebrations by making a \$500.00 grant available to Chapters who wish to organize a special activity/event. This grant will provide limited financial assistance on an application basis to Chapters as "seed money" to kick start their own planning. Information has been provided to Chapter Presidents regarding the application process. The expectation would be that a new activity/event/project be organized rather than re-naming an event that is currently in place. If two Chapters wish to organize one event, a joint application may be submitted, with both Chapters eligible to receive the full amount of the grant.

A 50th Anniversary Logo has been developed and pins will be available to Chapter members through the local Chapters. An STS 50th Anniversary Booklet is also being developed that will include historical and current items of interest.

The Anniversary Planning Committee encourages Chapters to take this wonderful opportunity to promote our organization and all that it offers. Fifty years of dedicated service to our members is certainly an excellent reason to celebrate.



Group Benefits

Sunil Pandila

As we enter 2023, we have completed six months of our current two-year agreement with Saskatchewan Blue Cross. Since July 2022, we continue to have, overall, small surpluses in our Extended Health Plan which has accumulated to about \$1.2M. Our increasing membership which currently is at 8,804, helps with the total revenue but also incurs more claims. We have been fortunate that revenues so far have exceeded claims in the Extended Health but there are much tighter margins in the Dental Plan. The Committee has observed that claims incurred are beginning to return to pre-COVID levels. While we are still not out of the COVID era, other factors are also beginning to have an impact on our plan operations.

As we begin to set our yearly household budgets, we realize the impact of inflation on the cost of goods and services. It is no different for our Plan, as we too, are being hit with higher cost of goods and services. As an example, dental fee rates went up last year and are scheduled to increase again. So while the claims are not quite back to where they used to be, the increase in the cost of these goods and services will continue to have a major impact as we proceed into 2023. Even though we are financially on track to date with a surplus, as the Plan usage gains speed, we may be looking at small Plan deficits which will balance out our gains. The Group Benefits Committee will continue to closely monitor the financial aspects of the Plan and keep the members up to date.

As travel begins to open up again, a reminder that Saskatchewan Blue Cross is now offering an option to purchase Trip Interruption, Cancellation, and Baggage Delay insurance to help cover your anticipated trip. You need to contact Saskatchewan Blue Cross to get an estimate and to purchase this additional optional coverage. Also, a reminder that if you are making a claim for travel, your receipts must have the proper detailed information to substantiate your claim.

If Plan members qualify for the Saskatchewan Seniors' Drug Plan (SSDP) they are eligible for lower premium levels. Please contact the STS Office for further information.

We continue to monitor the situation and get updates with the anticipated Federal Dental Health and Pharmacare Programs as they may affect our membership.

If you are in need of any assistance or have questions related to any aspect of our Plan, please do not hesitate to contact our STS Office. I would like to thank the Office Staff for their ongoing support for members who have questions regarding the Extended Health Plan.

Please Note:

The STS Group Benefits (Extended Health and Dental) Plan continues to utilize Saskatchewan Blue Cross as the Plan Carrier.

Governance and Handbook Review

Terri Mitchell

The Governance and Handbook Review (GAHR) Committee met via Zoom on November 8 and in-person on January 9 to continue reviewing Bylaw 3-Elections, Terms of Office and Vacancies, and Bylaw 2-Officers and Committees. At the January meeting, proposed changes to these Bylaws were approved by the Executive for presentation at the 2023 AGM. Valuable input from participants at the Chapter Presidents' Meeting informed our review of Constitution Article 1 (Name) and Constitution Article 2 (Aims). Proposed changes to these Articles were also approved by the Executive for presentation at the 2023 AGM. As we are meeting in-person for

the AGM, opportunities for Delegates to discuss the proposed changes will be part of the AGM program.

The Executive also approved updates to Guideline 8 – Access to Information and Privacy concerning the release of information. These updates will appear in the next printing of the *STS Policy Handbook*.

The Committee has covered our goals as identified for 2022-2023 except for the review of Guideline 1. The review of Guideline 1 is contingent on the passing of revised Bylaw 2 at the 2023 AGM and will be addressed when the Committee meets again in September.

Outreach Refresh!

You will have noticed from the new STS logo on this publication that 2023 represents the 50th Anniversary of the establishment of the Superannuated Teachers of Saskatchewan! One of the ways in which the 50th Anniversary will be recognized will be a refresh of the *Outreach* publication, scheduled to appear in its new format in the fall of 2023. The new format intends to utilize a greater number of articles of general interest to superannuated teachers and older adults. As we work towards the launch date of this refresh, we are seeking your assistance in the following areas:



Photography – We are seeking submission of your Saskatchewan photos made up of landmarks, scenery, or nature but no identifiable people. Attach the photo to an email addressed to sts@sts.sk.ca. If we utilize your photo we will provide you recognition!



Writing – Are you interested in being part of our bank of writers? We will be seeking original articles of interest on a variety of topics ranging from Life Transitions, Health and Wellness, Lifelong Learning, Advocacy, Environmental Responsibility and more! If you would be willing to be part of our Writers' Bank, please email us at sts@sts.sk.ca and identify your area(s) of interest!



Anecdotes – Do you have a story to tell about your involvement in the provincial STS or Chapter that would make an interesting anecdote? Please send to sts@sts.sk.ca.

Budget, Finance and Audit

Sue Amundrud

Currently our STS membership stands at 12,080 members, which is an increase of about 150 members from a year ago.

At our January meeting, there were three main items on the agenda.

We reviewed our financial statements (Operating as well as Group Benefits) for the first four months of our fiscal year. As of October 31, 2022, our net assets in the Operating Fund are \$1,825,277.07. This is down from the end of September due to payouts of Chapter rebates (total \$123,912.00). We continue to be in a healthy financial position. (For details on the Extended Health Fund, please see the report from the Group Benefits Committee, also in this issue of *Outreach*.)

Our search for an Investment Manager began in September with a search committee comprised of the President, Vice-President, Past-President and Executive Secretary, working with an external consultant. The search process was an extensive one with the goal being to ensure a good match between STS needs and the capabilities of an investment firm. The process began with a "long list" of 30 firms, which was whittled down to three firms to interview. The process reached a successful conclusion when the Executive voted to accept the search committee's recommendation of Connor, Clark and Lunn (CCL) to provide the needed investment services. Planning will begin shortly with the representatives of CCL to ensure a smooth transition of funds.

The first draft of a 2023-24 budget was examined in detail, and suggestions were provided as to potential changes. Revisions will be made, and a next draft will be reviewed in March prior to finalizing the proposal that will go to our May AGM for discussion and approval by the Delegates.

Honorary Life Membership

Gary Boechler and Don Gabel

We would like to remind STS Chapters and Members that nominations for Honorary Life Membership are due by March 1, 2023. Nomination information can be found in Guideline 4 of the *STS Policy Handbook* which is located on the STS website (www.sts.sk.ca). We would also like to remind you that the use of the newly developed selection rubric in developing your nomination information is strongly encouraged. Nomination information as well as the selection rubric are also available by contacting the STS office.

Recreation

Don Gabel and Alan Laughlin



The Recreation Committee met on January 10, 2023. The Committee brainstormed ideas for how we could get recreational activities going again since event cancellations due to COVID.

The following Events were held in 2022:

- Pickleball, Outlook & District Chapter
- Stitch 'N Quilt, Wakaw Chapter
- Kaiser, Wakaw Chapter

A big thank you to these Chapters and participants for making these events a success.

The following Events are scheduled for 2023:

- Golf, Tisdale Chapter
Dates TBD
- Mah Jongg, Regina Chapter
May 16-17
- Bowling, Regina Chapter
April 17-18

Registration forms for Bowling and Mah Jongg are available on the STS website.

Hosts are needed for the following 2023 Recreation Events:

- Bridge
- Fishing
- Cribbage
- Kaiser
- Curling
- Stitch 'N Quilt

If you have questions in regards to hosting an event contact your Recreation Chairs:

Don Gabel, Ph: 306-278-7918 or Email: gabeldon@hotmail.com

Alan Laughlin, Ph: 306-824-4535 or Email: arlaughlin@sasktel.net

2023 STS PROVINCIAL MAH JONGG TOURNAMENT

Hosted by the STS Regina Chapter

Tuesday/Wednesday, May 16 & 17, 2023 (Deadline for Registration May 9, 2023)
Hungarian Cultural & Social Club, 1925 McAra St., Regina, SK

Please print and complete all fields:

FIRST NAME _____ LAST NAME _____
 CHAPTER MEMBER? YES NO IF YES, INDICATE CHAPTER: _____
 ADDRESS _____
 CITY/TOWN _____ POSTAL CODE _____
 EMAIL _____
 PHONE _____ MJMP# _____

REGISTRATION FEE: \$35
 (includes Dinner on May 16, Lunch on May 17, Prize Money and a Gift for each participant). Make cheques payable to STS Regina Chapter.

Mail to Helen Sukovieff
26 Kerley Bay, Regina, SK S4R 7L1
or etransfer to: helens@sasktel.net

Information will be posted on the STS website and the STS Regina Chapter website. Full refund prior to **May 9, 2023**, 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.

Players are required to bring their 2023 National Mah Jongg Card with them. If you have any questions, please email the tournament director: **Linda Galenzoski**
lgalenzoski@myaccess.ca

Cash prizes will be awarded as soon as possible after the tournament is over.

2023 PROVINCIAL BOWLING

Glencairn Bolodrome, 1620 9th Avenue East, Regina, Saskatchewan
Monday/Tuesday, April 17 and 18, 2023
Registration deadline is Thursday, April 6 to allow for data entry at the bowling alley.

Entry fee is still \$70 per bowler just like pre-pandemic levels. New bowlers in their first STS Provincial Bowling event will receive a \$10 rebate. Individuals as well as teams may enter.

For information contact **Greg Lawrence at 306-536-1505 or gtlawrence@sasktel.net**.

A. Individual Registration:

NAME _____ AVERAGE _____
 PHONE _____ EMAIL _____

B. Team Registration:

TEAM NAME _____ TEAM CONTACT _____
 PHONE _____ EMAIL _____

Team Members:

NAME _____	AVERAGE _____	NAME _____	AVERAGE _____
NAME _____	AVERAGE _____	NAME _____	AVERAGE _____
NAME _____	AVERAGE _____		

Entry Fee:

Individual = \$70.00 or
Team = \$350.00
Extra Banquet Tics _____ X \$25 = _____
Extra Luncheon Tics _____ X \$15 = _____
Total Amount Due _____

Cheques payable to STS Regina Chapter or E-transfer to Helen Sukovieff at helens@sasktel.net
Send registration forms to
Liz Duncan at 2119 Coralroot Way,
Regina, S4X0A6 or dunliz@sasktel.net

Stitch 'N Quilt Retreat

Brenda Gabel, Wakaw Chapter

Wakaw Chapter hosted the 15th Superannuated Teachers of Saskatchewan (STS) Stitch 'N Quilt Retreat on September 27–29, 2022, at the Recreation Centre in Wakaw. We had 26 participants; majority were retired teachers and some friends. Participants came from all over the province – Saskatoon, Moose Jaw, Regina, Meadow Lake, Unity, North Battleford, Cochin, Prince Albert, Porcupine Plain, Mistatim, St. Louis, Warman and Kipling. One of our quilters has attended every STS quilt retreat!

A variety of skill levels were welcomed, and quilters could choose to take some of the classes offered or sew on their own projects. Ladies also brought projects for Show and Tell one evening. Congratulations to our strip poker winner, Vivianne. We were fortunate to have an onsite vendor, Michele from MaMi's Country Quilts – Duck Lake, Saskatchewan which was so helpful for picking up needed items.

Wakaw Chapter appreciated donations from quilt shops in Saskatoon, Regina, Moose Jaw, Warman and Humboldt. Local artisans and businesses also contributed items for our retreat. Thanks to President Doug Still, Recreation Chair Don Gabel, and Quilt Liaison Sue Amundrud for bringing greetings to our event. Thanks also to our Chapter workers and local Happy Stitchers quilt group for their help to make this event run smoothly.

We were delighted to host these amazing women, and encourage other Chapters to consider hosting this event so we can get together again soon!

Health Spending Account

A reminder that a Health Spending Account (HSA) was implemented for members of the Extended Health and Dental Plan on July 1, 2021. The HSA provided an allocation of \$250 for primary plan holders to utilize for a wide range of Canada Revenue Agency eligible medical expenses. These funds are available until June 30, 2023, and must be used for health expenses incurred or for Group Benefit premiums paid. Please see the STS website Frequently Asked Questions for more information at www.sts.sk.ca or call the STS Office at 306-373-3879.

Kaiser Tournament

Bill Dovell, Wakaw Chapter

The Wakaw Chapter hosted the Provincial Kaiser tournament on October 13, 2022, in Cudworth, Saskatchewan.

There were 18 participants with the majority being retired teachers.

The winners were:

Retired Teachers

Men

First	Morris Nemish	Wakaw
Second	Al Laughlin	Rabbit Lake
Third	Mel Osolinsky	Wakaw

Women

First	Marion Mutala	Saskatoon
Second	Lucille Tegenkamp	Bruno
Third	Sylvia Mardell	Prince Albert

Non-Teachers

First	Ivan Lopinski	Cudworth
Second	Ed Anderson	Saskatoon
Third	Shelley Laughlin	Rabbit Lake

A good day of competition and comradeship was had by all.

COLA

Teachers' Superannuation Plan – The Cost of Living Allowance (COLA) increase for 2023 is 5.2%. For those who began receiving payments during the 2022 calendar year, the COLA will be prorated.

Saskatchewan Teachers Retirement Plan – The January 2023 Cost of Living Adjustment (COLA) that will be applied to STRP pensions in pay with respect to pre-transition service (earned before July 1, 2015) will be 3%. The STF Executive also approved a one-year COLA to STRP pensions in pay with respect to post-transition service (earned after June 30, 2015) of 2.7%, which will also be applied in January 2023. For those who began receiving their pension payment in 2022, the COLA will be pro-rated.

Spotlight on Superannuates

Yvette Beutel

An Inspiring Musical Journey

On December 6, members and guests of the Melville Chapter who gathered for their Christmas celebration enjoyed a very special gift of harp-accordion Christmas duets performed by Yvette and Elmer Beutel. It was absolutely enchanting! Yvette, Melville Chapter President, has played piano since age six, has Grade Ten piano and decades of experience as a liturgical musician and choir director. She said, "Never, ever in my life before July 15, 2014, did I think I would play the harp, or had I loved harp music, or dreamed of playing the harp." Yvette went on to explain that on her birthday, July 15, 2014, they were enjoying supper at the 14th century Blue Anchor Inn near Cardiff Wales, and a harpist was playing in the background near their table. The harpist invited anyone who was interested to come up and try the harp. Yvette was compelled to go. As the harpist explained the organization of the strings, Yvette said she realized that the harp is piano strings on the vertical. She knew "in her core" that not only could she play the harp but that, somehow, she must.

On her return home, Yvette purchased a 34-string Lyon and Healy Ogden harp, and began lessons with Cecile Denis, harpist of the Regina (and now Saskatoon) Symphony. She reflected that she was 61 years old, and luckily could focus on the physicality and technique of the harp rather than on learning notes, rhythm and all other musical notation at the same time. She joined a harp circle in Regina where she met both beginner and experienced harpists, and by 2017 started sharing

harp music on request for groups in the community offering ambient music and laid back entertainment.



In 2018, Yvette began working with Ann Germani, a harpist in Brandon, doing two-hour lessons every few months. Initially she travelled to Brandon, but since COVID they meet monthly on Zoom. Yvette explained that Ann has "transformed" her playing with the holistic integration of relaxation, breath work with a strong emphasis on technique and making the music "her own", including improvisation.

In 2020 in the midst of the pandemic, Yvette and her husband Elmer prepared a few harp-accordion duets for the Christmas season that they have played for church and for gatherings where they entertain together. They both give much musically to their community and the surrounding area. Elmer has played accordion in dance bands for more than five decades and continues to play in groups that provide entertainment to seniors' residences in Melville and Yorkton. Yvette also continues in her role as liturgical musician (piano and leader of song) at St. Henry's Parish in Melville.

Yvette's journey from pianist to harpist that began at age 61 at the Blue Anchor Inn in Wales, is most inspiring and commendable. Those who have had the pleasure of hearing her perform with Elmer will agree that their music is divine.

STS Office Reminders

- STS Group Benefit Plan holders 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. If you live in Regina please call 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 email sts@sts.sk.ca.
- Please make sure that you are using the correct email sts@sts.sk.ca.

SASKATCHEWAN TEACHERS' FEDERATION BULLETIN

The Saskatchewan Teachers' Federation Bulletin is a quarterly magazine that features the diverse voices and perspectives of our members as well as resources to support members in their roles.

The Bulletin is available electronically in a digital magazine format that allows for an interactive reading experience that makes sharing to your social media channels easier.

Visit www.stf.sk.ca/Bulletin to subscribe.



SASKATCHEWAN
TEACHERS'
FEDERATION



Editor's Report

Joyce Hoffman

I hope everyone has had a good holiday season and enjoyed visiting with family and friends.

Winter has definitely moved in. We have had snow, wind, freezing rain, cold or freezing temperatures and days of fog. Here in Saskatchewan, we only have to wait a few days to experience something new.

Having access to *Outreach* about two weeks earlier than waiting for a paper copy can happen easily by requesting to have electronic notification of when *Outreach* is posted on the STS website (sts.sk.ca). Simply fill in the request form found in this issue, and send to the STS Office or email the STS Office at sts@sts.sk.ca

Please let other members know about happenings in your Chapter or by an individual member by submitting a report for "Superannuates Make a Difference" or "Spotlight on Superannuates". These reports can be submitted directly to the STS Office to be used when room is available in *Outreach*.

Did you know

The STS spends nearly \$50,000 per year on printing and mailing costs for *Outreach*! You can help us reduce this cost by requesting *Outreach* in an electronic format. You would receive an email when a new issue is being posted on the STS website and you can then access it at your leisure. This is a great way to help us save money, reduce paper usage and be more environmentally friendly. Please clip and send this back to us by email to sts@sts.sk.ca (you can just take a photo and email) or send by regular post.

Yes, I'd like to start receiving *Outreach* electronically!

Name: _____

Address: _____

Email: _____

STS Executive 2022-23

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Sunil Pandila, Moose Jaw Chapter

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of Saskatchewan

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