

Summer 2015 “In Touch”

Editor: Loretta Romanekwicz (allorosa@sasktel.net)



President Message – Joyce Hoffman

My perennials have started emerging from the ground, will soon develop blossoms and will hopefully bloom, so my guess is summer is almost here. This is the season we have waited for through winds and cold weather. We know now why we live in Saskatchewan.

The STS Provincial AGM was held May 12th – 14th in Saskatoon. Your seven delegates did a wonderful job representing you. A huge thank you to Nancy Baumann- Wall, Shirley Dyck, Jeanette and Leon Echert, Rosalie Flynn, Mel Friesen and Clara Leoppky. The days at the AGM went by very quickly with great sessions, great discussions on the resolutions, and the delicious meals that our delegates enjoyed. Consider being a delegate from the Swift Current Chapter next year.

Our last event before summer is our June outing, on Wednesday, June 17th. I hope to see many of you on the bus. The first stop will be the Berry Barn. There is always a treat waiting to happen. Then it is off to the Red Barn Playhouse. The play “Quilters” should be outstanding, as the playhouse always is able to put out wonderful performances. I hope you have contacted Loretta, to reserve a seat on the bus and at the play.

I would like to extend a huge thank you to Loretta Romanekwicz and Shirley Dyck for stepping forward and planning another outing for our chapter. You always do such a great job of it.

Upcoming June Provincial STS Events:

- Fishing Derby at Thompson Lake on June 21.
- Golf Tournament at Elmwood Golf Course in Swift Current on June 22 & 23

For both of these events, check out the STS Provincial Website or the Outreach where you should find the application forms.

A big thank you to Beryl and Carson Robinson, for heading the STS Provincial Golf Tournament committee, as well as, their committee members. It is always great to see a STS Provincial Event in Swift Current.

We will soon be taking a break during July and August. Our next meeting will be on September 8th when we celebrate “To Heck with the Bell” at the Chinook Golf Course and

Restaurant. Jim Bobick will coordinate the golf tournament and I will be asking for numbers for breakfast.

I would like to thank you for the support; you have given me this year. I wish you all a wonderful safe summer and will see you at the "To Heck with the Bell" breakfast and golf tournament.

Sincerely Joyce Hoffman



Treasurer Report – Rosalie Flynn

FINANCIAL STATEMENT OF THE SWIFT CURRENT CHAPTER March 17, 2015 – May 16, 2015

		Account Balance
CHECKING ACCOUNT - March 17		\$1518.73
RECEIPTS		
Spring Fling Revenue	680.	
Helen McGovern (2015-16 STS Membership fee)	30.00	
Interest (March, April)	.10	
Total Deposits	710.10	2228.83
EXPENDITURES		
Joyce Hoffman - Door Prizes for Spring Fling	7.70	
Meals for Spring Fling Presenters	60.00	
Wymark School – projector rental	40.00	
Modern Restaurant – Spring Fling Buffet	678.51	
Gratuities for Spring Fling	30.00	
In Touch Spring Issue – Loretta Romankewicz	227.50	
AGM Mileage – Leon Echert	116.00	
AGM Mileage – Clara Loeppky	116.00	
AGM Mileage – Rosalie Flynn	116.00	
AGM Mileage – Nancy Baumann Wall	136.00	
Total Expenditures	1527.71	701.12
High Interest Savings Account – March 17		\$6344.18
RECEIPTS		
Interest (March, April)	8.81	
Total Deposits	8.81	6352.99

2015 STS AGM Delegates' Reports

Interest Session: “Travel Tips for Everyone”

Submitted by: Rosalie Flynn

All Inclusive Vacations Tips

- Read online reviews (Trip Advisor) regarding the resort before booking your holiday.
- Leave your passport in your hotel safe and carry a copy of your passport.
- Most resorts use bottle water, however, the lettuce in the salads maybe washed with local water. So don't eat the lettuce!
- If your All Inclusive package doesn't include the airport departure tax make sure you have correct currency and amount for your flight home.

Condo/Timeshare/Vacation Ownership Tips

- Before purchasing, take a holiday at the resort.
- One can get a better deal by purchasing a Timeshare from a 'Resale company in the United States' rather than directly from the resort.

Cruising Tips

- “Princess Cruise lines’ offers something for everyone and is suitable for our age group.
- Look for the best prices. The presenter suggested ‘Vacations to GO in Texas.’
- When booking a Stateroom, book under ‘run of the ship’ this allows you free upgrades when a cruise isn't sold out.
- It is cheaper to book your air flights separate from your cruise.
- Fly in a day before your cruise to allow for fly delays or cancellations.
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Interest Session: “Choosing a Financial Advisor” or “Taking Control of Life's Financial Journey”

Submitted by: Mel Friesen

Presented by Judy Sokoloski (Certified Financial Planner/TCU Wealth Management)

- An informative and valuable presentation in which discussions related to issues of life transitions, downsizing, retirement lifestyle, and financial considerations and planning.
- Highly recommended to seek the advice of a financial planner well ahead of life transitions, as well as on a continual basis a each stage of your life.
- A financial advisor with a “CFP” (Certified Financial Planner) designation is recommended.
- Eight questions that you should ask your financial planner:
 1. What are your qualifications?
 2. What experience do you have?
 3. What services do you offer?
 4. What is your approach to financial planning?
 5. Will you be the only person working with me?
 6. How will I be paying (and what are the rates) for your services?
 7. Who, besides me, benefits from your recommendations?
 8. Are you regulated by an organization?

**** The financial planner merely provides advice, the final decisions are yours to make. ****

Interest Session: “Creating Attractive Gardens”

Submitted by: Leon Eckert

Presented by: Bill and May Meger

A hobby for gardens, patio, balcony, acreage, cottage, yard, grounds....

- Containers come in all shapes, sizes and materials to enhance the garden space.
- Plants come in all shapes, sizes and colours too. Consider climate zones before purchasing.
- Draw a map of your yard. Where is the sun, shade and where your neighbor's trees, fences and wind direction are.
- What's your personality? English garden, pond and marsh, rock and dry, antiques, vegetables, your mood.
- What time do you want to spend? Move your plants around for better visual presentation.
- Use books, magazines, friends, greenhouses for inspiration.
- Welcome from living room window – see birds, clouds and weather – colours
- Plant in odd numbers (3, 5 groups)
- All pots need good drainage – roots rot if sitting in water.
- Use good soil

Interest Session: “Retirement and Health”

Submitted by: Jeanette Eckert

- Very informative and motivational session
- Stressing: Live strong – live long.
- Art of aging occurs slowly
- Four main areas stressed are:

Nutrition: Carefully check food labels; more than three ingredients (be alert)

VHT – preservative used in cereal, jet fuel and rubber ingredient.

Visit the grocery store more often in order to eat fresh.

If it doesn't rot in two days, don't eat it 99% of problem is in the kitchen.

Exercise: To control Stress; it's important, as well for weight loss, to slow the onset of Alzheimer's and to keep strength and mobility; get Omega 3's.

Mobility: is lost over time; move everyday; yoga is the best mobility exercise. Seven minute workouts per day preferably upon waking in the morning.

Strength: we lose 10% every decade if we don't do something about it; just walking is not enough; maintaining strength is a progression; weight training slows disability, strength leads to independence (important in later life) aim for general conditioning; **when it gets easy – do more!**

Suggested reading: ‘*Younger Next Year*’ by Chris Crowley and Henry S. Lodge MD
(Separate version for men and for women)

Interest Session: “On-line Systems and Book Clubs”

Submitted by: Nancy Baumann- Wall

Ann Foster and Erin Romanyshyn from the Saskatoon Public Libraries gave a very informative presentation on getting books from the libraries on tablets and smart phones. They showed us how to browse to get books that would interest each individual as well as movies and music. There were a few things that were only available in Saskatoon and Regina but they were pretty sure we could get most books through the Swift Current Library as well. The 3M Cloud Library is only available in

Saskatoon but 'library 2 go' is available for anyone with a library card. They talked about the 'Book Club in a Bag' program. This program is set up to help book clubs select books as well as providing discussion guide and reviews of the book. Biographical information about the authors is part of the package. "Book Club in a Bag" is available for one who lives outside of Saskatoon providing you pick it up at a Saskatoon library. (They don't mail or ship 'Book Club in a Bag' out)

Elections of the STS Provincial Executive for 2015-16

Submitted by: Clara Leoppky

President: Doug Haroldson (Maple Creek)

Vice President: Maxine Stinka (Canora)

ACER CART Rep: Fred Herron (STS Office)

Provincial Councilors: Don Gabel (Wakaw), Joyce Hoffman (Swift Current),
Mike Kaminski (Inver), Pandila Sunil (Moose Jaw),
Helen Sukovieff (Regina)

Members at Large: Judy Buzowsky (Weyburn), Jan Isinger (Saskatoon),
Allan Laughlin (Rabbit Lake), Roger Marchand (Gravelbourg)
Kate McCorriston (Nipawin), Anna Wehrkamp (Carrot River)
Calvin Bachmeier (Leader)

Honorary Membership Awards

Submitted by: Clara Leoppky

Honorary Membership awards were given out to three distinguished Superannuates for their roles past and present in their STS Chapters as well as in their communities. They are: Audrey Blais (Battlefords and District Chapter), Orest Machushek (Yorkton Chapter), Nestor Trach (Humbolt and District Chapter)

The McDowell Foundation would like to thank Gaylene Turner from Swift Current for her donation of a framed oil painting for their raffle at the AGM. Winner: Fred Herron.

Elections of the Swift Current Chapter for 2015 -16

President: Joyce Hoffman

Vice President: Gail Wesolowski

Secretary: Nancy Baumann – Wall

Treasure: Rosalie Flynn

Activities Coordinator: Jim Bobick (2015) Clara Loeppky (2016)

In Touch Editor: Loretta Romankewicz

Welfare: Loretta Romankewicz

Phoning Committee: Jeanette Eckert, JoAnn Heeg-Williams, Loretta Romankewicz,
Gwen Uher,

Chapter Award Committee: Shirley Dyck, Leon Eckert, Loretta Romankewicz

Nomination Committee: T.B.D

Happy Birthday wishes to all of you celebrating birthdays in June, July and August !

Individual's birthdays are posted under the Events Page.

Sincere condolences to the family and friends of Brian Ward, Paul Rezansoff and Joan Smith and to all who have lost someone near and dear to them. Warm get well wishes to those who are dealing with health issues.

Congratulations to the new Superannuates!

Karen Pederson (Wheatland)
Colleen Roberts (SCCHS)
Norine Torwalt Downey (Gull Lake)
Richard Dahl (Shaunavon Public)
Patricia Dyck Bunkosky (Wymark)
Lewis Bevan (MCCHS)
Debbie Nelson (Central)
Gaylene Little (All Saints)
Darlene Miller (Central)

Cindy Glenn- Schultz (Leader)
Ethelwyn Dzuba (Student Services)
Jackie Cameraon (CEC)
Gaylene Senft (MCCHS)
Patti Shannon (Hazlet)
Cynthia Rogers (Leader, Sidney Street)
Donna Bryck Beach (Herbert)
Charlene Hayes (Waldeck)
Kim Blackmier (Ashley)

We hope to see our new retirees at the “Heck with the Bell” breakfast and golf tournament on September 8th, 2015.

PICKLEBALL

The Swift Current Pickleball/Tennis Club has officially opened their 2015 season at the Southside Tennis courts.

When: Monday and Wednesday from 4 p.m. to 5:30 p.m. (weather permitting)

Cost: There is no cost to join! The City of Swift Current has purchased racquets and balls for the club to use.

Beginner players are always welcome.

For information contact: John Foster 306 773-8754 or Phil Hall 306 773-5869