



Welcome Summer! Here's where the action is!

- Where?* The Chinook Golf Course
- What?* **STS** 9-Hole Golf Tournament (rescheduled from last September)
- When?* Tuesday, June 14th, 2016
- Who?* Superannuates and Spouses

Golf Particulars:

First tee time: 2:00 pm

Cost: Members: \$5.00 registration

Non-Members : \$5.00 + adult green fees (26.00) or + Senior
green fees (24.00); Cart fee: 14.00 (optional)

Confirm with Clara Loeppky 306-773-4876 or E-mail claraloeppky@sasktel.net
by June 1/16 Individually or as a foursome. Golf prizes will be handed out after
supper. Golfers MUST register for supper with Joyce Hoffman by June 1st.

Supper Particulars:

Time : 6 pm

Food: BBQ chicken breast/ baked potato/2 salads/ dessert/ coffee or tea

Cost: \$15.00

Confirm with Joyce Hoffman 306-773-2453 or e-mail jdthoffman@sasktel.net
by June 1/16.

Summer "In Touch" Vol. 28 No. 4 2016

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With the lovely warm weather and pleasant temperatures, we are all waiting for the summer rains. My flowerbeds and lawn are definitely in need of a shower or two. Unfortunately we also could have storm systems passing through, but here is hoping they stay away.

Pickle ball, sponsored by your chapter was an opportunity for many of your fellow superannuates and yourself to learn a new sport. Even our Provincial STS President, Doug Haroldson, attended a session to play and learn the rules of the game. I hope you came out to several sessions. A big thank you goes to Rosalie Flynn for her hard work and planning to allow many of us to learn this game.

The Spring Fling was a great success. Carol Moen did an awesome job of presenting Gord and her trip to South Africa and Tanzania. It was nice to see the animals in their native environments through their series of pictures. We left wanting to add South Africa and Tanzania to our “bucket list”

of locations to visit.

On April 22, 2016, superannuates, spouses, and friends boarded an Excel bus bound for Medicine Hat. The Medalta pottery factory was our first stop for a tour of the factory. Following our tour, we stopped for shopping at the mall. We then ate an amazing meal before seeing *The Drowsy Chaperone* performance. Time seemed to pass quickly and once again we boarded the bus for home. Everyone was thrilled with the adventure. The Swift Current chapter wants to thank Clara Loeppky for planning and organizing this trip to Medicine Hat.

The AGM was held in Saskatoon on May 10-12, 2016. It was attended by your delegates—Nancy Baumann Wall, Clara Loeppky, Shirley Dyck, Idella Harder, Gail Wesolowski, Jeanette Eckert and Leon Eckert. They represented Swift Current Chapter at all the sessions. Their reports were presented at the May meeting and high lights can be found in the “In Touch” and the entire reports on the website.

Our rescheduled September

Golf Tournament will be held on June 14th at the Chinook Golf Club. Please enter the golf by contacting Clara Loeppky—either by phone or email. Supper for the golfers and our association members will be held after the golf. To be included in the supper, contact myself, Joyce Hoffman either by email or phone. We will need accurate numbers for the supper.

We will take off the summer months, July and August, but will again have our “To Heck with the Bell” on September 1, 2016. We will again have a breakfast brunch and golf. Please mark it on your calendar. More information will be in the next “In Touch”, or will be found on our website: scchapter.ca (use google to access). While there, check out the pictures and information about past and future events.

Thank you for your support and encouragement you have given me this year. Have a safe and enjoyable summer and we hope to see you at all our planned events in the next year.

Joyce Hoffman
President,
Swift Current Chapter of ST

Spring Fling 2016

The annual Spring Fling was held on April 14, 2016 at Wong's Kitchen Banquet Room. There were 44 superannuates and guests that attended to enjoy a Chinese Smorg and "armchair" travel with Carol Moen.

The presentation by Carol Moen, one of our Swift Current Chapter members, was breathtaking. She spoke of the travels that she and Gord, her husband, had done through South Africa and Tanzania. The slides, taken by her husband, Gord, depicted the wild life they saw, as well as the surrounding area through which they travelled. She was also fortunate to be able to visit a few schools. The time passed very quickly and left all members wanting to see this area in person.

We would like to thank Carol for sharing their wonderful vacation with us.

Joyce Hoffman



Medicine Hat
Outing
April 22, 2016

It was a sunny and bright day when Superannuates and friends boarded an Excel Bus Lines bus bound for Medicine Hat at the Pioneer Coop Wheatland Mall parking lot. The bus departed at 11:00 am and went on to pick up passengers in Gull Lake and Maple Creek.

The first tour was the Medalta Pottery Factory. It had opened in 1912 and closed in 1954. In that time span it was the leader in processing and making pottery in Canada. Medalta provided tableware for all the major railroad hotels. It also played an important role in the production

of pottery and ceramics during the war years. The Medalta Pottery Factory is part of a National Historic District found in the Historical Clay District of Medicine Hat. Medalta houses a Museum, Artists in Residence, Art Exhibition and a Gift Shop.

The tour went on to the Medicine Hat Mall for a cup of tea and a bit of shopping. The next stop was to Whiskey Creek Pub for a delicious roast beef supper.

At 7:00 pm the doors to the Medicine Hat Musical Theatre opened. The participants walked across the street to watch the production of "The Drowsy Chaperon". It was funny, witty and very enjoyable.

Following the performance, the 54 Superannuates and friends headed for home a bit poorer from shopping but excited about their excursion to Medicine Hat. The day was filled with fun and adventure.

A big "Thank-You" goes out to Joyce Hoffman for being our entertainment on the bus!

Clara Loeppky,
Recreation Director

Pickleball

SC Chapter STS hosted pickle ball at the Colonel Clifton Center for six sessions throughout March and April. Teachers came out and learned how to play under the tutelage of Rosalie Flynn. Once the rules were understood and the skills were practiced the game took on a whole new meaning! It was fun and invigorating, as well as, a time well spent visiting with fellow colleagues and friends.

Clara Loeppky, Rec Director

Cops! Forgive the Freudian slip in the Spring "In Touch". When I used the word 'chalkful', it should have been spelled 'chockful'. LAR

"Those who cannot change their minds cannot change anything." - George Bernard Shaw

The Swift Current STS Executive 2016-2017

President: Joyce Hoffman

Vice President: Gail Wesolowski

Secretary: Nancy Baumann Wall

Treasurer: Rosalie Flynn

Recreation Director: Clara Loeppky

Editor: Loretta Romankewicz

Nomination Committee: Shirley Dyck



STS

AGM

Entertainment
Report

Following the opening addresses, the four piece band, **SoL** played for our enjoyment. The band made up of 4 retired teachers, consisted of 3 guitars, a keyboard and electronic drums. They played rock music from the 50's and 60's. A social followed with food, beverage, and networking.

Wednesday evening the choir, **Eclipse**, sang for us. A many voice group, accompanied on piano, sang a variety of rock music from the 50's and 60's.

Vice President, Gail Wesolowski



STS SC CHAPTER
TREASURER'S REPORT
MAR. 2ND - MAY 18^T, 2016
Rosalie Flynn, Treasurer

Happy Birthday!

CHEQUING ACCOUNT – March 2 **1093.38**

RECEIPTS

Spring Fling	860.00	
Spring Bus Trip	5700.00	
Transfer from High Interest	2000.00	
50/50 tickets – May meeting	7.50	
Interest (March and April)	<u>.46</u>	
TOTAL DEPOSITS	8567.96	9661.34

EXPENDITURES

Innovation CU – Cheques ordered	43.81	
D. Marchand – trip refund (2)	200.00	
City – 4 pickleball sessions	120.00	
Musical Theatre Tickets (55)	732.50	
Stamps/envelopes for Summer In Touch	168.91	
Wong's Spring Fling Buffet (44)	779.49	
Pottery Tour Fee	412.50	
Whiskey Cr. Buffet supper	1518.00	
Wymark Sch. Projector Rental	40.00	
Excel Bus lines (Med. Hat trip)	1575.00	
C. Loeppky AGM Mileage & Supper	120.00	
L & J. Eckert Mileage & supper	140.00	
G. Wesolowski Mileage & supper	120.00	
N. Baumann Wall Mileage & supper	140.00	
Shirley Dyck Mileage and supper	70.00	
Idella Harder supper	20.00	
R. Flynn Sympathy cards	<u>11.00</u>	
TOTAL EXPENDITURES	7211.21	2450.13
HIGH INTEREST SAVINGS - Mar. 1		7035.18
Interest (Mar. and Apr.)	(+)	5.97 7041.15
TRANSFER TO CHEQUING	(-)	2000.00 <u>5041.15</u>

Nancy Baumann-Wall	06	June
David Niessen	06	June
Janet Little	07	June
Fred Heese	08	June
Joyce Hoffman	11	June
Pearl Rudolph	11	June
Donna Lock	12	June
Gail Wesolowski	15	June
Shirley Brennan	16	June
Helen McGovern	16	June
Mel Friesen	17	June
Gail Giesbrecht	19	June
Janice Duncan	19	June
Mary Mudry	19	June
Sharon Litowski	21	June
Betty Thompson	21	June
Marg Sillerud	22	June
Jean Pearson	23	June
Vic Klymyshyn	25	June
Dan Siebert	27	June
Zoria Shumay	29	June
Eileen Hartman	01	July
Gloria Jacobsen	01	July
Al Sigurdson	01	July
Margaret Monk	11	July
Eileen Diehl	13	July
Clara Loeppky	19	July
Al Romankewicz	23	July
Shirley Quintin	24	July
Leona Peters	27	July
Dianne Miller	28	July
Eileen Yake	28	July
Phil Koethler	29	July
Lubie Bobick	30	July
Gayleen Turner	06	Aug
Vic Friesen	07	Aug
Arnold Janz	08	Aug
Jim Bobick	10	Aug
Donna Gillespie	12	Aug
Henry Fehr	13	Aug
Sandra Glover	21	Aug
Ross Orth	21	Aug
David Stewardson	21	Aug
Ron Toles	21	Aug
Rick Oleksiak	27	Aug
Denys Stubbins	29	Aug
Elayne Olson	31	Aug
Sue Waker	31	Aug

(Please, send me your birthday. Loretta)

Reports of the Delegates from the Provincial AGM:

1. Nancy Baumann Wall: Nominations

Past President – Doug Haroldson

President – Maxine Stinka

Vice-President – Sunil Pandila

Councillors – Joyce Hoffman, Mike Kaminski
Alan Laughlin, Helen Sukovieff
Don Gabel

Members at Large – Calvin Bachmeier, Laurie Dube
Jane Isinger, Roger Marchand,
Anna Wehrkamp, Susan Amundrud
Doreen Rathgeber

Interest Session: **Yoga**

Nichole Golden gave an interesting introduction to Yoga. She had us do flowing yoga, restorative postures and a few Yin postures. None of the exercises was too hard for any of us to do and you did feel restored after the session.

2. Shirley Dyck : Financial Position

Fred began his presentation with a review of the financial position of the STS. The STS is in a strong financial position.. Revenues are up and expenditures are down . The Executive is proposing a budget with a predicted surplus for 2016 of \$56,000.00 with no fee increase. Fred presented information for discussion regarding the STS Operation Fund, the Contingency Fund and the Extended Health Plan Fund. We reviewed the complete Financial statement with time to ask questions.

Fred then reported recent and upcoming changes in the STS Benefit Plan.

1. Coverage for paramedical services increased from \$350.00 to \$500.00 per person per calendar year effective January 1, 2016.

2. Effective July 1, 2016, eye examinations coverage will increase from \$100.00 to \$125.00 per person every two calendar years.

Two additional eye exams within the same two calendar year period to a reimbursement of \$125.00 per exam provided the eye exam (s) are deemed medically necessary. A physician's referral is required.

3. Effective July 1, 2016, coverage for glasses increases from \$150.00 to \$250.00 per person every two calendar years.

4. Effective July 1, 2016, coverage for Hearing Aids/Cochlear Implants increases from \$600.00 to \$750.00 per person every three years.

5. Effective July 1, 2016, dental coverage for major restorative procedures increases from 50% to a maximum of \$1200.00 per person per calendar year to 60% to a maximum of \$1500.00 per person per calendar year.

RETIREMENT AND HEALTH - Blaine Mackie

This was a continuation of last year's presentation of why we need to eat well, why we need to move and why we need to keep strong. Poor food choices can result in diabetes, obesity, hypertension, heart disease, stroke and potentially cancer.

Cancer- several types such as bladder, colon, breast can be linked to poor dietary habits.

Stroke - plaque builds up in your blood as a result of foods high in salt, fat, and cholesterol.

High cholesterol and heart disease - saturated fat is the main culprit..

If you do not improve your diet and improve your physical activity you are at a higher risk of increased bad cholesterol in the blood stream and this leads to increased risk of heart attack.

Sources of saturated fats are pizza, cheese, processed food, and high fat dairy products.

Good fats include olive oil, peanuts, salmon, seeds and avocados.

Hypertension known as high blood pressure is often called the "silent killer", but remains undetected and thus untreated until damage to the body has been done. Causes of high blood pressure are too much junk food, fried food, salt, sugar, and dairy products. Obesity is defined as having a BMI , body mass index, of 30 or more.

Diabetes - Blaine discussed the difference in Type 1 and Type 11 diabetes. Diabetes is the result of poor nutrition, overweight, inactivity, and family history.

By the year 2030 more than 30 million Americans will have diabetes. This is 71% higher than in 2000.

Remaining active in life is important or your body will start to shut down. Less activity leads to decrease in blood flow. This can result in injury in areas like your lower back and development of arthritis. This results in joint replacement. . Stiffness causes aging, trauma and stress. So it is important to eat well, keep mobile and remain strong.

You've got to stay positive. For example, the other day I fell down the stairs... instead of getting upset I just thought, 'Wow, that's the fastest I've moved in years.' -- Author Unknown

3. Clara Loeppky: Raised Bed Gardening

Raised beds require a lot less attention and work than a traditional garden space. You have to have access to water and picking the occasional weed that will grow. Always pick an area where the garden bed will receive a minimum of 6-8 hours of sunshine.

Next you have to decide on what size height and which material you will use to build it. You should be able to reach all parts from the edge of the bed as you sit and weed.

If you are building on a cement pad make sure you put gravel as its base.

If you are building on the ground, line the bottom with chicken wire to prevent small rodents from burrowing in. Raised beds can be built from wood, stone, brick, or cinder blocks.

Some have used treated wood but there is a drawback. Whatever the boards are treated with can be taken up by the roots of the plants. This may be unhealthy so line the beds with a heavy plastic.

You can plant almost all vegetables in a raised bed.

Use good quality potting mix and compost. When you add soil leave the edges of the bed a bit lower so when watering the water doesn't run out.

When seeding a raised bed, you can plant a lot closer together as you don't have to walk in it to weed, water or pick. Always remember to top the beds at the beginning of each season.

When seeding your bed, the general rule is to take into account how big the plants will be when they mature. Rule of thumb the plants should barely touch each other.

When planting cucumber, squash, or pumpkin they should be planted around the edge so they can trail down the sides. Put the tallest plants like the tomatoes, on the north end of the bed so as not to shade the rest of the bed.

When your bed is all planted, give it a good watering. Water early in the morning if possible and water from below as this prevents many diseases.

Add a few flowers to your garden, using flowers and herbs that look pretty as well as some that will repel insects.

This session was presented by Vicky Berg (Early's Farm and Garden Centre)

4. Idella Harder: Honorary Life Membership

The people honoured this year, at the 2016 AGM Banquet, were Velma Gerrard from Okanagan Valley Chapter, Bill Meger from Saskatoon Chapter and Mel Osolinsky from Wakaw Chapter. All these deserving individuals have been active in their chapters, communities and STS for several years.

I changed my password to 'incorrect' so whenever I forget what it is, the computer will say 'your password is incorrect.'"

Tourism Saskatchewan

Presenters, Rose Le Calvez and Lorraine Zerr, used power point to show us some of Saskatchewan's most popular destinations, hidden treasures, parks, and events. Saskatchewan has much to offer. Venture out and enjoy some of them.

Leon and Jeanette Eckert attended the Resolutions session and encourage you to check their deposition in the next "Outreach"

All my life I thought air was free, until I bought a bag of chips."

Swift Current STS Chapter Well Represented

The Women's World Curling Championship was held in Swift Current from March 18 -27. The volunteers from the Swift Current STS Chapter totaled 25, out of the 519 volunteers. Several members of our association took on leadership roles at the games. These include the following:

Dave Spencer (Vice Chair Hosting)

Peggy Drinkle (Co-Director of Lounges)

Rosalie Flynn (Co-Director of Lounges)

Colleen McBean (Co-Director of Information Services)

Marilyn Szakacs (Co-Director of Information Services)

Lorna Spencer (Director of Ceremonies)

Gwen Uher (Director of Banquets)

The Swift Current Chapter Executive would like to thank you all for the dedication and commitment that was exhibited volunteering—whether in a leadership role or in another position at the games because every position was important for the success of the games. I know you were needed to show the World what a great job could be done here in Swift Current.

Sincere **sympathy** to the family and friends of **George Richert** and to the family and friends of **Anne Friesen** as both passed away in this quarter. Our condolences as well to others who have lost a loved one.

Sincere **Congratulations** to **Jean Allen** who has been named the Honorary Parade Marshall for the 2016 Frontier Days Parade.

Sincere **Get Well Wishes** to any of you who are struggling with health problems. We wish you a speedy return to health. **Enjoy the summer!**

