

In Touch

with the Swift Current Chapter of



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SUMMER, 2019

Loretta Romankewicz Ed.

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Happiness is letting go of what you think your life is supposed to look like and celebrating it for everything that it is.

President's Report May 2019

The weather has certainly improved. The sun is shining and the weather is perfect for being outside. Now we patiently wait for rain showers to germinate the seeds in both the fields and in our yards. Rain showers would be a welcome event.

After our winter break, the Spring Fling was the opening event on April 18, 2019, with a delicious Chinese supper at Wong's Kitchen and an informative presentation by our guest speakers — Dawn and Jim Rogowski. Dawn spoke about how they have and still are researching their family trees, and how we could all get started looking into our own genealogy. Jim shared many slides of their findings in their genealogical search. A big thank you to Jim and Dawn Rogowski for being so willing to share their own search with us. I now have something else I would like to add to my "bucket list" of things I should do.

The Provincial STS AGM was held in Saskatoon from May 13 to May 15, 2019. Swift Current Chapter was well represented by Gail Wesolowski, Nancy Baumann Wall, Shirley Dyck, Idella Harder, Patti Gatzke, Wally Derkash and Mel Friesen. They did a wonderful job representing you at the meetings—thank you!!!

Following the Provincial STS AGM, each delegate shared their experiences at the May meeting at the Modern Family Restaurant Banquet Room, on May 23, 2019. At this meeting, your new executive for 2019-2020 was also elected. They are as follows: President- Gail Wesolowski; Vice President- (to be determined in September); Treasurer- Mel Friesen Secretary- Nancy Baumann Wall; Recreation- Cindy Glenn Schultz and Patti Gatzke Communication- Rosalie Flynn; In Touch Editor- Loretta Romankewicz; Website- Jim Spencer; Nominations chair- (to be determined in September)

Chapter Awards Committee- Leon Eckert, Shirley Dyck, Loretta Romankewicz Congratulations to all who have allowed their names to stand for the Swift Current STS Chapter executive. Every organization needs a strong leadership team and you will have that going forward with your new executive next year. Please consider letting your name stand in the positions still available.

The Swift Current STS Chapter has their year end trip planned for June 27, 2019. Patti Gatzke has done a lot of work organizing this adventure to the Saskatoon area. A big thank you goes to Patti for giving of her time and planning this adventure for you. I hope you have purchased your ticket and seat on the bus to join other STS members. We want to fill the bus, so consider bringing a friend or another family member. More information can be found on our website, scchapter.ca, or by contacting Patti at 306-773-6464, to be included in this trip. You don't want to miss out.

This will be my final President's message to you since I have sold my house in Swift Current and I have moved to Regina. I want to thank you for your support and encouragement over the past several years. I also want to wish your incoming President, Gail Wesolowski, and her new executive, all the best in the new year. I know you are in good hands.

Joyce Hoffman

STS President, Swift Current Chapter

STS / SC CHAPTER FINANCIALS for the March 16 to May 17 / 2019 Period (Mel Friesen, Treasurer)	
OPERATING ACCOUNT (March 16)	
Receipts:	
Interest (March/April)	0.13
"Spring Fling"(April)	520.00
Total Receipts:	\$520.13
Expenditures:	
"Spring Fling"(April)	693.20
"InTouch"(stamps/envelopes/copying)	162.28
Total Expenditures:	\$855.48
*OPERATING ACCOUNT (May 17)	\$1 239.81
MEMBER REWARDS (March 16)	\$10.89
No Activity this Period	
*MEMBER REWARDS (May 17)	\$10.89
SAVINGS ACCOUNT (March 16)	\$7 219.37
Interest(March/April)	13.03
*SAVINGS ACCOUNT (May 17)	\$7 232.40
*TOTAL FINANCIAL ASSETS (May 17)	\$8 483.10
EVENT SUBSIDIZED BY SC CHAPTER	Amount
"Spring Fling" (April)	\$173.20

Congratulations on Your Retirement! *June 2019*

- | | |
|----------------------|---------------|
| 1. Brenda Garthus, | Burstall |
| 2. Jody Wittig, | Burstall |
| 3. Dan Kerslake, | CEC |
| 4. Sharon Mayall, | CEC |
| 5. Jan Pogorzelec, | CEC |
| 6. Deb Linklater, | Centennial |
| 7. Dean Schmitz, | Fox Valley |
| 8. June Evenson, | Frontier |
| 9. Leslie Tivas, | Sand Lake |
| 10. Jill Sulz, | Sidney Street |
| 11. Harv Martinez, | Waldeck |
| 12. Marv Parschauer, | Waldeck |
| 13. Werner Mueller, | Webb |

"True teachers are those who use themselves as bridges over which they invite their students to cross; then, having facilitated their crossing, joyfully collapse, encouraging them to create their own."

Welcome to the June Outing!

Who? Superannuates, Family & Friends

When? June 27, 2019

Where? The Barn Playhouse

Why? To see "Ed's Garage", a delightful comedy about Ed who not only fixes cars, but also fixes people problems.

Cost? \$100.00 (Includes lunch at the Western Development Museum but does not include supper at the Barn Playhouse.)

Make cheque payable to STS SC Chapter

CONTACT: Patti Gatzke Phone: 306-773-6464

Text: 306-741- 5093

email: pgbaba@gmail.com

ITINERARY

9:00 a.m. Depart from the Co-op Parking Lot

Tour & Lunch at the Western Development Museum (Lunch will be Soup and Sandwich. Lunch is included in your admission fee to the museum)

3:00 p.m. Depart for Lawson Heights Mall, for Retail Therapy and/or Coffee

5:00 p.m. Depart for THE BARN PLAYHOUSE. The Playhouse's yard has food booths, live music, craft barn and horse-drawn wagon rides.

7:30 p.m. " Ed's Garage" This charming comedy is filled with lots of laughter. Ed runs the local garage in a small farming community. He is a jack-of-all- trades and can fix just about anything, including people.

1:00 a.m. Arrive back to the Co-op Parking Lot

WE NEED 40 PEOPLE TO FILL THE BUS. PLEASE JOIN US!!

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SINCERE SYMPATHY TO: the family and friends of **Rea Kleim**; to **Jim Ginther** on the loss of his mother, and to **Marita Salberg** on the loss of her husband. God bless and comfort you.

HEARTY GET WELL WISHES to all who are suffering with health challenges at home or in the hospital. We wish you a speedy and complete recovery and a healthy and happy summer.

STS AGM INTEREST SESSION REPORTS

The Impact of Influenza on Seniors

Presenters: Gary Lam, Jason Lee

Submitted by Mel Friesen

Reviewed the data of the expanded burden of influenza infections and complications in seniors;

Discussed challenges when immunizing persons 65 years or older;

Discussed influenza options;

Overwhelming evidence of positive aspects of vaccination: vaccine **will not** give you the flu.

Ask your pharmacist or see www.immunize.ca to learn about types of vaccine suitable for you.

Resolutions 2019

Submitted by Gail Wesolowski

Resolutions are listed in the last issue of Outreach, please review. Most resolutions were passed, the resolutions defeated are:

A6. Be it resolved that the STS investigate extending travel coverage from 65 days per trip to 93 days per trip.

B2 Be it resolved that the STS urge the STF to negotiate changes to the Teachers' Group Insurance Plan to increase coverage from 85 to 90 years of age.

D5 was referred to the STS executive for further study and revision

STS Financials and Benefits

Submitted by Nancy Baumann-Wall

Fred Herron went over the proposed budget as well as the financial statement. He gave a quick review of the STS Extended Health and Dental Plan. The plan is back on track after the deficit last year. He talked about the different benefit plans similar to ours and how they compared to ours. They had a few more benefits but their premiums were higher. He also talked about the move and renovations of the STS office that were planned for the upcoming year. The STF will pay for the moving expenses and the STS will be responsible for any new furniture that is needed.

" Just in Case File"

Presenter: Karen Tzupa

Submitted by Wally Derkach

The "Just in Case" binder was developed by Harold Empey at a time when he was suffering from some serious health issues, and it was intended to gather together all your pertinent information in one spot to act as a guide to all the things that need to be addressed should you become ill or when you pass away. This would be an excellent resource for persons who may be called to act on your behalf as Power of Attorney, Executor, or health care proxy. Karen reviewed this from a financial planner's perspective.

Forward in Motion

Submitted by Idella Harder

The focus of this session was on the benefits of Physical Activities for the Brain. We participated in some fun and challenging brain games and were also encouraged to include these along with regular walking in our physical activity routine. Research has shown that physical activity may help prevent or delay onset of dementia.

Diabetes

Presenter: Luke Boechler

Submitted by Patti Gatzke

Luke Boechler, a pharmacist and diabetic researcher, stressed the importance of being aware of diabetes:

Type 1-autoimmune: The pancreas produces too little insulin or not at all.

Type 2 -develops after the age of 40. When the body isn't able to use its insulin properly or is not producing enough.

Cause: the system that controls the amount of glucose in your blood isn't working. If the glucose can't get into the cells of the body it builds up on the blood vessels. When the blood glucose level stays high over a long-term it can lead to complications like damage to your eyes (leading to blindness), lower limb amputation, and, or kidney failure. Narrowing and blockage in the arteries could result in heart attack, leg problems, and strokes.

What Can We Do? 1) Lose weight 2) Engage in physical activity 3. New drugs are available 4). Increase fibre content in your nutrition

Please write to your MLA to implement a provincial standard of care for students with type 1 diabetes.

Please see the Outreach and our website for the names of the new provincial executive.

The Honorary Life recipients were Calvin Bachmeier. Elaine Broughten, Doug Haroldson, and Robert Wuschenny

Happy Birthday!

June Buhr	05 June
Nancy Baumann-Wall	06 June
David Niessen	06 June
Janet Little	08 June
Joyce Hoffman	11 June
Donna Lock	12 June
Gail Wesolowski	15 June
Shirley Brennan	16 June
Helen McGovern	16 June
Mel Friesen	17 June
Jan Duncan	19 June
Gail Giesbrecht	19 June
Mary Mudry	19 June
Dorlas Bratvold	20 June
Sharon Litowski	21 June
Betty Thompson	21 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
Paulette Bradley	11 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
Phil Koethler	29 July
Lubie Bobick	30 July
Gayleen Turner	06 Aug
Vic Friesen	07 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
Elayne Olson	31 Aug
Sue Waker	31 Aug

(Is your birthday missing? Tell Loretta)

"Tip your server. Return your shopping cart. Pick up a piece of trash. Hold the door for the person behind you. Let someone into your lane. Small acts can have a ripple effect. That's how we change the world."

We all need a backbone, a wish bone and a funny bone.

STS SC CHAPTER EXECUTIVE 2019-2020

PRESIDENT	Gail Wesolowski
PAST PRESIDENT	Joyce Hoffman
VICE PRESIDENT	T.B.A.
SECRETARY	Nancy Baumann Wall
TREASURER	Mel Friesen
ACTIVITIES (co-chairs)	Patti Gatzke, Cindy Glenn-Schultz
COMMUNICATIONS CHAIR	Rosalie Flynn
"IN TOUCH" EDITOR	Loretta Romankewicz
WEBSITE ADMINISTRATOR	Jim Spencer
NOMINATIONS CHAIR	T.B.A.
AWARDS COMMITTEE	Leon Eckert, Shirley Dyck, Loretta Romankewicz
Submitted by Nominations Chair	Shirley Dyck

Fun and Challenging Brain Games

(Thanks, Idella)

Mouth exercise : Open your mouth as wide as you can and say:"AEIOU and sometimes Y."

1. Eye exercise: Look the following ways for 3-5 seconds, without moving your head:
Forward Right Left Down Up
2. Pat you head and rub your stomach: Place one hand on top of your head and the other hand on your stomach. The hand on your head will pat your head; the hand on your stomach will rub your stomach. Do both of these actions at the same time.
3. Hand and Feet Circles: In a seated position, put both your feet in the air in front of you. Start to make circles with your ankles inward. When you have this down, continue to do the ankle circles and then with your arms in front of you rotate your wrists in an outward direction.
4. Circles and #6; In a seated position, place your right foot off the ground and make a clock wise circle. Raise your right hand and draw the #6 in the air in front of you.

