

School Matters!



Attend Today, Achieve Tomorrow

Welcome to the Summer 2024 issue, of IN TOUCH, the newsletter of the SWIFT CURRENT CHAPTER OF SUPERANNUATES OF SASK.

THE PRESIDENT'S REPORT May 2024

Spring is moving quickly to summer. The birds are back, yards are shaping up and flowers are blooming amidst the lush green grass. Our Chapter has been gearing up with activities as well.

The Spring Fling Thursday, April 11 was set up in the beautiful location of Willow Creek Dining Room and kitchen. The delights demonstrated and cooked up were amazing. Doug Lam was our chef and everything tasted great. Thanks to Gwen and Jim for organizing this event.

Six of us attended the **Provincial AGM in Saskatoon May 7, 8 and 9**. The main focus was resolutions, nominations and elections. Thank you to Wally Derkach and Dianne Knippshild for being alternate delegates on short notice. There is a change in executive as follows: Doug Still is Past President and councillor; the new President is Sue Amundrud from Melfort with Vice President Terri Mitchell from Yorkton. Owen Sebastian from Shaunavon is a Councillor and our liaison. The rest of the executive and resolutions can be checked out on the STS website. A late resolution was passed to donate \$100,000 to the STF contingency fund to support the STF with contract negotiations.

We joined with the City Truth and Reconciliation Committee to bring Better Blood to the Siskisa Nation. This is a musical drama written and performed by the teacher Deanne Bertsch, her drama students from Strathmore School, and elders from the Siskisa Nation; It was well received by all present. Those of you that didn't attend really missed something. The

Wednesday performance was for grade 7 & 8 students in the city and surrounding area. The students were also amazed by the performance.

HAPPY SUMMER BIRTHDAYS

Brenda Neufeld	04 Mar
Eileen Hartman	01 July
Al Sigurdson	01 July
Margaret Monk	11 July
Marilyn King	23 July
Leona Peters	27 July
Jacque Siemens	27 July
Russ Siemens	27 July
Dianne Miller	28 July
Phil Koethler	30 July
Lubie Bobick	30 July
Gayleen Turner	30 July
Vic Friesen	07 Aug
Jim Bobick	10 Aug
Donna Gillespie	12 Aug
Carol Toles	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
Bob Daintree	02 Sept
Beryl Robinson	02 Sept
Diane Sired	02 Sept
Ardelle Gorman	05 Sept
Carson Robinson	05 Sept
Marie Sommerfeld	08 Sept
Maxine Olmsted	14 Sept
Penny Edwards	18 Sept
Joyce Engen	20 Sept
Margaret Fehr	20 Sept
Darlene Patterson	21 Sept
Greg Brososky	25 Sept
Jackie Cameron	30 Sept

Thursday, May 16 we had our Chapter AGM at Casey's restaurant. After a delicious Chinese

lunch, we attended to Chapter business. Financially we are in good shape. There is one change on executive; Teresa Gibbens is our new secretary. Very SPECIAL THANKS TO NANCY BAUMANN WALL FOR SERVICES RENDERED OVER THE PAST 10 YEARS . We are always looking for people to join our executive; If you are interested please let us know.

Thursday, May 30, we are going on our spring outing to Eastend. We are meeting at the Co-op parking lot west of the service station. AFTER cars and passengers ARE ARRANGED we will head to Eastend at 9:30. First stop is the T-Rex centre, then to art studios, shops, museum and lunch in town. The day concludes with dinner at The Harvest in Shaunavon. I do hope you can join us.

That concludes the spring activities until **To Hell with the Bell at Chinook Golf Course on Wednesday, September 4.** I look forward to starting a new year.

Gail Wesolowski , President of the SC CHAPTER

Executive for 2024-25

President-Gail Wesolowski

Vice President- Idella Harder

Secretary- Teresa Gibbens

Treasurer- Gwen Uher

Events co-ordinator- Patti Gatzke and Cindy Glen-Schultz

Communication –Lorne Uher

Website coordinator- Jim Spencer

In Touch Editor- Loretta Romankewicz

Constitution- Wally Derkach, Constance More, and Gail

Truth and Reconciliation committee- Gwen Uher, Constance More and Gail

Wellbeing and cards- Loretta Romankewicz

Each of the delegates are to report on 1 of the special interest session at the AGM. Mine is Blue Cross.

Blue Cross Information Session

The executive has negotiated in the contract starting July 4, 2024 the following

1.To increase the Prescription Drugs maximum benefit from 2,200.00 to 2,500.00 per person per year.

2. Create a new Vaccine Benefit with a 500.00 annual maximum(80%)

3. Create a new paramedical practitioner benefit with a 500.00 maximum(80%)

4. Add Psychotherapist to the Psychology/Social Worker /Counsellor practitioner benefit to a maximum of 500.00.

5. Add Myofascial Release Treatment within the Massage Therapy practitioner to a maximum of 500.00.

Executive will be negotiating a new Blue Cross Contract starting July 2025. Just to let you know, due to an increase in inflation, premiums will rise in the new contract. I would like to thank the executive for all their work in managing and negotiating our Blue Cross plan to give us maximum benefits and keeping premiums as low as possible.

OUR GRIEF CORNER:

GOD BLESS VERNA LYNN AND FAMILY AND FRIENDS ON THE PASSING OF HER HUSBAND, **DR. JERRY KNIPFEL.**

GOD BLESS NADIA AND FAMILY AND FRIENDS ON THE PASSING OF HER HUSBAND, **GREGORY SMITH.**

GOD BLESS SHARON, her SONS AND FRIENDS ON THE PASSING OF HER HUSBAND **HAROLD LIICK,**

MAY YOU BE COMFORTED BY ALL YOUR GOOD MEMORIES.

WE WISH TO EXTEND, AS WELL, BEST WISHES TO ALL who are ill AT HOME OR IN THE HOSPITAL. Please recover quickly and enjoy a wonderful summer.

Please make special note of the Blue Cross Information provided by Gail. If you have questions, call the STS in Saskatoon.

SC Chapter STS Financial Report		
2024-02-16 to 2024-05-23		
Submitted by STS Treasurer, Gwen Uher		
ACCOUNT	STARTING BALANCE	ENDING BALANCE
Assets		
Cash on Hand	\$0.00	\$0.00
Chequing	\$1,636.02	\$781.94
Member Rewards	\$22.25	\$22.25
Outstanding cheques	-\$17.75	-\$451.55
Savings	\$12,863.79	\$12,920.82
Total Assets	\$14,504.31	\$13,273.46
Income		
Interest Income	\$57.24	
April Programming Ticket Sales	\$225.00	
April Programming Liquor Sales	\$85.00	
STS Funding (Convention Travel \$756 and Membership Rebate \$8)	\$764.00	
Total Income	\$1,131.24	
Expenses		
Door prize	\$23.00	
Postage & Delivery	\$165.65	
April Programming	\$628.00	
Teacher Support (coffee and cookies)	\$181.64	
Truth and Reconciliation Musical Sponsorship	\$500.00	
Convention Travel	\$863.80	
Total Expenses	\$2,362.09	

- Romance – They set up a relationship and then scam you for money.
- Family emergency - They call pretending to be a family member who needs help, bail, money, etc.
- Investment- Often involves cryptocurrency, but not always.
- Financial rewards - “You have won a prize, contest, trip, etc but need to send them money to claim it.

If you suspect anything like this is being perpetrated on you, call the police and check it out.

Flags that you are being scammed:

- If they ask you for personal information.
- If you ask questions and they hang up.
- If the call is unsolicited, for example from your bank. Call the company and check it out.
- If you are asked to keep the call a secret, especially from your family.
- If it is an urgent plea for help.
- If they give you a script to repeat or call and say.
- If they say they are “reconnecting”.
- If they try to exploit fear or greed.
- If it seems too good to be true.

If you are at all suspicious, if they are aggressive or evasive, hang up and report the call.

Forever in Motion

The presenters for Forever in Motion were Linda Bachiu and Kereen Lazurko. Forever in Motion was started in 2002 by the former Saskatoon Health Region as a way to make physical opportunities available for older adults.

Classes are lead by volunteers who have taken the Forever... In Motion leader training.

Linda and Kereen did a few exercises with us. They explained ways of getting our heart rate up. They also did a few exercises to help improve our balance and work on our core strength and concluded with cooling down exercises.

There are many health benefits resulting from the classes. The main one being able to live independently and self reliant at home.

We thank all that were part of the Interest Sessions and wish them well.

REPORTS from the INTEREST SESSIONS

WALLY DERKACH: THE SESSION INDICATED THAT NEW RETIREES RECEIVE HELP TO ADJUST TO A NEW LIFE

Computer Scams

Fraud occurs when money is obtained by trickery. There are 5 main types

- Microsoft technology - where they freeze your computer.