



Annual Convention

June 14th and 15th, 2023
Heritage Inn, Saskatoon

Thanks to our SSAI Convention 2023 Sponsors:



Special thanks to Aspen Films for their technical expertise
and for their in-kind discount for this event.



Thanks to everyone who contributed to the silent auction, including:



Building community.

Passionately making a difference in our communities.

Being an active member of our communities is an essential part of who we are, and Building Community is one of our core values. We're proud to be a leader in corporate social responsibility, investing meaningfully in Saskatchewan communities through our time, finances, resources, energy, and spirit to help advance the places we call home.

Giving back in meaningful ways.

Our social purpose is centered around creating purposeful impact and serving community needs. This philosophy guides our Community Investment program, and its three main areas of focus are:



HEALTH LITERACY

We strategically focus on partnerships and programs that advance health literacy in Saskatchewan to deliver lasting positive impact. We're developing health literacy-empowering community partnerships supporting:

- Newcomers and new Canadians
- The actively aging
- Indigenous populations
- Youth & educators



COMMUNITY HEALTH & WELLBEING

For charitable organizations who are advancing the overall health and wellbeing of Saskatchewan residents, Saskatchewan Blue Cross is here to help by providing support and funds.

We invest in Community Health & Wellbeing partnerships with a focus on:

- Health services
- Volunteerism



DIVERSITY & INCLUSION

Saskatchewan Blue Cross stands with organizations that honour diversity and inclusion and foster an inclusive, equitable and accessible community where everyone can feel valued, respected and supported, while having the freedom and protection to be who they are, free of discrimination, harassment, and violence.

Committed to our communities.

We're committed to investing meaningfully in Saskatchewan when and where our communities need it most - through strategic partnerships that focus on wellness and prevention, health literacy, community development, youth and education. Here's a snapshot of our dedication to our province.



\$170M
recirculated yearly
into our local
economy



139
SK communities
supported in
2022



9 new
health literacy
partnerships
created in 2022

Saskatchewan Seniors Association Inc.

2023 Convention – Heritage Inn, Saskatoon

***Please Silence Your Mobile Phone**



TIME	WEDNESDAY, JUNE 14, 2023
8:30-10:00	REGISTRATION - coffee
10:00	Welcome and opening remarks; Learn more about SSAI *Cheryl de Villiers, Director Marketing & External Affairs, Saskatchewan Blue Cross
	Getting to know you and your seniors club; SSAI Special Report
11:00	Darian Kotchorek, Registered Dietician – Vitality Nutrition
12:00 - 1:00	Lunch; 50/50 draw
1:00	Bill Brooks – Creative Workplace Consultant and Process Coach
2:00	Roger MachPherson – Better Business Bureau
3:00	Dr. Brian Donbrook D.C. – Fall Prevention
4:00	AGM reports; Resolutions; 50/50 draw
6:00	Banquet Entertainment/Music/Dance

TIME	THURSDAY, JUNE 15, 2023
8:00	coffee
9:00	Trish McAuliffe – National Pensioners Federation (NPF)
10:00	Ken Roy – Connected Canadians
11:00	Shan Landry – Saskatchewan Seniors Mechanism (SSM)
12:00 - 1:00	Lunch – Silent Auction ends; 50/50 draw; Raffle Ticket draw
1:00	Martha Robbins – Treaty Land Sharing Network
2:00	Lung Saskatchewan – programs/services, Long COVID website
3:00	Election of officers, Swearing in of officers
	Adjourn Convention
4:00	Meeting for SSAI Executive, Directors, and Coordinators

Senior Citizens' and Pensioners' Prayer

Our Heavenly Father, we come to Thee and ask that Thou will guide and direct us in this, our meeting.

Grant O Lord, that all our decisions may be made with good judgement and with fairness to all concerned.

Dispel any dissension or discord that might arise, and if we are the minority give us wisdom and courage to accept it gracefully.

Grant, that we may have the initiative and will work together for the good of our Club and our community.

Help us to give a kindly word and friendly smile to those less fortunate than we, and may we never be hasty in judgement and always forgiving, seeing our own faults before seeing the faults of others.

Bless all our Seniors Citizens and Pensioners throughout this great land, heal the sick, watch over the lonely and give rest to the weary and heavy laden.

We thank Thee, Lord, for the health, the strength and privilege of being able to meet here and work together for the betterment of mankind.

All these things we ask in Thy Name,

Amen.

Written by: Linden M. Crowdis



As we gather here today, we acknowledge we are on Treaty 6 Territory and the Homeland of the Métis.

We pay our respect to the First Nations and Métis ancestors of this place and reaffirm our relationship with one another.

Thanks to our Supporters:



*Older
Adults
Moving
Forward*



SSAI would also like to acknowledge the support of Saskatchewan Seniors Mechanism and the Saskatchewan Lottery Trust Fund for SSAI Outreach to Seniors. Some of their funding pays for the quarterly distribution of the SSAI newsletter in Gray Matters, for printing and postage expenses, and costs associated with providing livestream and recordings of this event.

Darian Kotchorek

VITALITY NUTRITION

Darian began working with Vitality Nutrition in 2017 as a nutrition student, and continued on to join the team full time as a Registered Dietitian after completing her Bachelor of Science in Nutrition at the University of Saskatchewan in 2020.



Her love for science and nutrition started early on after seeing the impact nutrition could have on overall health and performance in her athletic endeavours. She currently supports clients one on one navigating all areas of health but holds specific interest in sports nutrition and digestive health!

Outside her role as an RD, Darian can be found coaching at a local CrossFit gym (CrossFit Onefifty), spending time outdoors and walking by the river, or exploring the food scene trying new places to eat here in YXE!

Bill Brooks

Dr. Bill Brooks, throughout his 40 year career, has led and managed research and development teams, implementation teams and small organizations in fields ranging from space research, scientific instrumentation development and educational programing supporting for Science, Technology, Engineering and Mathematics. Bill was responsible for the creation and direction of a science centre in Saskatoon, has written a number of scholarly articles associated with Space and Microgravity Science, and holds a patent for a component of a breakthrough industrial instrument.



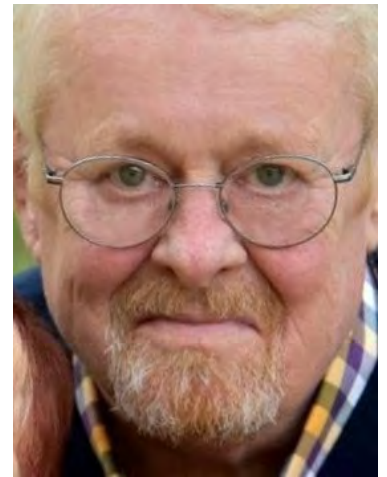
He was awarded Industry Canada's national Michael Smith Award for Science Promotion in 1997 and was named an Educator of Distinction by the Saskatoon Preschool Foundation in 2006. Bill currently is the owner of eclecticthink, a corporate development company focusing on improving individual and organizational innovation, creativity, and problem solving capabilities through presentations, coaching and workshop/seminar facilitation.

Bill was recognized as the Greater Saskatoon Chamber of Commerce Member of the Year in 2011, where he has served as both a Board and Committee Member and is the past Chair of the Future Opportunities Committee. Bill is also an alumnus (Class of 2003) and long-time volunteer with Leadership Saskatoon, where he has generously shared his skills and expertise as a board member, mentor and facilitator for over 10 years. In 2019 Bill received the Don Ravis, Leadership Saskatoon Alumni Award.

Roger MacPherson

MANAGER OF BUSINESS DEVELOPMENT

BETTER BUSINESS BUREAU OF SASKATCHEWAN



Roger has spent nearly 50 years working within western Canada. In Saskatchewan, he specialized in sales, sales management and marketing activities for a diverse mixture organizations including a 2 ½ year assignment overseas in eastern Europe working for a joint public/private sector trade development company known as Agdevco with its European offices in Vienna Austria. In this role Roger helped Saskatchewan and Canadian businesses form productive partnerships with East European counterparts.

Roger has served as GSM for both multi-franchise and stand-alone automobile dealers. He has also served several years as VP of operations for a Regina-based memorial manufacturing firm with offices across western Canada. During his career Roger has traveled extensively throughout our province as well as Alberta and BC, establishing many valued connections along the way.

Roger grew up in several provinces from the east coast to Alberta, as an 'RCMP brat' but his Saskatchewan roots run deep as his mother's family farm near Melfort was a regular summer destination that never changed and always felt like he was returning home every year.

Roger was recently appointed Business Development Manager for the Better Business Bureau serving Saskatchewan. He strongly believes in the mandate and purpose of the BBB and wants more people to learn about the invaluable function that the BBB performs. Roger strongly advocates for the foundational principles that the BBB is built upon and sees its function as critical in today's business environment. He believes that 100 years after it was established, the services provided by the BBB continue to be more relevant and needed as they have ever been.

Dr. Brian Donbrook D.C.

DR. OF CHIROPRACTIC BIO.

Graduated from the Canadian Memorial Chiropractic College (CMCC) 1965. In private practice in Regina until retirement in 2012.

Worked on almost every committee of the Chiropractic Association of Sask. (CAS) at some time, including being President of CAS. I headed the senior fall prevention program for several years prior to retirement. I represented the CAS at CCA, and CMCC. I set and mark examinations for licensure in CCA and CAS.

Extra-curricular involvement includes teaching or leading various fitness activities including heavy hands (walking with dumbbell weights), using walking poles, senior weight lifting exercises (light dumbbell weights) and various other fitness activities. Service activities include involvement with our children's sports and music activities. Was an active member of Kinsman and now an active Shriner, including being Past Potentate and past Hospital Chairman whose responsibility was to organize sending children to the Shrine Hospitals for specialized care.



Dyana Moroz – Dyana has been involved in musical entertainment for much of her life, singing with her mother as a child and studying voice and theory from Royal Academy of Music. Taking ballroom/latin dance classes and then performed at the Opening for the 1989 Jeux Canada Games. Dyana was part of a singing duo performing at dance halls and private venues throughout Saskatchewan for approximately ten years. Dyana auditioned and performed at Telemiracle 2023 and has taught dance lessons and sang for Toonie Tuesdays at Danceland, Manitou Beach for the last three summer seasons and will continue this year. She now sings for various venues and would like to focus on dance halls, Senior venues, and facilities that specialize in making a positive difference in those with health challenges. We hope you enjoy her performance. God Bless!

Dennis Struk – Dennis Struk's earliest recollections are of being raised, with six brothers and sisters, in a two room shack in northern Saskatchewan. There was no running water, no modern conveniences, but there was an old record player and Hank Williams Senior became a life-long inspiration. At age six, Dennis received his first guitar and by twelve, he was barn-storming across the prairies with an old time dance band. At age 15, he left home and worked in the Alberta oil patch for four years before heading to Winnipeg to pursue his career. Dennis formed a group called the Majestics and was scheduled to perform on the CBC television show, 'Don Messer's Jubilee.' That show was never recorded. Messer, who had become a great Canadian legend, passed on before the band's television debut. For two years, Dennis played back-up with Marg Osbourn, who also appeared on the Don Messer Show. And he played for Bob Regan and Lucille Starr, who penned a tune called "The French Song". These days, Dennis is kept occupied promoting two newly released cassettes – "Coming Back" and "At It Again". He tours Canada from coast to coast and throughout North America, meeting friends both new and old. "I am not a stranger, just a friend you haven't met," says Dennis. "I thank everyone for your support and kind consideration."

Millie Strueby – I have been playing in a dance band since the 70s and did some travelling around Saskatchewan. But since my husband and I bought Danceland in 2001 our 7-piece band has been the house band at Danceland and in the last several years have been playing with this group for the "toonie night" on Tuesday in the summer months (family variety night).

Trish McAuliffe
President
NATIONAL PENSIONERS FEDERATION



Trish retired from General Motors in 2013, following a 30-year career that included 14 years in Union Leadership and as a classroom facilitator of Worker Education Programs with expertise in Human Rights Training. Since retirement Trish has run twice for Federal office and is a devout champion of Social Justice.

As a pragmatic social housing advocate Trish was invited to join the executive board and later President of Oshawa's Non-Profit Seniors Housing, Parkview Place.

As a devoted member of the Congress of Union Retirees of Canada, (CURC) she led the formation of the South Central Ontario Area Chapter and lent her skills and expertise to the development and facilitation of 'Pre-retirement Courses' and 'How to Lobby Workshops' for their members.

As a proud supporter of public health care and a long-standing member of the Canadian Health Coalition Trish was recently invited to sit on the Board of representatives of the Ontario Health Coalition.

Trish held three terms of office in her workplace retired workers chapter before she was introduced to the National Pensioners Federation.

Trish was elected to NPF at the 2018 Convention and has held leadership as President to the present day.

Community awards include:

CAW Windsor Women's Network Award Recipient "Break the Silence"
Ontario Health Coalition "Daniel Benedict Award"
UNIFOR Local 222 – "Woman of Recognition Award"
Congress of Union Retirees of Canada "Recognition Award"

Ken Roy, General Manager

CONNECTED CANADIANS

Connected Canadians is a federally registered non-profit organization that provides technology training and support to Canadian seniors, fostering digital literacy skills and reducing isolation and loneliness.

Through partnerships with senior communities and other senior serving organizations, we provide remote one-on-one training sessions, volunteer training and workshops.



Connected Canadians has onboarded over 250 volunteers who speak over 20 languages which allows them to work side-by-side (remotely) with older adults and seniors to tackle various technology-related goals, learn new skills, or accomplish any learning objectives at their own pace with a strong focus on patience, empathy, and connection. This mentorship also provides companionship to older adults who are often isolated and without the necessary digital literacy skills to connect to family, friends, and community.

Ken oversees the Connected Canadians team, ensuring that the internal team is fully supported so that they can best serve Connected Canadians' clients. He also engages with Connected Canadians' partners, maintaining healthy relationships and ensuring the smooth delivery of workshops and other services designed to boost digital literacy. Besides his leadership roles, Ken also volunteers his time to provide technology mentorship to Connected Canadians clients. He draws on more than 10 years of experience in the hospitality industry to deliver the highest level of service in any role he undertakes. Ken graduated from Carleton University with a Bachelor of Commerce and is a passionate musician and DJ in his free time.



Connected Canadians

Shan Landray

Board Member of the SASKATCHEWAN SENIOR'S MECHANISM

Shan Landray is an active older adult who enjoys contributing to her community through volunteering and contract work.

Throughout her long career in health care, first as a social worker and then as a senior administrator in the Saskatoon Health Region she has worked towards promoting the basic determinants of health and connecting traditional health care services to a wider role in improving community wellbeing. In her role as Vice President of Community Services in the Saskatoon Health Region for many years she was responsible for most of the non-acute community health services.

Since 2012, Shan has worked as a contract community developer and a volunteer with health and various community organizations and has served on many community, and non -profit boards including the Saskatoon Council on Aging, the Saskatchewan Senior's Mechanism, Saskatoon Crisis Intervention Service and the Prairie Hospice Society. Over the last year Shan has been a founding member of the Saskatchewan Long-Term-Care Network a collaboration of researchers, clinicians and family representatives working to learn, improve and promote opportunities for change in long term care within the province.

Shan is a committed advocate for community development and change and enjoys working alongside those who want to share life experiences, promote innovation or champion new perspectives of our world.



*Older
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Website: <https://skseniorsmechanism.ca>

Phone: (306) 359-9956

Address: #112 - 2001 Cornwall Street
Regina, SK S4R 3X9

Martha Robbins

TREATY LAND SHARING NETWORK

Martha has been one of the coordinators of the Treaty Land Sharing Network since its inception in 2018. She grew up on a mixed organic farm in Treaty 6 territory, at Laura, SK and has a background in farm politics and social movements through her work with the National Farmers Union. She is currently working on a PhD in International Development (Political Ecology) from the International Institute of Social Studies in The Hague, The Netherlands. She lives in Saskatoon with her partner and two children.



The Treaty Land Sharing Network is a group of farmers, ranchers, and other landholders who have come together to begin the crucial work of honouring Treaties. In the spirit of sharing the land, we welcome First Nations and Métis people to access the land that we farm to practice their way of life. We are committed to implementing the Treaty relationship, engaging in ongoing learning together as we practice being Treaty people, and establishing a different way forward for rural Saskatchewan.



Treaty Land Sharing Network

Lung Saskatchewan

Deborah Kies, Director of Marketing & Development with Lung Saskatchewan

Dave Parkalub, Manager of Community Engagement Manager with Lung Saskatchewan



Deborah Kies and Dave Parkalub bring over 30 years to the not-for-profit sector in both Development and Marketing. They are both known for engaging the community and have a proven track record of delivering exceptional fund development results and exceeding donor relations.

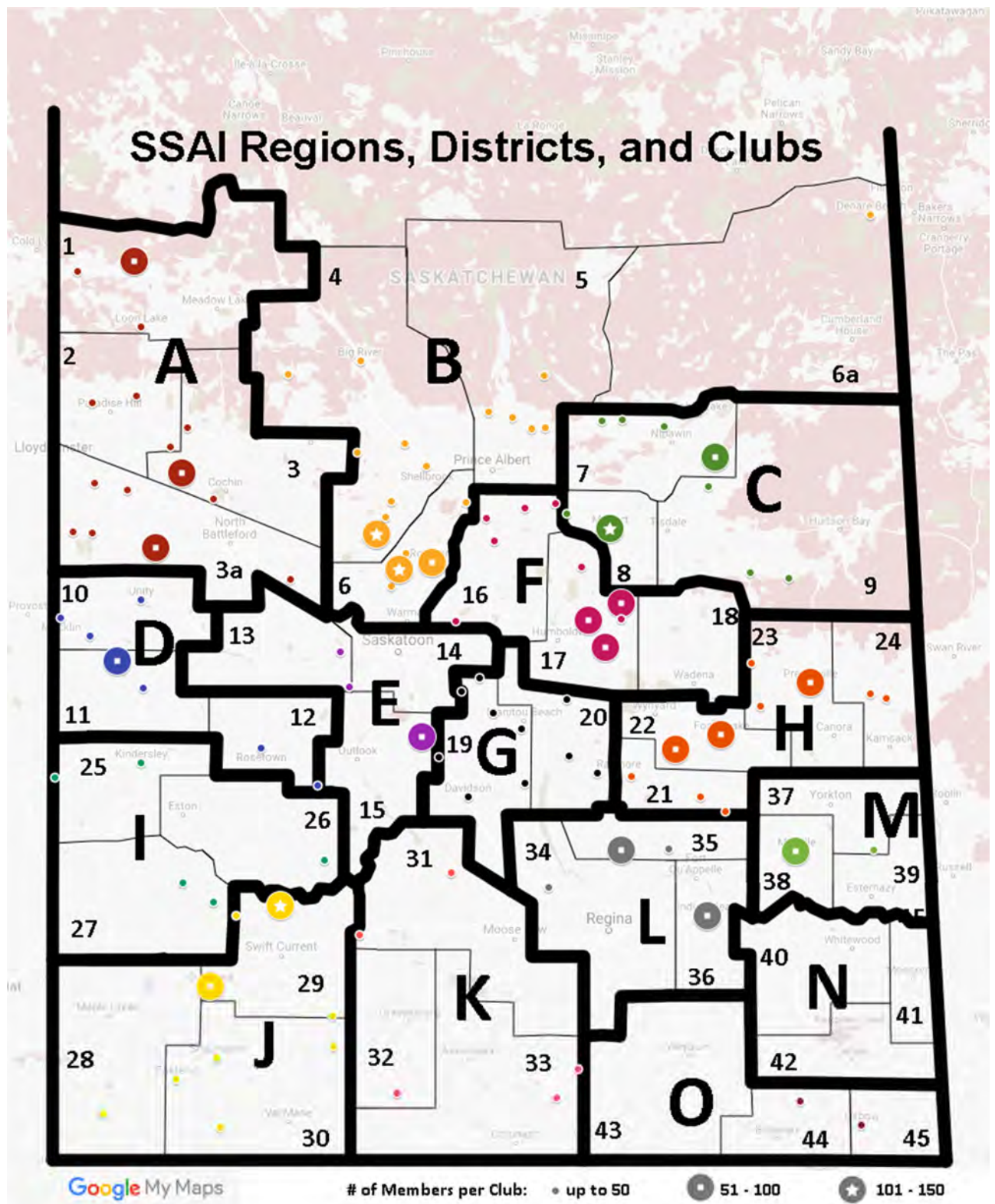
While not all staff at Lung Saskatchewan have lung disease, both Deborah and Dave do. This brings an extra level of passion and dedication for lung health. Both Deborah and Dave are strong advocates for those that struggle to breathe each day by building and maintaining relationships with donors, stakeholders, and the community.

At Lung Saskatchewan we work to deliver on our mission: to improve lung health one breath at a time. Our commitment to improving lung health in Saskatchewan began in 1911 during the tuberculosis epidemic that swept across the province and Canada. Today, we continue to fight for the 1 in 5 people in Canada affected by lung diseases such as asthma, chronic obstructive pulmonary disease, pulmonary fibrosis, lung cancer, and now COVID-19.

Thanks to our work, Saskatchewan has seen tremendous strides in lung health education, research, health promotion, and advocacy. It is through these four priorities we are able to offer best-in-class, timely, and relevant opportunities to all of our stakeholders.

At Lung Saskatchewan we are committed to investing in lung health research happening in Saskatchewan, and we work to advance lung health priorities at the municipal, provincial, and federal level. Our programs and services focus on protecting lung health, preventing lung disease, and ensuring that the resources are available for people who need them.





We acknowledge that the land currently known as the Province of Saskatchewan is comprised of portions of lands from Treaties 2, 4, 5, 6, 8 and 10, the territories of the Nêhiyawak, Anihşināpēk, Dene, Dakota, Lakota and Nakota nations, and the homeland of the Métis.

SSAI Membership – as of June 5th, 2023:

71 Clubs are currently in 'Good Standing'
2,554 club members + 11 Individuals

52 Clubs have paid membership fees since April 1, 2023

5 Clubs have paid membership fees between Jan 1 - May 31, 2023

14 Clubs have paid membership fees June 1, 2022 – Dec 31, 2022

7 Clubs have reported closures

32 Clubs have not renewed membership

last payment	Club #	Club Name	Region	District	# members
02-Jun-23	120	Goodsoil Silver Threads Sr. Citizens	A	1	42
15-Mar-23	52	Loon Lake Seniors Inc	A	1	37
02-Jun-23	28	Pierceland Senior Citizens	A	1	30
09-May-23	76	Frenchman Butte Senior Citizens	A	2	20
16-Aug-19	108	Lashburn Senior Citizens Club	A	2	19
05-Jun-23	361	Livelong Lakesiders Seniors	A	2	25
09-May-23	336	Marsden Golden Age Group Inc	A	2	20
11-Apr-22	142	Mervin Merrymakers	A	2	32
27-May-23	148	Neilburg SSAI	A	2	24
11-May-22	70	Cut Knife SSAI	A	3	43
02-Jun-23	49	Edam 49Érs	A	3	62
16-Jun-22	213	Maidstone Sr Citizens Drop In	A	3	18
24-Jun-22	214	Maymont Seniors' Hall	A	3	21
03-May-23	134	Meota Do Drop In Inc	A	3	45
18-May-23	64	Big River Seniors Assoc. Inc	B	4	29
28-May-23	81	Blaine Lake Seniors Centre	B	4	94
21-Apr-23	80	Canwood Senior Citizens	B	4	34
08-Feb-23	58	Chitek Lake Sunshine Group	B	4	29
24-Apr-19	69	Leask Happy Home Steaders	B	4	52
03-May-23	305	Marcelin Senior Citizens	B	4	32
09-May-23	95	Shell Lake Senior Citizens	B	4	48
27-May-23	68	Shellbrook Senior Citizens Co-op Club	B	4	50
12-Sep-22	441	Candle Lake Seniors	B	5	47
25-May-20	60	Christopher Lake Pine Tree Heritage Club	B	5	15
22-Mar-21	458	Meath Park Seniors	B	5	30
20-Dec-20	457	Paddockwood Senior Citizens Club	B	5	8
24-Apr-20	354	Weirdale Senior Citizens Club	B	5	35
09-Mar-22	602	Hepburn Golden Age Centre	B	6	21
25-May-22	321	La+A118D1:D39+A118+D1+D2:D39	B	6	29
10-Apr-23	172	MacDowall Seniors Club	B	6	17

02-Jun-23	713	Rosthern Senior Citizens	B	6	46
07-Nov-22	103	Waldheim New Horizons	B	6	76
02-Jun-23	450	Denare Beach New Horizons Club Inc	B	6A	37
09-May-23	33	Carrot River Seniors	C	7	43
03-May-23	15	Choiceland Sr Citizens Club	C	7	21
		Nipawin Seniors	C	7	
		Snowden Pensioners & Senior Citizens Assoc.	C	7	15
15-May-23	144		C	7	15
27-May-23	12	White Fox Senior Citizens	C	7	24
27-May-23	319	Kinistino 1/2 Century Club	C	8	79
01-Mar-23	341	Melfort Senior Citizens Club	C	8	78
09-May-23	40	Arborfield sunset Lodge	C	9	28
27-May-19	284	Porcupine Plain Sunset Club	C	9	42
22-Mar-22	258	Weekes Golden Age Club	C	9	45
03-May-23	442	Denzil Seniors Club	D	10	35
17-Nov-21	333	Macklin & District New Horizons	D	10	37
24-Apr-23	255	Unity New Horizons Assoc.,	D	10	60
03-May-23	35	Kerrobert SSAI	D	11	46
22-May-20	106	Luseland Pioneer Club Inc	D	11	62
01-Feb-23	101	Dinsmore Gaiety Group	D	12	34
03-May-23	162	Harris - Tessier New Horizons Centre Inc	D	12	8
22-Oct-19	504	Rosetown Senior Citizens Program Inc	D	12	34
02-Jun-23	201	Asquith Better Life Recreation Assoc	E	13	34
09-May-23	287	Delisle Senior Citizens Club	E	13	37
03-May-23	309	Hanley Senior Citizens Inc.	E	15	52
16-Jun-22	147	Annaheim New Horizons Club	F	16	72
19-May-22		Birch Hills Seniors Club	F	16	99
21-Apr-23	289	Domremy Golden Age Club	F	16	37
27-May-23	150	Vonda Golden Age	F	16	39
07-Jun-22	259	Weldon Silver Tone Club Inc.,	F	16	42
04-May-23	476	Englefeld Good Neighbors Club	F	17	33
06-Apr-22	468	LeRoy Seniors	F	17	24
02-Jun-23	221	Naicam Sr. Citizens Assoc	F	17	62
21-Apr-23	139	Spalding New Horizons Senior Centre	F	17	19
09-Nov-22	252	St Joseph Seniors Club Inc	F	17	110
01-Apr-21	251	St. Brieux New Horizons Club	F	17	23
04-May-23	292	Young Golden Age Club	G	10	30
24-Apr-23	605	Allan New Horizons Seniors	G	19	30
21-Apr-23	467	Colonsay Senior Citizens	G	19	26
19-May-22	9	Davidson Senior Citizens	G	19	15
06-Oct-22	113	Kenaston Seniors Inc.,	G	19	51
14-Apr-23	153	Semans Drop-In Centre Inc	G	19	32
15-May-23	420	Watrous Seniors Co-operative	G	19	53
07-Jul-22	77	Imperial Senior Citizens Club Society	G	20	23
18-Nov-19	104	Lanigan Merry Mixers Inc	G	20	10
09-Jun-22	158	Nokomis Seniors Welcome Inn	G	20	22

18-May-23	167	Ituna Social Club	H	21	29
03-May-23	506	Kelliher Senior Citizens Co-operative Hall Ltd	H	21	31
11-Jun-19	152	Quinton Golden Age Club	H	21	23
11-May-22	146	Foam Lake Senior Citizens Inc	H	22	0
21-Jan-22	235	Wishart Welcome Inn	H	22	23
21-Dec-20	140	Invermay Golden Age Club	H	23	14
13-Apr-21	29	Lintlaw Golden Glory Club	H	23	13
16-May-19	115	Preeceville Seniors Club	H	23	53
03-Aug-22	137	Norquay Involved Community Effort (NICE)	H	24	20
04-Jan-22	359	Pelly Happy Hearts Club Inc	H	24	25
28-Feb-20	233	Alsask Drop-Inn Club Inc	I	25	14
01-Jun-19	30	Kindersley Today Seniors	I	25	31
03-May-23	26	Beechy Social Club Inc	I	26	11
02-Jun-23	440	Abbey 50 Plus Club	I	27	7
03-May-23	157	Consul Reno Senior Citizens Club Inc	J	28	10
20-Mar-23	57	Gull Lake Seniors Inc.	J	29	47
04-May-23	401	Stewart Valley Happy Valley Club	J	29	18
23-Nov-20	19	Climax South Line Senior Citizens	J	30	35
20-Nov-19	161	Eastend Activity Centre	J	30	20
18-May-23	13	Shaunavon Pioneers Assoc	J	30	27
22-Mar-22	178	Eyeblow Senior Citizens Club	K	31	15
03-May-23	72	Morse Seniors Group Inc.,	K	31	16
29-Jul-19	303	Glentworth Come & Go Club	K	32	18
15-Jun-18	170	LaFleche Club 50	K	32	84
27-May-23	23	Bengough New Horizons Searchers	K	33	26
04-May-23	188	Ogema Dew Drop In	K	33	40
02-Jun-23	151	Bethune 50 Plus Club	L	34	19
29-Jan-21	404	Silton Sunshine Club	L	34	26
27-Oct-22	105	Dysart Golden Year Club Inc	L	35	11
	479 or				
18-Aug-22	406?	Southey Senior Citizens Club	L	35	55
25-Feb-21	189	Indian Head Heritage Club	L	36	26
21-Nov-22	39	Bredenbury Busy Bees	M	37	10
17-Feb-21	54	Melville Senior Citizens	M	38	28
23-Sep-19	198	Lampman Prairie Lily Club	O	44	26
27-May-23	225	Friendship Club of Oxbow Inc.	O	45	19

SSAI Board of Directors (as of May 2023):

Lylie Herman (President, Reg G), Nici Warnock (1st Vice, Reg B), Barb Johnson (2nd Vice, Reg A), Linda Ard (Reg A), Linda Wright (Reg E), Mike Newberry (Reg F), Jeanette Holder (Reg G), Maria Palmer (Reg G), Shannon Wright (Sec/Treas)

We are seeking to fill vacant director positions for more regions.
Please consider nominating someone from your area.

	REGION DIRECTORS		DISTRICT COORDINATORS	
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B				
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Walkathon Final Results 2023

Our provincial walkathon has ended for 2023. The participation in the walkathon was about the same as 2022. The pandemic seems to have changed many things in our world. I am hoping that more clubs will be anxious to take part next year. The clubs that sent in reports this year did very well. The certificates will be presented at the convention on June 14th & 15th.

The provincial totals were 54,621.78 kms walked, 25 clubs participated, and 288 members walked in 2023. The first-place finishers are as follows: Highest Average Kms per Walker – Ogema – 364.93 Kms, Highest Average Kms per Club Member – Kelliher – 200.35 Kms and Highest Percentage of Club Members Walked – Gull Lake – 100%. Good job, Gull Lake!!

Congratulations to Wendy Broadfoot from Allan who walked 1760 Kms. Well done!! Honorable mention also to the following walkers, Liz Renz from Shellbrook who walked 1540.8 Kms, Marlene Wiles from Ogema who walked 800 Kms. A special shout out to John Leonard, he walked 480 kms at the young age of 90. Also, Doreen Lamb walked 334 kms at the age of 82. Both walkers are from Ogema. Blaine Lake had a special member at the age of 90 who walked 175 kms.

Congratulations to all the clubs and walkers for being a part of our walkathon this year. You are a true inspiration of what can be done. Please continue to be active and join us again next year.

Have a great summer and be sure to have some fun!

Joan Boyer, Walkathon Coordinator
Box 248, St. Louis, Sk. S0J2C0
Phone: 308-980-8151
Email: j.boyer@sasktel.net

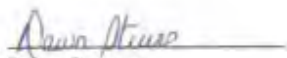
SSAI Financial Report – Reviewed by Dawn Steeves

Saskatchewan Seniors Association Inc
PO Box 455
Vanscoy, SK
S0L 3J0

April 1, 2022 – March 31, 2023

I have reviewed the records of the Saskatchewan Seniors Association. This includes all deposit slips, invoices, bank statements and various records provided to me.
It is my opinion that the Financial Statements fairly represent the results of the Financial Activities of the 2022-2023 operations in accordance with all records submitted for review.

Dated this 12th day of May, 2023


Dawn Steeves
Vanscoy, SK

SASKATCHEWAN SENIORS ASSOCIATION INC
Statement of Receipts & Payments 2022

SUMMARY

Balance April 1, 2022

\$88,631.32

Main Account Receipts

Memberships	\$ 13,263.00
SSM Grant	\$ 11,850.00
SLGA Grant Top-Up	\$ 2,345.14
Convention	\$ 4,462.50
Donations	\$ 1,352.44
Bowling 50/50	\$ 591.00
Saskatchewan Blue Cross Donation	\$ 1,500.00
	\$ 35,364.08

\$123,995.40

Main Account Expenses

Meetings	\$ 4,715.77
Phone	\$ 178.75
Meeting Rooms	\$ 817.98
Postage	\$ 4,167.69
Printing	\$ 1,963.14
Admin Fees	\$ 10,580.22
Admin Mileage	\$ 868.80
Rent	\$ 600.00
CRA Source Deductions	\$ 1,489.01
Office Supplies	\$ 299.24
Newsletter	\$ 6,500.00
Accounting	\$ 200.00
NPF Membership	\$ 350.00
SCOA Membership	\$ 25.00
Donations	\$ 150.00
Website	\$ 410.55
Walkathon Expenses	\$ 213.97
Bank Charges	\$ 56.61
ISC Fees	\$ 15.00
Convention Expenses	\$ 13,122.27
Workshops	\$ 27,136.63
Advertising	\$ 262.50
Misc (Pens)	\$ 303.60
Spotlight on Seniors	\$ 105.00
	\$ 74,531.73

\$49,463.67

Balance April 1, 2022

\$ 15,136.98

LOTTERY ACCOUNT RECEIPTS

Lottery Ticket Sales	\$ 13,208.00
	\$ 13,208.00

\$ 28,344.98

LOTTERY ACCOUNT EXPENSES

Club Payouts	\$ 6,243.00
Raffle Payouts	\$ 2,500.00
	\$ 8,743.00

\$ 19,601.98

SASKATCHEWAN SENIORS ASSOCIATION INC**Statement of Receipts & Payments****DETAILED****Main Account Receipts**

	<u>2022/2023</u>	<u>2021/2022</u>	<u>2020/2021</u>
Memberships	\$ 13,263.00	\$ 11,505.00	\$ 12,040.00
SSM Grants	\$ 11,850.00	\$ 11,000.00	\$ 10,700.00
SLGA Grant Top-Up	\$ 2,345.14	\$ 513.12	\$ 2,440.50
SK Govt Support	\$ -	\$ 30,000.00	
SK Arts Grant		\$ 1,000.00	\$ -
Canadian Heritage		\$ 1,600.00	\$ 1,600.00
Donations	\$ 1,352.44	\$ 1,000.00	\$ -
CU Member Share		\$ 5.00	
Convention			
Registration	\$ 2,000.00	\$ 1,450.00	\$ -
Sponsor	\$ 1,500.00	\$ -	\$ -
Donations	\$ 200.00	\$ 45.00	\$ -
DVD Sales	\$ 150.00	\$ 225.00	\$ -
50/50	\$ 181.00	\$ 170.00	\$ -
Silent Auction	\$ 431.50	\$ 148.00	\$ -
Bowling 50/50	\$ 591.00	\$ -	\$ -
Saskatchewan Blue Cross Donation	\$ 1,500.00	\$ -	\$ -
	\$ 35,364.08	\$ 58,661.12	\$ 26,780.50

LOTTERY ACCOUNT RECEIPTS

Lottery Ticket Sales	\$ 13,208.00	\$ 4,979.00	\$ 9,776.00
Donations	\$ -	\$ -	\$ 150.00
	\$ 13,208.00	\$ 4,979.00	\$ 9,926.00

TOTAL RECEIPTS

	\$ 48,572.08	\$ 63,640.12	\$ 36,706.50
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MAIN ACCOUNT PAYMENTS

Accounting	\$ 200.00	\$ 200.00	\$ 200.00
Bank Charges	\$ 56.61	\$ 4.00	\$ 22.00
Newsletter	\$ 6,500.00	\$ 6,500.00	\$ 6,075.00
NPF Membership	\$ 350.00	\$ 350.00	\$ 350.00
SCOA Membership	\$ 25.00	\$ -	\$ -
Spotlight on Seniors	\$ 105.00	\$ -	\$ -
Walkathon Expenses	\$ 213.97	\$ 170.45	\$ 165.40
Website	\$ 410.55	\$ 332.86	\$ 847.90
Misc (Pens)	\$ 303.60	\$ -	\$ -
ISC Fees	\$ 15.00	\$ 35.00	\$ 51.00
Office Supplies	\$ 299.24	\$ 243.14	\$ 40.82
Postage	\$ 4,167.69	\$ 1,840.71	\$ 1,151.33
Printing	\$ 1,963.14	\$ 1,643.30	\$ 869.42
Phone (Teleconference)	\$ 178.75	\$ 374.88	\$ 1,329.14
Donations	\$ 150.00	\$ 3,600.00	\$ 1,000.00

Admin Fees	\$ 10,580.22	\$ 12,718.52	\$ 9,368.25
Admin Mileage	\$ 868.80	\$ 917.55	\$ 963.45
Rent	\$ 600.00	\$ 600.00	\$ 600.00
CRA Source Deductions	\$ 1,489.01	\$ 1,704.31	\$ 1,179.40
Advertising	\$ 262.50	\$ -	\$ -
Director Mileage	\$ 4,065.20	\$ 3,693.50	\$ 224.10
Director Meals	\$ 650.57	\$ 188.73	\$ -
Director Hotels	\$ 817.98	\$ 393.75	\$ -
Convention Mileage	\$ 1,418.50	\$ 895.65	\$ -
Convention Meals	\$ 199.64	\$ 250.77	\$ -
Convention Hotel	\$ 1,573.77	\$ 1,058.11	\$ -
Convention Meeting Rooms	\$ 630.00	\$ 630.00	\$ -
Honorariums	\$ 1,500.00	\$ -	\$ -
Catering	\$ 3,590.17	\$ 2,536.41	\$ -
Equipment Rentals	\$ -	\$ 930.18	\$ -
Convention Misc	\$ 348.50	\$ 14.29	\$ -
DVD	\$ 3,861.69	\$ 3,639.69	\$ -
Workshops	\$ 27,136.63	\$ 1,991.57	\$ -
Refund - Canadian Heritage	\$ -	\$ 1,600.00	\$ -
	\$ 74,531.73	\$ 49,057.37	\$ 24,437.21

LOTTERY ACCOUNT EXPENSES

Printing Cost	\$ -	\$ -	\$ 70.54
Club Payouts	\$ 6,243.00	\$ 20.00	\$ 3,176.50
Prize Payouts	\$ 2,500.00		\$ 2,500.00
Bank Charges	\$ -		\$ 12.00
Outstanding Cheques	\$ -	\$ 4.00	\$ 32.50
	\$ 8,743.00	\$ 24.00	\$ 5,726.54

Total Payments	\$ 83,274.73	\$ 49,081.37	\$ 30,163.75
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NET INCOME - MAIN	-\$ 39,167.65	\$ 9,603.75	\$ 2,343.29
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NET INCOME - LOTTERY	\$ 4,465.00	\$ 4,955.00	\$ 4,199.46
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Assets March 31, 2023

Main Account Balance	\$49,463.67	\$ 88,631.32	\$ 79,027.57
Lottery Account Balance	\$ 19,601.98	\$ 15,136.98	\$ 10,181.98
	\$69,065.65	\$ 103,768.30	\$ 89,209.55

SSAI is thankful to have received generous funding in 2022 from the Government of Saskatchewan – Ministry of Parks, Culture and Sport to provide creative and artistic programming for Seniors. We also acknowledge that this opportunity would not have happened without support from and collaboration with Saskatchewan Arts Alliance.

Sask Ministry Parks, Culture and Sport - \$30,000 Funding provided to SSAI										
Description	# of workshops	# of participants	Artist/instructor fee	mileage	supplies	printing	postage	facility rental	teleconference	PAID
Judith Silverthorne Writing Workshops	6	5	\$1,968.00							\$1,968.00
Eliza Mary Doyle Music Workshops	6	6	\$1,968.00							\$1,968.00
Raegan Moynes facilitator			\$540.00							\$540.00
Teleconferencing (4 x \$25/month)									\$100.00	\$100.00
Shavaun Profit (Journey Intuart)	2	40	\$1,158.00	\$252.54	\$53.28					\$1,463.82
Creative Writing Kits	3		\$120.00			\$92.12	\$137.66			\$349.78
Happy Mail Kits x 7	7	300	\$5,629.75	\$140.40	\$1,866.42	\$143.03	\$1,827.94			\$9,607.54
Edam Quilting workshops	12	19	\$1,968.00	\$60.00	\$719.86			\$120.00		\$2,867.86
Allan - paint pour workshop	1	21	\$420.00		\$313.63					\$733.63
Allan - Line dancing	1	28	\$200.00					\$78.75		\$278.75
Allan - Paint Night	1	21	\$420.00		\$159.13					\$579.13
Allan - Line Dancing	1	20	\$250.00					\$75.00		\$325.00
Allan - Rock Painting	1	20	\$600.00		\$74.65					\$674.65
Allan - Centerpiece arranging	1	13	\$390.00					\$105.00		\$495.00
Kenaston - Quilt workshop	1	20			\$2,874.11			\$200.00		\$3,074.11
Kenaston - Alcohol ink workshop	1	10	\$540.00	\$129.00		\$5.99	\$2.04	\$200.00		\$877.03
Blaine Lake - Flip Cup Painting	1	17	\$255.00		\$316.60			\$100.00		\$671.60
Blaine Lake - Craft Workshop	1	10			\$833.35			\$150.00		\$983.35
Naicam - Quilt/Sewing class	1	14	\$150.00	\$200.00	\$1,010.10					\$1,360.10
Vonda - Stepping Out workshops	2	10			\$650.37			\$300.00		\$950.37
Shipping labels and envelopes					\$132.28					\$132.28
TOTAL	49	574	\$16,576.75	\$781.94	\$9,003.78	\$241.14	\$1,967.64	\$1,328.75	\$100.00	\$30,000.00

Expenses:

- All the workshops/mailouts were provided at no cost to the seniors who participated
- Total number of participants: 574
- Total number of workshops: 49
- 55% of the funding provided remuneration for the artists/instructors
- 30% of the funding provided supplies/materials for the workshops/mailouts
- The remaining 15% of the funding covered expenses for workshop delivery including mileage, printing, mailing labels, envelopes and postage, facility rental for in person workshops, and teleconference fees.

Resolutions

Resolution Concerning Financial Support for Dental Services for Saskatchewan Senior Citizens

WHEREAS the cost of dental care prevents many senior citizens accessing badly needed dental treatment, including fillings, extractions, crowns, full or partial dentures, and more; and

WHEREAS oral health can contribute to several conditions and diseases, such as endocarditis, cardiovascular disease and pneumonia; and

WHEREAS the Federal Government has introduced the interim Canada Dental Benefit which is currently available to families earning less than \$90,000 per year, but which currently applies only to children under twelve years of age, and which will not be extended to adults and seniors until at least 2025; and

WHEREAS most provincial governments provide some level of dental care coverage for low-income seniors, some even including oral surgery and dentures; and

WHEREAS current low-income eligibility thresholds (in other provinces ranging from annual incomes of \$19,000 for individuals to \$27,000 for couples) are so low that many lower-income people are excluded; and

WHEREAS costs of private dental coverage are expensive for coverage which is often very limited; and

WHEREAS Saskatchewan does NOT cover routine dental services for seniors, or anyone else;

THEREFORE BE IT RESOLVED that the SSAI approach the Government of Saskatchewan and urge it to quickly institute a program of dental care which includes routine dental services, extractions, oral surgery and full or partial dentures for all seniors; and

THEREFORE BE IT RESOLVED that such a dental program be available to all Saskatchewan seniors, but on a sliding scale of benefit based on income, with individuals with incomes of \$30,000 or less receiving 100% payment coverage.

-- Submitted by Foam Lake Senior Citizens Club #146

Be it Resolved: that non-profit organizations, including seniors' groups, be exempt from paying the federal carbon tax on heating and energy costs.

Background: Most non-profit organizations in rural Saskatchewan are struggling to remain viable due to the rising cost of living and declining populations. Seniors in rural areas struggle to maintain their premises, pay their utility bills and taxes and still enjoy a social life, which the Seniors' groups provide.

Arguments: Since individuals and corporations receive a carbon tax rebate from the government, why is there not a mechanism in place for non-profit organizations that also pay the carbon tax on heating and energy costs.

Moved by Judy Lawes Seconded by Brian Masear -- Dinsmore Gaiety Group

Re: Bylaws: Article 3 – Members at Large (2.)

Moved by Lorraine Thibeault (Club #68); Seconded by Bruce Clements (Club #68) THAT 'members at large' shall not be entitled to a vote at the Provincial Convention.
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Reasoning:

1. The 'member at large' does not represent anyone but themselves. A vote gives them a lot of power as compared to a Club voting delegate who represents a large number of members when they vote. Since the 'member at large' must join a Club within one year, he/she should wait until the time that they are a Club member when they may be elected to be a voting delegate for the Club.
 2. The Provincial Executive could approve as many 'members at large' as they wish; they could approve people who hold certain views that the Provincial Executive wants to see moved forward and therefore influence the outcome of a vote at Convention. This could negate the voice of the 'Club' delegates who represent a large number of members.
-

Re: **New Bylaw**

Moved by Lorraine Thibeault (Club #68); Seconded by Bruce Clements (Club #68)
THAT a member not hold two or more of the positions of Provincial President, Director and Co-ordinator at the same time except for the short time (1 – 2 months) between the District, Regional and Provincial Annual Meetings when elections are held.

Reasoning:

1. A variety of people in these positions will allow for a broader spectrum of views, skills and will encourage a shared work load. Grass-roots members will have greater representation.
 2. A variety of people in leadership positions allows for more accountability. For example, let's say that a co-ordinator, who is also a regional director, does not hold a required meeting or a required election in his/her district. After approaching the co-ordinator, if nothing changes, the Club members would need to approach the director to share their concerns... but the director is the co-ordinator whose action or lack of action they are concerned about. This is not a good situation.
 3. This applies to the Director position as well if the Director is also the Provincial President. If the Director does not follow the Constitution & By-laws and does not do so after being approached by the members, who do the members approach to remedy the situation? They would have to approach the Provincial President who is also the Director who is not following the Constitution & By-laws. Again, this is not a good situation.
-

Re: Bylaws – Region - Article 10 (2.)

Moved by Lorraine Thibeault (Club #68); Seconded by Bruce Clements (Club #68)
THAT Bylaw – Region - Article 10 (2.) be rescinded and replaced by the following:
THAT the Region leadership (Regional Council) will be comprised of a Director, Secretary Treasurer and the Co-ordinators of each District within the Region.
The Director will be elected yearly at the Annual Regional Meeting from amongst the registered members of the Clubs comprising the Region.
The Secretary/Treasurer will be appointed by the Regional Council.
The Co-ordinators will be elected from amongst the registered Club members in the District at their respective Annual District Meeting.

Reasoning: At the present time, with the exception of District 6a, Regions have three districts and, therefore, three co-ordinators. Only the present Co-ordinators may run for the position of Director.

With the new motion:

1. We would have a broader pool to choose from for nominating and electing a director.
 2. It will allow the Director to focus on one position and not be forced into holding two positions (i.e.) Co-ordinator and Director, at the same time.
 3. It will allow for more representation from throughout the Region
-

Re: **Review of SSAI Handbook, Constitution & Bylaws**

Moved by Lorraine Thibeault (Club #68); Seconded by Bruce Clements (Club #68)
THAT the SSAI Handbook, Constitution & Bylaws be reviewed at least every two years with the first review beginning six months prior to the upcoming convention (December 2023), and THAT Club members be approached at the beginning of the review so that they may submit suggestions for changes to the above.

Reasoning:

1. We always experience change over time and sometimes these changes need to be reflected in our Handbook, Constitution and By-laws. Covid19 is an example of a drastic change. The on-line participation in the Provincial Convention is a good example of positively dealing with a situation which affected our attendance at Convention.
2. Constitutions and Bylaws sometimes prove to be ineffective. Rather than continuing with ineffectiveness and inefficiency, we should be prepared to change in a timely manner... not five or ten years down the road.
3. I, Lorraine Thibeault, am willing to recruit members to form a committee to review the Handbook, Constitution and Bylaws and to investigate why many members aren't interested in taking on leadership positions. I am also willing to lead that committee. If, at Convention, the voting delegates agree with this, then a motion should be made stating THAT a committee be formed to review the Handbook, Constitution & Bylaws of the SSAI and THAT they bring their recommendations to the 2024 Convention of the SSAI. That way, the committee will have the authority to contact members to gather their suggestions for additions, deletions, and retaining what is working for us. All recommendations would then be brought to all members attention in a timely manner for consideration at Convention.

“No one wants to take on a leadership position!” When I began inquiring about the shortage in leadership, I was informed that “no one wants to hold a leadership position” and that is why so few people are holding many of the positions and why elections aren't being held. If this is the case, then I believe that we have a “leadership crisis”. We need to consider the following: “Why do so many people not want to hold a leadership position? Is the SSAI not following its mandate? Has the leadership become clique-ish in a way that discourages others from taking on leadership positions? Are we expecting too much of the people taking on leadership positions? Is the SSAI effective in representing the grass-roots members?” There

could be many reasons why we are struggling to get people to take on leadership positions. Let's investigate why we are in the situation that we are in and try to resolve it before the SSAI fades away.

Moved by Lorraine Thibeault (Club #68); Seconded by Bruce Clements (Club #68)
THAT the Provincial SSAI Executive take greater care to ensure that those in leadership positions follow the SSAI's Constitution & Bylaws.

Examples when this has not happened:

1. Election to Office: Article 8 – “each district will elect a co-ordinator to hold office for one year.” This means that the co-ordinator's position ends after one year. In a timely manner, registered members in a District, through notification to the Clubs, should be informed of any vacancies (end of terms) and of an upcoming election and asked to submit nominations or offer their own name to stand for the position of co-ordinator. At this time, the present co-ordinator could decide to let his/her name stand for the position. He/she would go through the election process the same as anyone who lets their name stand for the position. If only one person lets his/her name stand for a position, then an election is still held and the person is ‘elected by acclamation.’
 - a. It would be advantageous for some members to form a nominating committee to seek candidates and to run the election. If the incumbent is letting his/her name stand for a second term, that person should not be part of the nominating committee and should not run the election.
 - b. It would be useful for Clubs to receive a biography/write-up of each person who is letting their name stand for the position of Co-ordinator, Director and Provincial President so that Club members can make an informed decision of who would be best for the position. They can then instruct their voting delegates to vote in accordance with the Club's wishes.
 - c. At the present time, in some districts/regions, no one is ensuring that elections are being held annually. The incumbent is staying in the position without being elected to another term and without the position being advertised as open so that others may allow their names to stand for election.
2. Formation of a District Council: In the SSAI Handbook, it is “strongly recommended” that district councils be formed. When this doesn't happen, who encourages the district co-ordinator to form such a council?

SSAI CLUB REPORTS

Spalding New Horizons Senior Centre

Spalding Seniors are back in full swing with socializing and coffee times and bingo. The ladies exercise group is going again, and groups like Red Hatters and dance moms are also utilizing our facility. A small group of card players are meeting once weekly. Fun Day 2023 and Canada Day 2023 are upcoming events.

Meota Do Drop In – Club yearly report presented at Regional Meeting May 29/23

We have approximately 33 members of which about 14-20 are active within the club. Our meetings are held the second Friday of each month except July and August. Through late fall to spring we have monthly shuffleboard tournaments with lots of fun and food. We have canasta every second Friday with Norwegian whist the alternate Friday. Whist isn't played in summer. This year canasta will be played all summer, every Friday afternoon.

Wellness Clinics are held every 2nd month. We have yearly flu clinics and had covid clinics as well.

Every Wednesday morning we have coffee "Chat & Chew" from 9:30 – 11:00 am a friendly gathering for coffee. Over winter we show films. We collect food for the food bank usually at our Christmas supper. We visit another club. Also planning some day trips. Having a plant sale & BBQ in June.

We applied for and received a grant. We added a deck to the back of our building and replaced our old shed.

We have a selection of books and jigsaw puzzles that can be taken and returned. The Do Drop In is available to use for special occasions from which we receive a donation. We have lost income from our Hobby Band, Lions chorus & local bridge club due to aging, health, and low membership in these activities. We are holding our own and hopefully will have more active members.

CLUB #68 SHELLBROOK SENIOR CITIZENS' CO-OPERATIVE CLUB

REPORT TO 2023 SSAI AGM

The year April 1, 2022 to March 31, 2023 has been a productive year for the members of the Shellbrook Senior Citizens' Co-operative Club. We began our 2022-23 year with under 40 members, little money and few activities, and we are beginning our 2023-24 year with 50+ members, lots of activities and an improvement in our financial situation. We have a 'joie de vivre – a joy in living' that was not evident early in 2022. We have come out of the slump that Covid19 sent us into reinvigorated and ready to get active.

Weekly, we hold the following events:

- Walking in the hall (one hour a day, two days a week during the winter months)
- Gentle exercises (one hour a day, one day a week November to April; two days a week from May – October)
- Games of Choice (three hours a day, one day a week throughout the year)
- Crafters' Choice Chatter Day (one day a week from September to May). At these days, a variety of crafters use the hall to quilt, paint... whatever craft they do personally while they socialize. It runs from 9 a.m. to 4 p.m.
- Line Dancing (1.5 hours a day, one day a week from September to May)
- Kaiser card game (three hours a day, one day a week throughout the year)

Monthly, we hold the following events:

- SLGA-approved Bingo - 1st Monday of each month
- Club Meeting with birthday/anniversary cake & celebration – 2nd Monday of each month
- Teas once a month – In 2023, we have had a Welcome 2023 Tea (January), a Valentine's Tea (February), a St. Patrick's Tea (March), a Spring Tea & Quilt Display (April), and a Mother's Day Tea & Tea Cup Display (May). In June, we'll have a Father's Day Tea. We average 50 attendees at our teas.
- Old-time Dance & Potluck Snacks once a month with a live band. We average 50 attendees from all over the area with many from Prince Albert. It's a joy to watch the quick steps of these dancers and to be able to sway our bodies and tap our toes to the old-time fiddle tunes.
- At the bingos, teas and dances, we hold SLGA-approved 50/50 ticket sales.

We have held one major SLGA-approved raffle on a lap quilt (\$150 value) donated by one of our members, and we are in the process of raffling a basket of fishing supplies (\$200) donated by another of our members. Over the past year, we held a Pancake Supper and a Chili Lunch as extra fundraising events and a Christmas Supper as a social event.

We have our first outing away from Shellbrook planned for June 8 when we will hit the Little Red hiking trails near Prince Albert. Having a designated organizer for 'away-from-home' events has increased the likelihood of many more similar activities.

We had eight walk-a-thon participants and registered a total of 2,570.68 km. We hope to have more participants next year.

We participate in a variety of service projects:

- Valentines for Vets – we make home-made Valentine cards and send them to Veterans Affairs to be distributed to veterans in care homes.
- Quilts for the Homeless – we collect old jeans, filet them and send the jean material to a Girl Guides of Canada adult group which uses the material to make quilts which they distribute to homeless people in Prince Albert
- We collect items for the Prince Albert YWCA – Homeward Bound project. Items are distributed to homeless women who drop in to the YWCA for the night because they have nowhere else to go.
- Members drive seniors to appointments out of town.
- Get well, birthday and thank you cards are sent out by our Sunshine chairperson.

We begin our regular meetings with the singing of O Canada and The More We Get Together. Our AGM was well run. We had only one director position to fill. The rest of the terms end March 31, 2024. At that time, our President will have held the position for two consecutive 2-yr. terms, so we will have a new president as, according to our bylaws, the present president cannot hold the position again until another term has passed.

“Our Place” is the name of our Seniors’ Centre. We rent our hall for public functions including funerals, baby and wedding showers, yoga and other exercise programs, quilt retreats and meetings of other organizations at a rate of \$25 per hour. Our kitchen rents for \$40 an event. Rentals are picking up once again after the Covid19 slump but not enough to cover our expenses. Our insurance for the hall is high and caretaker and utility costs have increased. We do not want to lose ‘Our Place’, so we have been fundraising and applying for grants to help us keep our building.

Some of our newer members have been investigating the SSAI handbook, constitution & bylaws as they consider what the organization is all about. They have shared some of their concerns with the Club members. The Club has decided to look into the benefits (or lack thereof) of belonging to SSAI. Our elders remember a time when the SSAI did ‘good work,’ as they say, and they have asked the newer members to take this year (2023-24) to see if we can experience some benefits of belonging to the SSAI as well as contributing to the SSAI. We have also become concerned with SSAI non-compliance with their own by-laws in the area of elections. After attending our District Meeting #4 where no nominations were asked for, no election was held for the position of Co-ordinator, and the incumbent simply kept the position, this increased our concerns about the SSAI. Some members have passed on their concerns in the form of motions to be considered at the 2023 SSAI AGM. In a year’s time, the Club will decide whether it will continue to belong to SSAI.

Respectfully submitted by

Brian Hagel, President

Lorraine Thibeault, Secretary

NEW HORIZON SEARCHERS OF BENGOUGH INC. ANNUAL REPORT FOR 2022-2023

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We had 20 paid members and 1 Lifetime member

The Drop In was open Monday to Saturday mornings for coffee, visiting and jigsaw puzzles.

Cribbage and Whist days were held every other week from October to April, with good turnouts each time.

The Drop In purchased a once-a-week Liquor Permit for the year.

Poker was held every Friday from October 14, 2022 to April 28, 2023.

We hosted the Fun Day May with people attending from Ogema, Willowbunch and Rockglen. ~~Assiniboia~~

The Drop In was rented out 68 times as well we have a renter that rent our office space.

Little Dresses for Africa used the Drop In 5 times, which we didn't charge for.

We gave \$100.00 donation to Beautify Bengough for flowers for the town planters.

We received a \$1000.00 donation from the Credit Union for upgrades to our facility.

We held a Christmas and St. Patrick's day potlucks.

Marie Costane from Assiniboia donated a chrome table and 6 chairs to our

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Drop In.

The shuffle board and pool cues were repaired and the exit door has been painted.

Doris Whyte donated a Darcy Shaver picture.

We served lunch for Eleanor Tollefson's and Muriel Lee's funerals.

We sold desserts for the Community Garage Sale in May and the Gateway

Festival Car Show in July and sold donuts for the Community Garage Sale in August.

We purchased a new thermostat, one that is easier for people to understand.

We purchased new blinds from Zebra Blinds.

We received 17 cloth chairs from the Health Centre and purchased 4 chairs from the Last Chance Shoppe.

We purchased 2 new card tables to replace some of the old unsteady ones.

We purchased a commode chair for the ladies bathroom as well as a higher toilet to make it easier to get off the toilet.

We purchased Memorial Leaves for Phyllis Mills, Eleanor Tollefson, Eileen Gee and Betty Thompson and they are on the memorial tree. We need to get a leaf for Muriel Lee. We also updated the Memorium Board.

Lori Whyte continues to rent the office space which we are grateful for.

SSAI EXECUTIVE MEETING Thursday, June 15, 2023 at 4pm
Heritage Inn (Saskatoon, SK)

Meeting Agenda for SSAI Board of Directors

- ISC Forms – complete forms; update director info
- Expenses Sheets
- **Appoint Secretary and Treasurer –**
has been Shannon (\$30/hour, mileage \$0.50/km, \$50/month rent)
- **Signing Authority at Prairie Centre Credit Union (Delisle Branch) for SSAI Bank accounts –** to have any 2 of the following 3 people to sign for cheques/withdrawals
- **Financial Review –** has been Dawn Steeves at Village of Vanscoy office
**(ISC – under \$100,000 gross revenue may waive audit and review)*
- **Resolution Committee –**
- **Nomination Committee –**
- **Convention Committee –**
- **Bowling Committee –**
- **Walkathon –** Joan Boyer
- **Any other committees? NPF representatives? SSM representatives?**
- **SSAI Lottery for 2024 –** major fundraiser – tickets available (Date) with draw date at 2024 convention in June. \$2/ticket and cash prizes 1x \$1000, 2x \$500, 5 X\$100
- NPF Membership Fee \$350/year; NPF Convention Sept 26-28 in Ottawa
- Spotlight on Seniors Tradeshow – Wednesday, Oct 11, 2023 from 9am – 3pm
- SSAI Newsletter in Gray Matters (next deadline end of August)
- **Any other business**
- Date for next convention: June , 2024 at the Heritage Inn
- Date for next executive meeting:
- motion to Adjourn

Saskatchewan Seniors Association Inc.

Convention Evaluation Form

June 14th and 15th, 2023 – Heritage Inn, Saskatoon

Were you satisfied with the overall convention? YES / NO

Would you attend another SSAI convention? YES / NO

What did you like about this convention? _____

What did you dislike about this convention? _____

Any other comments or suggestions to help us plan and improve for next year?

Thanks for completing this survey. Please hand it in before you leave.