



## Saint John Branch New Brunswick Society of Retired Teachers

<https://www.nbsrtsj.nbta.ca>

# FALL NEWSLETTER 2020



### President's Report (Judy Braman)

**"Change is the only constant in life"** Heraclitus (Ancient Greek)

On behalf of your Executive Committee I hope this Newsletter finds you managing all the changes in your life well and that you are safe and healthy.

Many of our changes have been about how we meet and continue to stay active. We meet by "Zoom". We cannot plan face to face


Events for our membership but one thing we do is talk about how to celebrate the end of COVID.

- We are trying to find out what we can do to help you, our fellow NBSRT members.
- We are working to recruit the class of 2020 retirees to join NBSRT.
- We are staying abreast of Group Insurance and Vestcor changes and will inform you immediately of anything that comes out at meetings.
- We are asking your help in identifying any members who may need a helping hand during this time.
- Wellness has included lots of suggestions on how to pass the time.
- Next "Zoom" Meeting for Executive Committee is November 12
- NBSRT is updating their website and developing a Strategic Plan for the Association moving forward.
- We are planning a "Virtual Wine and Cheese". Check December Newsletter for details.

Until we meet face to face, enjoy your bubbles and contact us with any questions, ideas or suggestions for improvements.

**"Make each day your Masterpiece"** John Wooden

# November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Jones Gallery Lecture Series <a href="http://www.jonesgallery.ca">www.jonesgallery.ca</a>	2 Switch to Winter Tires!	3 Download free audio / E- Books <a href="http://SaintJohnLibrary.com">Saint John Library saintjohnlibrar y.com</a>	4 <b>Intro to Pickleball</b> 1-2:30pm, 693- YMCA	5 Begin a Journal Who Inspires you and why?	6 Make Instant Pot yogurt! <a href="http://www.delish.com">www.delish.co m</a>	7 Enjoy a Sudoku! <a href="http://www.websudoku.com">www.websudoku. com</a>
8 Call a senior you have not spoken to for a while.	9 Stroll along Harbour Passage.	10 Get your Flu (free)and Shingles Shots (Cheapest at Costco)	11 <b>Remembrance Day</b> 	12 NBSRTSJ Zoom meeting @10am	13 Sea Dogs vs Moncton @ 7pm	14 Sea Dogs vs Halifax @ 7pm
15 Beachcomb, collect items, and make art.	16 Uptown Sparkles starts; <a href="https://uptownsj.com/">https://uptow nsj.com/</a>	17 Color a Mandala! <a href="http://www.supercoloring.com">www.supercol oring.com</a>	18 Symphony NB: Autumn Leaves 7:30pm, Imperial	19 Take a Hike! <a href="https://www.hikingnb.ca/">https://www. hikingnb.ca/</a>	20 Listen to your favorite songs.	21 Play a board game with family!
22 Plant a kitchen herb.	23 Make soup for <a href="http://RomeroHouse.com">Romero House</a>	24 Put a puzzle together when done trade it!	25 Fly a kite with someone special!	26 Write a Haiku! <a href="https://powerpoetry.org/">https://powerpo etry.org/</a>	27 Call 635-1700 Bowl-a-rama and a friend.	28 Water Street Dinner Theatre: Prenuptial Claus, 648-2325.
29 Quick Write Six Word Story	30 Full Moon Take a photo					

## EVENTS

### NBSRTSJ

Zoom Executive Meeting will meet Nov. 12, @ 10 am.  
Look for December's...

### Zoom Christmas Wine & Cheese

Details to follow. Preregister and win gift certificates during the event.

### Wear a Mask!

Embrace the new normal!  
Create your own design  
Contact: [rimages](http://rimages.com)

## NBSRT SJ Budget and Account 2020-2021

<u>Description</u>	<u>Budget 2020-2021</u>	<u>Actual 2020-2021</u>
<b><u>Revenues</u></b>	<b>May 1, 2020 - April 30, 2021</b>	
Membership Dues - Prov.	\$7,200.00	\$3,486.00
Membership Dues - Local	\$120.00	\$0.00
50/50, Door Prizes (net)	\$100.00	\$0.00
Wellness activities	\$500.00	\$0.00
Prov. NBSRT Election	\$0.00	\$0.00
NBSRT AGM 2020	\$0.00	\$755.54
<b>Total Revenues</b>	<b>\$7,920.00</b>	<b>\$4,241.54</b>
<b><u>Expenditures</u></b>		
<b>Social Committee</b>		
Dropout Brunch (net)	\$0.00	\$0.00
Fall Luncheon (net)	\$0.00	\$0.00
Christmas Social (net)	\$2,000.00	\$0.00
Card Parties (net)	\$500.00	\$0.00
Annual Meeting (net)	\$1,500.00	\$0.00
<b>Social Committee - Total</b>	<b>\$4,000.00</b>	<b>\$0.00</b>
District Retirement Dinner	\$0.00	\$0.00
Executive Barbecue	\$200.00	\$0.00
Meeting Facilities	\$200.00	\$300.00
Provincial AGM	\$1,500.00	\$0.00
NBSRT AGM 2020	\$0.00	\$255.54
Other Provincial Travel	\$500.00	\$0.00
Newsletters	\$1,200.00	\$213.53
Donations, Memorials	\$1,000.00	\$100.00
Executive Committee	\$200.00	\$200.00
Workshops	\$200.00	\$0.00
Standing committees	\$300.00	\$90.00
Wellness Activities	\$1,500.00	\$0.00
Bank Charges	\$65.00	\$23.70
Stalemated Cheque	\$0.00	\$0.00
Prov. NBSRT Election	\$0.00	\$0.00
Contingency Fund	\$1,000.00	\$0.00
Miscellaneous	\$100.00	\$0.00
Transfer to G.I.C.	\$0.00	\$0.00

Memberships Local	\$96.00	\$0.00
<b>Total Expenditures</b>	<b>\$12,061.00</b>	<b>\$1,182.77</b>
Surplus/ Deficit	<b>(\$4,141.00)</b>	<b>\$3,058.77</b>
<b>Bank balance (Oct. 30, 2020)</b>		<b>\$14,313.62</b>
Uncleared cheques	Donation and Oct SC	<b>\$53.95</b>
Added Income		<b>\$0.00</b>
<b>Current balance</b>		<b>\$14,259.67</b>
Investments (Sept.30,2020)		\$17,198.16
Membership Shares		\$2,327.53
<b>Total assets</b>		<b>\$33,759.88</b>

## LET US KNOW YOUR THOUGHTS!!!

While we cannot gather in person, NBSRTSJ wants you to know we are thinking about you. We want to keep in touch and hear from you.

All ideas and feedback would be welcome and ensure we are adapting to meet your needs now and into the future.

In what ways are you helping, supporting, and encouraging your family, friends and neighbors? We may be able to borrow some of your ideas for sharing with our membership! As we often hear, "We are all in this together."

There may be some members who would appreciate a phone call, the offer of a visit, a grocery delivery, or just a friendly chat over a socially distanced cup of coffee. Please do let us know who these members might be and we will make every effort to put that support in place.

Are there activities or online events we should consider offering? Are there ways we can better use our website, Facebook page and email messages to keep you up to date?

Why not let us know the reasons you appreciate being a member of NBSRTSJ – is it the social events (when we can have them)? Our newsletters? Information sessions? Outings? Ability to stay connected to fellow retirees? Other reasons?

As we move forward, we look forward to and appreciate receiving your input and guidance. Please do call or email President Judy Braman - 343-5940 or [judithabraman@gmail.com](mailto:judithabraman@gmail.com).

*Thanks!*

## Scholarship Committee Report - Fall 2020

Our activities may be on hold during Covid 19 but we were still able to award scholarships to two students attending UNBSJ! Each recipient received \$ 2,000 for the 2020-2021 school year.

Brady Rimes – NB Society of Retired Teachers SJ – Education Scholarship – he is a mature student, studying in his second year in the concurrent degree program (BA and B.Ed.). He is majoring in psychology. He is doing his placement currently in the Anglophone School District-South. He also enjoys singing and has a Chihuahua.

David Irish – NB Society of Retired teachers, Saint John Branch Scholarship – He is a first year student working on a B.Sc. He graduated from St. Malachy's Memorial High School and was his class salutatorian. He works part time at Sobeys. He is actively involved in fighting climate change.

Retirees, thank you for supporting our scholarship foundation through memorial donations made at local funeral homes or online at the UNB website. Stay healthy!

Netta Chase

### A MESSAGE FROM DEB SCHULTE – FEDERAL MINISTER, SENIORS

With winter just around the corner, seniors thinking of heading to warmer locations may want to reconsider. While COVID-19 can make anyone sick, older adults are at much higher risk of developing a severe disease or other health-related complications. By staying in Canada, seniors can better protect themselves and their families.

Canada continues to advise against all non-essential travel outside Canada, including all cruise ship travel. If you must travel, please consult the Government of Canada's advice for [older travellers](#) and be sure to read [COVID-19: Travel, quarantine and borders](#).

#### Things to consider before you go

- Local public health measures may be less stringent than those in Canada, potentially putting you at **greater risk of infection**.
- You may suddenly face strict restrictions at your destination, such as **curfews, lockdowns and quarantines**.
- You may have a hard time obtaining **essential products and services, including medications**, while abroad.
- Your travel insurance may not cover medical expenses or cover you for an unexpected **extended stay**.
- The Government of Canada may have limited capacity to offer you **consular services**.
- **Flight options** could be reduced, making it difficult for you to return to Canada. No further repatriation flights are planned.
- You **must wear a mask or face covering at all times** while travelling.
- You **must quarantine** for 14 days upon your return to Canada.

## NBSRT – SAINT JOHN BRANCH INDUCTEE HONOURED

# StFX Alumni Affairs



ST. FRANCIS XAVIER  
UNIVERSITY

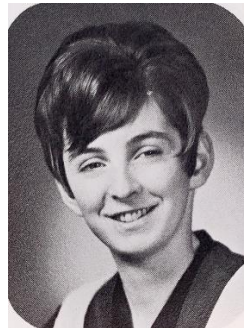
### 2020 Hall of Honour Inductee Announced

The StFX Hall of Honour was established by the Class of 1991 as a lasting contribution to their alma mater. Over the past 29 years, we have inducted into the Hall of Honour more than 80 deserving alumni who have exemplified the Xaverian commitment throughout their lives.

The annual induction of candidates to the Hall of Honour, coupled with our student alumni recognition award essay presentations, would normally take place during Homecoming weekend, however, this year things are a little different.

While we will gather for an official induction ceremony in August 2021, it brings me great pleasure to announce the 2020 Hall of Honour inductees. Each of these inductees lived their lives to reflect the values and traditions of our university motto, *Quaecumque sunt vera* (whatsoever things are true).

### 2020 Hall of Honour Inductee



#### The late Martina Riordon

Martina arrived at StFX in September 1966, carrying with her both her suitcase and her sense of humour, her strong work ethic and the amazing ethical and social values of her Irish ancestors, which she demonstrated throughout her life. After graduation, Martina continued her studies, obtaining a Bachelor of Education and a Master of Education in guidance and counselling and went on to pursue a lengthy career within the family courts and schools, retiring from Simonds High School in Saint John in 2007. Martina was actively involved in many clubs, organizations and groups including The Outdoor Enthusiasts' Club where she was honoured with a life membership for over 25 years of participation. Martina gave selflessly of her time and expertise, she had a strong commitment to her family, community, and church, and was a role model and mentor to so many.

StFX Alumni Affairs  
Antigonish, NS

# NBSRT GROUP INSURANCE – SAFETY AWARENESS

Submitted by NBSRT Group Insurance Committee

## 7 Important Facts to Know About Winter Tires

It's that time of year again – when the snowflakes start to fall and the mercury starts to drop,

We bundle ourselves up in winter coats, turn up our furnaces in our homes – but what about our vehicles?

There are a few things you should do to ready your car for winter, including installing winter tires. If you haven't switched out your all-season tires for winter ones, now is the perfect time to do so. But how much do we really know about this winter car necessity?

From **why** you need them, to **when** you should install them, here are 7 key facts to know about those all-important accessories for the chilly season in Canada: winter tires.

### 1. They're Specifically Designed for Winter Driving Conditions

If you have all-season tires, you might be asking yourself why winter tires are even necessary. The fact of the matter is, winter tires are designed specifically to perform in ice, snow, slush, and low temperatures. Although all-season tires may be ideal for a variety of driving conditions, such as wet roads and light snowfall, they simply aren't equipped for harsh Canadian winters – despite what the name suggests. That's why, when the chilly season approaches, it's vital that you switch them out for those sturdy winter variants.

### 2. Tread is Important

Winter tires are equipped with a special single-directional tread pattern that actually pushes away snow and ice. They also have a deeper tread depth than their all-season counterparts, for better performance in snowy road conditions. Winter tires are also made with special compounds that can withstand extreme low temperatures. All-season tires, on the other hand, are made using a closed tread pattern that is made for gripping roads and pushing away water through the spring, summer, and fall.

### 3. You Should Check Their Pressure Regularly

It's important to check your winter tire pressure on a regular basis. As temperatures drop, the pressure in your tires will decrease – ensuring that your winter tires have the right amount of pressure will extend their tread life, reduce fuel consumption, and keep you and your passengers safe on the road.

Transport Canada recommends checking your tire pressure at least once a month.

### 4. You Need to Switch Out All Four Tires, Not Just Two

Regardless whether you have all-wheel drive, front-wheel drive, or rear-wheel drive, you must install all four winter tires – not just two. Switching out only the front, or back set of tires with winter variants may seem like a budget-friendly alternative to switching out all four tires – this is not only inefficient, but is very dangerous as well. Outfitting only the front or back of your vehicle with winter tires will not give you proper handling and control, as all four tires will not be working together

properly. If you only outfit your car with two winter tires, you run the risk of your vehicle spinning out of control, and that is a risk no driver should take.

5. Price Doesn't Always Equal Quality

To help you find the right winter tires for your vehicle and budget, Consumer Reports has released a list of top tire makers and the top tire models that they produce. It may come as a surprise that the best quality winter tires are not always the priciest. What's more, winter tire prices are usually comparable to all-season tires, so there's no reason not to switch out those all-season tires for winter tires.

6. They Can Help You Save On Car Insurance

Besides being vital for you and your passengers' safety on the road, **winter tires** can actually help you save money on your car insurance!

Check with your Insurance provider as you may be able to save off your premium simply for equipping your vehicle with **four winter tires**. Simply call your insurance company and inquire.

7. You Should Replace Them Regularly

How often should you replace your winter tires? When your tires' tread has worn to 6/32nds of an inch, it's time to get them replaced.

In order for winter tires to perform effectively on snowy roads, their tread should not be worn past 6/32". At this point, your tires' ability to keep their traction on icy and snowy roads is greatly reduced. When tread depth reaches 2/32", your vehicle will have none, or very little, traction in the snow.

For a quick overview of winter tires, all-season tires, three-season tires, and the differences between them, refer to the chart below:

	ALL SEASON	SUMMER TIRES	WINTER TIRES
BEST PERFORMANCE	temperatures below & above 7°C	temperatures above 7°C	temperatures below 7°C
WEATHER CONDITIONS	mild winter weather, heavy rain, slush, light snow	mild wet weather, warm and dry conditions	harsh winter weather, ice, snow
TREAD PATTERN	includes slotted shoulders, traction edges, and sipes (little slits in tread blocks)	rib-patterned tread design, no sipes	open, unidirectional tread design, with v-grooves and sipes



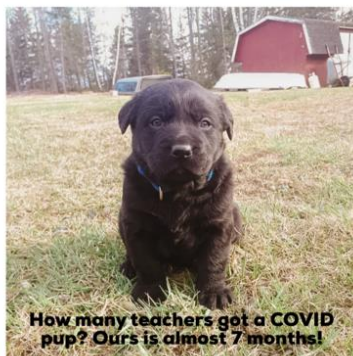


# NBSRT Website

Check out some of the activities done throughout Covid. Some retired teachers painted rocks, golfed, took beautiful pictures, acquired a pet, built a fence and much more...

Get a glimpse of some of these activities below. To see these and more pictures, visit our NBSRTSJ website <https://nbsrtsj.nbta.ca> Share some of your favourite activities from 2020 by emailing your photos to me.

Ellen Palmer – [ellen.marie.palmer@gmail.com](mailto:ellen.marie.palmer@gmail.com)





# BOOKS, BOOKS, BOOKS!!!!

*“GOOD READS”*

## *RECOMMENDED BY YOUR COLLEAGUES*

In the last few months all of us have had to consciously keep ourselves physically, socially, intellectually and emotionally well. Reading has been one of those ways. And, as we slide into shorter and cooler days and the coming winter, NBSRTSJ thought you might like to know some of the books your colleagues have been reading.

Alice Network, The - Kate Quinn  
American Dirt - Jeanine Cummins,  
An Astronaut's Guide to Life on Earth - Chris Hadfield  
Beartown - Fredrik Backman.  
Becoming - Michele Obama  
Bishops Man, The – Lyndon McIntyre  
Blind Justice - Anne Perry  
Book of Lost Names, The - Kristen Harmel  
Catch and Kill - Ronan Farrow  
Crow - Amy Spurway  
Educated - Tara Westover  
Forgotten Seamstress, The - Liz Trenow  
Gentleman From Moscow, A - Amor Towles  
Girl on the Train, The - Paula Hawkins  
Great Divide, The - T. Davis Bunn  
Guernsey Literary and Potato Peel Pie - Mary Ann Schaffer  
Last Foundling, The - Tom H MacKenzie  
Little Fires Everywhere - Celeste Ng  
Man Called Ove, A - Fredrik Backman.  
Nightingale, The - Kristen Hannah  
Nine Lives of Charlotte Taylor, The - Sally Armstrong  
Orphan Train - Christine Baker Kline  
Other Bolyng Girl, The – Phillipa Gregory  
Paris Architect, The – Charles Belfoure  
Pull of the Stars, The - Emma Donoghue  
Red Tent, The - Anita Dimant  
Revenge of the Married Woman, The - Elizabeth Buchan  
Sea Captains Wife, The- Beth Powning  
Secret Book and Scone Society, The - Ellery Adams  
Sweetness at the Bottom of the Pie, The - Alan Bradley  
Tea Girl on Hummingbird Lane, The - Lisa See  
Town that Drowned, The - Riel Nason

Train in Winter, A - Caroline Moorehead  
Weight of Ink, The - Rachel Kadish  
What I Never Told You - Celeste Ng  
Where The Crawdads Sing - Delia Owens  
White Oleander - Janet Fitch

Authors recommended are *Lesley Crewe, Ken Follet, Louise Penny, Michael Connelly, Jack McEvoy* – each with several books listed as well worth your attention.

**And, if you have some additional titles do let us know. We will include them in the next newsletter!! (Call Marg at 633-9692 or Email them to [kimlin@nbnet.nb.ca](mailto:kimlin@nbnet.nb.ca))**

## ACER-CART

(L'Association canadienne des enseignantes et des enseignants retraités/Canadian Association of Retired Teachers) has recently finished a webpage update. Why not check it out at <https://acer-cart.org>? From the homepage you can connect to the webpages of retired teacher organizations across the country. You can see their newsletters, magazines, photographs and much more.

You may also appreciate knowing that some of ACER-CART's 2020 - 2021 priorities focus on health issues. They include the following and often involve ACER-CART's collaboration and coordination with like - minded organizations at the national level.

1. Advocate for the development and implementation of National Seniors Strategy including using the information from "A Declaration Concerning a National Health Care Strategy for Seniors."
2. Monitor the federal government's implementation of a national universal pharmacare, including the establishment of a Canada Drug Agency and implementation of a national formulary.
3. Monitor the effects of COVID-19 on the Canada Health Act and on the Bilateral Health funding agreements with the provinces and territories.
4. Advocate for a health care system that prioritizes care in seniors' own homes for as long as possible.
5. Advocate for regulations governing Retirement and Long-Term Care Homes with emphasis on improving patient respect, working conditions, staff training and staff wages.

Health care is a joint responsibility of both the provincial/territorial and federal



governments. Advancing these priorities can best be achieved when, combined with the efforts of our national association and respective provincial/territorial associations, *individual* retirees bring them to the attention of politicians. Please do consider letting your views be known in conversations you may have/initiate with your MLA and MP.

*IN MEMORIAM*

*NBSRT - Saint John Branch*

*Remembering our Colleagues*

*October 1, 2019 – October 31, 2020*

*Maureen Fuller*

*Olive Estabrooks*

*Norma Beville*

*Lawson Stockford*

*Marilee D. Price*

*Robert Metcalfe*

*Monica Ewart*

*Kathryn Turner*

*James Morris*

*Paula Nason*

*Jacqueline Fiander*

*Faye M. Somers*

*Helene B. Young*

*Sally Slein*

*Helen Stockford*

*Katherine Esson*

*Anne-Marie Breen*

*Jean Cameron*

*Elizabeth Betts*

*Ken Gould*

*Elizabeth Grimmer*

*Karen Keating*

*William Joyce*