

# Saint John Branch New Brunswick Society of Retired Teachers

<http://www.nbstsj.nbta.ca>

October 2022

## PRESIDENT'S MESSAGE

### Blink and you missed it! – summer commentary



It is amazing how fast this summer has passed! It seems like the quote is 100% true. It has been a long time since we've had such a nice, sunny summer. Having said that, your Wellness Committee had planned several events throughout the summer and have several planned for Fall. Kudos to Rose Theriault and her committee for organizing all the events they do. As more details become available, they are posted on our website (<https://nbsrtsj.nbta.ca>). I urge everyone who can, frequently access our website for up to date information on what our **committees are planning**.

In addition, the Social Committee has, and still is, planning events. On September 6<sup>th</sup>, the Committee hosted the annual September Breakfast for the first time since 2019. Over ninety registered for this event including 17 retirees from 2020, 2021 and 2022. Many thanks to Marijke Blok and her committee for organizing this event. Now, they are ironing out the details for the October Semi Annual Luncheon. When finalized, the details will be posted on our website.

Even though our "year" starts with the AGM Luncheon in May, it seems like the year starts in September, much like the traditional school year. The difference is that we are able to do things during the school day. Looking at some of the details listed on our website, there are several outdoor activities planned by the Wellness Committee. The Social Committee is also planning some indoor activities which may be of interest to those who don't want to, or can't do, outdoor activities.

One question I often am asked is, what is the difference between the Wellness Committee and Social Committee? Basically it is this: the Wellness Committee sponsors events that help our wellbeing, such as kayaking (you feel good after it) and the Social Committee those activities which have as their main goal members getting together to interact, such as a cards /games afternoon.

In closing, I hope all of you have a great Fall season and partake of at least one of the planned activities. Be sure to check the website.

Brian Greig,  
NBSRT SJ President



# **NBSRT SJ FALL LUNCHEON**

**WHEN: OCTOBER 26, 2022**

**WHERE: H.O.P.E CENTRE  
(4347 Loch Lomond Rd.)**

**DESCRIPTION: Fall luncheon and Meeting  
Chicken dinner with all the trimmings.**

**Door prizes and 50/50 draw**

**TIME: 12:30 Doors open at 11:30**

**COST: \$20**

**REGISTER: contact Laura Wheaton at**

**[lwheaton@rogers.com](mailto:lwheaton@rogers.com)**

**or call 506-738-2604 before October 21<sup>st</sup> 2022.**

**NEW BRUNSWICK SOCIETY OF RETIRED TEACHERS  
SAINT JOHN BRANCH SCHOLARSHIPS  
2022-23 Recipients**



**Lily A. Morrow  
Saint John, NB  
St. Malachy's Memorial High School**

Award and Value:

New Brunswick Society of Retired Teachers  
Saint John Branch Scholarship \$2,500

Degree Year, Program and Campus

1st year bachelor of arts  
UNB Saint John

Achievements & Extracurricular Activities

Badminton  
SJ KickBasics Kickboxing  
Bowling League  
Art Club  
Reach for the Top  
SJ Art Center, portfolio building program  
SJ Art Center, Summer intern and camp counsellor

Volunteer & Work Experience

Paint It Forward, volunteer  
Walmart, part-time employment

**Ashley L. Cormier  
Saint John, NB  
Saint John High School**

Award and Value:

NB Society of Retired Teachers SJ –  
Education Scholarship \$2,500

Degree Year, Program and Campus

4th year concurrent bachelor of arts and

bachelor of education (French)  
UNB Saint John

### Achievements & Extracurricular Activities

2021-22 Dean's List  
Competitive curling

### Volunteer & Work Experience

Promise Partnership, volunteer  
Junior Curling Program, volunteer  
Moosehead Brewery, part-time employment



# HELP !!

We need your help enrolling more or ALL retirees in NBSRT so we can have a voice. Presently we have no real representation on the decision making Boards of Group Insurance or Vestcor.

Our local Branch originally formed the Saint John Retired teachers in 1951 and was the only voice until 1975 when NBSRT was born. The Saint John group fought and stopped the process of retired teachers writing to request a pension cheque each month. Now it is deposited in our account every month.

Another issue that they dealt with was the fact retired teachers did not have health care. The Saint John group was able to have that put in place.

NBSRT now represents all members who join. There are now more retired teachers than active BUT they don't all join at \$3.00 a month. The fact that NBSRT is not representing a large enough percentage of retired teachers means they are not effective in bringing about changes that would help retirees.

Until 2003 80 to 90% were signing up. That number declines each year.

Active teachers must belong to NBTA (for a much larger fee than \$3.00 a month). They own a huge building and pay a large staff. NBSRT is run by volunteers and whether you are interested in lunches, wellness activities or social events, your \$3.00 gives support to NBSRT so they can push for voting representation on Group Insurance and Vestcor Boards. NBSRT also belongs to ACER-CART (National body of Retired Teachers) that keeps us informed of issues across the country.

The comment that "we will get whatever you get" from non- members doesn't fly. Strength is in numbers and we need all retirees to sign up and add their voice so we can have control over changes to insurance and pension.

Our Saint John Branch of NBSRT is asking all members to share our concerns with any retired teacher friends you know and encourage them to join. We have included an application form for you to share.

If you have any ideas or suggestions Please let us know.


Membership Chair, Judy Braman

[Judithabraman@gmail.com](mailto:Judithabraman@gmail.com)

## FISCAL UPDATE 2022

Current balance	\$18,455.75
Investment	\$27,795.08
Membership shares	\$ 2,357.53
Total	\$48,608.36





**ASSOCIATION CANADIENNE DES ENSEIGNANTES ET DES ENSEIGNANTS RETRAITÉS**  
**CANADIAN ASSOCIATION OF RETIRED TEACHERS**

As the voice of the retired education community, ACER-CART focuses on priorities evolving from issues affecting the well-being of seniors all across Canada.

**acer-cart.org**

After the in-person and well - received June in person AGM, ACER-CART's executive met in August by zoom and confirmed priorities for 2022 - 2023. They are posted on the NBSRT website (NBSRT.org). Directors' welcomed the idea of a zoom meeting in mid fall that will provide an opportunity to focus on a strategic plan and other priorities of national interest. With Health Care a priority, the Political Advocacy and Health Services Committees will collaborate and it may be that later in the year you will be invited to become actively engaged

The 7 East Coast Retired Teacher Organizations (ECRTO) look forward to a mid – October meeting that had to be postponed for 2 years, as did so many things, due to covid. Such meetings are usually held every second year and hosted by member organizations on a rotating basis. This meeting is expected to be followed by 2, maybe 3, zoom meetings throughout the year.

## WEEKLY DEEP WATER EXERCISES AT THE AQUATIC CENTER



**What:** **Deep H2O Exercise** is a low impact class designed for all levels and abilities. Come and enjoy the suspended nature of our deep-water class and get a great workout without any impact.

**When:** **Every Thursday at 9am for 40 minutes.**

**Instructor:** **Elizabeth Donnelly- Nelson**

**Where:** **Canada Games Aquatic Center (CGAC)**

**Class Size:** Presently around 10 – 15 people. Maximum is 30.

**\* Drop In Fee: Adults(18+)-\$9, Seniors(60+)-\$7, Group Rate: 10 or more people -\$6 a person.** (HST Included) Bring a friend along. This fee entitles you to the facilities that include locker room, showers, other pools, sauna and hot tubs.

**\* Thinking about joining the CGAC. Take a complimentary tour and receive a free 7 day pass.** New customers only.

**\* There is also a 10 visit pass.** Seniors(60+): \$70 and refills are \$63(HST included)

**\* For more information on swim times, fitness classes, or specialty classes Contact [info@aquatics.nb.ca](mailto:info@aquatics.nb.ca) , call 658-4715, or visit [CGAC](http://CGAC).**

# NBSRT Saint John's Wellness Committee Presents... Our Hiking Club!



**When:** The **Second Wednesday** of each month.

**Meeting Time:** **10:30 am.**

**Where:** **Rockwood Park Trails- Week 1: October 12/ Dark Lake Road**

**Week 2: November 9<sup>th</sup>/ RWP trail entrance beside Zoo** Location will vary each month.

**Difficulty:** Trails are single track with rocks, roots, and short climbs. Hiking time will be 1 1/2 to 2 hours depending on pace of hikers.

**Preparation:** Sturdy footwear, trail snack and water bottle recommended. Hiking poles are optional. Dress in layers. Provide medical information to Ellen. (ie. Diabetes.)

**Fee:** **Free**

**Who:** **Members and Hiking companion.** (Two or four legged)

**Registration:** Contact Ellen at [Ellen.Marie.Palmer@gmail.com](mailto:Ellen.Marie.Palmer@gmail.com). We will be needing your email and cell phone number. We may need to cancel/change hike. **Deadline to register is second Monday of the month.**

**More info:** Contact Paula Scott. [Paula.scott@nbed.nb.ca](mailto:Paula.scott@nbed.nb.ca). (608-3857)

**Cancellation:** Notify Ellen or Paula or Pat Bastarache(658-1145)**ASAP.**

## **Walking with a Doc**

**Every Tuesday from  
6:00 – 7:00 PM**



**Location: Irving Oil Field House  
129 McAllister Dr., Saint John, NB  
(meet in the main lobby)**

**This student-doctor-led group is a fun and safe place to go  
for a walk, learn about health, and meet new friends.**

**The event is FREE and all are welcome!**

**Walks begin September 6<sup>th</sup>, 2022**

**More details:**

**[walkwithadoc.org](http://walkwithadoc.org)**

**Questions?**

**Contact Taylor Wilson with questions and to register:**

**Email: [wwafdsaintjohn@gmail.com](mailto:wwafdsaintjohn@gmail.com)**



# Fall Contests

## Laughter is the Best Medicine



What New Phrases Tickle Your Funny Bone?

For example: Environmentally Friendly Huge Garbage Bags used for lawn clippings and dead leaves are being advertised as Mother Natures Lunch Bags.

Share with us words, phrases, actual ads you deem unusual, silly, or just funny.

Send to Rose at [rosethe@nb.sympatico.ca](mailto:rosethe@nb.sympatico.ca) for a chance to win a \$25 Gift Card. We will be making a random draw on November 31st. Enter often and share your sense of humour.

## Fall Foliage Photo Contest with Fellow Friends and Family

Send us your photos from your hikes, walks, kayaking and road trips to Ellen at [ellen.marie.palmer@gmail.com](mailto:ellen.marie.palmer@gmail.com). We will be posting them on our NBSRT Website.

For each photo entered we will place a ballot in our Fall Foliage Random Draw.

There will be a \$25 Gift Card prize. **Deadline: Nov.31 st** . Good Luck!



Fall Foliage Photo Contest with Fellow Friends and Family

Send us your photos from your hikes, walks, kayaking and road trips to Ellen at [ellen.marie.palmer@gmail.com](mailto:ellen.marie.palmer@gmail.com). We will be posting them on our NBSRT Website.

For each photo entered we will place a ballot in our Fall Foliage Random Draw.

There will be a \$25 Gift Card prize. **Deadline: Nov.31 st** . Good Luck!

# October Wellness

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Lupus Awareness Month
<b>Fall Foliage Photo Contest:</b> Send your photos to						
2 Breast Cancer Awareness Month	3 NBSRT Kayaking at Beemer's Creek in Hampton at 1pm	4 Walk with the Doc 6pm <b>Every Tuesday</b> , Free Field House	5 NBSRT SJ Newsletter is distributed World Teacher	6 Deep H2o Exercise 9am <b>Every Thursday</b> , Canada Games	7 National Walk Your Dog Week	8 No Salt Week
9 Eat Better, Eat Together Month	10 <b>Thanksgiving</b>	11	12 Monthly NBSRT SJ Hiking Club 10:30 am, Free W#1: Dark Lake Road Trail	13	14 World Egg Day	15 International Day of Rural Women
16 World Food Day	17 Waste Reduction Week	18	19 Financial Planning Month	20 NBSRT SJ Exec. Meeting 10 am River Cross	21 <b>Funny Bone Contest</b> Send Rose your word, phrase, ad	22 International Stuttering Awareness Day
23 Make A Difference Day	24 United Nations Day	25	26 NBSRT SJ Semi-Annual Meeting & Roast Chicken Luncheon @	27	28 World judo day	29 National Cat Day
30 <b>Happy Halloween</b>	31 NBSRT Reflection Magazine is distributed					

# November Wellness

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
<b>NBSRT Fall Foliage Photo Contest: Send your photos to <a href="mailto:ellen.marie.palmer@gmail.com">ellen.marie.palmer@gmail.com</a>.</b>			Delight in the art in your home.		Practice Meditation	Procrastinating? Break task into parts
6	7	8	9	10	11	12
Daylight Savings Time Ends	<b>NBSRT Curling Clinic TBD</b>	Walk with the Doc 6pm <b>Every Tuesday</b> , Free at the Field House.	Monthly NBSRT SJ Hiking Club 10:30 am, Free W#2: RWP trail entrance beside Zoo	Deep H2o Exercise 9am <b>Every Thursday</b> , Canada Games Aquatic Center, <b>Fee \$7</b>	<b>Remembrance Day</b>	Ask for help when you need it.
13	14	15	16	17	18	19
Enjoy a board game or card game with a friend.	<b>Buddy System: Set up a peer - mentoring system</b>		Take a treat to someone in need.	<b>NBSRT SJ Exec. Meeting</b> 10 am River Cross	Take care of you and your health but be happy with the beautiful things that make you, you. <b>Beyonce</b>	Think about a role-model when you need to be inspired.
20	21	22	23	24	25	26
Play your favorite music	Make friends with all kinds of different people.	<b>NBSRT Bowling Morning TBD</b>	Plan an activity that you enjoy doing.		<b>NBSRT Funny Bone Contest</b> Send to <b>Rose your word, phrase, ad to <a href="mailto:rosethe@nbed.n.b.ca">rosethe@nbed.n.b.ca</a></b>	Spend time in nature today.
27	28	29	30			
Take the time to think about your ancestors.	Explore your desires, hopes and dreams.		<b>NBSRT Contests Deadlines.</b> Get your Fall Photos and Funny sayings in today.		Happiness is always knocking on your door you just gotta let it in.	