



## New Brunswick Society of Retired Teachers Saint John Branch

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

NEWSLETTER

February 2023

The Executive Committee of the New Brunswick Society of Retired Teachers - Saint John Branch (NBSRT – SJ) was saddened to learn of the recent death of our long time Newsletter Editor, Mary Ann Patterson. Mary Ann had been an active member of the Saint John retired teachers' group since her retirement in 2006.

She passed away on December 29, 2022 at the Saint John Regional Hospital with her family at her side. Born in Fredericton, N.B. Mary Ann Gulliver was a natural athlete. She participated in many sports, but eventually Volleyball became her speciality. She and her late husband, David (2006) were well-loved and respected Coaches in the Saint John area and the Province. They were inducted into the Saint John Sports Hall of Fame in 2010 as Builders.

Mary Ann's first teaching assignment was in the fall of 1968 at St. Vincent's Girls High School, where she made life long friends with both students and fellow teachers. She took a few years off to nurture her three children, Dan, Tom and Andrea, then returned to the District as a Physical Education Consultant for many elementary schools helping to set up physical education programs. Her final assignment was at Beaconsfield Middle School.

She wholeheartedly adopted the Middle School philosophy, whether that meant covering the entire gym floor with garbage bags so students could cut up pumpkins as a Halloween activity, or enticing a fellow staff member to use the school rooftop to take a photo of the students, proudly forming the BMS symbol for the newly formed middle school.

She was an excellent teacher who inspired her colleagues, and encouraged her students with her can-do attitude, but first and foremost she was a wonderful mother to her three children, all of whom are active teachers in the N.B. school system.

Our sincere condolences to all of her family, her lifelong friends and her many work colleagues.

## PRESIDENT'S MESSAGE

I want to express both my, and the entire Executive Committee's, sadness at the death of Mary Ann Patterson. She was a NBSRT SJ Executive Committee member for over a decade and editor of this Newsletter for the past five years. Even with her struggle with health issues, she never complained or missed a deadline and always had constructive suggestions at our meetings. Typical of her dedication, she was even concerned about who would take over as Newsletter Editor. While we will find someone to be the editor, Mary Ann, the person, cannot be replaced. Mary Ann, rest in peace! You will not be forgotten.

On a more positive note, February is the downside of winter and what a decent winter it has been, compared to other areas of the country. Being Seniors, we tend to stay indoors much more in winter due to the combination of snow, rain and cold. This winter has been a pleasant exception. If you check out the Wellness Committee you will find various activities are planned to get us into spring. The Social Committee is working, as well, to provide activities to get us out of the house.

Don't forget, registered members of the NBSRT SJ benefit from the activities being subsidized while nonmembers do not receive the discounted fee. Why not bring a retired nonmember friend to an event and perhaps s/he would like to become a member, after enjoying the activity.

One of our biggest problems is increasing our enrollment. The Membership Committee is working very hard to get new retirees to join. We need additional enrollment to justify seeking additional members on the Trustees for Pension and Health Insurance. Currently, retirees outnumber active teachers but we lack equity in representation on these significant boards. So, if you know a retired teacher who is not a NBSRT member, encourage her/him to join. There is strength in numbers!

2024 is an election year for NBSRT SJ. If you would like to become involved, or would like to nominate someone to the committee, please contact **Judy Braman** [judithabraman@gmail.com](mailto:judithabraman@gmail.com) or **506 343-5940**.

Brian Greig

NBSRT SJ President 2021-2023

### NBSRT-SJ Scholarship Fund



As costs for students continue to increase, our scholarships are needed more than ever. Please consider making a donation for as a memorial to a loved one, as a retirement gift for a fellow teacher, for tax purposes or just because it's the right thing to do! Contributions can be made directly through either the UNB website, [unb.ca/giving/](http://unb.ca/giving/), or through the mail: University of New Brunswick, Development Office, NBSRT Saint John Branch Scholarship Fund, P.O. Box 4400, Fredericton, N.B. E3B 5A3. Income tax receipts will be issued by the university. Donation cards appropriate for memorials or special occasions are available from Susanne Sutton ([suttos@nb.sympatico.ca](mailto:suttos@nb.sympatico.ca)).



Have you heard about the new restaurant called Karma?  
.....There's no menu - you get what you deserve.

## FISCAL UPDATE February 2023



Current Balance	\$15,060.76
Investments	\$28,052.86
Membership shares	\$2,357.53
Total	\$45,471.15

### Mark Your Calendars for MARCH GAMES DAY!

When: **Wednesday, March 15<sup>th</sup>**

Where: **Assumption Centre, Chapel St.**

Time: **1:00-3:00 PM**

Featuring: Games of your choosing – bring your friends!

Sandwiches, Sweets Tea and Coffee

Door prizes! 50/50 Draw! Wearing of the Green Contest!

Cost: **\$10 for NBSRT SJ members; \$15 for non-members**

To register, contact: [lwheaton@rogers.com](mailto:lwheaton@rogers.com) **506-738-2604**



☺ “An English lawyer sat with his Irish client. ‘Marty’ he sighed, ‘Why is it that whenever you ask an Irishman a question, he replies with another question?’  
‘Bollocks. Who told you that?’ asked Marty.”

**Cards:** Do you know a NBSRT SJ member who is celebrating a significant milestone, undergoing medical issues or suffered the loss of a close family member?

Members can request a card be sent to this individual by contacting;

**Pat Murray at 506- 847-8758 or email [donovanm@nbnet.nb.ca](mailto:donovanm@nbnet.nb.ca)**

**Contact Information:** PLEASE notify NBSRT any time you change your email address, home address or telephone number. Go to <https://www.nbsrt.org> select “TELL US” in the top MENU. This will update information for both NBSRT and NBSRT SJ. Otherwise send a note to NBSRT SJ, 235 Bedell Ave, Saint John, NB E2K 2C5

## NBSRT SJ Wellness



### Hiking Club

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

**Next Meeting:** **March 8, 10:30 am.**

**Where:** **Rockwood Park Trails- Meet at the horse barn parking lot.**

**Scheduled Hikes:** **April 12, and Lunch at Lily's Café.**

**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.

**Fee:** Free

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

**Registration and more info:** Contact Paula Scott by calling or texting, (506) 608-3857 or email [Paula.scott@nbed.nb.ca](mailto:Paula.scott@nbed.nb.ca). Please provide your phone number if you are a new hiker.

Visit our Facebook page NBSRTSJ to view the amazing photos Paula has posted of each hike.

### Winter Wonderland Photo Contest

Many of our members are getting out and have captured gorgeous Winter Wonderland photos so please share your photos with us.

There will be a random draw(s) at the end of March for a \$25 Sobeys Gift Card. Depending on the number of entries there may be more Gift Card draws. Enter often. Each photo gives you another entry into the draw.

How to enter: Send photo by email to [ellen.marie.palmer@gmail.com](mailto:ellen.marie.palmer@gmail.com). All entries will be placed on a slide show on our webpage <https://nbsrtsj.nbta.ca/>

Please pass this information to fellow NBSRTSJ members!

Stay Well!

😊 In a society that has you counting money, kilos, calories, and steps, be a rebel and count your blessings instead.

## Sgraffito Pottery Project

“Sgraffito, (Italian: “scratched”), in the visual arts, a technique used in painting, pottery, and glass, which consists of putting down a preliminary surface, covering it with another, and then scratching the superficial layer in such a way that the pattern or shape that emerges is of the lower colour.” Wikipedia.



Where: River Valley Community Centre (Grand Bay-West.) in the Webber Rm.

Instructor: Elizabeth Donnelly-Nelson

1. Session: April 4, 1-3pm - Create a sgraffito hot plate, dish, or jewelry.
2. Session: April 5, 1-3pm- Apply casting slip and scratch design.
3. Session: April 25, 1-2pm- Finishing touches and glazing.

Price: \$25 for NBSRT SJ members and \$30 for non-members

Registration: Contact Ellen Palmer 506-635-5742 or [ellen.marie.palmer@gmail.com](mailto:ellen.marie.palmer@gmail.com). -transfer your fee to secure your seat.

## Maple Sugar Bush Tour & Pancake Breakfast

**When:** March 22 (Rain date: March 29)

**Where:** Elmhurst Outdoors, 65 Ganong Road, Erbs Cove, NB

**Meeting Time:** To be determined! Tour will begin 11:00. Meet at the Comex Parking lot off route #1 on Parkside Rd then carpool over. (Some may want to stay for a snowshoe outing if it is a possibility).

**Cost:** \$25.00 members \$28.75 non-members- Tour and Breakfast - 45 min interpretive hike, and pancake breakfast, (2 homemade pancakes with maple syrup, 1 Degenhardt sausage, Gig's baked beans & coffee/tea or apple juice)

**Preparation:** Dress for the weather as you will be outside for the tour. Grounds can be muddy and uneven. Proper footwear is important.

**Registration:** Send money to Ellen Palmer at [Ellen.marie.palmer@gmail.com](mailto:Ellen.marie.palmer@gmail.com)

**Transportation:** Contact Paula Scott by calling or texting (506) 608-3857 or email [Paula.scott@nbed.nb.ca](mailto:Paula.scott@nbed.nb.ca) to arrange transportation. Pick up is a possibility.

**More Info:** <https://www.elmhurstoutdoors.ca/maple-syrup.html#anchor2>

## NBSRT Saint John Schedule of Events

Date	Day	Time	Activity	Location
Mar. 8	Wed.	10:30am	Hike	Rockwood Park
Mar. 15	Wed.	1-3pm	Games/Lunch	Assumption Centre
Mar. 22	Wed.	11:30am	Maple Sugar Tour	Elmhurst
Apr. 4,5,25	T, W, T	1pm	Sgraffito Pottery	Grand Bay
Apr. 12	Wed.	10:30am	Hike & Lunch	RWP & Lily's Café Menu
May 10	T/W		NBSRT AGM	Fredericton
May 17	Wed.		NBSRT SJ AGM	Saint John

**Contact: Ellen Palmer to register and e-transfer fee at [ellen.marie.palmer@gmail.com](mailto:ellen.marie.palmer@gmail.com) .**

**All Hikes Contact Paula Scott to register at [Paula.Scott@nbed.nb.ca](mailto:Paula.Scott@nbed.nb.ca).**

**Visit: [www.nbsrt.org](http://www.nbsrt.org) for further details on each event.**

### Minds in Motion

A physical activity and brain stimulation program for people with dementia and their care partners.

Minds in Motion® is a fun and engaging program that combines physical activity and mental stimulation in a social environment. The program is designed for people living with early to mid-stage Alzheimer's Disease or another form of dementia. Friends, family members or care partners are welcome as participants and supporters. Minds in Motion® takes place online using **Zoom**. We meet every Thursday from 11:00 am - 12:00pm.

How do I join this program? **Register:** by calling the **Alzheimer Society of NB** at **1-800-664-8411** or by email: [info@alzheimernb.ca](mailto:info@alzheimernb.ca)

### DO YOU HAVE A STORY OR EXPERIENCE TO SHARE WITH FELLOW RETIREES?

As you know, Reflections is a magazine about and for retired teachers. The issue now being prepared for submission to the printer will include an article prepared by a local colleague about an experience this past September, the first September of being retired. And, as you know from past issues, other retirees have shared experiences.

If you have had an experience or a story – perhaps about travel, or learning a new skill or you believe your retired colleagues would enjoy reading about, and or learn from, why not share it in Reflections? Maybe you have read a book you think should be on everyone's reading list, why not do a book review?

For more information about preparing a submission be in touch with **Marg at 633-9692**