



# NBSRT Saint John August Newsletter

## Mark Your Calendars!

The Social and Wellness Committees have been busily planning activities for both Summer and Fall. To ensure you don't miss out on any of the fun and frolic, please consider the following opportunities and dates. **Please note updates and deadlines!**

September Activities		
<p><b>September 5<sup>th</sup></b></p> <p>11 am (Doors open at 10:30)</p>	<p><b>Back to School Brunch at Assumption Church.</b> (Please see contest on "Renaming!")</p> <p>Cost: \$10 for Members, \$15 dollars for non-members, FREE for 2023 Retirees!</p>	<p>To register, contact Laura Wheaton at <a href="mailto:lwheaton@rogers.com">lwheaton@rogers.com</a> or 506-738-2604 by August 31<sup>st</sup>.</p>
<p><b>September 20th</b></p> <p>1-3pm</p>	<p><b>Explore Paint Workshop</b> at Elizabeth Donnelly-Nelson's studio. Bring a photo or take a picture of still-life or outdoor scenery. Elizabeth will guide you along your painting journey. If need be, finish painting at home. Paint and canvas supplied.</p> <p>Price \$25 for members; \$30 for non-members. Book early. Limited to 6 participants. This will take place at Elizabeth's home in Grand Bay-Westfield.</p>	<p><b>Registration:</b> Contact Ellen Palmer at <a href="mailto:ellen.marie.palmer@gmail.com">ellen.marie.palmer@gmail.com</a> or 506 635 5742.</p>
<p><b>September 25<sup>th</sup></b></p> <p>1 – 4 pm. (Rain date Mon. Oct. 2)</p>	<p><b>River Bay Adventures Kayak Guided Tour Part 2: Beamer's Creek and the Kennebecasis River Members'</b></p> <p><b>Price:</b> \$25 <b>Non-Members' Price:</b> \$30</p> <p><b>Where:</b> Launch at Hampton's Public Boat Wharf, 1075 Main Street. The plan is to explore Beamer's Creek for a short paddle and spend most of the time on the Kennebecasis River this year.</p>	<p>E-transfer payments to Ellen Palmer (<a href="mailto:ellen.marie.palmer@gmail.com">ellen.marie.palmer@gmail.com</a>) to reserve your spot. 506 635 5742</p> <p><b>More Information:</b> Contact Paula Scott at <a href="mailto:paula.scott@nbed.nb.ca">paula.scott@nbed.nb.ca</a></p>

## **STAY ACTIVE!!**

### **Future Events**

- Oct. 11 **Monthly Hike at Rockwood Park from 10:30-12:30pm**
- Oct. 25 **Semi-Annual Meeting and Luncheon at the Hope Centre.**
- Nov. 8 **Hike at Rockwood Park**
- Nov. 15 **Games and Cards**
- Nov. 29 **Christmas Craft**
- Dec. 8 **Christmas Dinner – Saint John Marina or Thistle Saint Andrew’s**
- Dec. 13 **Hike at Rockwood Park**

### **Summer Draws**

**Please NOTE: deadlines have been extended for all three competitions. We will accept submissions until August 31<sup>st</sup>.**

**I Love Summer:** What do you love about summer? Let us know in one or two sentences and send a photo(s). Include your name and the year you retired. These will be shared on our webpage <https://nbsrtsj.nbta.ca> and in future newsletters. There will be a random draw at the end of August for a **\$25 Sobeyes Gift Card.**

**Favourite BBQ Recipes:** Summer is another great season for spending time eating with family and friends. We are looking for your favourite BBQ recipes to share with other members on our web page: <https://nbsrtsj.nbta.ca/> and in future newsletters. Please include your name and the year you retired.

**Name That Brunch!** Submit your suggestions for a new name by August 31st to [nbsrtsj@gmail.com](mailto:nbsrtsj@gmail.com) or to Marg by phone – 506-633-9692. The new name will be unveiled at our September 5<sup>th</sup>, 2023, brunch.

**How to enter draws:** Send the things you **Love About Summer** and **photos** as well as your **Favourite BBQ Recipes** by emailing Ellen at [ellen.marie.palmer@gmail.com](mailto:ellen.marie.palmer@gmail.com) or calling her at 506-635-5742.

### **Please HELP**

We are really hoping for an extra-large turnout of new retirees for the Back-to-School Brunch. At present, we have not managed to acquire contact information for many of the June retirees. If you do have contact information or, BETTER STILL, if you are able to bring one along to the brunch, your name will be entered into a special draw.

Looking forward to seeing you all on the 5<sup>th</sup>!

## Group Insurance Information!!

In constant pursuance of our insurance details, changes, and additions, I have come across an item brought to my attention by a pharmacist. When requesting refills, I was asked if I would like to have them filled in blister packs (known as bubble packs also) or all in one container (bottle) which is how I usually got them. I asked what was meant by this and it was explained that I could have my medications (pills) packaged in a separately partitioned plastic sheet with all my medications for each day in separate partitions. Nice and convenient.

Example image:



If you are using this method of getting your prescriptions, I would strongly suggest you ask your pharmacist what the cost is of getting a 3-month supply in a bottle at a time for each of your medications, add them up and compare this to getting your medications dispensed in blister (bubble) packs for 3 months. If they are the same, no problem.

My response to this question really surprised me. I would have been charged a dispensing fee per day, per pill (90 days for each pill) compared to one dispensing fee for a 90-day supply per prescription. Dispensing fees vary per pharmacy.

So, all I am doing is advising you to inquire about the fees you are currently paying.

Kathy Dalling  
NBSRT Group Insurance Committee Chair

## “ *Inspirational Quotes* ”

When I was young (10-12 years old) , I was a voracious reader and I also bought a lot of book marks, with quotes that struck my fancy. One which has always stayed with me is a quote from English writer, Samuel Johnson: A man ought to read just as inclination leads him; for what he reads as a task will do him little good.

Another favourite is based on the story of a powerful king (some versions say Solomon) who commissioned a ring which would make the wearer happy when he was sad, and sad when he was happy. The ring was inscribed with four simple words: This, too, shall pass.

**What quotes have stuck with you, throughout your life, or motivated you in times of challenge?**

**Submit them to me at [marijkeblok@gmail.com](mailto:marijkeblok@gmail.com) or by phone at 506-654-8212.** We will publish your words of wisdom in future newsletters!

### ***Be Careful What You Wish For!***

A man was sitting on the edge of the bed, observing his wife looking at herself in the mirror. Since her birthday was not far off, he asked what she'd like to have for her birthday. "I'd like to be six again," she replied, still looking in the mirror.

On the morning of her birthday, he arose early, made her a nice big bowl of Lucky Charms, and then took her to Six Flags theme park. What a day! He put her on every ride in the park - the Death Slide, Wall of Fear, Screaming Monster Roller Coaster - everything there was. Five hours later they staggered out of the theme park. Her head was reeling and her stomach felt upside down.

He then took her to a McDonald's where he ordered her a Happy Meal with extra fries and a chocolate shake. Then it was off to a movie, popcorn, a soda pop, and her favorite candy, M&M's. What a fabulous adventure!

Finally, she wobbled home with her husband and collapsed into bed, exhausted. He leaned over his wife with a big smile and lovingly asked, "Well Dear, what was it like being six again??" Her eyes slowly opened, and her expression changed, "I meant my dress size, you idiot!"

