



NBSRT Saint John Summer Newsletter

President's Message:

Welcome to the longer and warmer days of summer. At our last in-person meeting on June 15th, we decided to send out a newsletter for the summer months, including lots of information to prepare for the Fall. I want to introduce the Officers of the NBSRT-SJ Executive Committee. If you have any questions for me or other Executive Members, please contact me at rbonner321@gmail.com, and include your email or phone number if you would like a reply.

Past President	Brian Grieg
President	Bob Bonner
1st Vice-President	Bob O'Connell
2nd Vice-President/Director	Rena MacGregor
Treasurer	Barry Harbinson
Secretary	Pat Loughery
Director	Frances Butler



Committee Chairs will be introduced in the next edition.

Some members have been enquiring about part-time employment opportunities. Thanks to my lovely daughter, here is a link to a helpful website: <https://www.kaleidoscopeimpact.com/employment-support-rea>

Wishing you Blue Skies, Apple Pies, and Cotton Candy. Stay Safe!

Bob

Treasurer's Report:


<i>NBSRT SJ Fiscal Update</i>		
<u>Bank balance (June 12, 2023)</u>		<u>\$6,972.39</u>
<u>Uncleared cheques</u>		<u>\$120.00</u>
<u>Added Income</u>		
<u>Current balance</u>		<u>\$6,852.39</u>
<u>Investments</u>	<u>May, 31 2023</u>	<u>\$38,277.48</u>
<u>Membership Shares</u>		<u>\$2,357.53</u>
<u>Total assets</u>	<u>2023-06-14</u>	<u>\$47,487.40</u>

NBSRT is pleased to announce that:
NBSRT SJ has been selected to host the 2024 AGM

This could be a wonderful opportunity for you to learn more about how you are served, and represented, by your association. More information will be available in future NBSRT SJ Newsletters and on our website <https://nbsrtsj.nbta.ca/>.

The two-day event will take place on May 7th and 8th. The registration and social portion will be held at Chateau Saint John, with the business meeting the following day located at the Lily Lake Pavilion.

If you're interested in assisting with the planning of this event, please contact Barry Harbinson bharbins@nb.sympatico.ca or phone 506-658-1347 for more information.

 Responsibility	NBSRT AGM 2024 Areas of responsibility	
	Name	Cell Phone
Chairperson	Barry Harbinson	506-654-1913
Secretary		
Registration		
e-registrations		
Mailed registrations		
Social		
Treasurer		
Registration Packages & Door prizes		
Public Relations		
Technical		

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:

Sept. 5 **Back to School Brunch at Assumption Church.** (Please see contest on "Renaming!")

Sept. 20 **Explore Paint Workshop 1-3pm** at Elizabeth Donnelly-Nelson's studio. Bring a photo or take a picture of a still-life or outdoor scenery. Elizabeth will guide you along your painting journey. If need be, finish painting at home. Paint and canvas supplied. Price TBD. Book early. Limited to 6 participants.

Sept. 25 **River Bay Adventures Kayak Guided Tour Part 2: Beamer's Creek and the Kennebecasis River**

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**

GET CREATIVE, PUT ON YOUR THINKING CAPS AND NAME THAT BRUNCH!!



Beginning in 2004 NBSRTSJ celebrated the beginning of another year of retirement and welcomed new retirees with a brunch on the first day of the school year. At that time, and for several years, it was known as the "Drop Out Brunch" then "September Brunch" and on occasion was referred to as the "Graduates' Breakfast."

Let's come up with a new name, a name we can use going forward, a name reflecting the celebration, the welcoming of new retirees and the beginning of another year of retirement and NBSRTSJ activities! (Other branches have similar events - To Hell with the Bell, Wave Goodbye to the Bus.)

Submit your suggestions for a new name by August 20th to nbsrtsj@gmail.com or to Marg by phone – 506-633-9692. The new name will be unveiled at our September 5th, 2023 brunch.

Light Summer Reading

A few book recommendations from fellow NBSRTSJ members:

Books: (Check out [goodreads.com](https://www.goodreads.com) for more book selections and see what friends are reading.)

***Spare* by Prince Harry, Duke of Sussex**

***Maidens* by Alex Michaelides**

New release: *Cross Down* from the Alex Cross series by James Patterson

Karman Meyer- Eat to Sleep: What to Eat and When to Eat for a Good Night's Sleep- Every Night

***The Riyria Revelations Three Volumes(books). Volume One: Theft of Swords* by Michael J. Sullivan**

Nicholas Sparks: *Dear John* 2006, *The Lucky* 2008, *The Best of Me* 2011, and *The Wish* 2021

Series: Featuring a Canadian author, Dale Mayer

1. ***Lovely Lethal Gardens*** (23 novels) series begins with book one *Arsenic in the Azaleas* (Oct. 2018). It's a cozy mystery about an amateur sleuth Doreen Montgomery, who solves murders and crimes in Kelowna BC with the assistance of her cat, dog, and parrot.
2. ***Mavericks*** (18 novels) series is a collection of thrilling romantic suspense novels beginning with book one *Kerrick* (2020).
3. ***Seals of Honor*** (30 novels) is another romantic suspense series. Each book follows a different navy seal. Short snappy fictional stories. Book one is *Mason* (2016).
4. ***Family Ties*** (15 novels) series where Tessa with her family and friends are caught up in a war between Old World Vampires and humans. Sian's Solution (2013)-Prequel, book one is *Vampire in Denial* (2011).
5. ***Psychic Vision*** (27 novels) paranormal romantic suspense series. Each book is about a new person using their new psychic powers to solve crimes. Book one is *Tuesday's Child* (June 2011).
6. ***Heroes for Hire*** (30 novels) romance suspense series that follows the lives of Special Forces operatives. Book one is *Levi's Legends* (Mar. 2017).

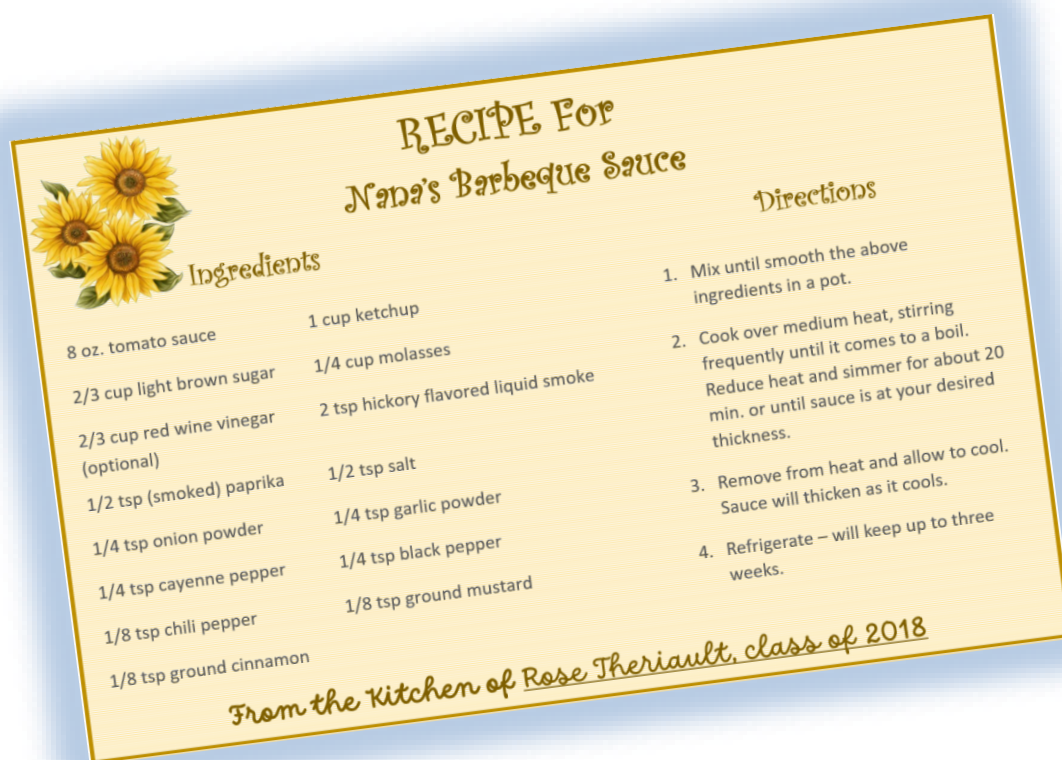
What books or series do you recommend to your fellow NBSRT members to read this summer? We love to hear from you. Share your recommendation and we will post the book or series on our website. Send recommendation to ellen.marie.palmer@gmail.com.

Summer Draws

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 year you retired. We will then post on our <https://nbsrtsj.nbta.ca/> webpage. Check out Margaret Urquhart's example. There will be a random draw(s) at the end of August for a **\$25 Sobeys Gift Card**.

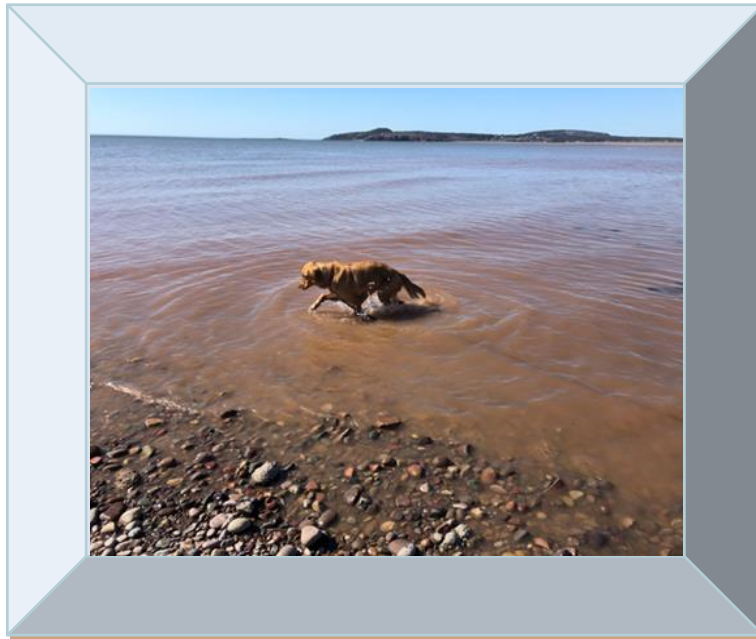
Favorite BBQ Recipes: Summer is another great season for spending time eating with family and friends. We are looking for your favourite BBQ recipes to share with other members on our web page: <https://nbsrtsj.nbta.ca/>. Your recipes could include salads, appetizers, desserts, or drinks. Include your name and year you retired. A random draw is set for the end of August for a **\$25 Sobeys Gift Card**. See sample recipe for **Nana's Barbecue Sauce** below:

This recipe is easily altered for your special family members. For example, remove the chili pepper and smoke for the grandchildren who do not like it "spicy" and give them their own special jar of Nana's BBQ Sauce. This recipe is especially good on pork ribs. **Rose Theriault** Retired 2018.



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. We want to hear from you!

I Love Summer Draw



Things I love about summer - spending time and new adventures with family who come "home" from other provinces, walking beaches with my dog, reading under a shady tree, taking day trips, gatherings with friends, BBQing, puttering in the yard, swimming outdoors, watching the setting sun. **Margaret Urquhart Retired 2002.**



Guided Kayak Tour of Beamer's Creek and Kennebecasis River Hampton Sept. 25th, 2023, 1-4pm



Where: 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.

When: Monday, September 25, 2023, at 1 – 4 pm. (Rain date Mon. Oct. 2)

Members Price: \$25 **Non-Members Price:** \$30 E-transfer payments to Ellen Palmer (address below) to reserve your spot.

Registration: Contact Ellen Palmer at ellen.marie.palmer@gmail.com.

More Information: Contact Paula Scott at paula.scott@nbed.nb.ca.

River Bay Adventures Guided Tours: River Bay Adventures provide very stable tandem sea kayaks with a rudder, all the required kayaking equipment, training (on land) and guides. They set customers up (foot pedal adjustment and skirting) in tandems on shore and slide the kayak in and out of the water. (No need to even get your feet wet!) Please note skirts do NOT have to be worn for this paddle. They suggest light footwear (flip flops not recommended) and quick drying pants (no jeans) a windbreaker, hat and sunscreen and water. If there is a stopover for a break, a boil can be provided to make tea or coffee.

River Bay Adventures regularly take people who have never kayaked before. Below is an email from a customer, who was very nervous, "Thank you so much for these pictures! We enjoyed the tour very much. What an adventure 😊 Thanks very much for taking us there. You made it so safe and professional, to put even a nervous kayaker like me at ease! Wish you all the best. Dahlia"

WHY NOT SHARE YOUR TRAVEL MEMORY WITH COLLEAGUES?

Many retirees enjoy travelling and hearing/reading about the travels of others, perhaps because they are looking for ideas and maybe because they want to relive their own memories. Why not share one (or more) of your favorite travel memories? Look through some pictures, make some notes and you'll have a framework!!!

One or two paragraphs along with a couple of pictures is all you need. Sharing your experience may well stimulate discussions, trigger reminiscences and most important of all, give others a reason to smile. A15+ year old example follows. Your memories will be submitted for Reflections and/or an NBSRTSJ website posting. Submit at any time to kimlin@nbnet.nb.ca. The next Reflections deadline is October 6th and there will be two additional submissions before June 2024.

A Safari in Kenya and Tanzania provided still vivid images of the remnants of the Great Migration with Mount Kilimanjaro as the backdrop, descending into the Ngorongoro Crater and conservation area, elephants circling their young for protection, lions stalking their prey. It sometimes seemed as though heads were on a swivel during game drives. There was so much to see in every direction when we stood in the open roofed land rovers. Guides, who were also the drivers, seemed to know where to go and when, many times sharing information about the animals and their typical behaviours. Over time the "big five" – rhinoceros, elephant, lion, leopard (not easy to find) and water buffalo – were spotted. Whether feeding, mating, cooling off at watering holes, chasing down prey or seeking shade from the blazing sun the awe of seeing such magnificent creatures in their natural habitat was chastening.



Two memories stand out – a pre-dawn lift off to fly over the Masai Mara in a hot air balloon and a visit to a Masai encampment. Animals were seen from on high as they moved about in the coolness of the early morning. Some, especially giraffes, were majestic galloping away from the occasional noise of the balloon. Landing for a sit-down breakfast in the bush and leaving no trace of human presence behind - real china, glassware, and cutlery, along with fabric napkins were used, was followed by the flight back to base. The circular – for safety - Masai encampment (Masai are transient.) brought warm greetings as the women showed their 1 room mud huts, dishes and handmade jewelry as men looked on from a distance and young children stayed close to their mothers. A Masai teacher and children were welcoming, encouraging

interaction as children proudly showed off and explained their English and Math notebooks.

NBSRTSJ LOOKS FORWARD TO RECEIVING YOUR TRAVEL MEMORY