



NBSRT Saint John October Newsletter

New Year, New Name:

At the opening brunch, our kick-off received a new name. By consensus, the attendees selected “**Thank God I’m Retired**” from among several strong contenders. So, next year, we will welcome members back with the **TGIR** Brunch!

October Activities

October 11th 10:30 – 12:30	Monthly Hike – at Rockwood Park.	Contact Paula Scott at paula.scott@nbed.nb.ca
October 25th 11:00 am	Semi – Annual Meeting and Luncheon - at the Hope Centre	Registration: contact Norma Murphy at 506 659 2553 or ngmurphy@yahoo.com

Notes from Wellness:

The Summer BBQ Recipe Contest had three recipes submitted from the NBSRT Executive. They are posted on our website. The Wellness Committee decided a random draw from the members present at the TGIR Breakfast. The winner was newly retired member **Tanya Murray** who won a \$25 Sobeys' Gift Card.

The Summer Photo Contest winner of a \$25 Sobeys' Gift Card was **Linda Andrews**. She submitted a picture of her summer gathering of friends who have all retired from teaching and live in different places.

NBSRT SJ 2024 AGM

Episode 1 **Something to think about.**

Traditionally the host Branch of the NBSRT AGM provide a few door prizes for attendees of the meeting. Last year’s host, Central Branch, requested their “talented members” to donate items for this practice. I know that I’m not biased, but I suspect that we have retirees who are more talented, and creative, than Fredericton and surrounding areas. Please prove my faith in your artistry, and generosity, is more than justified. Our January newsletter will have additional information, as well as contact details, if you can be of assistance.

Thanks for your support.
Barry Harbinson, Chairperson NBSRT AGM Committee

STAY ACTIVE!!

Future Events

- 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**

NBSRT Saint John's Wellness Hiking Club

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

Next Meeting: **Oct. 11, 10:30 am.** **Paula Scott** will be leading the hike.

Where: **Rockwood Park Trails- Meet at the upper parking lot at the entrance of the Lily Lake Pavilion.**

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**. Please provide your phone number. Thank you.





Hooked on Christmas

Join us for a little fun get together as we make a Christmas craft on November 29. You will borrow a hook and all materials will be provided to design a mini-Christmas hooked ornament\ gift tag to brighten your day.

Where: RiverCross, Saint John,

When: Nov. 29, 1-3pm

Price: \$15 members, \$20 non-members

Register: Contact Ellen and make arrangements for payment to secure seat. Ellen.marie.palmer@gmail.com.



See you soon.





Fall Meeting and Luncheon

October 25 th

Reception 11:00 AM, Meal 12:00 PM

HOPE Centre 4347 Loch Lomond Road

Chicken and all the trimmings! Tea, coffee, juice, dessert.

Members \$20 and Non-Members \$25

Featuring our usual draws for door prizes and 50/50

We are delighted to welcome Martin Higgs, representative of ACER-CART, who will bring greetings from that organization. ACER-CART is the Association Canadienne des Enseignants et des Enseignantes Retraités - Canadian Association of Retired Teachers.

For more information, check out their website at <https://acer-cart.org/>

To register for the luncheon, contact Norma Murphy at 506 659 2553 or ngmurphy@yahoo.com. If you are registering by phone, please leave your name and a phone number where you can be reached so Norma can confirm details.

President's Message:

As you can see, NBSRT SJ has a lot going on this fall. I'm excited to welcome Martin Higgs to the Fall Meeting. I'm also very happy that we have so many activities slated for the next few months. It will be a great pleasure to host the Provincial AGM in May of 2024, to finally make up for the one we were scheduled to host during COVID.

Please feel free to contact me regarding any questions or suggestions you might have at rbonner321@gmail.com

Bob