



NBSRT Saint John

January 2024 Newsletter

A Word about Retirement!

“Retirement is like a long vacation in Las Vegas. The goal is to enjoy it to the fullest, but not so fully that you run out of money.” –Jonathan Clements

| <i>Spring Activities</i> | | |
|---|---|--|
| February 14th 10:30 am | Monthly Hike – Little River Reservoir (The Rez) Dogs and friends are welcome! | Call Paula to register at 506-608-3857. |
| February 26th | Bowling and Pizza – at Bowlarama (Bring a friend) \$10 for members \$15 for non members Shoe rentals – \$3.50 | Register by emailing Ellen at Ellen.marie.palmer@gmail.com |
| March 6th 10:30 – 12:30pm | Monthly Hike – at Rockwood Park. Dogs and friends are welcome! | Call Paula to register at 506-608-3857. |
| March 14th | St. Paddy’s Game Day – see below for details! | |
| March 20th 1-2:30 pm | Glass Blowing Demo and shopping at gallery at Glass Roots on 89 Canterbury Street | Register by emailing Ellen at Ellen.marie.palmer@gmail.com Price TBD. |
| April 3rd, 4th, 24th 1-3pm | Sgraffito Pottery at River Valley Rink | Register by emailing Ellen at Ellen.marie.palmer@gmail.com Price: TBD. |
| April 10th 10:30-12:30pm | Last Hike at Rockwood Dogs and friends are welcome! | Call Paula to register at 506-608-3857 to register. |
| May 13th, 14th | NBSRT AGM - Delta Hotels by Marriott Saint John | |



St. Paddy's Games Day

March 14th

12:30-3:30

Assumption Centre
Chapel Street

Doors open at 12:00 PM

\$10 Members
\$15 Non-members

For an early start to St. Patrick's Day – wear
your GREEN and take part in the
competition for the best or greenest St.
Paddy's look. Prizes will be awarded!

door prizes
50/50 draw

sandwiches and sweets
tea and coffee

To register, please contact Laura Wheaton
506 738 2604 or lwheaton@rogers.com

Registration closes – March 8th

Opportunities within Our Branch!

Reflections Magazine:

Are you someone who likes to be “in the know” about NBSRTSJ activities, events and functions? Is having a sense of NBSRTSJ’s “big picture” something that appeals to you? Would you enjoy being part of and working with a team contributing to the well-being of fellow retirees and keeping them up to date? Working on our branch submissions to Reflections (3 issues/year) gives you the opportunity to do that and so much more. New ideas, voices and perspectives are vital to our branch, reflective of the nature of our membership and take us into the future.

Your help in the coming months would be very much appreciated. Please contact me at 506-633-9692 to explore the possibilities. I look forward to hearing from you.

Marg Urquhart, Reflections Correspondent

WEBMASTER WANTED

Must be: someone willing to join the NBSRT SJ website committee and eventually take over website design and maintenance.

Needed: A desire to learn, to be creative, and a personal computer

This position will provide invaluable help to communicate events, showcase past events, and update our members through the website. A prior knowledge of website design is an asset and an openness to learn is a must! Collaborating with other members of the association in order to keep the website current requires good communication and some attendance at meetings.

Please contact Ellen Palmer for further details. ellen.marie.palmer@gmail.com

Opportunities outside Our Branch!





Are you interested in sharing your love and enthusiasm for Saint John with visitors from all over the world?

Ambassatours Gray Line may be a great fit for retired professionals, such as yourself, who are interested in part-time employment – over the summer and autumn months. We have a great group of seasonal employees, many of whom are retired professionals and are hoping to continue to grow our teams moving forward. Our Cruise ship visitors to our cities value the knowledge and experience our tour guides and co-ordinators bring to the Hop on Hop off tours we offer here in Saint John.

If you're interested in learning more about the opportunities, please check out the link below.

<https://www.ambassatours.com/join-our-crew>

Local AGM!

In the excitement of the Provincial NBSRT Annual General Meeting, **don't forget about our local AGM**. This will take place on May 24th at the HOPE Centre. Luncheon will be a chicken dinner, tea, coffee and dessert.

Further info will be provided in the April newsletter.

Membership Committee Report!

Happy New Year!

Our Social and Wellness Committees continue to offer you a variety of activities to see former colleagues and old friends in fun settings. Our Membership committee continues to work on ways to encourage retirees from yesteryear to join. We know that it is through individual members who invite friends to different events that increasing our numbers. Keep up the great work!

The provincial body has streamlined a new Membership form that we are including in the Newsletter. Keep one in your purse or pocket to pass on to potential new members.

Our committee remains connected with current educators largely through the NBTA Saint John Branch. We attended one of their rep meetings at Bayside Middle School, this year in April. We will provide after-school treats and coffee and remind them that we support them. In addition, we will ask the school reps to inform their potential school retirees about the NBSRT and all the services we can provide in their retirement. Membership forms and our contact information will be available.



Enjoy all the opportunities you can, work hard on your bucket list and see you at the Provincial AGM hosted by Saint John Branch.

Judy Braman
Chair

506-343-5940

NBSRT Saint John's Wellness Hiking Club



Happy Valentine's Day!

Next Meeting: Feb.14th, 10:30 am. Hike is roughly 45min. Bring your Valentine! Paula Scott will be leading hike.

Where: "The Rez!" Meet at the Little River Reservoir Park off Loch Lomond Road.

Difficulty: This trail is easier than the Rockwood trails. Picture perfect, wide trails and flat.

Preparation: Sturdy footwear, trail snack and water bottle recommended. Hiking poles are optional. Dress in layers.

Fee: Free

Who: Members and Hiking companion(s). There is a Dog Park at "The Rez".

Registration and more info: Contact Paula Scott by calling or texting, (506) 608-3857. Please provide your phone number. Thank you.



Episode 2 Time to Respond.

As indicated in the previous newsletter, we are seeking assistance from our talented, and creative retirees. We need items from you to donate as door prizes for attendees at the NBSRT AGM being hosted at the Saint John Delta May 13 and 14, 2024.

If you have an offering, please contact Pat Murray at donmur23@outlook.com (506-847-8758) or Lori Wall lori.wall444@gmail.com (506-635-0903)

Have you thought about attending the NBSRT AGM to gain insight into your organization? NBSRT SJ is offering to refund the registration fee and parking for 30 of our members. Should we have more than 30 of our local members participate, compensation would be equally shared amongst all local registrants. NBSRT SJ members attending the AGM are also encouraged to participate in the Pre-Conference Activities (described in this newsletter). The fees for these activities are not covered by NBSRT SJ. Registration will be open **online**, starting **February 14th** at <http://www.nbsrt.org>- follow link to "AGM 2024 Registration") or mail your registration to Robert Taylor (address on Registration sheet).

Barry Harbinson, Chairperson NBSRT AGM 2024 Committee



Saint John Branch is HOSTING NBSRT AGM May 13 and 14, 2024

The Saint John Branch of the NBSRT cordially invites you to join your colleagues and friends from across the province at the 2024 Annual General Meeting of the New Brunswick Society of Retired Teachers, Monday, May 13 and Tuesday, May 14, 2024.

Accommodation Info: Official accommodations are at the **Delta Hotels Saint John**, 39 King St, Saint John, NB E2L 4W3. Monday's Social, and Tuesday's Meeting, take place in the Cloak Room (Mazzinine). The Delta's room rate is \$169 for standard king or 2 queens, plus taxes. The Delta will honor this rate for May 12, 13 and 14. Contact the Delta at (506) 648-1981 to reserve your room. Parking is at Brunswick Square Parking Garage (main entrance on Union Street). Self-parking for hotel guests - \$16.95 per day plus HST.

Registration fee (includes nutrition break and lunch for members on May 14.

Note: Non-member guests may join us for lunch – there is a \$35 fee that includes tax and gratuity)

\$45.00 until April 30, 2024

\$55.00 after April 30, 2024

Online registration and/or e-transfer available – see below

Schedule of Events

Monday, May 13, 2024:

- 12:00 a.m. - 6:00 p.m. Registration – Cloak Room (Mezzanine)
- 1:00 p.m. - 5:00 p.m. Pre-Conference Activities (see Winter 2024 Reflections)
- 5:00 p.m. - 7:30 p.m. Numerous restaurants within walking distance
- 7:30 p.m. - 10:30 p.m. Mix and Mingle (Trinity Royal)

Tuesday, May 14, 2024:

- Breakfast on your own **Mix Resto Bar** is at the Delta
- 8:00 a.m. – 8:45 a.m. Registration – Cloak Room (Mezzanine)
- 8:45 a.m. – 3:30 p.m. Business Meeting and Lunch (provided)

NBSRT AGM 2024 Registration

Name: _____ Cheque for Registration + Activities payable to

Address: _____

NBSRT Branch: _____

Email: _____

Telephone: _____

Arrival Date: _____

Dietary Restrictions: _____

NBSRT AGM 2024

Mail registration form and cheque to:

NBSRT AGM 2024

c/o Robert Taylor

Low Wood Estates, Unit 31

2865 Rothesay Road

Rothesay, NB E2E 5V1

MAILING CUT OFF DATE May 8, 2024

Online Registration – <http://www.nbsrt.org> - follow link to “AGM 2024 Registration”
Unavailable after May 8, 2024. **Any Questions:** email us, nbsrtagm2024@gmail.com-
Transfer: Registration + Activities Fees - instructions will be emailed to you upon receipt of your registration. This form of payment is available for both mailed and online registrations.

NBSRT AGM May 13, 2024
Pre-Conference Activities
(You may select one activity from each session)

1. SAINT JOHN HISTORICAL TROLLEY TOUR - \$10 - (1:00 pm – 3:00 pm)



Doreen Tait, a retired teacher, and certified tour guide with Aquila Tours, will take you on this 2-hour highlights' tour of Saint John by motorized trolley. Your guide's entertaining narrative will bring Saint John's history, and culture, to life as you travel in this unique trolley.

2. SCULPTURES SAINT JOHN TOUR - \$10 - (1:00 pm – 3:00 pm)



Join Diana Alexander, a retired teacher, and Executive Director of Sculpture Saint John, on a driving tour of Saint John while learning the history of the International Sculpture Symposiums in Atlantic Canada and seeing eight of the sculptures that have been placed in our city.

3. WELLNESS HIKE/WALK – Free – (1:00 pm– 2:30 pm)



Join Paula Scott, our NBSRTSJ wellness co-chair, on a hike (more like a walk) in beautiful Rockwood Park. "No hurries, no worries!" Sturdy walking/hiking shoes recommended. Hiking Poles are optional. Route will be some pavement, some fine gravel on mainly wide trails. Green rated trails.

4. INDIGENOUS STORYTELLING WALK, HARBOUR PASSAGE - \$50 - (1:00 pm – 2:30 pm)



Join interpreter Dave Smith to discover the local history of the Wolastoqi and Mi'kmaq peoples from a unique Indigenous point of view while meandering along the Harbour Passage and the Beautiful River – Wollaston. Dave has a unique point of view on Indigenous culture as a result of growing up outside the First Nations community due to the “60’s scoop”. This “two-eyed seeing” approach allows him to see both sides of the relationship between Canada and his people. **(6 participants minimum required)**

5. UNDER PAR GOLF ACADEMY (TRAIN, PRACTICE & PLAY LIKE A PRO) - \$15 - (3:45 – 4:45)



Colin Mackenzie, president and CEO, of Under Par Golf Academy has created an impressive Indoor Golf Club and Entertainment Centre for you to experience! The session begins with a quick, jaw dropping 10-minute tour, highlighting the golf simulator designed by Tiger Woods. You do not need any experience to try your hand at putting, driving, chipping and pitching in four private rooms. Atlantic Canada's / New Brunswick's only private indoor golf club.

6. GLASS ROOTS GLASS BLOWING DEMONSTRATION & GALLERY VISIT - \$10 - (3:45pm – 4:45pm)



Take a tour of Glass Roots Blown Glass Gallery and Glass Blowing Studio. Receive a 20-minute glass-blowing demonstration by glass blowing artist Curtis Dionne followed by a Q & A (and time to visit the Gallery to shop).

7. REFLEXOLOGY - \$10 - (3:45pm – 4:45pm)



THE BENEFITS OF REFLEXOLOGY

- Reduces feelings of stress
- Calms and soothes
- Gives the recipient a feeling of wellbeing
- Relaxes mind and body
- Encourages elimination
- Improves circulation
- Boosts immune system
- Pain relief
- Balances hormones

Kathy Szo is a retired teacher/principal and certified hand reflexologist. She will explore the philosophy and benefits of hand reflexology in a hands on interactive session.

NBSRT AGM May 13, 2024
Pre-Conference Activities
(You may select one activity from each session)

Name: _____

Guest Name: _____ Check if attending Lunch _____

Contact Information – Phone Number: _____

Email Address: _____

1:00 PM Sessions

| # Participants | Time | Cost/person | Activity |
|----------------|-------------|---------------------------|---|
| | 1 – 3 pm | \$10.00 | 1. SJ Historical Trolley Tour (pick up at Delta Hotel) |
| | 1 – 3 pm | \$10.00 | 2. Sculptures Saint John Tour (pick up at Delta Hotel) |
| | 1 – 2:30 pm | Free | 3. Hike at Rockwood Park (Parking at Lily Lake - upper Parking lot) |
| | 1 – 2:30 pm | \$50.00 Min 6 required | 4. Indigenous Story Telling Walk (leaving from Delta Hotel) |

3:45 PM Sessions

| | | | |
|--|----------------|---------|--|
| | 3:45 – 4:45 pm | \$15.00 | 5. Under Par Golf & Academy (400 Main St, Saint John) |
| | 3:45 – 4:45 pm | \$10.00 | 6. Glass Roots Glass Blowing (89 Canterbury St, Saint John) |
| | 3:45 – 4:45 pm | \$10.00 | 7. Reflexology (Delta Hotel) |

Mail cheque with Registration + Activity Fees (see registration form for address) or
e-Transfer: Registration + Activities Fees - instructions will be emailed to you upon
receipt of your registration. This form of payment is available for both mailed and online
registrations.

[Until April 30] **TOTAL** (Including guest) \$45.00 + All Activity Fees = _____

(After April 30] **TOTAL** (Including guest) \$55.00 + All Activity Fees = _____

Note: Guest Lunch \$35.00

THE NEW BRUNSWICK SOCIETY OF RETIRED TEACHERS

(Anglophone)

MEMBERSHIP AUTHORIZATION FORM



First Name: _____ Initial: _____

Last Name: _____

Street / PO Box: _____

Community: _____ Postal Code: _____

Telephone: ____/____/____ Email: _____

Birthdate: ____ (Mon) ____ (Day) ____ (Year) What Year Did You Retire: ____ (ex. 2005, 2019)

If an NBSRT member referred/invited you to join, please give their name: _____

Branch Name: (**Please Place A Check Beside The Branch You Would Like To Join**)

Bathurst

Charlotte

Carleton/North York

Central

Kings

Miramichi

Victoria-Tobique

Moncton

Restigouche

Saint John

I agree to allow NBSRT to contact me via email to distribute newsletters and notices of important events. I may withdraw my consent at any time using the UNSUBSCRIBE link.

I hereby authorize Vestcor to deduct annual membership dues in the amount to be determined by the Annual Meeting of the New Brunswick Society of Retired Teachers (Anglophone).

These dues will be remitted to the New Brunswick Society of Retired Teachers (Anglophone).

**Wording Authorized by Vestcor*

Signed: _____ Date: _____

Dues are currently \$36.⁰⁰ per year, deducted at \$3.⁰⁰ per month; \$12.⁰⁰ of which is remitted to your local branch.

Complete This Form & Mail To:

**L Colleen Forsythe
NBSRT Membership Secretary
306-30 Patience Lane
Fredericton, NB E3B 5A8**

****NOTE: A hard copy of this form is required by Vestcor for legal purposes.***