



Saint John Branch New Brunswick Society of Retired Teachers

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

WINTER NEWSLETTER 2021

President's Message:



What Lies Before us

And What Lies Behind us

Are but tiny matters

Compared to What Lies within us

Ralph Waldo Emerson

As we move into another year here is an update on NBSRT

- NBSRT has a new Web Site up and running. Check it out @ <https://www.nbsrt.org>
- Bob Fitzpatrick has met with Branch reps to discuss increasing our voice and recruiting new members.
- NBSRT is working on possible incentives to increase membership as well as encouraging you to be an advocate for NBSRT.....Watch for details
- Our local Branch met (by Zoom) January 21. A letter has been created and sent to show our support for teachers, administrators and support staff within our Saint John District as they cope with the additional difficulties of educating our youth in this pandemic. It has been included in this newsletter and we hope to get it published in our local paper.
- We presently have 570 members in our Saint John Branch.
- You will see what other things were planned as you read through the newsletter.
- Our next (Zoom) meeting is February 18. If you have any concerns for NBSRT SJ please contact me by email or phone. Info below.
- This is election year. Are you interested in becoming more involved? Contact Barry Harbinson at bharbins@nb.sympatico.ca to volunteer or seek additional information. There are several positions available.
- We are very concerned that some of our members may live alone and with Covid Restrictions might need a phone call or helping hand. If you think of any of your former colleagues who might benefit from a phone call please send us their name. (we have contact information we just need to know who to contact) Call Judy at 343-5940 or email judithabraman@gmail.com with names.

Dr. Bonnie Henry (SJHS Grad) - **"be kind, be calm and be safe"**.

"be sensible, be prudent & above all be kind" - Dr Jennifer Russell

These two Chief Medical Officers were educated in New Brunswick.



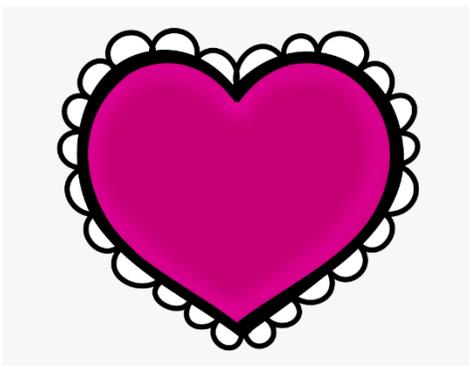
NBSRT SJ Virtual Wine and Cheese Social 2020 Wrap up

Cheese Recipe Draw	Barry Harbinson	NBLCC Gift Card
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	Winners	Gift Cards
1.	Margaret Urquhart	Sobeys
2.	Caroline Britten	NBLCC
3.	Judy Braman	Indigo
4.	Barry Harbinson	Sobeys
5.	Donna Harbinson	Indigo
6.	Robert Taylor	Sobeys
7.	Gerry Donovan	NBLCC
8.	Pat Loughery	Indigo
9.	Shirlee Coleman	NBLCC
10.	Anne Griffin	\$100.00

Heartprints

A heartprint is formed,
 When you do something kind,
 Your love touches others,
 Leaving heartprints behind.

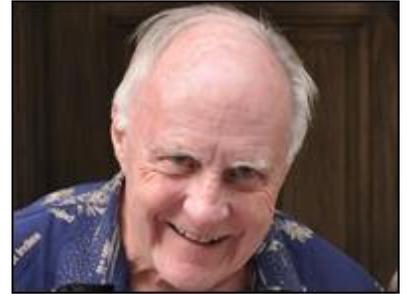


Read the story book [Heartprints](#) by P.K. Hallinan to a grandchild. How many Heartprints have you left behind today? Click Heartprints to view story.

Storytelling Time



*Joanne LeBlanc-Haley
and Rod Campbell*



invite you to a time of storytelling. The stories you will hear, are loosely threaded together by “love”. After all, it is just after Valentine’s Day.

Stories of love can be funny, wise, filled with anguish or irony, and in fact, can reflect all emotions. Let us take you away from the Covid restricted world into the story world, where the “*what if, the I wonder*” is possible.

Join us Feb 16th at 2:00pm via ZOOM video conference.

Register under the EVENTS REGISTRATION icon at www.nbsrt.org

“There’s always room for a story that can transport people to another place.” J. K. Rowling

The PIG Personality Profile



A little fun to pass the time.

Take a piece of paper and draw a pig.

Save it for the next Newsletter

There will be a fun analysis of your drawing!

2021 ROTHESAY

Virtual Winter Speaker Series

Rothesay in partnership with Go Ahead Seniors presents the 2021 Virtual Winter Speaker Series beginning Thursday, February 4. Interviews will be available on the Rothesay Hive Facebook Page: www.facebook.com/groups/RothesayHive

Schedule & Speakers

FEB 4 STAYING ACTIVE DURING THE WINTER
6:00PM Paulette Haines, *Personal Trainer/Fitness Leader*

FEB 9 ELDERDOG CANADA
6:00PM Dr. Ardra Cole, *Founder of ElderDog Canada*

FEB 11 THE IMPORTANCE OF MUSIC IN OUR LIVES
6:00PM Chris Buckley, *Saint John String Quartet*

FEB 16 NAVIGATING LIFE AFTER A STROKE
6:00PM Taylor Devlin, *Heart & Stroke, Stroke Navigator*

FEB 18 ANXIETY & DEPRESSION DURING A PANDEMIC
6:00PM Ashley Delahaye, *Clinical Social Worker & Therapist*

FEB 23 ART DURING THE PANDEMIC
6:00PM Carol Taylor, *Artist & Writer*

FEB 25 HOW IS YOUR FINANCIAL HEALTH?
6:00PM Lindsay Palmer, *TD Wealth Investment Advisor*



Contact the Rothesay Hive:
Facebook: @RothesayHive
www.rothesay.ca/rothesayhive
506-847-6398

More Fundy Winterfest Activities:
Facebook: @FundyWinterfest



Healthy Active Living
Vie saine et active



February Wellness

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Play Bingo live stream every Monday @ 7pm for Heart and Stroke	*Register for the Basic Story Telling Zoom Presentation @2pm on Feb 16 contact Garth Wade	Ground Hog Day 	Rothesay Virtual Winter Speaker Series Feb.4, 9, 11, 16, 18, 23, & 25.	Last Quarter Moon 12:38PM 	#Pet Allergies? Set up an aquarium	# Take Photos of your favorite Covid-19 activity and enter our NBSRT Photo Draw!!
7	8	9	10	11	12	13
Take the cyber safe checkup	Sew a mask ! Tips to de- fog glasses	Obtain your reliable NB Covid-19 updates!	Get ready for Income Tax season.	New Moon 2:08PM 	Chinese New Year - Year of the Ox	Go Ice Fishing
14	15	16	17	18	19	20
 Valentine's Day Make and send Valentine to a senior living alone.	National Flag Day  Family Day	Mardi Gras Shrove Tuesday * Story-Telling, 2pm	Ash Wednesday	NBSRT Meeting @ 10 am	First Quarter Moon 1:49PM 	Try Winter Biking
21	22	23	24	25	26	27
How is your resolution coming? Reflect and Journal your progress.	Take a Virtual Tour of the Smithsonian Museum	Send a Home Delivery Meal to a person in need.	We Love your Recipes! Send us your favorite Irish Recipes for a Lucky Draw- St. Paddy's Day!	#Start a new hobby like woodworking	Reread the newsletter. Enter the two draws and tell your retired teacher friends.	 Full Moon 3:19AM
28						
Skunks mate now!	Did you know...	* Basic Story Telling Registration garthwade145@gmail.com	Irish Recipe Draw deadline is March 17. Send to rosethe@nb.sympatico.ca	# NBSRT-SJ Photo Contest. Send to ellen.marie.palmer@gmail.com . Deadline: April 30. Palmer		Life is not always about holding good cards but playing a poor hand well. Jack London

CONTINUING A TRADITION

Due to the pandemic some retired teachers like other seniors have had to scale back volunteering in the community, but they are still able to support the higher education dreams of some local high school graduates. Each year the retirees who are members of the Saint John Branch of the NBSRT give a scholarship to a local high school graduate enrolled in a first year program at UNBSJ. In 2019 donations allowed the branch to set up a second scholarship for a student in the BA/BEEd program at UNBSJ. David Irish and Brady Rimes are the latest students to receive these scholarships.

A recent donation of \$500 to the scholarship fund from the NBSRT Saint John Branch continues a tradition of assisting graduates that began more than 50 years ago.

N. Chase

Scholarship Committee

For information about donating to the scholarship fund contact netta@nb.sympatico.ca

SPRING PHOTO DRAW

[Send your pandemic photos to us! You could win one of six \\$25.00 gift cards!](#)

Share and inspire your retired teacher friends with any of your pandemic activities you are enjoying. It could be a photo of your hobby like reading a good book or magazine, bird watching, a wood working project, the latest knitted item, your models, a huge jigsaw puzzle, a painting, your favorite dish or bake good, a before and after shot of an organized closet, your coin or stamp collection, a craft idea, a useful 3D printing, you listening to or playing/ practicing an instrument or singing.

Do not forget your gorgeous sunsets, calming walks in the woods, colourful flower beds or new gardening additions, vegetable harvests from the fall, your pets doing endearing things, and of course any other motivating activity your bubble friends and family are partaking during these trying times like playing cards, board games, or shooting hoops. Did you do a polar dip? Have you been snowshoeing, sliding, skating, making snow angels, snowmobiling, or four wheeling at a special place?

For more ideas check out the Wellness Calendars.

Check out our website- <https://www.nbsrtsj.nbta.ca>. Photos will be added to the slide show on our front page.

For every entry you get a ballot for the draws. Enter often. The deadline is April 30, 2021! The winner will be announced in the May Newsletter.

Please send your photos with a brief caption to :

“Ellen Palmer” <ellen.marie.palmer@gmail.com>

Good Luck!

March Wellness

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 March Break Take Virtual Tours at the 15 Top World Sites	2 Try Canadian Beef & Sweet Potato Winter Stew	3 *Send your fav. Irish recipe(s) to our local branch Saint Patrick's Day Recipe Draw.	4 #Picnic out on your deck Take photos of your view, birds, and other critters.	5 Last Quarter Moon 6:32PM 	6 Make your own Lip Sync video! # Take Photos and send to us for Photo Contest!
7 Check out Clive Cussler's new book "Wrath of Poseidon" (Adventure)	8 Clocks Spring Ahead International Woman's Day	9 Order your Seeds online.	10 Never Loose a Piece! Complete online jigsaw puzzles .	11 Grocery Shopping getting you down? Order using The Atlantic Superstore Express pickuppickup	12 Clean bathroom grout	13 New Moon 3:23AM 
14 Snowshoe and find a Maple Tree to tap or buy maple syrup for Tuesday #Take Photos	15 The Ides of March	16 Shove Tuesday Check out the Easy Computer games.	17 *Saint Patrick's Day Deadline for Irish Recipe Contest Celebrate! 	18 NBSRT Meeting @ 10 am	19 Dancing is the Best Exercise! Follow along!	20 First Day of Spring Vernal Equinox, 6:37AM
21 First Quarter Moon 8:41AM 	22 Call a senior living on their own.	23 Check your fire alarm batteries and fire extinguishers. Do you have a Fire Escape Plan ?	24 # Cross Country Ski safely and take photos	25 Annunciation  Chipmunks emerge from hibernation	26 Start training for the Canadian Cancer Society Daffodil Dash in June-1K walk or 5K run.	27 Need a Laugh? 126 episodes of CBC's " The Debaters " will help.
28 Palm  Sunday/Passover Full Moon 12:50PM	29 Plan a hike-Try trails just minutes outside Saint John. #Take a photo.	30 . Write a 3- line story. <ul style="list-style-type: none"> • Introduction • Climax • Conclusion 	31 Take your winter tires off.			
	# Send Photos to our Spring Photo Contest to Ellen Palmer!		*Send Irish Recipes to rosethe@nb.sympatico.ca for draw.	Did you know in 1814, key requirements for teachers' license, loyalty to crown, morals & competence?		Even if you're on the right track you'll get run over if you just sit there. -Will Rogers

Saint Patrick's day Recipe Draw

Saint John is "[Canada's Most Irish City](#)"! Help spread your Irish spirit this Saint Patrick's Day by sending your delicious Irish recipes to us and we will print them in our next newsletter. For being such a good little leprechaun, you could win a \$50 NBLC gift card. Enter often because with every recipe submitted you

receive a ballot for the gift card draw. Who knows, you may have the luck of the Irish and win this pot of gold? Cheers! Send your entries to Rose Theriault at rosethe@nb.sympatico.ca. Here is an early submission from Barry Harbison for you to try. GET YOUR ENTRIES IN BEFORE MARCH 17th



Chocolate Guinness Cake

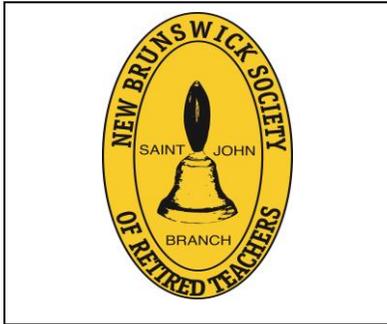
1 cup plus, 1 1/2 Tbsp. unsalted butter
1 cup Guinness Stout beer
3/4 cup cocoa powder
2 cups extra-fine sugar
2/3 cup sour cream
2 large eggs
1 Tbsp. vanilla extract
2 cups all-purpose flour
2 1/2 tsp baking soda

FROSTING

1 (8 oz) brick cream cheese
1 1/2 cups powdered sugar,
2 tsp cornstarch
1/2 cup heavy cream
or whipping cream.

- Preheat the oven to 350 F, and butter and line a 9-inch springform tin.
- Pour the Guinness into a large, wide saucepan, add the butter—in spoons or slices—and heat until the butter's melted, at which time you should whisk in the cocoa and sugar.
- Beat the sour cream with the eggs and vanilla, then pour the mixture into the brown, buttery, beery pan.
- Finally, whisk in the flour and baking soda.
- Pour the cake batter into the greased and lined tin and bake for 45 minutes to an hour.
- Leave to cool completely in the tin on a cooling rack, as it is quite a damp cake.
- When the cake's cold, sit it on a flat platter or cake stand to ice it.
- Lightly whip the cream cheese until smooth, sift the powdered sugar and cornstarch over it and then beat to combine. If you use heavy cream, add it and beat the frosting until it is a spreadable consistency. If you use whipping cream, whisk it first to soft peaks, fold a couple of spoonful into the cream cheese mixture and, once this is combined, fold in the rest.
- Ice the top of the black cake so that it resembles the frothy top of the famous pint.
- Makes 12 slices.

This letter was sent out to all teachers in the Anglophone South District



New Brunswick Society of Retired Teachers Saint John Branch

January 25, 2021

Dear Teachers, Administrators and Support Staff :

The retired teachers from the Saint John area (NBSRTSJ), want to commend all teachers, administrators and support staff for the amazing work being done by you for students in our local schools as you continue to provide positive learning opportunities under extremely difficult circumstances. Teaching, the management of students and the care of facilities, can be stressful in ordinary times but under our current situation it must be unimaginable.

In these most trying times we know how essential you are to the children in our schools. During this pandemic you have been teaching in a variety of new environments, whether it be via distance teaching, in person learning or a combination of these. You have put tremendous energy into lesson planning to accommodate the learning for all students. You have demonstrated to the community your professionalism and your dedication to students in your schools.

By presenting a calm and encouraging tone to keep the children in your care engaged in learning, you have a truly important place in the lives of young students in the community. Although we are no longer active in the schools, we know your role has changed dramatically. We can only hope that the decision to keep schools open will prove positive for all.

You matter! You are essential! Take care of yourselves. Be well and keep doing your best!

Thank you for being there for the children in our local schools.

With appreciation

New Brunswick Society of Retired Teachers, Saint John Branch

April

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Maundy Thursday April Fools' Day 	2 Good Friday Decorate Eggs	3 Start a daily Writing Journal this month.
4 EASTER Last ¼  Moon	5 Easter Monday	6 Prepare gardens Plant indoor seeds	7 Groom your pet	8 Trouble Sleeping? Free Calm app may help	9 Vimy Ridge Day	10 Build a butterfly house
11 #Clean a closet.	12  New Moon	13 Ramadan Starts	14 Create Art	15 NBSRT Meeting @ 10am.	16 Culturally Reflect	17 Start planning for the golf season!
18 Read a Mystery Book	19 Plan Kayaking and Canoeing Trips	20  First ¼ Moon	21 Reduce, Reuse, & Recycle when Spring Cleaning	22 Earth Day Honour the day with roadside clean up!	23 Start putting winter clothes away	24 Walk with Trekking Poles
25 Draw a realistic face . Shading for beginners	26 Essential Oils and Your Health	27  Full Moon	28 Register for Marathon-by-the-Sea , July 16, 17, & 18, 2021	29 Download photos from phone and create a book as a gift	30 Last Day to enter NBSRT Spring Photo Draw Income Tax due	
If opportunity doesn't knock build a door. -Milton Berle			Did you know... that in 1784 NB became a province?			