



IN THIS NEWSLETTER

BayRides gets two new vehicles

Helping seniors enjoy dogs as companions

AGM puts focus on housing, wellness

Cash-saving tips for spring seedlings

Ribbon-cutting as BayRides adds two new vehicles to fleet

BayRides has unveiled the latest additions to its fleet of vehicles.

The ribbon-cutting ceremony for the 12 seat accessible bus and the Dodge Caravan was hosted by TD Bank.

BayRides president Peter Delefes said the additions to the fleet reflected the growing popularity of the affordable community transport service.

“Currently we are driving at least 50 people a day and that number is increasing. Last year our vehicles covered 90,000 km. This year we expect to reach 170,000 km.”

Delefes explained that [BayRides](#), a not-for-profit organization, was able to purchase the new vehicles thanks to funding from the Accessible Transportation Assistance Program of the NS



Councillor Matt Whitman (with the scissors) with MLA Hugh MacKay (right) and BayRides president Peter Delefes at the ribbon-cutting ceremony.

Department of Municipal Affairs and from the HRM District Capital Fund, along with funds generated through BayRides’ partnership in the Bay Treasure Chest.

Hugh MacKay, the MLA for Chester-St. Margaret’s, welcomed the growth of BayRides. “I’m particularly pleased to hear that BayRides plans to extend its hours to connect with the MetroX Bus in the evening,” he said.

Hammonds Plains-St. Margaret’s Councillor Matt Whitman stressed his support for the vision of BayRides.

“Having spent four months in a wheel chair, I am very conscious of the importance of accessible vehicles,” he said.

BayRides now has four vehicles to help serve the growing transportation needs of St. Margaret’s Bay residents.

The Seniors Association of St. Margaret's Bay is a not-for-profit registered society whose purpose is to provide housing and accommodation options and assistance for seniors, to represent interests of seniors in the greater St. Margaret's Bay area, and to share in development of wellness living for seniors in the area.



Protecting bond between seniors and dogs

Advancing years and health issues don't have to be a barrier to continuing companionship and joy from the ownership of a dog.

There was a packed house for our March meeting, which featured a talk about the work of ElderDog Canada - and, of course, a visit from some friendly canines.

ElderDog is dedicated to senior people and senior dogs. Its mission is to enable older adults, living at home and with challenges affecting dog care, to continue to benefit from their relationship with their pets. With the help of volunteers, ElderDog provides a range of assistance and support.

Volunteers from the Halifax Pawd (chapter) of ElderDog Canada explained some of the support available:

- Help for seniors with daily dog care activities, including dog walking, giving dog

Joan Redmond had the audience in stitches with dog themed jokes at our March meeting

- medication and taking the dog to the groomer or vet.
- Foster care and adoption of older dogs
- Long-term care planning for companion dogs, including check ins after hospital discharge or mental health crisis

The meeting heard that the Halifax Pawd is looking for:

- Volunteers to help with daily dog care, including dog walkers
- Foster homes for temporary dog re-homing
- Permanent homes for dog adoption
- Donations

ElderDog is a non-profit organization, 100% volunteer run, and charges no fees for their services.

For more information or to volunteer, visit www.elderdog.ca or email the Halifax PAWD at elderdog.hfxpawd1@gmail.com

Upcoming Events

Oral health

April meeting – Thursday, April 18 at Shining Waters Marina (2pm).

Dentist Dr Ian MacAskill's topics will include oral hygiene, periodontal disease, cavities, dry mouth, and options for replacing missing teeth. If there are specific topics you would like him to discuss, email your questions or suggestions to MacAskill@TantallonDental.ca

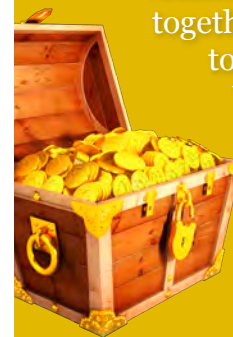
May meeting: estate planning – Thursday, May 16, Shining Waters (2pm).

Financial advisor Kevin Dorey, and lawyer Tracey Kennedy will answer all your questions.

Advance notice: Annual Pot-Luck and BBQ – Thursday, June 20 at Shining Waters.

Mark your calendars for our annual pot-luck and BBQ.

The Bay Treasure Chest is looking for 1-2 volunteer drivers to help pick up 6 treasure chests from local retailers. Two volunteers usually work together from 11:30 am to 1.30 pm for 2



Wednesdays and then take 2 Wednesdays off. For more information please email Fred Dolbel at

fred@bayseniors.ca or call 902-823-1144. Your Seniors Association is a Treasure Chest partner.

For more information about any of the topics in this newsletter, visit our website www.bayseniors.ca or contact the Seniors Information Centre: email centre@bayseniors.ca telephone 902-820-3334. The centre is located at Unit 1 – 5229 St. Margaret's Bay Road, Upper Tantallon, NS, B3Z 4R9. It's open 10 - 2 on Tuesdays and Thursdays.



AGM puts focus on housing, wellness

The Annual General Meeting of the Seniors Association was held on Thursday, March 21 at Shining Waters Marina.

The president, Becky Weickert, and the Board of Directors presented reports which were distributed to attendees.

A budget was presented and passed by the membership. Vice President Fred Dolbel talked about the Association's involvement in the St Margaret's Bay housing coalition. The focus is for multi-generational, rental units of affordable housing.

The following members were nominated and accepted positions to the board of directors: Carl Breckenridge, Bill Brooks, Elaine Brooks, Michelle Maclean, Melan Sapp, Heather Thompson, Rebecca Weickert.

The following directors have agreed to continue in their roles: Fred Dolbel, Carol Evans, Rowena Morrison, Doug Poulton.

The 2018/19 plan is to move

We had a record attendance for our annual meeting at Shining Waters Marina. Here's just part of the crowd, who were entertained by comedy routines from Joan Redmond and Melan Sapp and a talk by volunteers from ElderDog.

forward in actualizing the wishes of the membership in accordance with the association's objectives of:

- Supporting initiatives that provide housing and accommodation options and assistance for seniors.
- Researching and representing the interests of Bay seniors.
- Promoting and participating in the development of wellness living for area.



Flea market items are needed for Bay Expo

The Bay Expo is back for its 6th year on Saturday, May 11, 2019 at the Estabrooks Community Hall.

Planning is in full swing, and the organizing committee is looking for donations for the flea market that will be held during the expo.

Please consider donating the following new or used items:

- Table top flea market items
- Costume jewelry
- Books for children and adults

Items can be dropped off at the SMB Community Enterprise Centre (5229 St. Margaret's Bay Road) Monday to Friday between 9 am and 4 pm.

Community events

Seniors Line Dancing Classes

Tuesdays, 1 pm - 3 pm, starting April 2nd, St Margaret's Centre, Upper Tantallon. \$5 cash at the door

Take Charge of Your Stress

Tuesdays, April 2 – April 23, 10 am - 12 pm. Tantallon Public Library. Free. To register call 902-460-4560.

Egg Decorating Event

Saturday, April 13, 1 pm - 3 pm
St Margaret's Bay Shambhala Center, Upper Tantallon. Free.
For more info contact karenkentridge@icloud.com.

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Try a green alternative for your spring seedlings

It is now officially Spring, and time to plan your garden and start your seedlings.

Any seasoned gardener will be able to tell you that gardening can get expensive, quickly.

We have five environmentally friendly and cost-effective container ideas to start your seedlings this Spring:

1. Egg shells: Washed eggshells are the perfect little home for new seedlings, and they can be transplanted, pot and all. Bonus: egg shells add calcium to your soil.

2. Egg cartons: Paper egg cartons provide multiple spots for seedling in one tray. Egg cartons are biodegradable, so



seedlings can be transplanted directly into the garden without removing from the container.

3. Toilet paper rolls: Like paper egg cartons, toilet paper rolls are biodegradable and can be planted directly into the ground. To make a toilet paper



roll container:

- Cut your roll in half
- Make four, evenly spaced cuts around one side of the roll (1/2 inch up into the roll)
- Fold the bottom of the roll like a cardboard box to seal the bottom.

4. Newspaper: Get creative with seedling containers made from newspaper. Newspaper is biodegradable and seedlings can be transplanted in their pot directly into your garden. Tip: more layers make these containers more durable when watering.

5. Plastic cups and containers: Repurpose old plastic cups, egg cartons, K-Cups and other containers, for a variety of sized pots for your seedlings. Plastic may not be directly transplanted, but these containers are more durable and will not fall apart when wet.

Check these gardening events

Butterfly Gardens Workshop:

Saturday, May 25, 10.30 am - 12:30, Tantallon Public Library
The St. Margaret's Bay Gardening Club, along with Nicole Hubley, Butterfly Program Coordinator from the Mersey Tobeatic Research Institute, offer a workshop for all ages. Nicole will talk about the endangered Monarch butterfly and the value of butterflies as pollinators.

St. Margaret's Bay Gardening Club Plant Sale

Saturday, June 8, St. Luke's Church

Don't miss the popular annual plant sale. A selection of perennials and other plants will be available. For more information, email:

smbgardeningclub@gmail.com

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