



IN THIS NEWSLETTER

Our Info Centre gets a new home

'Visiting' program seeks people to visit

Celebrating nature on the doorstep

Support sought for new housing coalition

Info Centre is moving to new community enterprise hub

We're moving.

The Seniors Information Centre has a new home (right). We will be open and ready to welcome visitors in our new location at the SMB Community Enterprise Centre on March 6, 2018.

The CEC is located at 5229 St. Margaret's Bay Road, the old Mariposa location.

The Info Centre will be open for its regular hours of 10 am - 2 pm on Tuesdays and Thursdays during the month of March. Opening hours will be extended starting in April.

The Centre will provide offices and a forum where service groups, volunteer organizations and local businesses can work, meet and



share ideas. Key features include:

- A drop-in space for conversation, socializing and networking
- Permanent location for not-for-profit members
- Social enterprise and entrepreneur resources
- Service office and meeting spaces
- Delivery of government services

The idea grew out of the One SMB community workshop back in November 2014, after the Ivany Report on how communities could work together to plan and build for the future.

Help us reach folks who need a visit

Our Neighbours Helping Neighbours program has teamed up with the VON to develop the Volunteer Visiting Program.

We have 11 friendly volunteers. Now we need people for them to visit.

If you know someone who may benefit from a visit, please talk to them about the program. If they'd like a visitor, let us know. Contact us at neighbours@bayseniors.ca or call the Seniors Info Centre at 902-820-3334.

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.

Come and help shape the future at our annual meeting

The AGM of the Seniors Association will be held on Thursday, March 22 at 1.30 pm at the Shining Waters Marina in Tantallon. Please arrive

between 1.15 and 1.30 to ensure a smooth registration process.

All are welcome to attend, but only members in good standing are eligible to vote.

You will be able to hear reports and get updates on various projects the Association is involved with.

And we'll be outlining the Association's priorities for the next 12 months.

The agenda for the AGM will be:

- Call to order
- Roll call
- Confirmation of quorum
- Declaration of commencement

- Acceptance of 2017 AGM minutes
- Business arising from 2017 AGM minutes
- President's remarks
- Directors' reports
- Notice of Motion
- Appointment of Auditor
- Election of Directors
- New Business

Tax preparation

The Tantallon Public Library helps low-income residents prepare their taxes. Call the library at 902-826-3330 to book an appointment.

NOTICE OF ANNUAL GENERAL MEETING



Seniors Association of St. Margaret's Bay

Hear reports from the various projects of the organization and learn about plans for the upcoming year.

MARCH 22 | 1:30PM
SHINING WATERS MARINA
148 NAUTICAL WAY, TANTALLON, NS

Upcoming Events

Kayak adventure

March meeting – Thursday, March 15 at 2 pm at Shining Waters Marina.

Local resident and Seniors Association member, Richard Learning, will talk about the epic kayaking adventure he recently took with his son. They kayaked 2700km around the Labrador coast. You can watch a short clip, and learn more, by [clicking here](#).

April meeting – Thursday, April 19 at 2 pm at Shining Waters Marina.

Dr. Tara Perrot, the chair of the Department of Psychology and Neuroscience at Dalhousie University will talk about the connection between a healthy body and a healthy brain, and suggest practical ways to maintain brain health for many years to come.

Help brand the new enterprise hub

Calling all graphic artists.

The Board of Directors of the new St Margaret's Bay Community Enterprise Centre (see front page story) invites graphics designers and artists to submit original designs to brand the new entity.

Please contact Adrienne Duperly, SMB CEC Director, at a.j.duperly@gmail.com or call 902-479-2186 for more information.

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 inside The Doctors' Office at 5181 St Margaret's Bay Road, Upper Tantallon. It's open 10 - 2 on Tuesdays and Thursdays.

Celebrating the nature on our doorstep

Our February meeting featured two organizations committed to preserving local nature spaces and helping residents enjoy them.

The Five Bridges Wilderness Heritage Trust is a not-for-profit organization founded to protect and restore lakes, watersheds and wildlife on the Chebucto Peninsula.

Trust member, Beth McGee, talked about how the group has successfully undertaken numerous projects including the recent completion of the Nine Mile River Bridge.

In addition, the Trust develops documents to help residents enjoy the nature that surrounds them.

A Walking Guide to the Old St. Margaret's Bay Road was updated in 2017 and includes full color maps to help you plan your next adventure (see photo far right).

[Other publications](#) include brochures titled Plants of the Bluff Wilderness Hiking Trail and Lichens of the Bluff Trail.

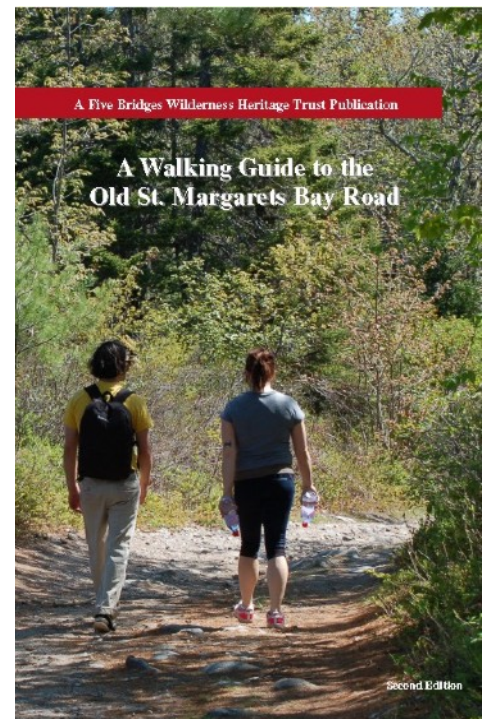
You can become a member of the Five Bridges Wilderness Heritage Trust by submitting a \$10 annual fee (\$15 per family). More information on the Trust can be found at www.fivebridgestrust.ca.



Anne Patrick from the Rails to Trails Association speaks with a participant in the meeting.

The St. Margaret's Bay Area Rails to Trails is also a not-for-profit group responsible for 32.5 km of trail from Hubley to Hubbards. Anne Patrick, of the Rails to Trails, told Seniors Association members that substantial trail improvements began in 2015, with completion expected this year. About \$650,000 has been raised to support upgrades to the trail. It's part of the Rum Runners Trail, where you can follow a trail system from Halifax to Lunenburg. There is also the Blue Route, a cycling trail that goes from one end of the province to the other and includes the St. Margaret's Bay trail.

Ninety six per cent of trail users are pedestrians or cyclists. Three per cent are ATV riders and 1% horse riders. There are



more than 8000 trail visits annually and 55% of trail users are from outside the region.

The annual fee for membership of the Rails to Trails Association is \$10.

More information about the association can be found at www.stmargaretsbaytrails.com.

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Check these free wellness programs

The Community Health Teams Spring/Summer 2018 schedule is available now.

Copies can be found at your doctor's office, Tantallon Public Library, the St. Margarets Bay Centre and at other locations.

If you'd like a copy emailed to you please phone 902-460-4560 ext. 2; or check online at www.communityhealthteams.ca

Shuffleboard tutors needed

St Luke's United Church in Upper Tantallon is reviving the game of Shuffleboard. They need someone who can teach the game, and players who are keen (no experience required). Anyone is welcome. Contact the Church at office@stlukesunited.ca) or call 902-826-2523.

Help us turn the vision of community-minded living into a reality in our area

Are you concerned about housing options in St. Margaret's Bay?

Are you passionate about your community and want to make sure there is space for all who want to live here?

The St. Margaret's Bay Housing Coalition is a new group determined to make community-minded living a reality.

Evolving from the Seniors Association housing efforts, the Coalition has a vision of a community that provides affordable and sustainable housing for seniors, families, single persons and those with disabilities.

Types of housing include rentals, ownership and shared accommodations. The Coalition is working hard to overcome the challenges of creating such a community, using the talents and opinions of those living in the area. Community members of all ages are encouraged to join the Coalition and work to help turn the vision into a reality.

Please consider becoming a Housing Coalition member and encouraging those you know who may be interested. Contact Carol Evans at 902-826-7388 or caevans@bellaliant.net for more information.



On the 6th day, God turned to Archangel Gabriel and said,
"Today I am going to create a land called **Canada**.

It will be a land of outstanding natural beauty.

It shall have tall majestic mountains full of mountain goats and eagles, beautiful sparkling lakes bountiful with bass and trout, forests full of abundance of elk and moose, high cliffs over-looking sandy beaches with an abundance of sea life, and rivers stocked with salmon."

God continues, "I shall make the land rich in resources so as to make the inhabitants prosper.

I shall call them Canadians, and they shall be known as the most friendly people on earth."

"But Lord," asked Gabriel, "don't you think you are being too generous to these Canadians?"

"Not really," replied God. "Just wait and see the winters I'm going to give them!"



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