



IN THIS NEWSLETTER

500+ turn out for this year's Bay Expo

Students raise money to support BayRides

Are you ready to serve on our Board?

Many questions at estate planning talk

Bay Expo firmly established as community favourite

Bay Expo just keeps growing. With more than 500 people attending this year, the event has quickly become an annual community favourite.

The exhibitor hall was packed with new and returning vendors showcasing businesses, crafts and organizations in St. Margaret's Bay.

Children had fun skipping down the hall with brightly coloured balloons and painted faces, and enjoying the giant games provided by the Tantallon Library.

And no one left hungry, thanks to Delish Fine Foods and the Bay Seniors canteen.

Bidders at the silent auction had a great time competing with each other and those who were successful were delighted with their treasures. More bargains were found at the flea market, book and jewelry sale. Unsold flea market items and books were



So much to see, so much to do at this year's Bay Expo. More photos on page 2.

donated to Big Brothers and Big Sisters.

Sunshine provided a warm backdrop for the popular Hatfield Farms petting pen and the plant sale, which included white spruce seedlings donated by the Department of Lands and Forests.

The biggest success story of the day was the launch of the Bay Seniors [reusable bag project](#).

138 bags were prepared for the launch by 18 sewers, and 117 were sold at the Expo, raising a total of \$900 in four hours. The fabric

donors, pattern cutters and sewers were happy to see their fabric and bags being carried by new owners around the Expo.

[Bay Expo](#) would not be possible without the support from local organizations and businesses, and especially from the Bay Expo volunteers - including volunteers from the Seniors Association, Sir John A MacDonald High School and the St. Margaret's Bay Cadets. The Expo is a great example of our community working together for the common good.



Estate planning discussion proves popular

The thought of estate planning can be overwhelming and scary, but attendees at our May monthly meeting were left with a clear message - if you love your loved ones, give them the gift of your wishes.

Financial advisor Kevin Dorey and lawyer Tracey Kennedy led an informative and well attended session on the financial and legal aspects of estate planning for all ages, with the main and most common goals being:

- Asset preservation and transfer
- Incapacity planning
- Guardianship for minors and/or dependants
- Charitable intent and legacy planning
- Tax efficiency
- Business succession

Ideas like placing name labels on family heirlooms to avoid additional taxation, updating your will every 3-5 years, and communicating with your family, beneficiaries and executives where all paperwork is stored, were some of the valuable tips provided.

The end game is to allow the individual to keep control, and plan for both the expected and unexpected.

We're always happy to hear from you. Is there something you would like to share with SASMB members? Send your submissions to monique@bayseniors.ca



More pictures from Bay Expo

The Bay Seniors reusable bag project was a big hit, as this young shopper (above) demonstrates. The Hatfield Farms petting pen and the plant sale (left) were popular attractions. And the Royal Canadian Air Cadets (below) were among the community groups and service organizations represented at this year's Expo.





BayRides President Peter Delefos and Director Sally Ross being presented with cheque for \$371 raised by East St. Margaret's School students (from left) Riley Morash, Brooklyn Lefort and Alyssa Morash. (Photo: Mrs. Susan Casey, Principal)

Students and parents combine to raise money for Bay Rides

East St. Margaret's School in Indian Harbour has always been known for its community spirit, so it is not surprising that it is a WE School. The WE Schools program helps students think about issues like hunger, poverty and access to education at the local and global level. Students are encouraged to find ways they can have a positive impact in their own community.

Enterprise centre looking for volunteers

The Community Enterprise Centre (CEC) in Tantallon is looking for one or two volunteers with experience in office administration or working with Microsoft Word and/or Excel who could work for four hours a week.

You would be joining a team of volunteers creating a community hub to serve local community groups and small businesses.

For more information, call the CEC at 902-826-1680, email info@smbcec.org or drop in at 5229 St. Margaret's Bay Rd, Upper Tantallon.

Alyssa Morash, Brooklyn Lefort, and Riley Morash, members of the WE Club in their Grade 5-6 class, decided to raise money for BayRides. They explained: "We see the BayRides vans going by our school every day and we all know people who don't have a car or who can't drive."

The students and their parents put together a gift basket of toys and other items for kids, and made raffle tickets. Through the raffle, the students raised \$371. The money will be used by [BayRides](#) for travel vouchers for people in the school community who are unable to drive or who need help with transportation.

Saying goodbye to some of our volunteers

On Wednesday, May 15, a group of friends and colleagues gathered at the Community Enterprise Centre (CEC) to thank and bid farewell to two wonderful couples.

Bill and Elaine Brooks, who have both served the Seniors Association as directors, are moving to Montreal.

Henk and Doreen Langille, who have helped out as volunteers for many years, are off to Penticton, British Columbia.

We thank Bill, Elaine, Henk and Doreen for their support and dedication to Bay Seniors.

We are looking for two new board members

Looking to get more involved with the St. Margaret's Bay Seniors Association? We need to fill two entry level board member positions.

Minimum commitment involves attending board meetings once a month. Board members are welcome to serve on a committee based on their interests.

We are also seeking a Bay Seniors representative for the St. Margaret's Bay Community Enterprise Centre (CEC). Minimum commitment involves attending the CEC Annual Meeting and voting on behalf of Bay Seniors.

Contact Rebecca Weickert at beckydw@hotmail.com for more information or to volunteer.

Association Events

Pot-Luck and BBQ

Thursday, June 20 at Shining Waters (1pm - note new time).

Join us for good food, entertainment and company at our annual Pot-Luck & BBQ.

Hamburgers and sausages will be provided. There will also be a limited number of salmon burgers for those who don't or can't eat meat.

Anyone with a restricted diet is welcome to bring their own food and our chef will be happy to cook it for them.

Members are asked to bring salads and sweets to share. If the sweets are gluten/nut/egg/sugar free please label as such.

Please note: There will be no monthly meetings during July and August. Join us in September for our Fall/Winter programme where topics will include gut health, recycling, and dementia (caring for the caregivers).

Seniors Line Dancing Classes

Tuesdays, 1 pm - 3 pm

St Margaret's Centre - 12 Westwood Blvd, Upper Tantallon

\$5 cash at the door

No partner required. Come along, bring a friend, make new ones, and stay fit both physically and mentally.

COMMUNITY EVENTS

Open sing: library edition

Thursday, June 27, 6.30 pm - 7.30 pm.

Tantallon Public Library

Join Vanessa Lindsay-Botten and the You Gotta Sing! Chorus.

Songs will be taught in the oral tradition, in a fun, relaxed, and welcoming environment.

Green Burial

Tuesday, June 11, 5 pm (doors open at 4.30)

Central Library

Free

The Green Burial Society of Canada will hold its AGM this year in Halifax. All are welcome to attend this event, which will provide an opportunity to learn more about green burial and hear how access to this option is increasing across Canada and in Nova Scotia. More details can be found at <http://www.greenburialcanada.ca/news>

Making the Most of Your Food Dollar (introduction)

Monday, July 15, 1.30 - 3 pm

Lakeside Community Centre

A Community Health Team Dietitian will share advice on getting more value and nutrition from your food dollar. Call 902-460-4560 (option 2 for Chebucto) or register at www.communityhealthteams.ca

VON Breakaway Program (for seniors with chronic illness)

Thursdays, 12.30 - 3.30 pm

St Nicholas Anglican Church - 29 Westwood Blvd, Upper Tantallon

VON Greater Halifax (Victorian Order of Nurses) coordinates activities such as exercise classes, card and word games, communal outings and crafts for individuals who are living with chronic illness, social isolation, or Alzheimer's disease. Contact Jenny Theriault at 902-455-6393 or jenny.theriault@von.ca for more information or to register.

Aerobics Class

Wednesdays and Fridays, 10 - 11 am

Bay Community Centre, 11 Station Road, Head of the Bay
\$2 per class

Combine rhythmic aerobic exercise with stretching and strength training routines to improve flexibility, muscular strength, and cardiovascular fitness. Email fitness@bayseniors.ca or call the Seniors' office at 902-820-3334 to register.

Con Brio Recorder Consort

Thursday, June 6, 3.30 - 4.30

Tantallon Public Library

Drop in for a live musical performance.

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. 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 4R5. It's open 10 - 2 on Tuesdays and Thursdays.