



Bay Seniors NEWSLETTER



IN THIS EDITION

Memories of a man who shaped the community

How bag-makers beat their big deadline

Join our team for three key roles

Photos from our Christmas social

Bay Area loses 'community catalyst'

Doug Poulton, the inspiration behind many community activities in and around St Margaret's Bay, died suddenly on December 22. He was 71.

Doug's initiative prompted the formation of the Seniors Association of St Margaret's Bay, and he later served as president.

He was instrumental in creating the St Margaret's Bay Chamber of Commerce and the Hammonds Plains Business Association.

Heather Cochrane, a past president of the Seniors Association, described Doug as 'a community catalyst', someone who was adept at identifying a need within a community and getting people to work together to find a solution.

In 2014 Doug was named Citizen of the Year by the St Margaret's Bay Lions Club. The award was given for his volunteer work in the community.

Doug had deep roots in his community. He and his wife



Doug Poulton, in his role as president of the Seniors Association in this picture from 2013, presents a certificate of appreciation to volunteer Beverly Carlsen. Doug Poulton died on December 22. More tributes on page 3.

Sandra were long-time residents of Glen Haven. For 20 years he ran the White Sails Bakery in Tantallon. When he sold the bakery he focused his business interest on real estate with Enter Realty.

He was involved with the St Margaret's Bay Regional Tourism Association, the St Margaret's Bay Business Association, the

Whynachts Cove Environmental Society, and Relay for Life.

In 2012 he offered himself as a candidate for District 13 (Hammonds Plains - St Margaret's) of HRM.

At the time of his death, Doug and Sandra were living in Mill Cove.

A private family service will be held later.

How bag-makers put Christmas on hold to meet deadline

Hand-made reusable bags were one of the success stories of 2019 for the Seniors Association. But, as with all success stories, there have been some tense moments.

Organizers Carol Pottie and Betty Learning have been letting us in on some of their secrets:

“We started up our Reuseable Cloth Bag Project again in the fall of 2019, with a bag cutting day on October 11. Eleven volunteers cut 62 bag patterns in three hours. Then the sewers took the kits home and began assembly.

“Bags sold as quickly as we could make them. We sold 110 bags from September to December, donating \$823 to our Seniors Association.

“By the end of November, our sewers had used up all our logo labels. We approached Abdul Ali of Small Town Ink in Mahone Bay for a new supply and he printed another 140 labels for us, again refusing payment. (Thank you Small Town Ink).

“We were down to our last five bags, and had less than two weeks before our Seniors Association Christmas Social, where we had committed to have bags for sale.

“A few of our sewers put aside their Christmas preparations and got another 45 bags completed by sales day. We



Betty Learning and Carol Pottie show off some of the bags their team produced for Christmas - despite obstacles.

sold 35 bags in a couple of hours at the Christmas social, bringing us another \$242.

“Thanks to all our supportive customers, Bay Seniors bags are travelling all over Canada and beyond, as Christmas gifts.

“Our newest bags have a pocket under the logo, and have varied strap lengths, as requested by our customers.

“We could still use more sewers if anyone is interested. Just contact reuseablebags@bayseniors.ca.”

Make 1, make 2; help someone

Ever heard the expression ‘two can live as cheaply as one’? Well here’s a twist on that idea, and it could help someone in our community.

The idea is simple: make one, make two. In other words, next time you are cooking consider increasing the quantities and giving what’s left over to someone in need.

New home for our fitness classes

Bay Seniors fitness classes will now be held at Melissa Connick School of Dance at 5181 St Margaret’s Bay Road, the former Shoppers Drug Mart building.

Participants must bring a change of shoes. Outdoor shoes are not allowed on the dance studio floor.

The winter session of **TaiChi** began on January 6 at 10 am and continues on Monday mornings for 10 weeks.

Aerobics classes resume on January 8 and 10. These are drop in classes at \$2 per class and will continue each Wednesday and Friday until the end of June when there will be classes on Wednesdays only for July and August.

Chair aerobics will continue to be held on Mondays from noon to 12.45 pm at the Seabright Legion.

Doug Poulton: memories of a man with a knack for getting people to work together for the community

From Heather Cochrane (treasurer, past president, Seniors Association):

In 2009 Doug convened a community meeting to discuss seniors' housing in the Bay area. He was in the process of selling his business, White Sails Bakery, and was well aware of the lack of housing options for seniors in the St. Margaret's Bay area.

Doug had a pretty good idea of needs in the community, not only housing, because the Food Bank was located on the upper floor of his bakery.

The community room at Superstore was filled to capacity.

From that meeting a small group was formed and met after closing hours at the bakery. Doug would place a plate of bakery squares on the table to aid the brainstorming and list making. From that an association was formed with the goal of making a seniors-friendly community.

In retrospect Doug could most accurately be described as a community catalyst: he was able to identify a need and then the community would step up to make it happen.

From John Glover (owner, Redmonds Hardware, past SMB Chamber of Commerce director):

Doug Poulton was a man truly committed to his community. As the founder and long-time owner of White Sails Bakery, he

Douglas James 'Doug' Poulton

October 13, 1948 - December 22, 2019



was a well-known entrepreneur who felt the local business community needed a voice.

He was the driving force in starting the St. Margaret's Bay Chamber of Commerce and was its first president. He was also instrumental in starting the Hammonds Plains Business Association.

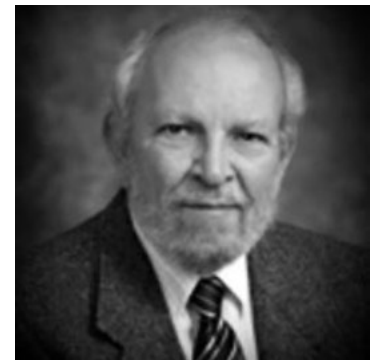
Doug was passionate about shopping locally and never shy about expressing the importance of it. The business community has lost a true friend.

From Fred Dolbel (Vice President, Seniors Association)

A personal anecdote attesting to Doug's persuasive abilities: in mid-2009 I dropped into White Sails Bakery (Doug and Sandra's shop) with a friend who was buying a few loaves of bread. I did not know Doug before then.

I came out of Doug's bakery with a loaf of bread - and as a newly minted volunteer to help form a seniors association.

Doug Poulton (2nd from right) and other directors of the Seniors Association in July 2011. From left John McKee, Joan Murray, Carol Evans, Heather Cochrane, Doug, Edward Bottrell. (Fred Dolbel took the picture).



Obituary

Doug Poulton

Of Hubbards, previously of Glen Haven, passed away suddenly at home on Sunday, December 22, 2019 at the age of 71.

Born in Ontario, he was a son of the late George and Margaret (McConkey) Poulton.

He leaves behind his wife, Sandra.

A private family service will be held at a later date.

Want to help your community? We need volunteers for vital roles on our communications team

Do you enjoy writing? Would you like to work within a team to keep Bay Seniors members informed? We are looking to create a new communications committee to join our website and social media coordinator, and newsletter editor.

As a volunteer you will play a vital role in keeping members and neighbours informed of all the activities, friendship and services we provide to our community.

We are looking to fill the following volunteer positions:

Writing Coordinator (5-10hrs/month):

- Collect and organize all announcements and information to be dispersed through various outlets
- Prepare written content based on information received from members and Bay Seniors Board
- Organize and rewrite content for newsletter, website, social media and email communications and send for posting to the appropriate coordinators
- Work with the Masthead News to submit monthly articles

Email Coordinator (5-10hrs/month):

- Monitor and answer emails coming from info@bayseniors.ca
- Forward any relevant announcements and information to General Coordinator
- Work with the Writing Coordinator to send out 2

monthly email blasts to all members via Constant Contact (training provided)

- First email of the month is the monthly newsletter update, second email of the month is the meeting reminder/ misc updates

Newsletter Coordinator (5-10hrs/month):

- Work with the Writing Coordinator to send information for monthly newsletter to the Newsletter Editor for layout
- Work with the Newsletter Editor to produce the newsletter, and send to the Bay Seniors board for final review
- Once newsletter is finalized by the board, send to the Website and Social Media Coordinator and Email Communications Coordinator for posting
- Work with the Newsletter editor to arrange members to interview for the 'member feature' section

Our communications team plays an important role.

If you are ready to play a part, please contact info@bayseniors.ca by email or call the Community Enterprise Centre and leave a message (902-820-3334).



Volunteers needed for tiny house renovation project

Here's a challenge for seniors in the St Margaret's Bay Area: can you spare the time and the talent to renovate the tiniest of tiny homes?

The challenge comes from Pamela Fortin. She wants to find creative seniors who will help her breathe new life into a structurally-sound but tired and slightly frayed doll house.

Pamela sees the project as a potential fund-raiser for the Seniors Association.

She explained: "It is my hope that when finished the Bay Seniors could then raffle it off and use the money for one of our under-funded projects."

Pamela has picked Monday January 13 for a meeting of anyone interested in helping.

If you can help, please contact Pamela by email at pjc_310@yahoo.com.

"I would encourage men to please offer their skills in this project," says Pamela.

"I would ask that anyone interested please come with ideas, pencils and paper, and their own drink of choice.

"I will supply a big box of Timbits."

Photo
feature
from our
popular
Christmas
social



Entertainment by Cardinal Points: always a feature of our social



Programmes leader Michelle MacLean helped keep us on track



Turning old Christmas cards into gift tags for the Food Bank



Our team raised \$242 selling reusable bags



A great selection of pot luck treats. Sweets that were left over were delivered to the Sheldrake and Seabright Guest homes.

Association Events

Your Tax Questions

Thursday, January 16 at Shining Waters (2 pm).

Melissa Laidlaw of Canada Revenue Agency will answer any questions regarding filing income taxes, and will share some tips on making the filing process go smoothly.

Melissa will be joined by a representative from Service Canada who will talk about CPP and the Guaranteed Income Supplement (GIS). The format will be a round table, where the speakers briefly outline their roles and responsibilities, and then take questions from the audience.

Safety for Seniors

Thursday, February 20 at Shining Waters (2 pm).

Do you have an aging parent or relative who could benefit from an 'alert' system? Tisha White, from Northwood, will talk about their 'In Touch' program, an alert system for seniors.

Discrete sensors and detectors are combined with 24-7 monitoring to help seniors manage different needs in the home. Tisha will also talk about fall prevention and steps we can take to make our environment safer all year round.

COMMUNITY EVENTS

Yoga Around the Bay

Saturday, February 8, 9.30 am
Shining Waters Marina

The Bay Grandmothers invite you to a two-hour yoga class with Bonnie Vanechuk, Brenda Mailer and Jody Myers. Registration is \$25. Contact dianewilkinson20@gmail.com or 902-876-8126 to register. All proceeds go to the campaign supporting grandmothers in Africa and the children in their care who have been orphaned by AIDS.

Games for Adults

Friday afternoons
Tantallon Public Library

Join us for a weekly afternoon of fun (Tabletop Games 12.30 - 2.30 pm, Bridge 1 - 4 pm). Bridge is drop-in, mixed kitchen-style. All new members with some experience of this style of Bridge are welcome.

Eat Well, Age Well

Thursdays January 16 and 23, 1 - 2.30 pm

J.D. Shatford Public Library, Hubbards
Learn from the Community Health Team about key nutrients, foods, and habits to help you eat well as you age. Call 902-460-4560 ext. 2 to register or visit us online: www.communityhealthteams.ca

Worried About Sea Level Rise?

Sunday, February 16, 2.15 - 4.45pm

Tantallon Public Library
Transition Bay is hosting a workshop on sea level rise, storm surges and coastal erosion. See the event listing on transitionbay.ca for details. Free and open to the public.

Off-Grid Living

Sunday, March 15, 2.15 - 4.40
Tantallon Public Library

Wondering what it's like to live without a connection to the electric grid and with no electric bill? The primary presenter will be Cam Farnell, who has been living happily off-grid for over five years. Registration is required. Email info@transitionbay.ca to have your name added to the list.

Explore Mediterranean Diet

Wednesday February 12, 6.30 pm - 8.30 pm

Tantallon Public Library
Are you interested in lowering your risk of heart disease, Alzheimer's and diabetes? Learn how you can improve your health by following the Mediterranean way of eating. Call 902-460-4560 ext. 2 to register.

Established in 2009, the Seniors Association of St. Margaret's Bay (Bay Seniors) is a not-for-profit registered society whose purpose is to promote and participate in the development of wellness living for seniors; to research and represent the interests of seniors living in the greater St. Margaret's Bay area; and to provide housing and accommodation options for seniors. 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.