



Bay Seniors NEWSLETTER



IN THIS EDITION

Two great love stories
from our members

Chocolate: is it good for
us - or not?

Tips to take the stress
out of filing taxes

If you have free time, we
can find a use for it

Need a tonic? Volunteer your time and talent

Want a mood-booster? Maybe have a little fun? Meet some new people?

Donate a little of your time to the community and you get all of those benefits. Plus the chance to show off your old skills or learn some new ones.

We have a vibrant community around St Margaret's Bay. We have Bay Rides and the Grocery Bus. We have exercise classes. And Bay Expo. And the Community Enterprise Centre. Plus Bay Treasure Chest which puts money into the community every week.

We have all that - and more - because of volunteers. And we need more.

"Volunteers are what make this community go," says Fred Dolbel, the Vice President of the Seniors Association.

Carl Breckenridge, who heads up the Bay Expo planning group, says more volunteers are needed for that event, which takes place this year on Saturday, May 9.



Our volunteers are the lifeblood of all our community events, like last year's Bay Expo. If you have some time to spare, we can find a use for it.

In addition to supporting Bay Expo, volunteers are needed for other roles:

- One person to be a liaison with the St. Margaret's Bay Chamber of Commerce.
- Pam Fortin needs help refurbishing an old doll's house to be offered as a community fund-raiser.
- And one or more people are needed to help with the Discover St. Margaret's Bay website <https://discoverstmargaretsbay.ca> (see panel).

To volunteer, contact volunteer@bayseniors.ca or call Bay Seniors at 902-820-3334.

Volunteers with the Community Enterprise Centre (CEC) are completing the new Discover St. Margaret's Bay website www.discoverstmargaretsbay.ca. They need someone with moderate Microsoft Word and Excel skills to help a small team develop the local directory, the community calendar and the bulletin board.

You could work mostly from home, 1 - 4 hours a week. Call 902-826-1680, email discoverSMB@smbceec.org or drop in to the CEC, 5229 St. Margaret's Bay Road.



Experts share tips on how to make filing your taxes quick and painless

Melissa Laidlaw (CRA) and Phil Ouimet (Service Canada) share tax tips at our storm-delayed January meeting.

January's monthly meeting was delayed a week by a winter storm, so we were grateful to guest speakers Melissa Laidlaw, an outreach officer with the Canada Revenue Agency (CRA), and Phil Ouimet, an information officer from Service Canada, for rearranging their schedules to join us.

More than 50 people attended the meeting to have their questions about taxes and government pension plans answered.

Melissa described CRA's Community Volunteer Income Tax Program, which offers volunteer-run clinics open to citizens who have 'simple returns' and who don't exceed an income threshold of \$35,000 a year for one person or \$45,000 for a two-person family.

However, Melissa said, "We'd rather help somebody out than turn them away, so if you feel you don't qualify for our clinics, please contact us anyway to discuss your situation."

You can go to the CRA website

Beware of fraudsters

CRA contacts citizens by regular mail, never by email or text and rarely by phone.

If you receive a call from CRA, it is because multiple attempts to reach you by regular mail have been unsuccessful.

Ask the caller for their number and call back, after verifying that the number belongs to a CRA office.

www.canada.ca/en/revenue-agency.html to identify local clinics or call the toll-free number 1-800-959-8281. One clinic is held throughout March and April at the Tantallon Public Library, for example.

Here are some quick tips from Melissa and Phil:

- If you have usually ordered your tax guides and forms in the mail, these will still arrive by mail, generally by late February. If you don't have them by March 1, call the CRA's toll-free number or visit the website.
- Tax guides and forms can no longer be picked up in post

offices or in government offices, so if you don't ordinarily get them in the mail, you must call the toll-free number or go on the website to request them.

- If you didn't file your tax return in one or more previous years, file this year, on time. You will be responsible for paying outstanding taxes and interest charges if these are owed, but you will also be able to claim any outstanding refunds.
- Failure to file a tax return on time can seriously delay receipt of benefits such as Canada Pension Plan (CPP) and Old Age Security (OAS). You can get more information at www.canada.ca/en/services/benefits/publicpensions.html
- To reduce time on hold when calling CRA's toll-free numbers, call in the early morning when call volumes are lower.
- Service Canada still has physical offices where you can get information. Note that the Quinpool Road office is now at 1800 Argyll Street in Halifax.

Prom prep leads to lifelong love

By Melan Sapp

It was 1970. I was in grade 12, at St. Pat's High in Halifax, roaming the corridors at noon hour, and I saw a vision. She was the most beautiful girl in the world: long, dark hair, gorgeous smile, so graceful. Her name was Theresa, and I found out she went to 'social dancing' for prom prep, so I went the next week.

This is how I remember it: I was a cool guy. I had a big afro, a long, dark greatcoat, knee-high boots, and an earring. I strolled over to her - well, in my memory, I floated over to her - and I extended my hand. In a deep, sexy voice, I said, "Would you like to dance?" Of course, she said yes. How could she resist?

Okay, this is how Theresa remembers it: I was this big, clumsy guy, and I stomped up to her, thrust out my hand and mumbled, "Wanna dance?"

But what really matters is that we danced. Even better, she agreed to see me again. Wanting to impress, I got a haircut, toned down my togs and called on her at her home. Theresa answered the door, didn't recognize me, and asked if she could help me!

That was 50 years ago, and we've been together ever since.



Old trunk was a treasure chest

By Suzanne Pelham

I was cleaning out some things in our house, and in an old trunk, I came across letters that Chris had written to me in 1968. We started dating in 1967, and married in 1969. I honestly didn't even know I had kept those letters. One could call them love letters, I guess, but cautiously! Most of the time they were stories about his summer job, and the guys he worked with.

Chris was going to university, and for a couple of years, his summer job was installing telephone poles. He was the youngest on the crew, and most of the other guys were rather wild. They lived in a rickety old trailer and travelled around, always on the go, installing poles in different places, some of them rather remote. In one letter, he says, "I'm sorry that I can't be home to meet your mother, but we will surely get together."

It was a different time, of course. There was no instant communication, no cell phones or texting, and we had to plan ahead even for phone conversations. For example, in one letter, Chris says, "If I don't reach you beforehand, I'll call you Sunday evening between 10 and 11."

Our letters to each other were the main way we stayed in touch. Here's one from June 11, 1968, where I guess I wasn't writing as often as he would have liked: "At 4 o'clock in the morning, with a flat tire at the bootlegger. I hope you won't be mad, but I was drowning my sorrows because I hadn't had a letter from you."

And here's something Chris wrote in a letter dated June 6, 1968 that is rather sweet: "I better stop writing you, and give those big, beautiful brown eyes of yours a rest."

Reader Round-Up

What's your favourite romance movie?

We're introducing a new feature for the newsletter, called Reader Round-Up. In each newsletter, we'll announce the topic for next month's Reader Round-Up. This month, in honour of Valentine's Day, we asked some folks to tell us about their favourite romance movie. Here's our Round-Up of their replies.



Becky Weickert: I like *When Harry Met Sally*, because all romance needs some humour. Helps get you through the rough times.

Joan Redmond: I really like *The Love Letter*, starring Kate Capshaw, Blythe Danner and Tom Selleck. It is a romance with lots of humour and it keeps you guessing. Another on the same track is *How to Make Love to an Englishman*, with Pierce Brosnan (*very easy on the eyes*), Salma Hayek and Jessica Alba, about a wonderful university professor and his romantic escapades.

Tom Lowe: *You've Got Mail*, with Tom Hanks and Meg Ryan. I like it because you know what you want to happen, but you don't know if these two will get together. And I like that it features AOL, an early email provider.

Fred Dolbel: *The movie Ghost*, and a favourite scene is when Patrick Swayze's ghost slides the penny up the closed door to

*let his love, Demi Moore, know he is still with her (in the face of danger). The film's theme song, *Unchained Melody*, is special.*



Sharon Jessup Joyce: I love everything about *Casablanca*—the dialogue (how can you not relish “Round up the usual suspects” and “We'll always have Paris”), the costumes, the sets - everything. I watch it at least once a year.

WE WANT TO HEAR FROM YOU

March is Book Month, so the Reader Round-Up theme for the next newsletter is: What I'm Reading Now. Tell us, briefly, what you like (or hate) about the book you're reading. If you prefer, tell us about your all-time favourite book, and why you love it. Send your book comment to sharon@bayseniors.ca.



Bay Expo seeking flea market donations

Bay Expo is looking for donations for its flea market. Pat Rodee, who is on the flea market subcommittee, says: “Even though the event is still months away, we're asking people to start identifying items they can donate.

“For now, we're asking donors to keep whatever they plan to donate, and we'll put out a call through the newsletter and on the website when we're ready to start receiving items.”

Top-selling items include costume/fashion jewellery, vintage signs, purses, children's toys, and kitchen items (like the 60s figurals, pictured) that are intact and in very good to mint condition.

Coming soon: news of Tai Chi classes

We're planning the spring session of our Tai Chi classes. The 10 week program costs \$25. A start date has not yet been decided. Registration is usually one week before the start of the session. More information in the next newsletter, or on our website, www.bayseniors.ca/fitness



Does chocolate have a place in a healthy diet? Here's the answer

Claims that chocolate is not just good, but good for you, are popping up everywhere. So it's fitting that in February, the month that hosts Valentine's Day, we take a look at whether chocolate really does have a place in our diet.

Ashley South, a dietitian and wellness facilitator with the Community Health Team, told us: "Chocolate is not a health food. It can provide some antioxidants, but the amount would be minimal."

Ashley shared an article from the Dietitians of Canada website. The article notes that flavinoids, the specific antioxidants in chocolate, are not even quantified on chocolate products' packaging.

But in an otherwise healthy diet, can we make a little room for chocolate?

If we do indulge, the article suggests we:

- Opt for dark chocolate that has 60% or more cocoa solids;
- Use cocoa powder instead of chocolate pieces in baking, to provide the chocolate taste with less fat and fewer calories;
- Choose plain chocolate over chocolate with candy coatings, creamy centres or added nuts, which add calories and sugar;



- Enjoy only small portions of chocolate.

Source: <https://www.unlockfood.ca/en/Articles/Caffeine/For-the-Love-of-Chocolate.aspx>

Fair enough. Still, what if a creamy piece of milk chocolate with almonds is calling our name? In the spirit of Valentine's Day, Ashley says: "My vote is to have whatever type you like the most, but limit the quantity."

It seems that Charles Schulz, the creator of Peanuts, was on to something when he said: "All you need is love. But a little chocolate now and then doesn't hurt."

Five fast facts about February

The name of the month comes from an ancient Roman festival of purification called Februa. One old English name was Kale-monath (cabbage month). In honour of cabbage month, dietitian Ashley South offers this article about good-for-us cabbage and its cousins: <https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/the-beginners-guide-to-cruciferous-vegetables>

February is the only month that may pass without a full moon. The last time that happened was in 2018 (January and March had two full moons each).

February has been designated Black History Month in Canada since 1995. To learn more, visit: <https://www.canada.ca/en/canadian-heritage/campaigns/black-history-month.html>

Only 7 in 10,000 people (0.07%) are born on February 29. 'Leaplings' or 'leapers' often observe their birthdays on February 28 or March 1 in non-leap years, although some insist on counting only birthdays that fall every four years.

February is Heart and Stroke Month in Canada. Learn more about ways to be heart-healthy and prevent strokes from Heart and Stroke, and how symptoms of heart disease are often different in women than in men:

<https://www.heartandstroke.ca/>

Association Events

Safety for Seniors

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

Do you have an ageing 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. Tisha will also talk about fall prevention and what we can do to make our environment safer year-round.

Fraud Prevention + AGM

Thursday, March 19 at Shining Waters (2 pm).

The Annual General Meeting will be followed by a speaker from the RCMP with information on fraud prevention. Details to follow on the website and in the March newsletter.

Fitness Classes

Aerobics

When: Wednesdays and Fridays, 10 to 11 am

Where: Melissa Connick School of Dance, 5181 St. Margaret's Bay Road

Cost: drop-in, \$2 per class

Chair Aerobics

When: Mondays, noon - 12.45 pm

Where: Seabright Legion

Cost: drop-in, \$2 per class

COMMUNITY EVENTS

Introduction to Line Dancing

Mondays, 1 - 2.30 pm

St Margaret's Centre, 12 Westwood Boulevard, Upper Tantallon

Line Dancing

Tuesdays, 1 - 3 pm

St Margaret's Centre, 12 Westwood Boulevard, Upper Tantallon

Hatha Yoga (gentle yoga, longer holds)

Tuesdays and Thursdays, 9.30 - 10.30 am

St Margaret's Centre, 12 Westwood Boulevard, Upper Tantallon

Beginner Yoga

Tuesdays, 6.15 - 7.15 pm

St Margaret's Centre, 12 Westwood Boulevard, Upper Tantallon

Adult (senior) skate

Monday - Friday, 10 am - noon

St Margaret's Centre, 12 Westwood Boulevard, Upper Tantallon

Senior pickle ball

Tuesdays, 3 - 6 pm

St Margaret's Centre, 12 Westwood Boulevard, Upper Tantallon

(Pickleball is available every day for players of various ability levels)

Worried About Sea Level Rise?

Sunday, February 16, 2.15 - 4.45 pm

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.