



Bay Seniors NEWSLETTER



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- Tips for growing your veggies in a container
- Friendly Neighbour program to continue
- Reprieve for popular arts festival

Good reasons to wear a face mask

While it may seem confusing that advice on wearing fabric face masks has changed over the course of the pandemic, there are three main reasons why Canadian public health authorities have gone from not recommending masks to recommending them.

First, while there isn't yet much scientific data on whether a non-medical mask helps reduce transmission in a community setting, public health officials are pointing to lower rates of transmission in countries where wearing a mask is widespread.

And it's logical, say infectious disease experts, that a fabric mask provides at least some barrier protection from droplets, especially when close contact can't be avoided.

Second, wearing a mask was discouraged early in the pandemic because of the need to protect the supply of medical masks for health-care workers.

Masks for members

A big thanks to the Bay Seniors sewing volunteers who make reusable bags, and more recently have been making masks for Northwood. Some free masks will become available to currently paid-up 2020 Bay Seniors members and to those who renew their membership. We will send out personal email or phone invitations as masks become available.

Donations needed for fabric masks

Bay Seniors sewing volunteers need 1/8 to 1/4-inch elastic, 5/8 to 1-inch buttons and 40-inch new shoelaces for fabric masks. If you can donate any of these items, please call 902-221-8388 or drop them through the mail slot at the Community Enterprise Centre, Unit 1, 5229 St. Margaret's Bay Road.

That's why public health is asking us to wear non-medical fabric masks. We still need to save medical-grade masks for frontline workers. The pandemic may be easing, but it hasn't gone away. Experts are warning about a second wave.

Third, our own mask protects others from our respiratory droplets. That's why mask-wearing appears most effective in areas where everyone wears one. When worn properly, non-medical masks can reduce the risk of transmitting the virus in the

same way that following cough and sneeze etiquette can protect others.

You should wear a non-medical mask if you have respiratory symptoms (like coughing or sneezing) and you'll be in close contact with other people, or if you're going out to access medical care or other essential health services.

The Nova Scotia government advises that even if you don't have symptoms, you should consider wearing a non-medical mask when

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More and more people are turning to tiny gardens

Tips for containers and food-scrap gardens

One positive result of the Covid-19 lockdown is a surge in people looking to grow their own veggies.

Though Canada's food supply has continued to be strong through the pandemic, border closures, limited availability of migrant farm workers and changes in point-of-sale arrangements - not to mention income instability - are making many of us think more about food security.

Container and food-scrap gardening are two easy, fun and inexpensive ways to grow some of our own food.

Marjorie Willison, the well-known Nova Scotia garden expert, says June is not too late to start a vegetable crop.

Seeds that can be planted in June and beyond include beans, beets, carrots, cucumber, onions, parsnips, peas, spinach and various lettuces and other greens.

These plants can all be grown in containers from seed, though thinning is even more important for container gardens than garden plots.

Local gardening guru Niki Jabbour says the four most important considerations for container gardening are matching plant and pot size (consider both depth and width), using containers that allow for drainage, opting for



All these wonderful veggies came from a container garden

potting mix instead of garden soil, and adjusting watering needs according to temperature, rainfall, type of plant and container size, while always expecting to water container gardens more often than plot gardens.

You can find more tips from Niki Jabbour at <https://savvygardening.com/author/niki-jabbour/>

For the easiest edible container crop of all, consider herb planters. "If edible gardening is an addiction, herbs are a gateway drug," says Andrea Bellamy, a BC gardening writer.

Herbs work well in a sunny window, on a deck or balcony, and often grow well together, making for a planter that offers an attractive and nice-smelling display of plants that are great for cooking, cocktail-making and tea-drinking.

While seeds to grow herbs are still available in stores in June, plant nurseries have lots of plants, both young and

established, for sale. Planting from seed, provided you have a sunny window, can be done year-round for indoor herb gardens.

Food-scrap gardening is the process of rooting new edibles from the scraps of foods we eat.

By placing the tops or bases (depending on the plant) of onions, carrots, beets, lettuce, celery and other vegetables and herbs in water, many plants will regenerate.

Green onions are particularly easy to grow.

There are lots of good websites about food-scrap gardening, including this one: <https://www.apieceofrainbow.com/vegetables-herbs-regrow-kitchen-scraps/>.

Book recommendations

East Coast Gardener, Marjorie Willison, Nimbus Publishing, 2006

Small-Space Vegetable Gardens, Andrea Bellamy, Timber Press, 2014

Good neighbour program to continue

While many businesses and services will re-open on June 5, the Friendly Neighbour program won't be shut down as long as the need exists.

The program provides a grocery shopping and delivery service for eligible community members.

In addition to grocery help, program volunteers have helped move masks and gowns for Northwood, Kids' Cards for Seniors and prepared meals.

For more information on the program or to book a service, call 902-221-8388.

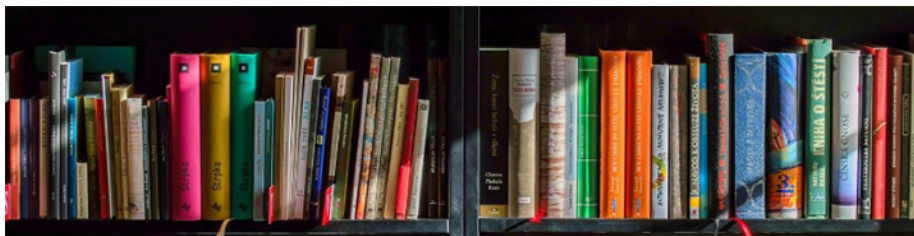
Arts festival revived in different form

Bay residents were saddened to learn of the Covid-19-related cancellation of the 10th annual Peggy's Cove Area Festival of the Arts, scheduled for July.

Now, thanks to a partnership between the Festival and the Community Enterprise Centre, plans are underway to support member artists to showcase their work in July in some different ways.

Bay Seniors and the St. Margaret's Bay Stewardship Association have offered to help out, and we look forward to sharing more details as these become available.

Ask a Librarian



Doors may be closed, but libraries are still very much in business

Although all library branches across the Halifax Public Libraries network remain closed for in-person visits, the library is still available to serve the community, with many online resources, including books and much more, and a librarian available by telephone to help locate a product or service, or just to chat.

For the first time, beginning in March, community members are able to register for library membership online, rather than in person.

Online resources include everything from books - there are lots of online gardening resources - to magazines and a wide range of virtual events, such as a knitting group, an acoustic music circle and even the chance to talk about the wildly popular TV show, Schitt's Creek.

Upcoming sessions that haven't yet gone up on the website will include one on container gardening (see our story on page 2) and another with a master gardener (dates to be announced).

For more information or to access the library's current services, visit <https://www.halifaxpubliclibraries.ca/>.

To speak with a librarian, call 902-490-5753.



Community Health Team online wellness programs

Some great online resources to help you cope with these challenging times. Register for these programs online at www.communityhealthteams.ca or call 1-844-460-4555.

Finding an online exercise program: Mon, June 8, 12 - 12.30 pm

Sit less, move more at home: Fri, June 5, 12 - 1 pm

Nutrition fact or fiction in Covid-19: Fri, June 12 - 12.30 pm

Making the most of your food dollar in Covid-19: Wed, June 17, 12 - 1 pm

Getting a better night's sleep during Covid-19: Thurs, June 11, 12 - 1 pm

Masthead News: 'fly-by-night' paper still going strong after 32 years

Our Member Story this month comes from Ron Driskill (right), editor and publisher of the Masthead News.

As a boy growing up, I always seemed to do well in spelling and grammar in all of my grades, and that eventually led to an interest in journalism when I reached 18.

At that time, the draft was on in the United States and I could either wait until they recruited me or I could join the Army and work on a craft that fitted my interests.

Army recruiters were notorious about lying to young men in those days, promising them things that could never be fulfilled, but the one I talked to knew that I was serious about joining the Army and trying to get something worthwhile out of the three years that I would be serving.

After taking some initial tests, he said that Congress itself would send a letter of approval to me, stating that, after 10 weeks of basic training to become a soldier, I would be sent to the US Army Journalism School in Fort Slocum, New York.

That commitment was honoured. For the full three years in which I served in both Korea and the United States, I wrote and edited news stories from all over the world.

It wasn't until around 1988 that I decided to start my own newspaper—a step that many journalists wished to take, I understand, but were afraid to launch.

When I first approached a graphics artist with a company in Halifax and he agreed to design the first issue of the Masthead News, I later found out he told the printer, "I have another fly-by-night newspaper for you. I don't expect him to stay in business."

Now, 32 years later, I am still publishing in St. Margaret's Bay and beyond. We are even online at www.themastheadnews.ca.

People have told me they love the paper and never want to see it stop.

I am now 75 years old and a Canadian citizen (have been for 30 years).

It is my intention to keep on plugging until I am called to the other side either by God or by my wife, Cynthia, who likes to haunt me every now and then.

May you continue to enjoy the paper.



July Reader Round-Up and Members Stories

Do you remember when Canada Day was called Dominion Day? Please share your favourite Canada Day or Dominion Day tradition or memory, past or present, for our July newsletter. As always, we're also looking for Member Stories. You can submit your story in writing, or we'll happily interview you if you prefer. Email sharon@bayseniors.ca.

Reader Round-Up: Father's Day

Soft-Serve Dad (submitted by Melan Sapp)

It was one of those insufferably hot, muggy days in Ottawa, and I was messing around in my workshop in the basement. Our son Anthony, who was 5 at the time, came in with three of the neighbourhood kids to play. They didn't know I could hear them plotting. Ryan suggested they go to the Dairy Queen. Krista, the little girl next door, said her mom couldn't take them because her dad had the car. Anthony piped up, saying, "No problem, I'll ask my dad to take us. He's a soft touch."

Who moved? (submitted by the Rev. Wayne Smith)

In the days before seatbelt laws, my mother once lamented that she and my father used to sit so close to one another in the car, but now he was always on his side of the car and she was always on hers, with quite a space between them. My dad, who was inevitably the driver, said, "Well, I haven't moved."

(Our photograph (right) shows Lorne and Dorothy Smith, the subjects of Wayne Smith's Father's Day memory)



We don't all wear blue suits (submitted by Bob Joyce)

My father was one of my heroes. Kind, tolerant and modest, he enjoyed meeting people from different backgrounds, listening to their stories without judgement. When my brother and I were growing up, if we became frustrated by someone whose ideas or behaviours differed from ours, Dad would say, "We don't all wear blue suits." It was a gentle reminder to embrace diversity, and it's an expression I borrowed and try to emulate, thanks to Dad's unflinching example.

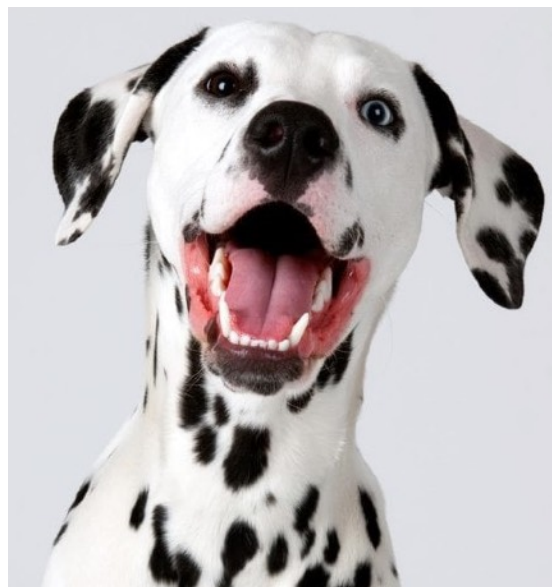
Rare Breed (submitted by Debbie Stevenson)

Our big extended family was at my grandparents' house for a celebration. Wanting to get the kids out from underfoot for a while, our parents asked the older cousins to take the younger ones to see One Hundred and One Dalmatians, which had just been re-released in the theatres for a limited run.

As we were excitedly getting ready to leave, our grandfather came to the door to give us money for snacks. Over a loud chorus of thanks from nearly a dozen kids, our hard-of-hearing grandfather asked my oldest cousin what movie we were seeing.

At her answer, his face fell into a scowl. "What?" he roared, "One Hundred and One Damnations! What kind of a movie is that for kids?"

Nobody laughed more than our grandfather at the explanation. Over 50 years later, those black-and-white spotted dogs are still known in our family as Damnations.



Good reasons to wear a face mask

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you are in places where it's hard to maintain social distancing (like public transit, stores and group living situations).

Using a mask alone isn't enough to prevent the spread of COVID-19.

Mask wearers must still follow the most important transmission-reduction strategies: wash your hands often and well; maintain a 2m distance from people with whom you don't live; follow current restrictions on group size; stay home as much as possible; cough or sneeze into your sleeve or a tissue, never your hand.

Wearing a fabric mask may not be advised for those with some medical conditions, such as lung or heart disease. Check with your doctor if in doubt.

It's essential to follow the public health guidelines for putting on, taking off and caring for fabric masks, as described in detail at https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html#_Appropriate-non-medical_mask.

Fabric face mask wear and care tips

WEARING

- Wash your hands well with soap and water before putting on the mask.
- The mask should fit snugly but comfortably over your mouth and nose, and cover your chin. It should not touch your eye area.
- Once you have adjusted your mask comfortably, leave it on and leave it alone while you are out.
- If you must adjust your mask, do so away from other people and wash your hands well or use hand sanitizer, both before and after adjusting it.
- To remove your mask, unhook the elastic that goes over your ears (or untie the ties over your ears if it is that style) one at a time, without touching the front of the mask itself or touching your eyes, nose or mouth.
- Put the mask into the washing machine right away, and wash your hands.
- If you cannot put the mask into the washing machine right away, put it into a bag or container until you are able to wash it and wash your hands.



Some of the masks our volunteers made

CARE AND CLEANING

- Wash your mask each time you wear it.
- Wash it in hot soapy water; it can be washed with other laundry if you wish.
- Air-dry mask completely, preferably by hanging it to ensure both sides are dry.

Stay fit - without leaving your kitchen

To help maintain our fitness during the suspension of Bay Seniors fitness programs, Rowena Morrison, Bay Seniors fitness coordinator, is recommending a simple online Community Links video developed by physiotherapists for seniors.

The video includes eight exercises that are easy to do in the kitchen, with only a countertop, a wall and a straight chair as tools. The video includes an upbeat light jazz music background for inspiration. nscommunitylinks.ca/fitness-in-the-kitchen/.

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.