



Bay Seniors NEWSLETTER



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Face masks become compulsory: look stylish in a reusable mask made by our volunteers

Our fabric masks go on general sale

With face masks now mandatory in indoor public spaces in Nova Scotia, Bay Seniors is making its washable, reusable fabric face masks available for public purchase for \$5 for an adult's mask and \$3 for a child's mask.

Masks come in various sizes and styles.

There is a limit of five masks per customer, as demand is ramping up.

Sewing volunteers with Bay Seniors, led by Betty Learning, started making masks in the spring to donate to residents and staff at Northwood.

Betty and her team were one of many sewing groups across the province working to help reduce the spread of Covid-19 in the hard-hit long-term care population.

The Bay Seniors sewing group also began making masks in April for Bay Seniors members



and volunteers. Membership renewal notices were sent out in the spring, offering one complimentary mask for a single renewal and two for a couple.

In early July, our mask makers hit a milestone: 1,000 masks made, an "extraordinary achievement for which we're all very grateful," says Bay Seniors President Becky Weickert.

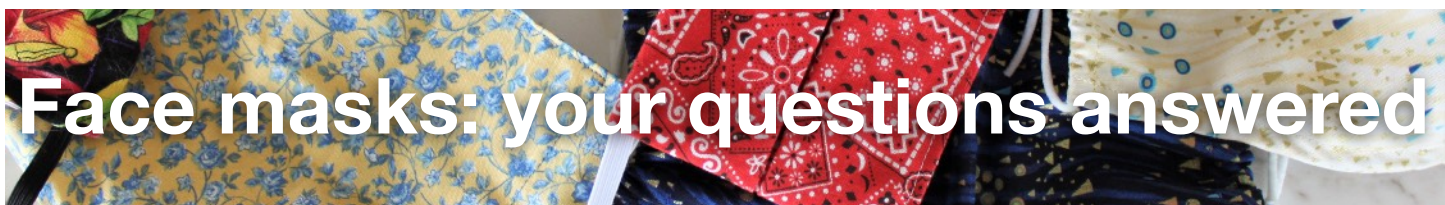
And they're still sewing. "Now that face masks are

mandatory, we want to help get them into the hands of other community members," says Betty Learning, about her team of more than 20 area sewing volunteers.

Betty says connecting online to mask makers around the world, lots of research, trial and error, and customer feedback have helped the team offer masks that are comfortable, adjustable and effective.

Glenna Earle, another of the

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Face masks: your questions answered

Q: *Why have public health authorities flip-flopped on wearing masks?*

A: Because Covid-19 was a new virus, and there wasn't enough information at first to determine exactly how it is transmitted. The earliest reports on the disease erroneously said it did not spread through person-to-person contact. We now know that respiratory droplets resulting from breathing, speaking, singing, coughing and sneezing are the most significant way the virus spreads. Maintaining 2-metre distances and wearing an effective mask have now been shown in studies and real-world situations to be key in reducing Covid-19 infections.

Q: *Doesn't wearing a face mask reduce your body's oxygen levels over time to a possibly unsafe level?*

A: No, it doesn't. Claims that it does, circulating on Facebook and on other social media, are false. This has been studied extensively. Remember, many professionals in health care and other fields wear masks for hours every day. A mask does increase the humidity of air inside our mask, which makes the air 'feel different'.

Q: *How much can a mask really help?*

A: Recent research suggests that if at least 80% of the population wears masks in indoor public spaces, we can reduce the spread of Covid-19 by 65%.

Q: *Does a mask make the other prevention measures unnecessary?*

A: No. These measures work together to decrease risk. Some respiratory droplets can still get through and around a mask—though fewer if our mask is clean and fits well—so maintaining physical distance remains critically important, as does washing our hands properly and often.

Q: *What's the point in wearing a mask if I'm healthy?*

A: People are contagious before they have symptoms, and a mild case may not even be identified. If you have symptoms, stay home and call 811 to inquire about being tested.

Q: *Is it safe for people with certain medical conditions, like asthma, COPD and heart disease, to wear a mask?*

A: Medical research says it is almost always safe, though we should talk to our doctor if we have a condition that causes severely restricted breathing. Nova Scotia's chief medical officer of health, Dr. Robert Strang, says the main reason why someone may be unable to wear a mask relates to anxiety. It's not okay to confront or shame those not wearing a mask. However, people who decline to wear a mask where it is mandated may be unable to access some locations and services.

Q: *Is it true that only N95 masks are really effective? And if those aren't available, surgical masks?*

A: It is not true. A well-fitted and maintained fabric face mask helps reduce respiratory droplets very well. Recent studies show two-layer face masks made from good-quality 100% quilting cottons (like the ones made by Bay Seniors) offer significant protection.

Q: *Why is it especially recommended to wear a mask in indoor public spaces?*

A: It's about physical proximity and contact time. If we cannot consistently remain at least 2 metres apart (6+ feet) from others, and we are spending 15 minutes or more in that situation, we should wear a mask. That doesn't mean that shorter contact is always safe, just that longer periods of contact increase the risk.

Free advice on wearing and caring for face masks

For a face mask to be effective, it's important to put on, take off and care for your mask properly.

Bay Seniors has an information sheet on wearing and caring for your fabric face mask that is distributed with each of our masks.

For a copy of that information sheet, email info@bayseniors.ca.

Our masks now on public sale

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team's leads, says donations of a huge variety of beautiful quilting cottons have made sewing the masks more interesting, and the variety of colours, prints and styles is really appreciated by buyers.

"It's nice to hear back that someone loves and gets compliments on a Bay Seniors mask," Glenna says, noting there is a current demand as well for black and dark blue masks, often "preferred by many men."

Bay Seniors face masks are available to buy at the Community Enterprise Centre, 5229 St. Margaret's Bay Road, 10 am - 1 pm, weekdays.

The August issue of The Masthead News will include a story on the Bay Seniors masks being available to the public, so the sewing team encourages Bay Seniors members interested in buying masks to act soon.



Bay Rides back, fares to increase

Submitted by BayRides

After three months of reduced service, BayRides now has four of its regular drivers and three volunteer drivers back on the road, Monday to Friday from 6 am to 6 pm. The Grocery Shuttle is not yet back in service.

To prevent the spread of Covid-19, BayRides has implemented a number of protocols for drivers and passengers based on public health directives.

Over the years, BayRides has experienced amazing growth. Until the Covid-19 slowdown, up to 1000 rides were provided each month.

"To meet the demands of this growth and contribute to the financial viability of BayRides, we are introducing a small fare increase in October," says Patty King, BayRides executive director. "It will be the first increase since we began operating in 2015. The Board of Directors explored all other avenues of funding before adopting the new fare structure."

The cost of rides will continue to be heavily subsidized. Fare revenue accounts for only 16% of BayRides revenue. Provincial and municipal funding programs

BayRides fleet manager/ head driver Hans Stokkeskog with the fleet.

account for 60%, with the remaining 24% coming from fundraising.

Patty King says: "In order to keep the fare increase as low as we did, it will be necessary to increase fundraising."

Following the example of other members of the Rural Transportation Association in Nova Scotia, BayRides will use a fare structure based on kilometre ranges.

For detailed information on BayRides Covid-19 protocols and new fare structure, visit www.bayrides.ca.

To book a ride or speak with the dispatcher, call 902-820-6600, Monday to Friday, 10 am - 1 pm.

BayRides is a not-for-profit charitable organization that provides door-to-door transportation for residents of St. Margaret's Bay.

BAYRIDES FARES AS OF OCTOBER 1

<i>Distance</i>	<i>Cost -- One Way</i>
0 km - 5 km	\$3
5.1 km - 10 km	\$4
10.1 km - 15 km	\$6
15.1 km - 20 km	\$8
20.1 km or more	\$8 + \$0.40/km over 20 km
Extra stops	\$2/stop

Community enjoys artists' work - live and online

Around 300 community members came out to enjoy works of art presented by 44 artist members of the Peggy's Cove Area Festival of the Arts (PCAFA) during 10 show dates between July 10 and 25.

Over the course of the show, 75 works of art were displayed at the Community Enterprise Centre (CEC) and also online, and visitors were able to view and purchase art both in person at the CEC and online, thanks to Red Wagon Art Studio.

The show was presented by the PCAFA, the CEC and Red Wagon, with supporting partners Bay Seniors and the St. Margaret's Bay Stewardship Association providing promotional and volunteer support.

Over two dozen volunteers from the four community groups staffed the show.

Bernadette Jordan, Member of Parliament for South Shore-St. Margaret's, attended the opening event, and thanked organizers, saying "I'm so glad you've still found a way to celebrate art, and it's wonderful that our community can still pull together to do something like this."

Bay Seniors President Becky Weickert thanked the participating partners for "giving the community a safe way to come out and enjoy some wonderful art." Becky also thanked organizers and event volunteers "for your



dedication and hard work," and said it was wonderful that people could also enjoy the show online from home.

In addition to works of art, the show included a virtual studio tour by video, artist demos in an outdoor tent, food trucks and a draw prize for the final weekend.

Jane MacDonald, who brought her mother, Norma Brown, to the show, said she appreciated the show's Covid-19 precautions, easy parking and accessibility, since her mother had hardly been out of the house since March, and the show offered "a safe and intimate feeling."

One of the show's works, Krista Fraser's Serene Meadows (watercolour and cotton thread).

Both Jane and Norma loved the chance to see the art. As Norma said, "We're so lucky to have so many talented artists here. This show is a real pick-me-up."

If you missed the in-person show, you can view all the art and buy available works online at <https://redwagonartstudio.com/art-show/> until August 31. The virtual studio tour is available on YouTube at <https://www.youtube.com/watch?v=KFISo9slgMA>.

Reader Round-Up: gifts from nature (see also Page 6)

Kayak trip to tranquillity

(submitted by **Beth Newman**)

One of the few things that has not changed for me during Covid-19 is my kayaking. The water, porpoises, Great Blue Herons—none of them seem concerned about the pandemic.

I am so lucky that I can kayak in the Bay so easily, and can be out on the water safely.

(Beth submitted this photo of MacDonald Point with Wedge Island on the horizon)



Meet the neighbours

(submitted by **Richard Miles**)

Here's a recent porcupine visitor to our yard. And robin chicks nesting in our outdoor shower, soon ready for their first flight.



Annual enchantment (submitted by **Nick Horne**)

As a child, I was enchanted by the rare find of a patch of Lady Slippers in the woods, and would always be taken aback by their beauty and rarity. One of the reasons I became involved with the Stewardship Association is because of that sense of childhood magic, and a desire to help preserve the gifts of nature, so important in their own right, and also part of our community's look and feel.

On moving to the home I now share with my family, I was delighted to find we have a patch of Lady Slippers that returns every year in our yard. Sometimes there are four flowers, and in a lucky year, as many as seven. As my young boys grow up, I take them to see that patch of Lady Slippers and a few nearby Trilliums every spring, so they can witness them bloom. As a parent, I want to pass my own childhood sense of wonder on to my children, along with the passion to care for our natural environment. We're never too young or too old to stop and smell—and watch—the flowers.



Reader Round-Up: gifts from nature

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Starry night

Submitted by Jane MacDonald

For many years, I lived in cities: Vancouver, Ottawa, Toronto.

There were lots of things to enjoy about urban life. But with bright lights washing out the stars and planets in the night sky, stargazing wasn't one of them.

When I came back home to rural Nova Scotia to retire, I was reminded that here we can see starry skies on clear nights.

Perched on the edge of a landmass, in a mostly rural landscape, with vast ocean beyond, we're incredibly lucky to have this panorama of twinkling lights.

I go out each clear night to look at the sky, and I'm always filled with a sense of peace and awe.

WE WANT TO HEAR FROM YOU

We love to hear your stories. Send your contributions to sharon@bayseniors.ca.



Masks popular at car show

The Seniors Association was represented at the St. Margaret's Bay Lions Club and Mason's AutoPro annual Show & Shine event.

Fred and Betty Dolbel were selling the washable, reusable face masks made by our team of volunteers.

The volunteers have sewn over 1,000 masks in four sizes and two styles. More than 250 masks, 52 scrub caps, and 47 reusable hospital gowns were sent to Northwood in the spring.

Our picture shows Betty Dolbel serving customer Mike Maher.

The car show, held at Exit 5/ Hwy 103, attracted 81 registered cars, including old cars, novelty pick-ups and muscle cars, all lovingly cared for and showing off their exquisite paint jobs.

Date, place set for our AGM

Estabrooks Hall, 4408 St. Margaret's Bay Road, is booked for Bay Seniors Annual General Meeting on September 24 at 2 pm.

We require only 20 members to hold the meeting, and in keeping with current restrictions, there will be no refreshments, speakers or other activities.

More details to follow in the September newsletter.

Friendly Neighbour program still on

With the Grocery Shuttle still suspended, Bay Seniors Friendly Neighbour program will continue as long as there is a need for it.

For more information about the shuttle please call Bay Seniors at 902-820-3334 and leave a message.

Missing Treasure Chest? Play online

To help alleviate the financial hardship caused by the Covid-related suspension of the Bay Treasure Chest weekly toonie draw, BTC has an online 50/50 lottery. Please visit <https://baytreasurechest.ca/> for more information and to buy tickets.

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 - 1 on Tuesdays and Thursdays.