



Bay Seniors NEWSLETTER



IN THIS EDITION

Christmas in the Bay goes virtual

Members share their Christmas memories

A salute to our young volunteers

Stay in touch with your community - online

Christmas in the Bay goes virtual to beat the Grinch called Covid

Organizers of the beloved afternoon of holiday family fun on the last Sunday of November are moving it all online this year.

Because of pandemic precautions, Santa and his elves and singers will kick off the Christmas in the Bay festivities in a one-hour Facebook Live show at 5 pm Sunday, November 29, hosted by Susie Reindeer, (better known as Bay Seniors member Halina St. James).

There'll be carols from Cardinal Points, and video stories from children and seniors sharing their thoughts on Christmas.

Christmas in the Bay will continue throughout the holiday season, and will include how-to holiday videos, including easy fudge, real Scottish shortbread, making a spray for your door, and creating an ornament from costume jewellery. Several videos feature Bay Seniors members

Continued on P 3



I would like to take this opportunity to wish all our Bay Seniors volunteers and members the best of the season. Thank you for your continued support and hard work on our behalf.

Even though this has been a challenging year, we have managed to provide services and communications in many forms to our members and the community – and we will continue to do so to the best of our ability.

Enjoy the season with your family and friends, and know that better times are around the corner.

Warm regards,

Rebecca Weickert,

Board President, Bay Seniors

Member Stories: memories of Christmas

Double-duty Dad

by *Pauline MacDonald*

Christmas in my family meant, first of all, attending midnight mass. We children were included from about 3 years of age, having an evening nap and then getting up in the middle of the night for church. Dad would always be the last one in the truck. Mom would make a point of saying how slow he was.

When we arrived home after mass, Santa had always miraculously arrived in our absence! The tree was lit and



Pauline and Bill MacDonald and family

gifts for all were under the tree. We would open our gifts, share a meal, and go to bed in the wee hours.

This was a tradition I kept with my own children.

Lessons from a fresh tree

by *Beverly Carlsen*

My husband was Danish, and because we loved all the Scandinavian Christmas rituals, we always had real candles on our Christmas tree.

We would load up the family, go to a Lunenburg tree farm, and find a fresh tree with fairly

widely-spaced, open branches that we would cut down.

For safety reasons, those branches had to be open. We also needed to make sure the candles were well spaced and not directly under any of the branches. Even the decorations had to be placed on the tree to ensure they were out of every flame's way.

On Christmas Eve, we would always dance around the tree and sing carols. It was lovely. But I admit, I was nervous, especially with excited children bouncing around, so I always made sure I had a fire extinguisher handy.

And our precautions proved effective, as we never even came close to an incident.

Still, we wanted the kiddies to see how flammable the tree was. So one year, after the holidays, we took the sad, naked tree down by the lake to burn it.

We would teach our children how quickly a Christmas tree could burn.

Well, do you think we could set it alight?

No way.

We tried many times, but the flame simply would not catch.

It wasn't until spring, when the tree had thoroughly dried out, that we were able to watch the fire roar to life in the fire pit, and consume the tree.

The moral of this story? If you want candles on your Christmas tree, always cut your own fresh tree.

Poor Dad

by *Carl Breckenridge*

When we were children, fresh oranges weren't something we had very often, so my brother and I were always excited to get one in the toe of our stocking. But we always wondered why Dad just got a lump of coal or a piece of wood. That was just my father having a joke on himself. But my brother and I certainly wondered what Dad had done to upset Santa so much!

The Christmas curse

by *Bob Joyce*

When I was around 14 and my brother Bruce was 19, he came home from a friend's place late on Christmas Eve to discover our mother sitting at the sewing machine and swearing as she struggled to finish making a



Bruce, Kenena, Bob Joyce

pair of pajamas as a gift for our father.

"Mom," I overheard Bruce say, rather patronizingly, "Why do you swear? Dad doesn't swear. I don't swear. And Bob doesn't swear," Bruce paused, "in the house."

Mom told me later that was one of her favourite Christmas memories. That made it one of my favourites, too, though I wasn't exactly pleased with my brother at the time. And I still don't swear in the house.

Covid can't stop Santa as he and his helpers kick-off Christmas in the Bay... virtually

Continued from P 1
and volunteers.

Other Christmas in the Bay activities are a colouring contest for kids and adults, a return of Kids Cards for Seniors, and a central registry for addresses with the best holiday light displays.

Join in the fun on Facebook <https://www.facebook.com/ChristmasintheBay/> or on the Christmas in the Bay web page <https://discoverstmargaretsbay.ca/christmas-in-the-bay/>.



Santa's elves, rehearsing before the latest Covid restrictions. They are (l to r) Annalise Bechard, Mikaela Glover, Kate Whalley, Helen Edwards, Gabi Trudel and Quinn LeBlanc. They are members of the East Coast Dance Academy.



Host Susie Reindeer and, right, The Cardinal Points.



Christmas traditions: music and movies

Send the names of your favourite Christmas movie and song to sharon@bayseniors.ca. We'll put the selections together for a Bay Seniors music playlist and movie viewlist for the December update.

To get us started, Barb Mulrooney polled some Bay Seniors members by phone.

For movies, Miracle on Thirty-Fourth Street got 6 votes, while Home Alone and any Christmas movie with Elvis Presley got one vote each.

For songs, White Christmas took the lead with 4 votes, ahead of It's Beginning to Look a Lot Like Christmas, Jingle Bell Rock, Joy to the World, O Christmas Tree, O Holy Night, and Silent Night.

Bay Rides: making a difference

Neil MacArthur (pictured) started using BayRides when it was founded in 2015. "I decided it was more economical for me to use BayRides than to have a car," he says.

"I can get to the library and do other errands. BayRides has become an essential service, not only for me, but for other seniors on a fixed income, because it enables us to stay in our own homes."



Physical distancing doesn't mean you can't stay in touch

Bay Seniors is continuing to explore ways we can stay in touch with our members virtually.

But such technologies only work to stay in touch if they work for you.

If you're online, but don't have a Facebook account, and would like to learn more about how to use Facebook safely and productively, visit <https://bayseniors.ca/> and click on the round NEWS button, then click on 'Using Social Media' for information on how to create a Facebook account and how to protect your privacy on Facebook.

We are also using the Zoom platform more often for Bay Seniors board and committee meetings, and want to use it for social and other meetings for members.

Zoom is easy to use, and free. To learn how to join a Zoom meeting, visit <https://bayseniors.ca/>, click on the NEWS button, and then on 'Using Social Media'.

Join us for coffee - virtually

Using the Zoom video platform, we'll offer a weekly one-hour time for members to get together and visit informally online.

All you need is a computer, tablet or phone with a camera and internal microphone, a link inviting you to join the meeting, and a cup of tea or coffee to sip on.

Members can choose to join in every week, or occasionally. We can have a planned topic, or keep it flexible.

We want to hear your ideas. Email centre@bayseniors.ca or sharon@bayseniors.ca.



Tuesday's Table, our new food feature on Facebook

Beginning on Tuesday, December 1, we're introducing a new Facebook feature, thanks to Barb Mulrooney, who was looking for some recipes for foods and dishes that are energy-boosters. Barb reached out to our friend, nutritionist Edie Shaw-Ewald, who was happy to help out.

Meanwhile, several of our members have continued the conversation about holiday meal favourites, started in the October newsletter. Now a conversation about Christmas dishes, it includes the request for traditional lobster pie posted in the Member Marketplace.

Edie will post tips on energy-boosters, eating on a budget, eating for one, and tasty but healthy dishes. Look for Edie's contribution on the second Tuesday of every month, beginning on December 8.

On all other Tuesdays of each month, Tuesday's Table is a place to share your favourite recipes, ideas for using up leftovers, memories of special meals, requests for hard-to-find recipes and reviews of cookbooks, cooking shows and more. Send questions, comments and stories to sharon@bayseniors.ca.



Start and end your week with a giggle

Our own funny lady, Joan Redmond, has gained a faithful Facebook following, as she continues to share whimsical reflections in her Monday Musings and a cartoon in her Friday Funny. Enjoy Joan's contributions every week at facebook.com/bayseniors.

Gift Bags for Seniors still needs 'some basics'

Michelle MacLean, lead on the Gift Bags for Seniors project, says the bags are filling up nicely, thanks to lots of donations.

"The beautiful bags made by our sewing team hold quite a lot, so we still need more of the 'basics' we want to include in each bag," says Michelle, "including small bottles of hand sanitizer, puzzle books, pencils and boxes, rather than purse packs, of tissues."

While the Community Enterprise Centre is currently closed to the public in support of Covid precautions, gift bag donations can be dropped off at the centre Monday, Wednesday and Friday between 10 and noon.

Please knock on the front door, which is locked, and wait for the volunteer on duty to respond.

The deadline for donations is December 8.

A salute to our young volunteers



We're grateful for many caring young people who are supporting our members and our work in many ways. Thank you to:

Angus Whyte and his team, **Students for Seniors** (pictured), who have done yard work and piled firewood, are now working on training tools for computer and online skills development, and are standing by to shovel snow.

Megan Ellis, who created our Joining a Zoom Meeting handout described on page 4.

Mellisa Larson and **Elisabeth Edwards**, placement students helping with several programs.

Olivia Schneider, a cardmaker who created over 150 card kits for our Kids Cards for Seniors program.

Alexandra Morrison, who wrote a Remembrance Day reflection for the November newsletter.

Buy local and help our businesses survive and thrive

There's never been a more important time to shop locally. Small businesses and artists and artisans are struggling this year, with events and shows being cancelled, and stores having reduced hours and traffic capacity.

But with a responsibility to stay home as much as possible, many of us are shopping more online. When a

local business or artist has a website with sales options, we can shop online and still shop local.

When a business or artist we want to support doesn't have a website, Keith Ayling, Bay Chamber of Commerce president, says we can often still buy from them. Keith says we should call the business or see if they have a Facebook

or Instagram account where we can contact them for shopping options. "Many businesses have turned to creative solutions to serve their customers, including curbside pick-up, contact-free meeting and even delivery," says Keith.

"The first and most important step is to reach out to the business and ask."

Members' Marketplace

Did you donate a mini brass tea set? While our volunteers were sorting through the jewellery donations, they came across a charming doll-sized brass tea/coffee set, still sealed in its original bag. Pam Fortin and the doll's house team added it to the house, and would like to thank the donor. If that's you, please email centre@bayseniors.ca. Pam would like to thank you and include you in the list of donors.

Looking for a traditional lobster pie recipe? Did your family always eat lobster pie on Christmas Eve? Two members are looking for a traditional recipe for the dish. Email sharon@bayseniors.ca.

Are you computer savvy? Are you comfortable using Facebook and other social media? We need you for our volunteer tech team, to help other members who want to learn. Participation need not be in person. Contact centre@bayseniors.ca for details.

Saturday Sparkle: weekly jewellery sale on Facebook

Thanks to an overwhelmingly generous response to our call for jewellery donations, our Facebook jewellery sale, planned for the last two weeks in November, will instead take place every Saturday on Facebook for the foreseeable future.

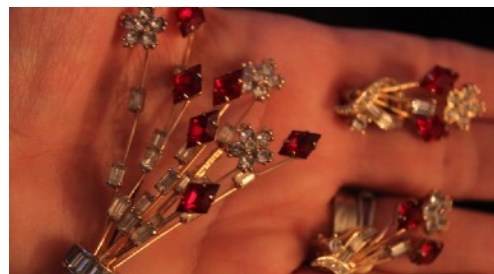
All profits will be donated to the food bank.

Darlene Pentz, volunteer lead on the program, says jewellery is being "gently priced to allow everyone in the community to join the fun." Everything from very affordable costume jewellery to vintage collectible pieces to a few valuable precious items will be offered.

A new jewellery array will be posted on facebook.com/bayseniors every Saturday at 3 p.m.

It's a sale, not an auction, so the first person to commit to buying a piece at the posted price, through a comment on the post or in a private Facebook message, is the successful buyer.

Arrangements will be made through Facebook to exchange payment for purchased items. Cash only, please.



Classic or festive, we have jewellery for all tastes



Bay Seniors fabric masks and bags update

Betty Learning, sewing team lead, says that while numbers were smaller than usual at the Covid-cautious St. Luke's United Church Christmas Craft Sale, Bay Seniors made \$425, selling 17 bags, 51 adult masks and 8 child masks.

Betty thanks all the sewing team volunteers for their extraordinary contributions to Bay Seniors and our community throughout 2020.

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.