



Bay Seniors NEWSLETTER



IN THIS EDITION

All you need to know about Winter in the Bay

Gift bag project a triumph of cooperation

Our new winter storm booklet now available

Jewellery sales raise \$1000 for food bank

Fact or fiction, share a yarn about Winter in the Bay

Winter used to be a time to sit closer to the fire with a hot drink and share a yarn or two. This year, Winter in the Bay is bringing that back with a twist.

We're having a story contest. If you have a story to tell, we want to read it.

We're looking for two types of writing pieces:

- short nonfiction essays
- fictional short stories

You can use one of the works in the Winter in the Bay art and quilt exhibit for inspiration or to illustrate your essay or story.

Submit your nonfiction short essay (maximum 350 words) by February 15.

Winners will have their stories published in the Masthead, and will also win other prizes.

Submit your short fiction story

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Gretchen Amirault's entry in the Winter in the Bay exhibit

Early praise for our Winter in the Bay art and quilt exhibit

The Winter in the Bay art exhibit is available to enjoy throughout February, online at discoverstmargaretsbay.ca/winterinthebay/ or by stopping by the Community Enterprise Centre at 5229 St. Margaret's Bay Road, 9 am to 3 pm, weekdays. We now have 37 works to enjoy, and most are for sale. Early-bird visitors have been delighted to see art depicting some familiar spots around the Bay, while others have commented on how bright and colourful many of the works are.

"This display really reinforces it," said one visitor.

"The Bay is gorgeous in the winter, too."

Winter in the Bay writing contest

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(maximum 2,500 words) by
March 15.

Maybe you'd like to share a story
without entering the contest?

You can do that by submitting
your essay or story and putting
"Just sharing. Not a contest
entry" at the top.

Stories not submitted to the
contest may still be published
locally, including in this
newsletter.

Submit all stories to
winterinthebay@gmail.com.

For more details, including
writing tips, sample stories, the
complete Winter in the Bay art
exhibit, and descriptions of
prizes, go to

[discoverstmargaretsbay.ca/
winterinthebay/](http://discoverstmargaretsbay.ca/winterinthebay/)

Questions about your story idea?
Want friendly feedback on your
story? Email
sharon@bayseniors.ca.

A few tips to spark your creativity

Perhaps you are a little out of
practice at writing stories. Don't
worry. We've put together some
quick tips, including advice from
Donna Morrissey, Stephen King
and Winnie the Pooh.

There are so many wonderful
stories to be told of life around
the Bay. Don't let your stories go
untold.

You can find the tips, full details
of the competition, and more
inspiration at
[discoverstmargaretsbay.ca/
winterinthebay/](http://discoverstmargaretsbay.ca/winterinthebay/)



Another evocative piece from our Winter in the Bay art and quilt exhibit. This one is by Maria Kuttner.

Catch a ride to the Winter in the Bay exhibit with BayRides

BayRides, the Community Enterprise Centre (CEC), and Bay Seniors are partners in a different kind of Friday happy hour in February, designed to lift the spirits of Bay residents who have difficulty getting out of the house and accessing the community.

BayRides is giving free rides to Bay residents who would appreciate an outing and don't have access to a car. The funding for this comes from a grant from the Covid-19 Emergency Community Support Fund and United Way. BayRides, Bay Seniors and the CEC are providing an afternoon excursion every Friday in

February to bring up to 6 people to the CEC to see the Winter in the Bay art and check out some of the Bay Seniors jewellery.

A CEC receptionist and two Bay Seniors volunteers will host the visitors between 3 and 5.

Covid precautions are in place in the BayRides vehicle and at the CEC.

To book a spot, call Lynn at BayRides at 902-820-6600.

Please book at least 48 hours in advance.

This special free transportation service is offering rides to other locations at other times for eligible Bay residents. Call Lynn for details.

Our Christmas Gift Bag program: a triumph of community co-operation and generosity

Submitted by Michelle MacLean

In September, the social committee was looking for a way to provide a little Christmas cheer to those seniors in our community who would be experiencing a different Christmas than usual because of Covid.

That's when the committee came up with the idea of the Gift Bags for Seniors.

And then, to our grateful delight, lots of people got involved.

The Bay Seniors wonderful sewing volunteers created 75 fabric tote bags for us to use as the gift bags. They also made masks for every recipient. We appreciated the beautiful bags, but we did wonder at first how we could fill them—they are not small bags.

But we sent out requests to our community for donations. And we were overwhelmed by the generosity of everyone, as donations poured in. Both individuals and businesses alike contributed to this worthy project.

Local children made Christmas cards and tags, which were a lovely addition to the bags.

Many volunteers helped pack the bags, and then another team helped deliver them a few days before Christmas, despite a pending snowstorm.

The feedback we've had from



recipients has been truly heartwarming. Everyone who received one of the gift bags was so pleased.

The Bay Seniors social committee would like to thank everyone involved for their support in getting those bags filled, and especially for adding so much kindness to every single bag.

Our bag-filling volunteers hard at work. And (below) just a small sample of the items donated by individuals and organizations who supported the gift bag program.

Bags and masks in great new prints

The sewing team continues to produce their wonderful fabric tote bags and face masks, in a constantly changing array of colours and prints.

Bags are \$10 each or 3 for \$25, and masks are \$5 for adult sizes and \$3 for child sizes. Available at the Community Enterprise Centre.



Covid vaccine: it is safe and effective says WHO

Submitted by Elisabeth Edwards

Recently, news spread around the world that 23 seniors in Norway died after receiving a Covid-19 vaccine.

This has contributed to questions on social media about the COVID-19 vaccine, and whether it is safe for Canadian seniors.

Dr. Noni MacDonald, a professor of pediatrics at Dalhousie University and a vaccine safety researcher, says, "Just because somebody has died after receiving the Covid vaccine does not mean that the Covid vaccine caused the death."

A World Health Organization (WHO) panel found the vaccine did not contribute to those deaths.

It is also important to know that while one dose of the vaccine may offer some protection against the virus, the first dose may not be protective enough if the virus is already circulating where someone lives.

A second dose of the vaccine would provide more protection.

The takeaway message is that despite the news from Norway about the fatalities, the Covid-19 vaccine should be considered both safe and protective for seniors.

Chair Yoga

There are still spaces available for chair yoga, which is now available in person as well as by video. Improve flexibility, balance, strength, and feelings of contentment in a supportive atmosphere. Ideal for seniors and people with mobility issues. For more information, contact fitness@bayseniors.ca.



Our pictures show two of the most valuable pieces to find new homes at our jewellery sales. The bracelet (above) is of Mexican silver and abalone shell, and dates from the 1950s. The brooch is called Hoot Couture and was made by an American fashion jewellery company called Lunch at the Ritz.

Saturday Sparkle keeps shining on, as shoppers snap up bargains

The Bay Seniors jewellery committee recently celebrated two milestones: two months of offering weekly Facebook jewellery sales, and \$1,000 raised so far for the food bank.

Every Saturday at 3 pm, an array of 12 to 20 items goes up on the Seniors Facebook page. In recent weeks, most items are sold in less than 24 hours, many in the first 30 minutes. Unsold pieces are on display at the Community Enterprise Centre, where people can buy them at the posted price.

Jewellery donations are continuing to flow in from the community, including some highly collectible items with considerable value. For example, a hard-to-find 1989 brooch in mint condition recently sold for \$100, while a hinged bracelet from the 1950s sold for \$80. Other pieces are costume jewellery in excellent condition being snapped up by local buyers of all ages.

The jewellery committee researches donated items and passes on information in the Facebook listings. Prices are set intentionally at around half to two-thirds of fair market value (when that can be determined), to increase participation and help move stock.

Visit www.facebook.com/bayseniors to see the jewellery available for that week. Jewellery donations are still being gratefully accepted, and can be dropped off at the Community Enterprise Centre.



Are you ready for a winter storm?

As part of a project to distribute storm preparedness kits to some seniors in our area, Bay Seniors board member Heather Thompson has created a booklet called Ready for the Storm. Storm kit essentials should include:

- food and drink that doesn't need cooking or refrigeration
- spare batteries, pens, paper
- a wind-up radio
- a fully charged phone
- emergency numbers
- note of your medications (stored in something like the Vial of Life)

Keep your storm kit in a safe and accessible place.

You can get a paper copy of the guide from the Community Enterprise Centre, 5229 St. Margaret's Bay Road, or by email from centre@bayseniors.ca.



We're blessed with so much artistic talent around the Bay. This felted wool and fabric piece, by Chris Trotter, is on show in our Winter in the Bay exhibit of quilts and paintings. Learn more about the exhibit on Page 1.

Reader Round-Up: They're playing our song

I Promise

Submitted by Lorraine Hamilton Higgins

"I promise" by Jagged Edge is my husband's favourite song and group – could listen to them all day. I am pretty hyper about things sometimes, and he says, "I promise everything will be all right. Relax. Don't worry about anything. I got it all under control."

Love my man so much.

Romantic Eye-Roll

Submitted by Betty Learning

The two love songs I have sung to my husband for many years are "Annie's Song" by John Denver ("You Fill Up My Senses") and "Have I Told You Lately That I Love You" by Rod Stewart.

My husband just smiles and rolls his eyes.

Any of you who know him will be able to visualize that. He is not an outward romantic, but he is a romantic at heart.

Doggone It

Submitted by Bob Joyce

My wife and I watch "Four Weddings and a Funeral" about once a year, and always slow dance around the living room to "Love is All Around," which plays during the closing credits. For 14 years, our high-strung terrier barked and leapt at us, ending every dance early. His successor, a normally easygoing mixed breed, howls and pushes himself between us. We danced to that song at a family wedding last year, and it felt great – but strange – not having an outraged dog join in.

Members' Marketplace

Membership renewals. The annual membership for Bay Seniors is still \$10 per person or \$18 per couple. We accept cheques and e-transfers. New members receive a complimentary fabric face mask.

Bay Seniors Survey. Please complete and return the members' survey sent out on February 1. We need and value your input.

Love jewellery? Looking for a fun volunteer job? The jewellery committee is looking for 2 or 3 volunteers. For more info or a job description email sharon@bayseniors.ca

Health and Wellness Programs

Free virtual wellness programs from Nova Scotia Health. For information about any of the following, call 1-844-460-4555. To register: www.HealthyNS.ca

Why Am I Still Hungry?

Explore strategies to help feel more satisfied after eating. Monday, February 8, 10 - 11.15 am.

Explore the Mediterranean Diet - 2 Week Program. Learn how you can improve your health by eating the Mediterranean way. Attendance in Week 1 is required to participate in Week 2. Fridays, February 19 & 26, 12 noon - 1 pm.

When is a bag not a bag? When it's a work of art



Glenna Earle, one of our sewing team's leads, made this stunning Bay Seniors tote bag and matching mask from high-end donated cotton in an art deco print of silver, cream and gold, accented with a vintage Canadian brooch.

Called "Circles of Care," the set was made to promote Bay Seniors tote bags, masks and donated jewellery.

It is on display and for sale in the Winter in the Bay art and quilt exhibit.

Protect yourself against fraudsters

In March, we will be hosting a Zoom meeting on the topic of fraud, with an expert from the RCMP.

Do you have any specific questions you want answered? Your thoughts will help us shape this important debate.

Please e-mail your fraud questions or suggestions to centre@bayseniors.ca.

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.