



Bay Seniors NEWSLETTER



IN THIS EDITION

Eleven quilts donated to Bay Seniors

Memory of mama spurs gift of hand-made cards

Our survey shows members keen to learn

Kids put fathers in the spotlight

Donation of eleven lap quilts intended to 'spread joy and love' among Bay Seniors

Lise Chiasson, a military veteran who lives in Stillwater Lake, and her Northern Ontario mom, Cécile St-Amour, have reached out to Bay Seniors to ask us to help them "spread joy and love" with a donation of 11 lap quilts, along with some quilt tops and material.

Lise says, "We were raised in a poor family, with seven children, and nothing was wasted. Mom had to learn to recycle every bit of clothing she had. My dad's torn shirts would be made into dresses or PJs for us.

"She passed her love of sewing and expertise down to me, and I've been sewing since the age of 9. I can't accept that good clothes get tossed because of minor tears, a missing button or broken zipper. I fix those things and pass them to less fortunate people."

Several years ago, when Lise's mom was visiting her, Cécile made a dozen lap quilts, which the two



Glenna Earle, Lise Chiasson and Carol Pottie. Glenna and Carol are among the sewing team leads, and are wearing hats Glenna made that may become one of the Bay Seniors offerings, along with tote bags and facemasks.

women donated to a nursing home. The idea of donating another batch of quilts to Bay Seniors was Lise's, because "not all seniors live in nursing homes."

Lise says she and her mom hope donating the quilts and other fabric will "bring a bit of joy to the recipients." She says, "In this time of shutdown and isolation,

many seniors have the bulk of the loneliness. We need to tell them, even with small gestures, that they are loved and not forgotten, and their contribution to the world is very much appreciated."

She adds that making the quilts is also important for her mom, and helps give her a

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'Spread the love' with donated quilts

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sense of purpose. "As many seniors do, she feels no longer useful in the world. By making those quilts, she's putting good out in the world. This keeps her sane and alive. It makes her feel good that she's helping someone, somewhere."

Carol Pottie, one of the co-leads for the Bay Seniors sewing team says, "Lise's kindness and generosity in the donation of 11 lap quilts is very much appreciated by the Bay Seniors sewing volunteers. In this time of lockdown, they are just what is needed to lift the spirits of some lucky winners."

Carol says the rest of the fabric Lise kindly donated is being divided up to sewing team members, who are excited about using it for Bay Seniors tote bags, masks and - stay tuned - possibly hats.

Happy Monday Musings anniversary

Thank you to Joan Redmond, who has been brightening our Mondays for a year with her whimsical Monday Musings feature on the Bay Seniors Facebook page. Joan started the feature on June 8, 2020, and she hasn't missed a Monday since.

Enjoy Monday Musings and our other Facebook posts here <https://www.facebook.com/bayseniors>. And thanks for all the smiles, Joan.



Lise Chiasson (left) and her mom, Cécile St-Amour, came up with the idea of donating the beautiful lap quilts to Bay Seniors. If you'd like a chance to own one of the quilts, for yourself or perhaps as a gift for someone, see the story below for details of how we'll be drawing two names a week until the quilts have been distributed.

Here's your chance to win one of these lovely donated quilts

Send a note to sharon@bayseniors.ca, explaining who you want the lap quilt for - and yes, you can definitely ask for a quilt for yourself - and how you envision using it, whether that's curling up with a good book, a cat and the quilt on your lap (cat optional), or using it as a baby quilt, for wall art, a picnic cloth or a spoiled-rotten pet.

Please include your name and phone number in the note. The quilts are 40x40 inches.

The Bay Seniors sewing team will draw two names a week, every Wednesday and Thursday, starting on Wednesday, June 9, until the quilts have all been distributed.

Not online? You can call 902-820-3334 and leave a voicemail requesting a quilt. Don't forget to include your name and the information about why you want the quilt for yourself or a friend. Winners will be notified by email or phone, and names will be posted on the Bay Seniors Facebook page.

Either the quilt recipient or the nominator must be a Bay Seniors member, please.

Donated handmade cards will help members stay in touch with friends

Bay Seniors' member Christine Alward reached out to us recently with a wonderful idea: a 99-Card Challenge.

Christine, who makes cards and teaches the craft to others (see her Facebook page at <https://www.facebook.com/groups/1471176816229899>) donated 99 beautiful cards for Bay Seniors to distribute to 33 of its members.

Packages of three cards with assorted themes, including general greetings, congratulations, birthday wishes



and thank you (see picture), are going out to members who are not online, and therefore, says Christine, may be even more affected by the social isolation caused by Covid than those who can stay in touch with others online.

"I hope the members who get the



Christine Alward (right), with her mother, Helene Exenberger, in Austria, January 2020. It was the last in-person visit Christine had with Helene. She is grateful they had that time together.

cards will enjoy seeing them and deciding who to send them to. And they will give three of their contacts a happy moment when they receive a card, maybe with a nice note the sender adds.

"Perhaps those 99 cards will inspire others to reach out with a card or a note to someone else."

Christine says she chose to make this donation to Bay Seniors out of appreciation for the association's ongoing outreach to the community, and in honour of her late mother, Helene.

"The social isolation created by Covid is so hard. Every opportunity we have to find ways to connect with each other, especially seniors, is so important," she says.

Christine also participated in the Bay Seniors Kids Cards

for Seniors initiative last year, generously donating card-making materials to children in her neighbourhood during the first Covid wave.

"It meant a lot to hear back that the cards and the messages from the children were appreciated by the recipients," says Christine.

Bay Seniors board member Michelle MacLean says, "We're so grateful to Christine for this wonderful gift, which will be such a day-brightener for so many people."

A huge thank you to our sewing team members who make the beautiful washable Bay Seniors tote bags. What started as a small project has become a large undertaking, with bags for all occasions. And there's a rumour they are going to make hats next.

Learn something new, teach something, have fun, connect with other people

As we move toward being able once more to gather in groups for shared activities, Bay Seniors is busy reviewing and collating the rich information our members shared in two skills and interest surveys, one last October and one in February this year.

The list of interests members would like to share with others ranges from crafting together (quilting, knitting, card-making), to writing (memoirs, fiction, songs) to fitness (hiking, dancing, yoga), and much more.

Members also want to develop skills, like refinishing furniture, building a greenhouse, identifying wild birds, editing photos and learning how to get more from their computer or tablet, to name just a few.

And members are also interested in helping others develop skills, everything from sewing to cyber-safety, to jewellery-making, to training a dog.

Some respondents said they wanted to choose from an array of available topics. And after two open-ended surveys where members were asked to name skills and interests, rather than choosing from a provided list, it's time to provide that list.

Many people, understandably, said that whatever they're interested in, they prefer to wait until the Covid numbers are down and the vaccination



Do you want to learn about puppy training? Or wine-making? Or music appreciation? We're developing events based on your choices. Aggie (pictured) is ready to help.

numbers are up. Be assured that anything we develop will be based on provincial requirements and community and member safety.

But it's definitely time to start planning.

We'll send out a third member survey in the next two weeks, inviting you to make selections from an array of offerings you generated in the first two surveys.

This will be an easy-to-complete multiple-choice survey.

As always, there will be space for you to write in your own comments, suggestions and questions.

In the meantime, who's ready to sign up for a little music appreciation, beer-making or puppy-training?

Share your wisdom: become a mentor

Are you 50 or older? Do you have wisdom and experience gained throughout your working life you'd like to share? Do you have some time - a little, a lot, or somewhere in between - you could donate to helping others in our community meet their goals?

Bay Seniors and the Community Enterprise Centre are collaborating on a project to recruit older adults to provide mentoring support to not-for-profit groups and established and fledgeling small businesses of any size or type.

Please email outreach.smbcec@gmail.com to get the conversation started.

Member Story: George Gall - pillar, legend, beacon

George Gall's three adult children, Mike, Karen and Adam, submitted this collaborative tribute to their dad, a longtime Bay Seniors' member.

My pillar. By Mike Gall

I feel so lucky to have the best father: my mentor, my teacher, my friend, an inspiration, and a strong shoulder whenever one is needed.

He has the best memory, and the stories he tells can make me howl, yet his memory can also be as selective as he needs it to be - or we need it to be. Luckily, he has yet to tell his favourite story of my first time drinking to my amazing partner, but I am sure that day will come.

I strive to follow in his footsteps, to bring my children up with the love and the strength my father has shown me. He was never the pushover that I am, though. I guess I am still working on that, Da.

To this day, a quarter of a century my senior, and he can still outwork myself and my brother.

My Da is indeed my pillar.

A beacon. By Karen Gall

My Dad is AMAZING - what else can I say?

I don't know if all dads are equipped with such navigational devices, but my dad is. No matter where we are, he can find us. If he is passing and sees our car at the grocery store, he may:

A: Leave a note on the windshield.

B: Come in and find us and say hello.

C: Move our car with the spare key, so we think we are losing our mind.

He always finds a way to show how much he loves his family.

One time, my younger brother was lost in the woods. He found his way to a phone box. Okay, I'm old! Maybe he found his way out of the woods where his cell phone had reception.

Either way, he didn't know

where he was. But he told Dad where he had been, and didn't the old man just hop in his car and find him.

I hope all children are blessed to have their fathers love them this much, and have a beacon of sorts to show them where they need to be. I can't count the number of times my dad has been there for me. Each time I move, he grumbles, "This is the last time I am helping you move!" But each time I make the call, he is there to carry my load.



Young George Gall with Mike (left) and Karen

A legend. By Adam Gall

A thinker and a tinkerer, an advisor and a friend,
A provider and a protector, who is hard to offend.

He's forgiving and patient, more than anyone we know,
Selfless and dependable, always there to watch us grow.

A little high-maintenance, like a rare Lamborghini,
But that's quickly forgotten when you taste his shrimp linguine.
Many claim best Dad, but they are secondary,
Our Dad is the best; yes, he's truly legendary.



Karen and George

Reader Round-Up: What I Learned From Dad

Cooking Up a Family Tradition

Submitted by Sarah Weaver

One of my favourite things to do is cook. It's a great creative outlet and lets me share delicious food with those I love. When I was growing up, Dad did most of the cooking, and we would feast on homemade pizza, pasta sauce made from scratch, and the best BBQ!

I was always willing to help, and around the age of 12, I started making the Sunday soup - following Dad's directions, of course. My favourite was creamy potato.

Thanks to my dad, I have developed a skill that allows me to share delicious food with the people closest to me. Dad, thank you for teaching me this, and many other skills. I love you, Dad. Happy Father's Day!



Sarah Weaver and her dad, Karl, toasting another successful meal made together.

A Natural Legacy of Creativity

Submitted by Beth Rogers

John Matthews was known to many in the Bay community as a respected scientist, talented woodworker, gifted storyteller, philosopher, and friend - but I was fortunate enough to know and love him as my dad.

Over the course of our lives together, our connection developed a richness and complexity that mirrors the beautiful, weathered grain in the pieces of driftwood we loved to collect. With nature as our classroom, he taught me to use my senses to find stunning beauty in the seemingly ordinary.



John Matthews and daughter Beth Rogers in John's workshop

Our lessons were lifelong: as a young girl, I would watch in awe as he whittled away in his workshop, just as he had watched and learned from his father and grandfather, creating beautiful wooden treasures that held stories within.

Dad left the world earlier this year.

Although the grief has been immeasurable, I have found solace and a lasting connection to him through the gifts of creativity and artistry that he instilled in me.

Hand-crafting wearable art in my little jewellery studio has become a way of honouring my dad and, in a very real sense, a way of keeping him alive through the process of creating.

Suzanne 'may share' Good Gardens bounty

Suzanne Pelham (pictured, right) was the lucky winner of a special-edition washable Bay Seniors tote bag and matching washable facemask, as well as two gardening books and four packets of seeds.

Viewers of May's Good Gardens video presentation who left a comment on Facebook about the video had their names entered into a draw for the prize.

Suzanne was delighted with the prize, saying "I do love those bags." She also said she might be "encouraged to share some of my loot," good news for daughter Chantal Pelham-Edwards, who is working on a garden of her own.

The Good Gardens video has attracted nearly 500 viewers since it was posted on May 13. The program was a collaboration between Bay Seniors, the St. Margaret's Bay Gardening Club, Transition Bay St Margarets and Earth Salon. It can be viewed here <https://www.facebook.com/1204586959639872/videos/266726841819582>



Salad star Adrian plans a repeat with his tasty prize

Congratulations to Adrian Schneider, the lucky draw prize winner of a Bay Seniors washable tote bag filled with non-perishable Salade Nicoise ingredients donated by the Atlantic Superstore. Adrian's photo of the Salade Nicoise he made while watching Edie Shaw-Ewald's cooking demonstration was drawn from among the entries.

Adrian says, "I'm looking forward to making that salad again, and the tote bag is perfect for grocery shopping. I know, because my parents are Bay Seniors members, and have some of those bags."

The cooking demo, which has had over 400 views since April 15, can be seen here <https://www.facebook.com/1204586959639872/videos/334667634777488>.

Edie posts a recipe the second Tuesday of each month on the Bay Seniors Facebook page. In May, she shared a recipe for a wonderful breakfast bar.



Adrian used hard-boiled eggs in place of the chickpeas called for in the recipe, but says he'll follow Edie's recipe exactly when he uses his prize to make the salad again.

What's your story?

We've started a memoir-writing group. Whether you want to capture a few memories or write your autobiography, we can help.

Contact
sharon@bayseniors.ca.

Members' Marketplace

Volunteer job for art lovers

If you love art, and would like to spend a few hours helping local artists share their work with the community, while enjoying the biggest art exhibit the Community Enterprise Centre (CEC) has ever hosted, this is the volunteer job for you.

The CEC is this year's information centre for the Peggy's Cove Area Festival of the Arts. Volunteers are needed for 3 and 4 hour evening and weekend shifts between July 7 and 19.

For more information or to volunteer, email beth.newman@gmail.com or sharon@bayseniors.ca.

Plant pots needed

Dan at the Red Barn Market would love to have your unwanted plant pots. SMB Gardening Club members have provided some, but Dan still needs four-inch pots and up, including one-gallon, two-gallon and four-gallon. Plant pots need not be clean, but should be intact, and without any branding.

Virtual bouquet for Bike and Bean café

Paula Fredericks is offering a virtual bouquet to Dan Flynn and his staff at the Bike and Bean.

The popular café and bike shop - which also showcases local art - has accommodated with grace to Covid precautions.

Outdoor recreation has become



more valuable than ever during the pandemic, and Paula says, "With a takeout window right on the trail, Dan's cheerful staff have been helping customers throughout this challenging time with consistently delicious muffins, scones and coffee."



Support the birds - and the Food Bank

The sale of one-of-a-kind birdhouses created by local artists has been moved to Wednesday, July 7, between 6 and 8 pm, outside the Community Enterprise Centre at 5229 St. Margaret's Bay Road. All birdhouses will be sold for \$40 each, with proceeds going to the St. Margaret's Bay Food Bank.

Silver pride

This thought was shared by Dr. Olive Bryanton during her presentation at the Silver Economy Summit, May 27/28.

*Wear your years with pride like
a badge of honour*

You have conquered

You have thrived

You have survived

- Author unknown

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.