



Bay Seniors NEWSLETTER



IN THIS EDITION

Plenty to see at arts festival

Members share their summer pleasures

Molly and Glenna - the dough and sew team

Unique birdhouses go on sale

Arts festival: a great chance to see, buy and talk about art

The Peggy's Cove Area Festival of the Arts (PCAFA) is celebrating its 10th anniversary this year, and is offering several ways for us to enjoy wonderful local art in July.

Paint Peggy's Cove, July 10-12.

Over 40 artists will be capturing the picturesque views of the iconic village.

Visitors can chat with the artists, watch them work, and buy those works and others onsite at 124 Peggy's Cove Road from 10 to 5 on Saturday and Sunday, and 10 to 4 on Monday.

Studio Tour, July 16-18, 10 am to 5 pm.

More than 70 artists will show their works in over 40 locations around the region. See the tour guide online here <https://halifaxartmap.com/art-map/pcafa> or pick up a printed version from the Community Enterprise Centre, which is Stop One on the tour.



Red Lobster Boat - Beth Newman, photograph on canvas

Enjoy a self-directed tour to participating studios, galleries and community locations dotted around the Bay.

Members' Exhibit, July 8 to 29, weekdays, 9 am to 4 pm; July 11-12 and July 17-18, 10 am to 5 pm.

The Community Enterprise Centre is hosting a PCAFA Members' Exhibit, with 50 artists each exhibiting a work.

All works are available to purchase.



Peek-a-Boo Puffin - Suzanne Day, acrylic

Did you know?

Many of the PCAFA's participating Festival artists are Bay Seniors members.

A number of our members volunteer at the Festival.

Reader Round-Up: Show Us Your Summer

We asked: How's your summer going so far? And what do you like best about summertime?

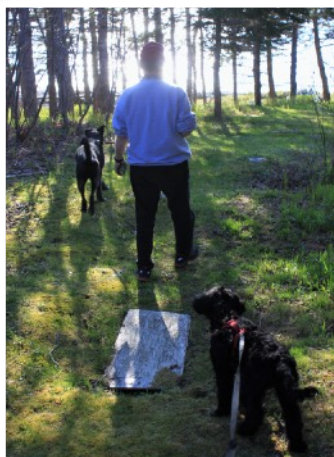
Betty Learning says, "I love to hear the birds singing in the mornings. Makes my soul smile!" Another member agrees, saying she enjoys "being awakened by the crows and seeing the robins back." The friendly robins even follow her around as she sits on her ride-on mower, cutting her lawn.



Bay Seniors Hookers: Nancy LaPaix, Heather Thompson and Rose Redmond



Michele Faulkner (above) grows her veggies in cardboard boxes left over from grocery deliveries.



Bob Joyce gets his dogs out for at least 5k a day, and always appreciates a breeze toward the end of the walk.



Carlo Weickert (above) loving the boating life.



Keith Ayling and David Earle enjoy early-morning kayaking on the Bay.

Watching the ocean was mentioned by several people, along with fishing and boating and summer sunsets.

Reader Round-Up: Show Us Your Summer



Two members said they enjoy the warmer weather, while one member was even clearer: what she loves most of all about summer is that it isn't winter.



Yvon Madore,
at the tee.

Paula Fredericks,
above, getting ready for
the Peggy's Cove Area
Festival of the Arts
Studio Tour



George Gall (right) helps
install new spires that
replicate the originals on the
William Black United Church
bell tower to commemorate
the church's 200th
anniversary.

*Many members mentioned
loving their gardens, and one said he
likes seeing what others have growing. Rita
Langille had a photo of her wisteria appear
in an article by Cindy Day in the
Chronicle Herald.*



Shelley Webb presents prizes to tying first-place
Winter in the Bay fiction writers, Meryn Avery and
Mark Powell.



Helga Guderley,
ready for a bike
race during a
previous
summer, doesn't
wait for races to
enjoy cycling
whenever she
can.

A warm welcome to our new Bay Seniors Board Members



Linda Alderdice

Linda joins the board in the role of Vice-President. She has many years' experience working in the nonprofit sector in Nova Scotia serving as a director on various boards and as an executive director. Linda brings that experience and a keen appreciation for working with groups of like-minded people with a common interest. She sincerely values the mission, values and objectives of Bay Seniors and is delighted to be part of the association. Linda lives in our community with her husband, Garry.



Joan Redmond

Joan was introduced to Bay Seniors several years ago in her volunteer work with Bay Treasure Chest. Since then, she has volunteered in the Info Centre every Thursday, serves on the Social Committee, and is a member of the Communications team, working on newsletter distribution and contributing often to the Bay Seniors Facebook page.

A former nurse, Joan worked for the provincial Departments of Community Services and Health and owned a country inn for a decade.

Joan sees the Bay Seniors board as the mastermind for the advancement of concerns of seniors in the area, and the means to organize and support efforts to improve and enhance the lives of seniors here.



Pat Rodee

Pat got involved in Bay Seniors in response to a request from her former boss at Dalhousie University, Carl Breckenridge, to assist with Bay Expo. Once involved, she realized she might help to develop, prepare and manage grant funding proposals. This was a large part of her job at Dalhousie, as Director of the International Research and International Development Unit, where she worked for 30 years until her retirement. Since joining Bay Seniors, Pat has had the opportunity to meet many neighbours and friends in the area, helping her transition from her former daily work routine. Pat is particularly interested in housing and home maintenance to enable local seniors to remain in their homes or community. Pat lives in Tantallon Woods with her dog and best friend, Canela (Nella for short).

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.

Bay Seniors membership renewal: you can pay at the CEC

Thanks to our members and volunteers for your invaluable ongoing support. Just a reminder that if you haven't paid your membership dues this year, the Community Enterprise Centre is open for its regular hours, Monday to Friday, 9 am to 4 pm and is happy to process your membership payment. Annual membership is still only \$10/person or \$18/couple. Not sure if your membership is up to date? Email centre@bayseniors.ca or call 902-820-3334 and leave a message.

Member Story: Glenna Earle & Molly Evers

Bay businesswoman Molly Evers spends every Saturday evening making bread dough with her business partner. Then she gets up at 6 am every Sunday to shape and bake the bread she sells under her business name, Molly's Bread.



Molly's partner gets up at 5.30 am, and that's not because he's her employee: it's because he's her dad. Molly, at 12, still needs her sleep. She's a full-time student who just finished Grade 6, plays basketball every Saturday, and says she loves working with her "really supportive parents" on her business and in the family garden, which includes organic veggies, bees making honey, and chickens laying eggs.

This is the third summer Molly has sold home-made fresh-baked baguettes and fougasses from her bread cart (left) - which she and her dad made from an old garage door - at the end of Oakland Point Lane, across from the East Coast Dance Academy.

And here's where Bay Seniors member and sewing team co-lead Glenna Earle (right) comes into the story. First, she made Molly a branded hat. "It's made from recycled fabrics which we use for bags and masks," says Glenna.

But Glenna wanted to do more. So she sent an email to the newsletter team that opened with, "Don't know if you have heard about little Molly the Bread Maker. She sells her bread on Sundays."

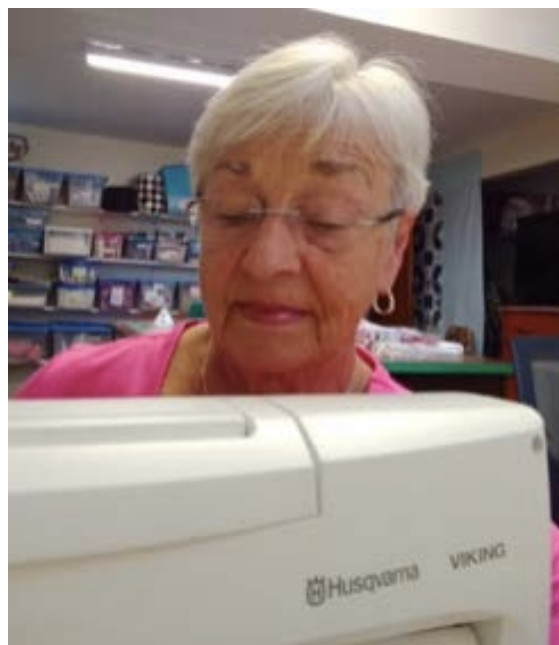
Glenna, who says Molly is a "very enterprising young lady," wanted to shine a light on Molly's work ethic and originality —and her delicious bread. "Thought some seniors might be interested in her wares," said Glenna.



Molly, who makes 60 baguettes and "any number of fougasses" with her dad each weekend, says some of her best customers are seniors. "Everyone's really supportive. Seniors have brought me a bread pan, a bag of flour, and yeast. And Glenna brought me the cute hat she made for me."

Molly also appreciates Glenna's passion for shining a light on enterprising young people. "Glenna is wonderful," says Molly.

The feeling is obviously mutual.



Would you like to shine a light on a young person doing good things in our community?
Email sharon@bayseniors.ca.

Members' Marketplace

Need yard work done?

If you need help with yard or garden work at your home, call Keith at 902-826-2217. Keith coordinates Students for Seniors, a wonderful team of youth volunteers.

Invitation to golfers

Bay Seniors member Bob Joyce wants to hear from golfing members interested in a regular game of golf. Email bobjoyce14@gmail.com or call 902-821-2130.

Chair yoga by Zoom

Interested in a gentle fitness program you can do from home using Zoom? Chair yoga is a gentler approach to hatha yoga. Stretch and strengthen your body in standing, seated and balance yoga postures. Chair yoga is great for people unable to do traditional yoga, including those with arthritis and hypertension. All levels and abilities are welcome. The next program starts July 5. For more information, Zoom coordinates and fees, email instructor Cathy Grad at cathy_fitness@yahoo.ca.



Hans Stokkeskog, Fleet Manager, with BayRides vehicles

Virtual bouquet for BayRides drivers

We at BayRides are very grateful for our wonderful staff and volunteer drivers, and want to offer them all a virtual bouquet of thanks.

We are nominating the entire driving team for their excellent



work and the care they demonstrate for our clients. With Covid-19 restrictions and concerns still upon us, our drivers

have shown great flexibility and adaptability in all areas Covid-related for the past 15 months.

Thank you, Tom, Megan, Peter, Lynn, Richard, Don, Paul, Keith, Phil, Wayne, Jim, and Hans.

Hooray to each of you!

Virtual Bouquets

Is there a business or service provider you think offers exceptional customer or client care? Why not nominate them for a Virtual Bouquet? Email sharon@bayseniors.ca.

Don't miss out on unique birdhouses

Artful Birdhouses, the sale of one-of-a-kind birdhouses created and donated by artist members of the Peggy's Cove Area Festival of the Arts, will take place Wednesday, July 7, 6-8 pm, outside the Community Enterprise Centre, 5229 St. Margaret's Bay Road. Birdhouses are \$40 each, and all proceeds go to the St. Margaret's Bay Food Bank.



The houses have garnered lots of interest, so prospective buyers are advised to arrive at 6 on the dot. Sorry, no advance sales.

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.