



Bay Seniors NEWSLETTER



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Village Self-Help Groups: new idea from Bay Seniors

By Fred Dolbel and Rick Muzyk (co-chairs of new initiative)

Since October last year, our association has been polling members to find people who wish to share interests and skills with each other.

The variety of member interests is extensive, and requests range from sharing hobbies like song-writing and board games, to learning new skills like woodworking and rug-hooking.

In the meantime, one interest is shared by many – how to keep up with home maintenance and yard work, so we can continue living in our own home and enjoying the friendship and support of family and friends around us.

Bay Seniors has several small programs to help seniors find resources to do yard and maintenance work.



Rick Muzyk (left) and Gerald Seibert, doing yard work.

With the worst of COVID disappearing in the rear-view mirror (where we hope it continues to grow smaller) we are restarting and adding to these programs.

This month, we are starting the process of finding and connecting members who would like to help each other with yard and maintenance tasks.

We call this new program Village Self-Help Groups.

It involves creating an informal network of neighbours and friends who live nearby, and are interested in helping each

other when a task comes along that requires a bit of time, experience, or tools to complete - or just an extra pair of hands to help when you need them.

If you are interested in occasionally helping a friend in your village, please email Bay Seniors at centre@bayseniors.ca or phone 902-820-3334 (leave a message). We ask your permission to share your contact information with others in your village who have also agreed to share in possible yard or home maintenance tasks.

Our Members' Summer - in pictures and words

Our members have been keeping in touch, letting us know what they've been doing this summer. Some of the activities shown here are part of Bay Seniors outreach to help connect our members with one another, and with others in the community, to share hobbies, skills and interests.

And the summer is not over yet! Send us your updates.

There's no place like home



Heather Thompson, Joanne Hughes and Joan Redmond organized a rug-hooking group, which met several times this summer to learn or re-learn the skills.

Rug-Hooking 101

by Nancy LaPaix

What great fun, learning a new skill! Being hooked, we've decided this is not the end, but only a beginning.

Many, many thanks to Joan, Heather and Joanne for organizing this group and sharing their knowledge and resources! I am grateful that we have a Seniors Association that encourages and supports such endeavours.

As for me, I already have a plan for my next project!



Lovely work completed by some members of the rug-hooking group, brought together by Bay Seniors board members Joan Redmond and Heather Thompson.

The group began meeting at the end of June, and is taking an August break, with plans to start meeting again in the fall.

If you're interested in joining the group when it starts again in the fall, call 902-820-3334 and leave a message, or email centre@bayseniors.ca.

Gardening

We caught up with Claudy Levy, one of our members, working in the SMB Gardening Club Community Garden with some other members of the gardening club. Claudy is the president of the club.



Our Members' Summer - in pictures and words

Craft beer fanciers get together virtually to enjoy a Friday night brew

by Bob Joyce

For several years, I spent three weeks a month working in Kingston, Ontario, while my wife, Sharon, lived here.

Retiring last October and moving to Nova Scotia full-time, I missed opportunities to meet with friends on Friday nights after work to enjoy a beer and some conversation. Moving here during a pandemic didn't make it any easier.

So when I learned about Brian Cottam's 'Behind the Beer' online Facebook Live community show a couple of months ago, I was very interested.

Most Friday evenings from 7 to 8, a group of us gather online from home to have a beer and talk about the Nova Scotia craft beer scene, an interest of mine. It's something I look forward to each week.

And since we're online, there's always room for more at our virtual table.



Brian Cottam is a Bay Seniors member. If you'd like to learn more about 'Behind the Beer,' contact Brian at info@nslive.tv.

You don't have to be a Bay Seniors member or a senior to either participate in the discussions or watch online.

Summer means sea and boats



The easing of restrictions means family reunions have been part of many people's summer.

Fred and Betty Dolbel welcomed their children and grandchildren for a very welcome visit in July, one that included an afternoon cruise on Chris Pelham's boat (left).

Chris Pelham is involved in another nautical adventure, too. He and Jim Carwardine (right) are the founders of a new society to preserve part of Nova Scotia's maritime heritage by rescuing wooden schooners. To learn more about the Nova Scotia Heritage Schooner Rescue Society, visit <https://schoonerrescue.org/>.



A grateful salute to go-getting volunteer Angus Whyte

Teen gives everyone 'a reason to feel inspired'

In the spring of 2020, early in the days when COVID had us sheltering at home, a 17-year-old high school student, Angus Whyte (right), reached out to Bay Seniors, suggesting he and his brother would be interested in volunteering to help some seniors with yard work.

The offer was accepted gratefully, and the boys provided help where it was needed.

Several months later, with winter looming, Angus reached back out to Bay Seniors with this email:

"I've been loving the opportunity to help out some seniors in my area this summer! I know that there's a lot of demand for volunteers and I'm sure that demand only increases when people need to start shovelling driveways. With this in mind, I would love to be able to put together a teenage volunteer group at my school in association with the Bay Seniors organization. I haven't figured out any specifics yet, but I was wondering if this is something you'd be receptive to? I know there is some interest among students, and I think this is a



perfect opportunity for them to get involved in the community."

The happy result of Angus' initiative was Students for Seniors, a group to help with snow-shovelling and wood-piling – and later computer tablet training – for seniors in our community.

In March this year, we invited Angus to attend a virtual town hall with Federal Ministers Bernadette Jordan and Deb Schulte, to talk about the value of intergenerational partnerships and projects. Of course, he did a wonderful job, and the Ministers understood why we like to call Angus "Canada's Future Prime Minister."

Bay Seniors board member, Keith Innis, who has worked closely with Angus on Students for Seniors projects, says, "Angus is a special kind of person, always there to help when he can. The many hours he gave getting his volunteers together and then organizing the tasks seniors needed done

goes beyond deserving a thank you.

"But we really want to share a big Thank You from all of us who have had the opportunity to meet and work with him, and we wish him all the best in his future endeavours."

The world is opening back up post COVID. And Angus is heading off to university, a recipient of the Bishop's University Chancellor's Excellence Scholarship.

We'll miss him. But we sure won't forget him: during those 15 months of COVID challenges, when we all looked for reasons to feel inspired, we didn't have to look farther than Angus Whyte.

Is there a special young person you would like to shine a light on? Send details to sharon@bayseniors.ca.

Calling all budding authors

Two writing groups, coordinated by the Community Enterprise Centre and Bay Seniors, will start meeting in September.

The memoir-writing group is for anyone interested in writing personal essays, family or community history, or a full autobiography.

A fiction-writing group is also in the works. Participants should have an outline and some pages for a work in progress. Contact sharon@bayseniors.ca.

Card-making workshop using local botanicals

Bay Seniors invites you to join us as Renate Oddy demonstrates how she makes her beautiful greeting cards.

We will use botanicals from our own gardens and yards.

Although we will have some dried items available, we encourage you to bring your own plant materials to use in



making beautiful and personalized greeting cards.

All other materials for making the cards will be provided. Cards will be approximately 6 x 4 inches.

This session will be held August 24, from 10.30 am - 12.30, at a location to be announced, depending on the number of participants. COVID precautions will apply.

There is no charge for this introductory workshop. Please register by August 17 at 902-820-3334 (leave a message) or email centre@bayseniors.ca.



Some of the beautiful pieces on display

Bay Seniors now selling jewellery in person to support Food Bank

Now that contact restrictions are easing, Bay Seniors is again selling donated jewellery in person. As always, the St. Margaret's Bay Food Bank receives 100 percent of money raised.

On Saturday, August 14, Bay Seniors will have a table at the flea market at Estabrooks Community Hall at 4408 St. Margaret's Bay Road, 9 am to noon.

On Sunday, August 15, Bay Seniors will be at the St. Margaret's Bay Lions Club & Masons Auto Pro Show and Shine at the Highway 103/Hammonds Plains Road Park & Ride from 10 am to 3 pm with a different array of jewellery.

The regular Bay Seniors Saturday Sparkle sale of jewellery on the association's Facebook page will be offered on Saturday, August 21, starting at 3 pm sharp.

Bay Seniors is still accepting donations of jewellery in wearable condition. Donations may be dropped off at the Community Enterprise Centre, 5229 St. Margaret's Bay Road.

For details on all three sales, visit Bay Seniors' Facebook page: www.facebook.com/bayseniors.

Bay Treasure Chest jackpot \$50,000 - don't miss out

The Bay Treasure Chest August 4 jackpot for the 50/50 toonie draw is estimated at over \$50,000!

Because there have been four consecutive rollovers, numbers will be drawn on Wednesday until there's a winner. Don't forget to play!



Members' Marketplace

Students for Seniors (Yard Work): This program is currently on hold, until further notice. As the world has opened back up, students are busy with summer jobs and sports. Bay Seniors keeps a Casual Labour List of community members willing to do yard work and other jobs (payment is negotiated with service providers). The Casual Labour List is available from centre@bayseniors.ca or 902-820-3334. And see our story on page one for a new initiative for neighbours helping neighbours.

CEC Looking for Reception Volunteers: If you have office skills and would enjoy a 4-hour once-a-week volunteer job with the Community Enterprise Centre's reception team, please email coordinator@smbcec.org for more information.

Alzheimers conference

Alzheimers NS hosts its virtual conference on October 28. Program details and registration available at <https://alzheimer.ca/ns>.



Bay Seniors member Esmé Malanchuk (above, left) was delighted to get her first choice, a charming birdhouse designed to look like a vintage camper van by artist and Bay Seniors member Barbara Wilkes. And MP Bernadette Jordan and Councillor Pam Lovelace didn't go home empty-handed from the Artful Birdhouses sale.

A month of art around the Bay

The Peggy's Cove Area Festival of the Arts made July a celebration of art in the Bay, and many Bay Seniors members were involved, as artists, volunteers, visitors and buyers.

On July 7, PCAFA sold 30 artist-created and donated birdhouses in less than half an hour, raising \$1,200 for the St. Margaret's Bay Food Bank.

Festival events included Paint Peggy's Cove, a 43-location Studio Tour with 70 participating artists, and a Members' Exhibit at the Community Enterprise Centre, from July 8 to 29, with 50 artists participating.



Artist (and Bay Seniors member) Julia Festa chats with visitors during Paint Peggy's Cove, July 10-12

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.