



# Bay Seniors NEWSLETTER



## IN THIS EDITION

Celebrating our Food Bank champion

Our sewing team offers some new treasures

Can our self-help groups help you?

Your Thanksgiving feast favourites

## Celebrating the Food Bank champion who has kept Bay area families fed for almost two decades

As we mark Thanksgiving, it's a perfect time to pay tribute to Bay Seniors member Katheryn Boutilier, who has worked tirelessly for nearly two decades to help ensure Bay families have food on the table in times of need.

In 2002, Kathy had just retired from teaching, and was recruited to the recently formed volunteer board of the St. Margaret's Bay Food Bank.

As a former teacher, food security was an issue Kathy cared about, having seen firsthand the challenges many families faced.

Kathy soon assumed the role of president, a job she would fill with skill and dedication for 19 years.

Her lengthy term of office came to an end September 14 when Matt Black became president at the Food Bank's annual general meeting. Kathy

**“The need for assistance will always be here, and we never know when we might need a hand ourselves.”**

- Kathy Boutilier



is remaining as board secretary and primary contact, to help smooth the transition.

Kathy has initiated and presided over many changes in those 19 years. “The Food Bank has grown from a totally volunteer operation, managed and run by a small group of people, to a business-modelled community support, addressing food insecurity in

the Bay as part of Feed Nova Scotia,” she says.

Bay Seniors has longstanding close ties to the Food Bank, through the Bay Seniors ongoing jewellery sales and the annual Share the Harvest event, both to support the Food Bank. During the early months of the Covid

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# Paying tribute to Food Bank champ

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pandemic, Bay Seniors, the Food Bank and Delish Fine Foods joined forces to deliver pre-made reheatable meals to Bay households.

Fred Dolbel says, "I've worked with Kathy for many years on projects with the Food Bank, Bay Seniors and other organizations, and she's always practical and insightful. And always right there when you need something done."

Allan Bardsley, the Food Bank's volunteer treasurer, says, "Speaking as a CPA, I've always been impressed that the financial sustainability of the Food Bank has been so important to her. Speaking more generally, Kathy's commitment to whatever is needed means she will always be there, an important part of getting things done."

Kathy's motivation for her long service is simple and clear. "The need for assistance will always be here, and we never know when we might need a hand ourselves," she says. "It is this fact which has kept me involved over the years."

## Kathy Boutilier: "a community treasure"

*Submitted by Leonard Bugbee*

Katheryn Boutilier has been a dedicated community volunteer for many years. She says she always feels she receives more than she gives when volunteering, and to meet such wonderful people makes her feel young.

That's typical of Kathy's modesty. I had the privilege of introducing her when she received the Citizen of the Year Award in 2012, and Kathy's list of achievements is long and impressive.

She is a cheerful volunteer who gives her time to make our community a better place to live. We are very lucky to have her in our community.

p.s. And yes, she was one of my teachers at East St Margaret's Elementary School.



*A sample of the team's new placemats and bowl cozies*

## Sewing team launches pretty and practical new items

Our super sewing team has been cooking up plans for some wonderful new items that will go on sale later this month: fabric placemats and bowl cozies.

Bowl cozies, which fit any standard soup bowl, are padded and shaped to cradle a bowl of hot food while protecting hands and furniture.

Cozies and placemats will be available in a great variety of colours and prints, as singles or sets of two up to eight.

Stay tuned for an announcement in the October Members Update about prices and when these new products will be available at the Community Enterprise Centre.

## And a Virtual Bouquet goes to....



Betty Learning and the sewing team send a virtual bouquet to Fabricville for their generous donation of batting, which is being used in the bowl cozies.

# Check out these three heating rebate schemes

Service Nova Scotia, Internal Services, and the Salvation Army are working together to provide rebates to Nova Scotians with modest incomes who are struggling with their heating or electrical costs due to financial loss resulting from Covid 19.

Nova Scotians who are eligible for these programs could receive up to \$1,000 to help them with their heating/power costs in 2021-22.

Here are the rebate program offerings for 2021-22:

- Home Energy Assistance Top-Up (HEAT): \$400 rebate for emergency home heating or power bills: [salvationarmy.ca/maritime/home/programs/heat/](https://salvationarmy.ca/maritime/home/programs/heat/)
- Nova Scotia Covid Relief Fund (NSCR): \$400 rebate to help households affected by Covid 19 with their home heating or power bills: [salvationarmy.ca/maritime/home/programs/covidrelief](https://salvationarmy.ca/maritime/home/programs/covidrelief)
- Heating Assistance Rebate Program (HARP): \$200 rebate for home heating costs: [beta.novascotia.ca/apply-heating-assistance-rebate-heating-assistance-rebate-program](https://beta.novascotia.ca/apply-heating-assistance-rebate-heating-assistance-rebate-program)

## Time to test smoke detectors

October 3 – 9 is Fire Prevention Week. This year's theme is 'Learn the Sound of Fire Safety,' and includes reminders to test smoke detectors regularly, and ensure we have a working smoke detector for every level of our home. Smoke alarms should be tested once a month and replaced every 10 years.



*Some of the self-help leadership having an online meeting*

## Village Self-Help Groups looking for folks to give - or receive - assistance

Interested in getting together with a neighbour or two or three to tackle home maintenance projects that could use a small team and pooled time and skills to complete?

The Bay Seniors Village Self-Help Groups Program is underway, with the planning committee continuing to work on rolling the program out.

In the meantime, if you'd like to give or receive help for a specific project or type of activity, or are interested in just joining the list "on spec" for now, please reach out to [centre@bayseniors.ca](mailto:centre@bayseniors.ca) or call 902-820-3334 and leave a message.

## Our writing groups already popular

*By Sharon Jessup Joyce*

A total of four writing groups have been formed, two for fiction and two for memoir. Members range widely in writing experience and age, but the common goal of supporting one another in our writing projects is already creating a wonderful spirit of camaraderie.

Groups plan to meet monthly in person and by Zoom every 7 to 10 days between those meetings.

The four groups are currently full, but some of our members are testing participation in both fiction and memoir, and may choose to stay in only one group, so spaces may become available. Plans are also underway to start an online-only fiction group and an online-only memoir group.

For more info, contact [sharon@bayseniors.ca](mailto:sharon@bayseniors.ca). An interest in developing your writing skills is all that is required. We ask only that you have a specific project in mind.

A big thank you to The Masthead News for generously sponsoring the writing groups' in-person meeting space at the Community Enterprise Centre.



# Recruits, visitors welcome at rug-hooking class

*By Joan Redmond*

Our rug-hooking sessions in the Black Point Firehall are going well on Tuesdays, 10 am – noon.

The participants are getting to know both each other and the joys of rug-hooking.

There were 10 people attending our first sessions, and new recruits are welcome.

Beginning in October, we will have a few games, puzzles and cards available for those who would like to drop in to enjoy some challenges.

The space is large, and we are able to accommodate groups enjoying different activities with appropriate social distancing.

In keeping with Nova Scotia policy, we now require proof of full COVID-19 vaccination.

We have hand sanitizers available, and ask that masks be worn.

For more information, email [centre@bayseniors.ca](mailto:centre@bayseniors.ca).

## October members' meeting

Join us for 'Backyard Golf' on Thursday, October 21, a fun and funny golf game using unusual clubs... ever tried playing golf with a badminton racket?

Well, if you're game to play the greatest game that way, you could win a prize.

Details are being finalized and will be circulated to members.



## Our next Saturday Sparkle jewellery sale will be online

The next Saturday Sparkle donated jewellery sale will be offered on the Bay Seniors Facebook page on Saturday, October 16, beginning at 3 pm.

The jewellery team has been gathering some fun Halloween-themed jewellery, items in autumnal colours, and a few special vintage pieces (see picture above).

Jewellery donations are still being gratefully accepted and may be dropped off at the Community Enterprise Centre, 5229 St. Margaret's Bay Road, weekdays, 9 am – 4 pm. All proceeds from the sale go to the St. Margaret's Bay Food Bank.

## Bay Seniors: a Covid update

### Important announcement about Covid precautions and vaccination status

To support the health and safety of our members and our community, all Bay Seniors events and activities are currently restricted to association members at this time.

We look forward to welcoming our wider community when we are able, and we thank you for your understanding.

In keeping with the Nova Scotia government's policy, and in support of our community's safety, Bay Seniors asks all volunteers to provide proof of vaccination at all Bay Seniors activities and events.

Further information about attending Bay Seniors activities and events will be provided in October's mid-month members update. Thank you for working with us to keep our community safe.

## Reader Round-Up: your choices for our virtual Thanksgiving Dinner



*Once again this year, we're inviting you to the Bay Seniors virtual Thanksgiving. We asked: What is the dish you need to find on the table to make Thanksgiving dinner feel like Thanksgiving?*

**Suzanne Pelham:** In our house, we have a variety of tastes: my son-in-law prefers lamb, Chris and I enjoy turkey (who doesn't love all those leftovers?), and the grandkids enjoy raw veggies. My granddaughter, Helen, loves to decorate the table, which suggests interesting surprises await us. So grateful to be able to share this Thanksgiving with our loved ones.

**Brian Callahan:** Pumpkin pie with either whipped cream or vanilla ice cream makes my Thanksgiving.

**Beth Newman:** I have to have broccoli casserole. It's made with broccoli, canned mushroom soup, mayonnaise, and onions. I like it so much I hide the leftovers in the back of the fridge so no one else can find them.

**Keith Innes:** My wife always makes my mother's homemade turkey dressing. Our family all agree that this dish is the best.

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**Glenna Earle:** I have an elderly aunt who will be the tender age of 91. She always wants fresh halibut for her Thanksgiving dinner. Guess she is a true Nova Scotian!  
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**Linda Alderdice:** Homemade turkey stuffing just like my mom and grandmother made while we were growing up. I continue the tradition.

**Margo Mosher-Swain:** Squash! I love squash cooked every possible way.

**Pat Rodee:** I'm traditional all the way: roast turkey with gravy from the drippings, bread dressing (my mom's recipe of course!), stuffed inside the bird, and made-from-scratch cranberry sauce. The rest is all window-dressing!

**Joan Redmond:** My family has always had "bread pudding" to go with our Thanksgiving dinner. This concoction is made by combining white bread, milk, butter, brown sugar, cinnamon, and nutmeg in a pot on low heat, stirred to mix and cook well. There are no measurements – we go by taste. In the end, it has the texture of mashed potatoes. This is by far the best-liked dish of the meal, and extra must be made for the next day. We have no idea where this comes from.



## Things to think about, things to do in Seniors' Week

October 1 – 8 is Seniors Week in Nova Scotia. Did you know:

- Nova Scotia has the highest percentage of seniors at 16.3% of total population as compared with other Canadian provinces and territories.
- Halifax Regional Municipality has been ranked the fourth-best community in Canada for retirees.
- 2021 Nova Scotia law prevents senior couples from being separated if they live in long-term care settings.
- The fastest-growing age group for entrepreneurs in Nova Scotia is 50+.
- People aged 75 and older are the fastest-growing volunteer group.

Community Links is sharing details of Seniors Week activities, some in person and many online.

Go for a hike, learn about combatting ageism – even find out how to make sauerkraut.

Check all the offerings here <https://nscommunitylinks.ca/celebration-conversation/>.



## Calling all photographers: capture the autumn colours and win a prize

Visit the Five Bridge Lakes Wilderness Area and snap a few photos of the autumn panorama there.

Enter your favourite photo in the Five Bridges Wilderness Heritage Trust's second annual photo contest by October 31, and you could win both bragging rights and a \$200 first prize.

Full contest details at [fivebridgestrust.ca/wp/?p=1956](http://fivebridgestrust.ca/wp/?p=1956)

### Fitness update

by Michelle MacLean

Thanks to those who signed up for chair aerobics.

The current session is full, but members interested in a future session are welcome to add their names to a waiting list by emailing [fitness@bayseniors.ca](mailto:fitness@bayseniors.ca).

### Bay Treasure Chest



Bay Seniors is a proud Bay Treasure Chest partner.

When you play, we all win.

*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](http://www.bayseniors.ca) or contact the Seniors Information Centre: email [centre@bayseniors.ca](mailto: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 11 am - 2 pm on Tuesdays and Thursdays.*