



Bay Seniors NEWSLETTER



IN THIS EDITION

Volunteers get creative with hay-riders' drinks

Beverly Carlsen gets HRM Volunteer Award

What got our volunteers excited this year

Lifting the lid on life with Suzie Reindeer

Many helping hands ensure hayrides are a big success

by Sharon Jessup Joyce

Holding community events has been difficult in the past almost-two years. But teamwork and flexibility were on display on November 28, when the Safety Minded ATV Association offered festive ATV hayrides as part of Christmas in the Bay, travelling along part of the St. Margaret's Bay Trail.

Since provincial public health measures required vaccination status be checked, rides were pre-booked.

Bay Seniors stepped up, offering to organize ride bookings and vaccination checks at the CEC.

The Rustic Crust kindly offered the fixings for hot chocolate – not backing out when we told them we had bookings for 70 families, adding up to as many as 400



President's Message

Seasons Greetings! It's been another eventful year, but Bay Seniors has managed to keep programs going and start new initiatives as well.

Often, we partner with other nonprofits for events such as Share the Harvest and Christmas in the Bay – interactions that are so productive and fun.

Thanks to our Board of Directors and all our volunteers for their hard work. And thanks to you, our members, for your support.

Wishing you Merry Christmas and a happy and healthy New Year!

Rebecca Weickert

President



people.

Children waiting for their hot chocolate outside on the porch were delighted to have Beverly Carlsen, on the other side of the window, make a life-sized wooden Grinch figure dance – for several hours. (Thanks to Elizabeth Anthony for bringing the Grinch figure in, and to her son Christopher for making it).

Becky Weickert and Michelle and Chuck MacLean stayed outside on the front porch of

the CEC, checking vaccination status and distributing ride and cocoa tickets. Well into her third hour outside, Becky cheerfully said, "It's fine – the sun is shining."

Heather Thompson and Beverly spent the day making and serving hot chocolate – not, as planned, in large batches in slow cookers (which proved too slow), but one cup at a time, in a tiny

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Reader Round-up: We asked 'What have you especially appreciated about being a Bay Seniors volunteer this year?'

Finding my new happy place... a greenhouse

Nancy LaPaix Amirault: This past year, I was so inspired by the gardening session co-presented by Bay Seniors, the St. Margaret's Bay Gardening Club and Transition Bay on Facebook.

I am now lucky enough to have a greenhouse! I'm writing this on December 15, and the greenhouse is my new happy place – even in the winter!

Our picture (right) shows a happy Nancy in her new happy place.



Fred Dolbel: The highlight in 2021 for me was when Rick Muzyk called me in March and said, "Let's do something about home and yard maintenance."

Rick and I have a shared history as directors of the Bay Treasure Chest Association. At that time, we were co-leads for the Treasure Chest's weekly operations. Rick is a super teammate for getting things organized and done well.

Now we're working together again on the new Home Maintenance program, along with other Bay Seniors board members and other community groups, and looking forward to what 2022 will bring for the program.



Joan Redmond: Being able to start the Tuesday Morning Drop-In and Tuesday afternoon pickleball (pictured above) at the Black Point Community Centre has been so rewarding.

We're taking a few weeks' break just now, but we look forward to starting again on January 11.

On a recent Tuesday, I looked around to see people rug-hooking (left), making cards, walking the inside perimeter, and arriving to play pickleball, and I felt so happy and grateful to everyone who has helped to make this possible.





A very special delivery during our monthly meeting in December 16: Santa drops in to hand a draw prize to Linda Morehouse while Judy Keating looks on. (See report on page 4).

A chance to give is a chance for joy

Submitted by Marlene Morash

It's always bothered me that there are people living in our community who don't have enough food. So last week, I decided I'd take a hundred dollars and buy things for our food bank. I made sure to buy things the food bank had suggested they needed, like juice boxes, cereal and deodorant.

I was just so happy, knowing I was buying things for people who could use some help. Really, I felt like a little kid.

I dropped the things off at the food bank, and since then, every time I think about it, I'm happy all over again. These days, nobody has too much to smile about, but that just made my day. I think this is something I'll do on a yearly basis.

Veda's surgery 'a holiday miracle'

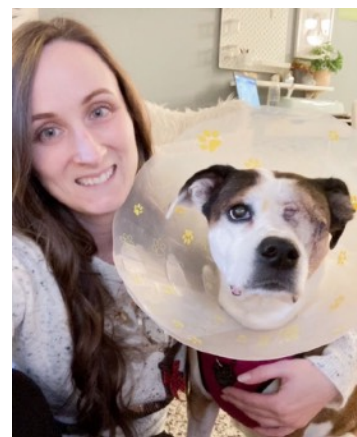
Submitted by Carolyn MacKay

Veda (pronounced vay-da) is a 10-and-a-half-year-old Valley Bulldog, and has been by her mommy's side since she was 14 weeks old. A lover of the water, short walks, fluffy blankets and plush pillows.

Veda was typically a healthy girl, but a few years back, she was diagnosed with irritable bowel disease and started having seizures. This past summer, she developed orbital disease stemming from cancer. A mass grew on her third eyelid and caused her left eye to go blind. We were told there wasn't much that could be done except manage pain.

The mass continued to grow, and on Friday, December 3, Veda went to veterinary emergency, which was a blessing in disguise. That trip led to someone willing to help – Dr. Brittini at 4 Paws Veterinary Hospital. After a Sunday evening meeting, Veda was set for surgery on Thursday, December 10.

The snowstorm had other plans, pushing V's surgery to Friday, but it was a great success. Dr. Brittini is confident that she got most if not all the mass, and they removed the blind eye as well. Even better news is that the cancer seems to have been localized in the third eyelid. Dr. Brittini saved Veda's life! I honestly thought we would be saying good-bye to her soon. Both of us are feeling very blessed with all the love and support we've received. We thank you all so much from the bottom of our hearts!



Hayrides are a big hit with all ages

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microwave. Heather even improvised a server's tray from a container lid.

Suzanne Pelham, who coordinated the CEC's decorating committee the previous day, making the CEC stand in for the North Pole, came for a brief period. She ended up staying much of the day, pitching in wherever she was needed.

It was a wonderful example of teamwork at its finest. And it was a whole lot of fun.



Some of the approximately 300 riders of all ages who took part in the hayrides.

Reader Round-up: (continued)

This month we asked our members this question: *What have you especially appreciated about being a Bay Seniors volunteer this year?*

Here's what **Michelle MacLean** told us:

As fitness participants are putting on their street shoes after our class, they will often tell me how they feel about what we're offering. I hear comments like: "Fun!" and "This is a chance for a laugh," or "What a great stress release," and "I appreciate an opportunity to meet new people in the community." I'm pleased we can offer our members a venue to improve their fitness and, at the same time, give them a social opportunity. The classes are well attended, which reflects not only on the quality of our instructor, Linda Hubley, but also the benefits gained by our participants.



Two pictures from the Christmas lunch gathering enjoyed by our fitness enthusiasts.



Weather can't spoil an afternoon of fun

Our December Members' Meeting at Shining Waters took place on December 16. It had been delayed a week by the first snowstorm of the year. Despite another day of unpleasant weather, nearly 50 Bay Seniors members were warmed by an afternoon of fun organized by the Bay Seniors Social Committee, led by Elaine Brooks.

Music by the Mother Pluckers, a funny poem recited by the Social Committee members, a draw for gifts, refreshments, jewellery and quilted placemats for sale, and even a surprise visit from Santa were included in the festivities. See photo on page 3. More photos at facebook.com/bayseniors.

Member's Story: Secrets of life with Suzie Reindeer

Neil Everton lifts the lid on life with the host of Christmas in the Bay

It's not easy living with a reindeer. For starters, there's the nose. It's not naturally that shiny, you know. Oh no! Every morning I have to polish it for her.

Not that I begrudge it. After all, she is the Chief Reporter of Santa's Ho Ho Ho Network, so she has to have a nose that glows when she covers the biggest story of the year.

But she's a menace around the house. It's the antlers... they have a tendency to get tangled. Suzie loves decorating the Christmas tree but sometimes it's more trouble than it's worth. The other day she dropped a decoration on the floor, bent to pick it up and raised her head too quickly. It took three hours to untangle the tree from the tips of the antlers.



Then there are the planning meetings. It gets crazy when Dasher and Dancer and Prancer and Vixen and Comet and Cupid get together with Suzie round our kitchen table. I mean, Donner und Blitzen, it's a miracle they've been so successful for so long. Every year it's the same arguments... let's go west to east... no we must go east to west. And the more they nod or shake their heads, the more their antlers get locked together. And guess who has to untangle them? Suzie's nose-polisher-in-chief.

I dread it when Suzie gets all hostessy and asks 'Anyone want a snack?' Do you know what reindeer like to snack on when there are no hostas or tulips in the garden? Take a guess. Suzie suggests a snack and I have to race round the house hiding all the poinsettias and Christmas cacti.

But living with Suzie has its benefits. I mean, she has all these kids around the Bay wanting to tell her what Christmas means to them. They are brilliant. Honestly, I think some adults could learn a thing or two about kindness and sharing from these kids.

And if anyone wants a job as a reindeer nose-polisher, I'll happily teach them everything I know.

By the way, if you missed Suzie Reindeer's Christmas in the Bay Show, you can still see it on Facebook. Just use this link: <https://www.facebook.com/1131921256984896/videos/1036982170476165>

Computer Training Classes resume in January

Tablets for Seniors, a program delivered to Bay Seniors members by students, is taking a break for the holidays, starting again in January.

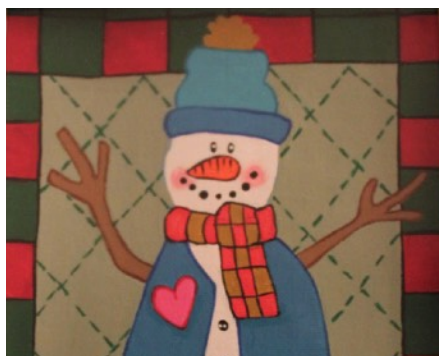
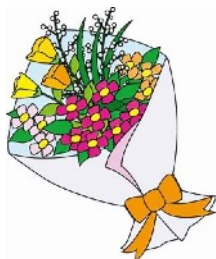
Training in small groups is tailored to fit the learners' current knowledge and needs. In addition to tablet training, the instructors are happy to provide training on smart phones.

For more information or to register, email Elizabeth at tablets@bayseniors.ca.

Virtual bouquet for artist Noreen

Elaine Brooks has a virtual bouquet for artist Noreen Langille Boutilier, who generously donated 11 framed paintings of snowmen.

The charming art was used as table decoration at the December 16 Members' Meeting, and one lucky person at each table got to take a painting home.



Part of one of Noreen's paintings. Each was 5 in x 7 in, and each was unique.

Covid-19 Test Results Update

Because of the increase in cases, Nova Scotia Health has begun sharing positive Covid-19 test results by text, in order to get the information out faster. If you do not have a cell phone, NS Health will call your landline.



Beverly Carlsen (right) receives the HRM Volunteer Award from Councillor Pam Lovelace.

Beverly Carlsen receives HRM Volunteer Award

The Community Enterprise Centre was the site of a special presentation on December 10. HRM District 13 Councillor Pam Lovelace presented Beverly Carlsen with a 2021 HRM Volunteer Award.

Bay Seniors President Rebecca Weickert, who nominated Beverly for the award in recognition of her seven years of outstanding service to Bay Seniors, says, "She inspires others to give the same level of volunteerism in a helpful, caring manner. Our community is all the better for having Beverly here."

Beverly says she is grateful to Bay Seniors. "After my husband died, I didn't want to go anywhere or do anything. So many people – especially women – find themselves in that situation.

"The Seniors Association helped get me back out into the world, connecting with people, and finding a purpose."

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 11 am - 2 pm on Tuesdays and Thursdays.