



Bay Seniors NEWSLETTER



IN THIS EDITION

Helping seniors with home maintenance

New home for our monthly meetings

Members talk about new skills for 2022

WITB art exhibit and writing contest returns

Helping our seniors find home upkeep solutions

The Seniors Association of St. Margaret's Bay is partnering with several other community organizations to assist local seniors to find solutions to home maintenance needs.

The Seniors Home Maintenance Program is a volunteer effort consisting of four components being developed throughout early 2022.

Component 1 - Village self-help (progressing in January 2022)

The Seniors Association will continue to connect with members who are interested in offering and/or receiving help for do-it-yourself small home and yard maintenance projects with other association members in their local area. The list of interested self-help participants will be shared with others in the local area.



Seniors Home Maintenance Program

If you are interested in helping get the Seniors Home Maintenance Program up and running, please contact HomeMaintenance@bayseniors.ca or call the Seniors Info Centre at 902-820-3334 and mention Home Maintenance.

Component 2 - Assisting seniors to find funding for home repairs (early 2022)

Senior residents requiring repairs to maintain a safe home can receive assistance accessing several government funding programs by emailing HomeMaintenance@bayseniors.ca or by calling 902-820-3334 (leave a message).

Criteria for these programs differ based on age and net household income.

Component 3 - Home repair assistance for those in financial need (early 2022)

Bay Seniors is partnering with Helping Hands St. Margaret's Bay, a community group that has a number of skilled tradespeople as volunteers.

Senior residents who require necessary repairs to maintain a safe home can be considered for labour

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Four elements to our home maintenance program

Continued from Page 1 assistance from Helping Hands volunteers and/or assistance with the purchase of home repair materials. Eligibility qualifications will apply.

Component 4 - A local services directory (early 2022)

Volunteers with the Community Enterprise Centre (CEC) and Bay Seniors will collect a directory of local services and companies that perform home maintenance and yard care services.

Companies offering a discount or free estimates for seniors will be featured.

For insurance purposes, all participants in the Seniors Home Maintenance Program must be members of the Seniors Association of St. Margaret's Bay.

Membership is \$10 per person annually and an application can be made through the Seniors Info Centre office at centre@bayseniors.ca, or by calling 902-820-3334.

Hand-sewn placemats for sale

We have some beautiful hand-sewn quilted placemats in non-holiday prints available to purchase from the Bay Seniors sewing team.

Stop by the CEC Monday to Friday, 9 am to 4 pm to check out the selection.

Alana to lead roll-out of home maintenance program

The Seniors Home Maintenance Program is setting up for good progress in early 2022.

We are pleased to have Alana Ziegler (right) coordinate and lead the program for the next six months as a Program Manager under a Nova Scotia Job Creation program.

Alana is well known among local community groups as a Bay Youth Hub leader with Bay Treasure Chest for the past six years.

Alana grew up in St Margaret's Bay and is currently living in Glen Margaret. Through her past work with locally based nonprofits GPI Atlantic and the Bay Treasure Chest, she has worked with many community groups in the area, including Bay Seniors.

She is an avid crafter and loves hiking, swimming, and kayaking in and around St Margaret's Bay.

Alana started work on the Seniors Home Maintenance Program in mid-December and will set up and coordinate the four components of the Seniors Home Maintenance Program (see full story on page 1).

Alana says, "I am thrilled to be working alongside such dedicated volunteers to get this exciting new program up and running."



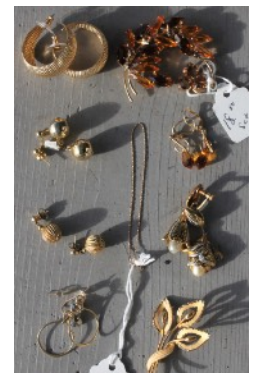
Add some Saturday Sparkle - and help the food bank

Check out the Bay Seniors Facebook page the third Saturday of each month, when the jewellery team offers an array of previously loved jewellery at gentle prices.

Jewellery ranges from contemporary cheap and cheerful items to rare vintage finds.

All jewellery has been donated by community members, and all sales go to the St. Margaret's Bay Food Bank.

For more information, email sharon@bayseniors.ca. Jewellery donations may be dropped off at the Community Enterprise Centre.



Covid and Bay Seniors activities

With Covid case counts high and provincial limits in place for gatherings, please note that all Bay Seniors activities, as they have been throughout the pandemic, are subject to change.

As always, the health and safety of our members and our community is our first consideration.

Please keep an eye out for program updates in our newsletters, special emails, and on the Bay Seniors Facebook page.

Tuesday Drop-In at Black Point Community Centre: restart delayed

by Joan Redmond

Given the recent high numbers of Covid cases, we feel it would be unwise to restart our Tuesday Drop-In on January 11 as originally planned.

With the drop-in program, it is not possible to meet the provincial directive that indoor gatherings be kept to a consistent 10 people.

We will keep our participants notified as to when we will be able to safely begin again.

We're also thinking about a few new activities that may appeal to members.

Meanwhile, keep safe. We hope to see you soon!

Thanks, and so long to Shining Waters



Our December 2021 Members' Meeting was the last meeting Bay Seniors will hold at Shining Waters, as the venue will no longer be available.

After nine years of making great memories there, please join us in thanking Shining Waters and its staff, and an extra-big thanks to Carolyn MacKay, for unfailingly wonderful support for many years.

New venue for our January meeting

Mark your calendars for Thursday, January 20, when our monthly Members' Meeting is scheduled to take place, Covid circumstances permitting, from 2 to 4 pm at the St. Margaret Sailing Club, 5 Foxberry Hill, Glen Haven. Thanks to the club's board for warmly welcoming our association. More details to follow in the mid-month Member Update.

Did you know we have a snow-shovelling helpline?

Seniors in need of help with snow shovelling can get in touch with Keith at 902-826-2217.

Student volunteers will help seniors in the order the calls come in.

Please note that names are not put on a list for automatic shovelling after each storm, so please call each time you need shovelling assistance.

Computer classes set to resume

Tablets for Seniors, a program delivered to Bay Seniors members by students, is due to start again in January.

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

Joan's mission: put a smile on someone's face

After 22 months of offering us whimsical reflections every Monday and a cartoon or joke every Friday on the Bay Seniors Facebook page, Joan Redmond says she's happy to keep sharing into 2022, "as long as it puts a smile on someone's face."



When Joan (pictured) started offering day-brighteners on Facebook, she did it, she said, to "help reduce the sense of anxiety and isolation Covid brought."

As Covid continues to affect us, it's great to know we can count on Joan, every Monday and Friday, to reach out to offer us a smile.

New memoir writing classes start in January

Two memoir writing classes, one in-person and one online, are beginning in January.

There is also a list being started for those interested in writing fiction.

Contact outreach.smbcec@gmail.com to sign up or for more information. Previous writing experience is not necessary, but you must have a writing project planned or at least in mind.

Fitness class start delayed

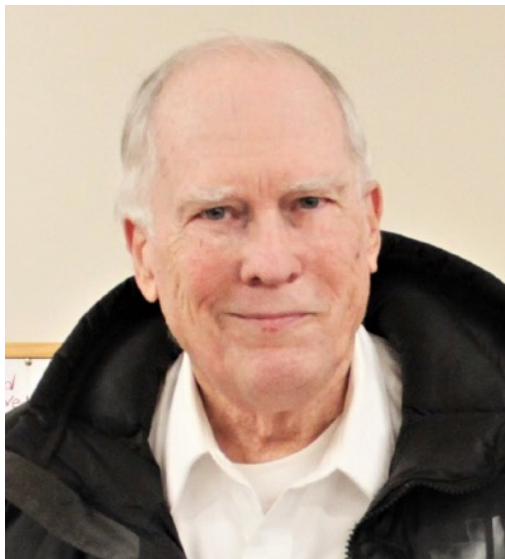
Instead of starting the first week of January as planned, the Bay Seniors fitness classes will restart the week of January 10. Participants should check their email for any further updates.

Member's Story: veteran newsman recalls Korea assignment

Ron Driskill (pictured) recently retired after 30 years leading The Masthead News, the newspaper he and his family started in December 1991. We asked him, aside from the Masthead, what's the best job you ever had? Here's his story.

I was born in the States, and the draft was still on when I finished school. I thought I might as well sign up, as I would be drafted anyway. I went to Hopkinsville, Kentucky, to the Army recruiting office, and I said I want to join the Army, but I want to get a career out of it.

The recruiter said, "I'll give you some aptitude tests."



When I heard back from him with the test results, he said, "You should go to the US Army journalism school in Fort Slocum, New York." It was a good fit for me. I've always enjoyed writing.

Another thing I've always loved to do is travel. Fort Slocum was on an island in Long Island Sound, so each weekend we would go to some part of New York City and see the sights.

When I finished the program, the Army sent me to Korea, and I was there for 13 months. I was writing for the Army's Information Office. Once I arrived, they immediately put me on assignments, first in Taegu (also called Daegu), Later, I was sent to Seoul.

I loved Korea. I had one of the best jobs in the military. I had my own jeep, and I got to travel around the country on assignments. The stories I wrote were being sent to newspapers all over the United States.

I would go through areas where intense fighting had taken place, where thousands of people had lost their lives. And I was seeing it a few years later, on my own, seeing it in a time of peace. How many people get to do something like that?

Reader Round-up: 'What's a new skill you'd love to learn in 2022?'

Pat Rodee: I'm picking pickle ball

This year, I'm going to try my hand at the pickleball fun that's being offered as part of our Seniors drop-in activities on Tuesdays at the Black Point Community Centre. I've never played pickleball, and I'm not very experienced at any kind of racquet sports, but I watched a bunch of folks play one Tuesday last month, and it looked like a bunch of non-competitive fun! So here goes!

Keith Innes: finishing touches

I am going to try some finish carpentry!

Joan Redmond: hooked on hooking

I used to make all my children's clothes when they were young: nighties, pyjamas, bathrobes, dresses, coats, pants, tops, and so forth. When the granddaughters came on the scene, I turned to smocking. So now what?

I think I will try hooking, perhaps not rugs for floors, but coasters. Time will tell!

Elaine Brooks: have fun fermenting

I have always enjoyed making my own kombucha and fermented vegetables. In 2022 I intend to explore more options in the fermentation process to develop a healthy gut, strengthen the immune system and maintain good mental health. A must in the era of Covid.

Rebecca Weickert: more pickleball

Pickleball is in my future - it's fun and good exercise - plus, my husband participates, too.

Michelle MacLean: getting tech-savvy

I am planning to enroll in the computer classes we are offering our membership. I don't use my phone to its full potential, and I thought it would be a good opportunity to learn how to. Plus, I am thinking of getting a tablet, so this is a perfect chance to see if I would actually use it!

Diane Johnson: snowy walks

I am determined to learn how to use my new snowshoes...assuming we get snow.

Adrian Schneider: something sweet

I want to learn how to make classic French macarons.



UPDATE (left)
Adrian's first macarons.

"They look okay, but they taste great. So now to work on getting the look right."

(The pale ones are ginger shells with homemade lime curd; the dark ones are chocolate shells with raspberry buttercream).

Fred Dolbel: motor skills

Learning how to run an outboard motor after selling my old boat with an inboard motor - and after I toasted my first outboard motor last summer.

Sharon Jessup Joyce: Parlare Italiano

A few years ago, my niece, who lives in Switzerland, brought her new Italian husband to visit. I learned some Italian for the visit. My nephew-in-law has learned lots of English since then, but I haven't improved my Italian. I've decided this is the year. Felice Anno Nuovo! (Happy New Year!)

Winter walks program continues

NS Walks advises that its Tuesday morning walking group in Tantallon will continue through the winter months.

Each walk begins at 10.30 am. Walkers meet at the trail entrance behind the Community Enterprise Centre.

If a walk is cancelled because of weather conditions, a courtesy notice will be posted on the Bay Seniors Facebook page.

One group member, Brenda Crane (pictured), who is also a Bay Seniors

member, took advantage of the opportunity to walk the inside perimeter of the Black



Point Community Centre on one particularly rainy day several weeks ago.

After walking the 0.9k perimeter until she had reached her target walking distance, Brenda participated in the card-making workshop and checked out rug-hooking.

For more information on the NS Walks events visit <https://www.hikenovascotia.ca/join-walking-group/>.



Painting by Wendy Pritchard-Madore

Winter in the Bay art exhibit and writing contest returns

The Community Enterprise Centre (CEC) and the Peggy's Cove Area Festival of the Arts (PCAFA) are teaming up again this year to bring Winter in the Bay, an art exhibit and writing contest, to our area.

From February 4 to March 4, art by members of PCAFA will be on display at the CEC. The art is there to enjoy, but also to serve as inspiration for community members' writing pieces.

In addition to being available to view in person, art will also be displayed on Facebook. Visit www.facebook.com/SMBCEC for details.

All stories submitted to Winter in the Bay must select one of the pieces of art on display as their inspiration or illustration for their story.

Writers may choose to submit a nonfiction essay or a fictional short story on the very broad topic of "Winter in the Bay." Writers may submit only one story per category, but are welcome to submit in both story categories.

Last year's Winter in the Bay included art and stories by a number of Bay Seniors members, and organizers are hoping for another strong Bay Seniors membership showing this year.

More details to follow in the February newsletter.

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.