



Bay Seniors NEWSLETTER



IN THIS EDITION

Bay Expo is back: how you can help

Buy a bird house and support the Food Bank

Help us build our casual labour list

You share memorable quotes from mom

Safety is top priority as Bay Expo returns

More than 35 businesses, crafters, and community organizations are getting ready to greet visitors at Bay Expo 2022 on Saturday, May 28 from 11 to 3 at Estabrooks Community Hall in Lewis Lake.

Many exhibitors will also have products for sale.

Meanwhile, community members have been generously donating treasures for the flea market – with proceeds to Bay Seniors – and to the jewellery table – with proceeds to the SMB Food Bank.

Bay Seniors will be there with sewn items, including tote bags and placemats.

There will also be a silent auction, refreshments, and children's activities.

Many people, especially seniors, are cautious about



attending events right now, so the planning committee is designing the layout to provide as much social distancing as possible.

All exhibitors and volunteers will wear masks, and visitors are strongly encouraged to do so.

There will be a café area for eating and drinking, and all children's activities can be enjoyed while wearing a mask.

There will be no face-painting this year, but a volunteer will be making balloon animals.

Deadline for exhibitor registration is May 6. Flea

Well-made and beautifully decorated bird boxes like the ones in our picture are going to boost the funds of our community Food Bank - with a little help from you. They'll be sold at a silent auction at the Community Enterprise Centre on Saturday, May 14. For more information, read the full story on Page 2.

market, jewellery, and silent auction items are requested by May 20.

This event, with careful social distancing, is a great way to celebrate our community.



Bay Expo

Donations needed for silent auction

If you don't know what to do with that birthday gift from Uncle Harold or that Christmas present from your sister Jane, please consider donating it to the Bay Expo silent auction. New items – preferably in the original packaging – would be appreciated.

The auction committee would also be grateful for gift cards and cash donations for the auction, proceeds from which help Bay Seniors cover costs for the Expo.

Please drop items off to the Community Enterprise Centre, 5229 St. Margaret's Bay Road, between 9 am and 4 pm weekdays. Donations that can be displayed on a table are preferred.

Cash donations can also be made by e-transfer to centre@bayseniors.ca. The password is Neighbour.

If you want to confirm whether an item is suitable, please email bayexpo@bayseniors.ca.

Flea market items also needed

Bay Expo is still collecting donations to its flea market. Things in saleable condition, including kitchen items, toys, collectibles, vintage items, and more are appreciated. No clothing or books, please.

The deadline for donations is Friday, May 20. Please email Pat.Rodee@dal.ca if you have questions or items to donate.



House the birds, support the Food Bank

The Peggy's Cove Area Festival of the Arts is holding its Artful Birdhouses event on Saturday, May 14 at the Community Enterprise Centre from 1.30 to 3.30.

Birdhouses created and donated by local artists will be sold this year in a silent auction, with all proceeds going to the St. Margaret's Bay Food Bank.

Viewing opens at 1.30, with bidding from 2 pm to 3 pm. Bidding closes at 3 sharp.

Successful bidders will be notified on site, and payments accepted immediately after that.

This will be an indoor-outdoor event, with viewing and bidding taking place in small groups to support social distancing.

Everyone will have a second opportunity to bid.

Masks must be worn inside the CEC and on the deck.

Food Bank

The Bay Seniors Saturday Sparkle team will also be there with a table of donated jewellery for sale, also in support of the Food Bank.

Last year's Artful Birdhouses event raised over \$1,300.

New date for our monthly meeting

The Members' Meeting planned for May 5 is now scheduled for May 26 at the St. Margarets Sailing Club.

Lawyer Dianna Reivaj will give us tips on navigating the legal aspects of hiring a contractor to do home repairs or improvements.

Dianna has kindly accommodated this second date change to allow more time for COVID's sixth wave to, we hope, continue to subside.

Grant helps seniors stay in own homes

Don't miss the chance to apply for a 2022 Senior Care Grant.

You may be eligible for a grant of \$500 to help offset what you pay for services that help you remain in your own home.

You may qualify if you:

- Were 65 or older in 2021
- Have a net household income of \$37,500 or less
- Live independently in your own home (not with a caregiver other than spouse/partner)
- Own your own home (your name is on the deed)

Eligible services include meal preparation, grocery and medication delivery, housecleaning, laundry, outdoor maintenance (lawn, garden, driveway, snow removal), small home repairs and painting, and transportation (shuttles, taxis) to essential services.

The deadline to apply is May 31. The application must be completed online and can be found at <https://grantprograms.novascotia.ca/#/scg/en/start-page>.

We are happy to help you complete the application. Call 902-489-2524 or email homemaintenance@bayseniors.ca.

Do you have news to share or a story to tell? Send details to sharon@bayseniors.ca.

Home Maintenance Program Update

Help us grow our casual labour list

We're getting more calls from members who are willing to pay for help with indoor and outdoor maintenance tasks that don't require a licensed contractor. So we're working to expand our casual labour list to match the need.

If you or someone you know has handyman skills, some available hours each month, and would appreciate earning some extra income, please email

homemaintenance@bayseniors.ca or

call 902-489-2524.

And if you've had a positive experience with someone who provides such services, please encourage them to get in touch with us.

No Saturday Sparkle this month

There will be no Facebook Saturday Sparkle sale this month. The online sale will resume in June.

Visit our in-person sales at the Artful Birdhouses event on May 14 at the CEC and on May 28 at Bay Expo.



See you there!

Saturday, May 28

11am to 3pm

Estabrooks Community Hall

4408 St. Margaret's Bay Road, Lewis Lake

FREE ADMISSION

Masks and social distancing expected

businesses ♦ crafters ♦ community groups ♦ refreshments
silent auction ♦ flea market ♦ jewellery table ♦ kids' activities

Reader Round-up: 'Things mom said.'

In honour of Mother's Day, we asked you to share things your mother (grandmother, aunt, or mother figure) said that have stayed with you. Here's what some of our members had to say.

Elaine Brooks:

My grandmother was a woman of few words, but when she spoke, everyone listened.

She was mindful of how things could change and would say "*I ganu cyn brecwast mae i wehyddu cyn swper,*" which is Welsh for "*To sing before breakfast is to weep before supper.*"



Beth McGee:

My mother, Helen Dorothy, was big on doing things well. We were expected to do our very best. She would often say, "If a job is worth doing, it is worth doing well."

Sometimes, Mom would tell us she had caught a cold. We kids would ask her, "Where do you think you caught the cold?" She would often reply she thought she caught it while she took the trolley bus. As kids, we thought that was really funny.

In the backdrop of COVID times, I am much more aware of airborne illnesses. She was likely quite correct in her assertion about where she caught a cold as we have learned more about airborne viruses.

Margo Mosher-Swain:

My aunt Cynthia, known as DewDew, was my babysitter fairly often when I was young. One evening,

she was trying to convince me to go to bed. I wasn't a little bit interested.

She finally said, "You know what, one day you will LOVE going to bed!"

I remember thinking how ridiculous that was to say. Around age 30, I realized how true this really was.



Fred Dolbel:

We grew up on a small farm with 3 or 4 house cats in residence. Supper for the cats was leftovers placed on the floor and cleaned up in minutes. As Mom picked up the empty plates and looked into the cats' longing eyes, she would exclaim, "Go out and catch mice."

Patrick Ryall: Back in the early 50s, I was a boy living in a small town in Scotland. In those days, it was normal for all married women to work at home. By work, I mean mostly manual labour, because in those days we did not have the appliances which most families have today. We had no refrigerator or washing machine. Many days a week my mother would walk downtown to buy groceries and carry them back. All the food preparation was done by hand at home. There was a little building out back of our row of houses where the women went to manually do the clothes washing.

One day my mother and her friends were having a get-together in our house, and they started talking about one of their friends who was going out to do paid work. They all felt sorry for her that she had to do this because it meant that her husband was not capable of supporting the family.

Reader Round-up

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Sharon Jessup Joyce:

My grandmother liked animals, but she had grown up in the country, and wasn't sentimental about them. She was discreetly amused by the way her son pampered his dog and her daughter doted on her cat.

At a big family gathering, Nanny was, as usual, busy taking care of everyone else. The talk turned to reincarnation.

Someone asked, "If you could choose, who would you come back as?"

Most choices were aspirational: the person who discovers the cure for cancer, an NHL star, an heiress.

When it was Nanny's turn, she said, "Well, if I wanted the best life, I'd come back as Clayton's dog or Fern's cat."

Craft beer group seeks members

Beer fanciers are invited to join a group dedicated to education and appreciation for Atlantic Canada craft brews, with the guidance of two beer-knowledgeable Bay Seniors members, Brian and Bob.

Details around the day, time, format, and location of meetings will be decided with participants.

The first step is to raise your hand (with or without a pint in it) if you're interested in learning more. Email

centre@bayseniors.ca.

Member's Story: A life lived to the full

In honour of Mother's Day, Keith Ayling submitted this tribute written in 1999 by his daughter Elizabeth Ayling Hume to her late grandmother, Vera Ayling.

Elizabeth Ayling Hume died in 2019. Our thanks to Keith for sharing this family memory.

Not many people saw life the way my grandmother did. Each moment was fascinating, precious, and memorable.

When my grandmother spoke about something, it was with life and expression; and when she wrote a story, it was with passion and gusto.

Saint John was her city of birth. Her loyalty to her hometown was shown through her fierce dedication to journalism at the Telegraph-Journal.

She wrote for the Telegraph most of her life, and there was no way in this world anyone could persuade her to change employer – no other newspaper could compare.

I can see her smile as she recounted interviews of people she had met.

I can hear her voice calling me for summer suppers at her beloved Edgewater.

If I close my eyes, I can feel her arms around me again.

The scent of her favourite lily-of-the-valley perfume still lingers in the air. She treated me as a daughter she never had, and she was more a mother to me than a grandmother.

I'll always remember something Gram told me one day many years ago in the kitchen: "Imagination knows no bounds."

We were talking about fruit crisps, but her words mean so much more to me. Her love of family knew no bounds; her joy in living was limitless. These are the gifts she gave to me – the stories stored in my heart.



Vera Ayling



Elizabeth Ayling Hume

Community groups are looking for more volunteers

Thank you to our many association members who are already volunteering, and to those who are ready to be matched with one of the Bay Seniors volunteer jobs we have on the horizon.

A few of our sister organizations are currently seeking volunteers.

Community Enterprise Centre:

If you have some office skills, enjoy working with people, and are available either Tuesday or Friday mornings to join the reception team, please contact coordinator@smbceec.org.

BayRides:

Volunteer drivers are needed. Visit www.facebook.com/bayrides for more information.

Tantallon Village Farmers Market:

Tantallon Village Farmers Market is opening again on June 14 for its 10th year.

The market is run entirely by a dedicated team of volunteers.

If you are interested in volunteering with the market, please reach out to volunteer@tantallonvillagefarmersmarket.ca.

Drop-in Program update



Nordic pole walking

Are you interested in learning and trying out the techniques of Nordic pole walking?

The Drop-in Program is hosting an introductory session on Tuesday, May 10 (weather permitting), starting at 10.30, and will be scheduling Nordic pole walking weekly if there is sufficient interest.

Poles will be available for you to use, or you may bring your own.

You must pre-register for this by emailing dropin@bayseniors.ca by Thursday, May 5.

Mini-cribbage tournament

Calling all crib players... the Drop-in Program is planning to host a cribbage tournament in June.

If you're interested in signing up, email dropin@bayseniors.ca.

Signing up early if you're interested allows the Drop-In Program team to organize details.



Share your ideas

Do you have a specific interest you'd like to share with others? Is there a skill you'd love to develop? Let our Drop-In Program team know by emailing dropin@bayseniors.ca or calling 902-820-3334 any Thursday between 10 am and 2 pm.

The Bay Seniors Drop-in Program is funded in part by the Province of Nova Scotia through its Age-Friendly Communities Grant Program.

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 am - 2 pm on Tuesdays and Thursdays.