



Bay Seniors NEWSLETTER



IN THIS EDITION

Bay Expo was a 'happy success' - organizers

Spot your friends on our Bay Expo photo page

Casual Labour List saves the day for Covid victim

Community groups host volunteer fair

Bay Expo is a 'happy success' say organizers

The rain couldn't dampen the spirits of exhibitors, volunteers, and 350 visitors to Bay Expo on Saturday, May 28 at the Estabrooks Community Hall.

Three dozen exhibits and a silent auction filled the exhibition hall. The exhibitors represented businesses, crafters, and community groups. The bingo hall was busy with a huge flea market, jewellery sale tables, refreshments, and children's activities.

Planning committee chair Carl Breckenridge said, "We're delighted to have been able to offer the Expo again to the community, and we're grateful to our exhibitors, donors, volunteers, and visitors for making Bay Expo 2022 such a happy and successful event."



Safety was a priority at this year's event. Exhibitors, volunteers and visitors were strongly encouraged to wear a mask throughout.

The organizers had worked hard to set up the Expo to support social distancing.

A designated refreshment area was created where visitors could sit down, relax, take off their masks, and enjoy treats from Delish Fine Foods.

And Bay Seniors were offering hot dogs, coffee and tea.

The Bay Seniors Sewing Team had their signature tote bags and placemats for sale. The tote bags are sturdy and washable, with strong straps and pockets. And they come in a variety of colours and prints.

You can't have a treasure chest without pirates. The Bay Youth ambassadors for Bay Treasure Chest were everywhere all day.

One of the most popular spots was volunteer Kevin McGrath's balloon animals, a big hit with kids and adults.

The organizers were pleased to have the Hon. Iain Rankin visit the Expo in the morning, and Pamela Lovelace, HRM District 13 Councillor (and Deputy Mayor) drop by in the afternoon.

A new Bay Expo exhibitor this year, from Halifax, commented to a parking volunteer as she left "There's a lot of community spirit out here."



A few pictures capturing the spirit of Bay Expo. Clockwise, from above, Betty Dolbel and Betty Learning from the Bay Seniors Sewing Team; Suzanne Pelham and Elizabeth Anthony at the jewellery table; Becky Weickert and Nancy LaPaix Amirault at the Bay Seniors' display; Chris Pelham representing the Community Enterprise Centre; Susan Bagley and Sheila Innes providing hot dogs and coffee; a shot of the crowd who braved the rain; and lots to choose from on the flea market tables.



Covid crisis shows value of Home Maintenance Program

By Sharon Jessup Joyce

As the Bay Seniors communications person, I thought the Casual Labour List list was a fine idea. As a Bay Seniors member who suddenly needed its help when my husband, son, and I all got Covid, I now think the list is amazing.

It was the Friday of the May long weekend, and our large yard needed mowing, a job my husband usually does with an electric mower.

We have kind friends and neighbours who would have helped out, but would not have allowed us to pay them.

So I dipped into the Casual Labour List. Jonathan Chiasson, on the list for yard maintenance, told me he was swamped that week, but recommended Cody Ernst, and made me promise to call him back if Cody couldn't help us.

Cody was busy finishing up yard work for other clients, with plans to take the long weekend off. But, as Jonathan had done, Cody told me it's important to him to support seniors in our community.

When I mentioned we have two long-haired black dogs, he immediately said, "You're worried about ticks, with your grass getting longer."

"Well, yes, we are," I said, "So if you can even just cut the front yard for now?"

That evening, Cody came by and

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A regal touch to Bay Expo: Denis Dineen of Delish Fine Foods hung photos of the Queen on the wall over tables piled with tasty treats. "Her Majesty didn't want to miss Expo," he said.

Home Maintenance Program update

New Home Maintenance Directory

Have you checked out our website's Home Maintenance Directory yet? If you're looking for a home maintenance service provider, or want to see reviews for a provider whose services you're thinking of using, visit the directory to learn more:

bayseniors.ca/localdirectory.

And if you or someone you know is a service provider, please contact us for your free listing, or ask the service provider to get in touch with us.

Is there a service provider whose services you've used that is already listed? Give them a rating and review to help others in the community know more about them.

Email homemaintenance@bayseniors.ca for information or to request a listing.

Casual Labour List

If you need a handyperson to carry out home or yard tasks, but you don't require a licensed contractor, just a hard-working handyperson, check out the names on our Casual Labour List.

And if you, your neighbour, a friend, or a relative offers fee-for-service work and would like to be on our list, please get in touch. We have many members willing to pay someone to provide services like yard work, housecleaning, painting, minor household repairs, and more. For more information, email homemaintenance@bayseniors.ca.

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mowed, not just our front yard, but our whole property. He did a great job, and his price was very competitive. No knight in shining armour on a horse could have looked better to us than Cody did on that ride-on mower.

Member's Story: The one word that saved a trip to Germany

By Neil Everton

The only thing more embarrassing than not speaking a foreign language is thinking you speak a foreign language. I remember President John F Kennedy standing in front of an enthusiastic audience in Berlin and confidently proclaiming "Ich bin ein Berliner." Which some said translated as 'I am a jelly donut.'

Fast forward 60 years. I'm in Germany, trying to communicate in something other than shouted English (my default).

This is a family research trip, with meetings with archivists and historians. I don't want to assume they'll all speak English. Anyway, I do know a few key words. I can order up to ten beers. I can ask for coffee with milk, but that doesn't exactly make me bilingual, since in German it is 'kaffee mit Milch.' I feel the need for more words.

So my wife and I have a travelling companion: Herr Google. The first faltering steps are not auspicious. Halina checks Google, then confidently tells our first German host that he does not speak German. This comes as a surprise to him. "Really," he says. "That will be a disappointment to my mother."

Stunned that our plan is not a complete success, we retreat to a bar. And find some degree of salvation.

"Try laughter and humility," says our fluently multilingual server. I tell him I've been using a sentence that says 'I don't speak German'... kine Deutsch. "Perfect," he says, "Let's add the word 'bisschen' to that."

'Bisschen,' it turns out, translates as only the smallest imaginable piece, almost invisible to the human eye.

It's magic. We try it out at our next appointment. Our victim dissolves in laughter and we spend the next hour chatting happily in English.

The word 'bisschen,' coupled with our fluency in a grovelling apology for being Germanically challenged, worked wonders throughout our trip.



Halina at the restaurant where we learned the magic word.



All our meetings went easier with 'bisschen.'

In fact it made us insufferable. We'd just bisschened a waiter in a Wurzburg cafe into smiling submission when we noticed that the next table was occupied by a large group of Americans from a passing river cruise.

We smiled as our waiter wandered over to their table. Did they know the code? Apparently not. The decibel level was rising dramatically as they struggled to understand the menu.

I would have told them about 'bisschen' if they had made the slightest effort to acknowledge they were not in the mid-West. But they didn't... so I didn't.

Laughter and humility. It really does help to make the world go round.

Reader Round-up: 'What Dad said'

In honour of Father's Day, some of our readers shared words of wisdom from fathers and grandfathers that have stuck with them.

Donna Allen:

"My late father, Don Richardson of Timberlea, was an avid golfer. And certainly not a fair-weather golfer! He wouldn't miss a tee time regardless of cold temperatures, driving rain, or, for that matter, thunder and lightning. (He was once actually hit by lightning on the course, and survived to tell the story.)

His motto when it came to his golf-at-all-costs approach was being prepared. "Take extra socks. You can't put on what you don't have." That motto extended to a golf bag stuffed with extra jackets, sweaters, and rain gear, too. It's advice I've long heeded, and why I always overpack!"



Ann Carson:

"What has stuck with me throughout my younger years and adult life is a saying that my granddad would often say, "Your own weird ain't weird!"

Carl Breckenridge:

"My father didn't have a lot of education, but both my brother and I ended up getting doctorates. My father approved of this, and would always say, 'Education is a wonderful thing. It's very easy to carry around once you have it.'"

He was a gentle person, but also quite a large man, and he used to say, 'I never started a fight when I was young but I finished quite a few.'"

Drop-In Program takes break - but gives homework

Our Tuesday Drop-in Program at the Black Point Area Community Centre is on summer hiatus, effective immediately. The program team looks forward to welcoming Bay Seniors members back in September.

But the program's organizers say interested members can start getting ready for a fall project: wildflower greeting cards. A workshop for making wildflower greeting cards was enthusiastically received earlier this year at the Drop-in Program. So if you're interested in participating in a fall workshop, start looking for flowers and leaves to collect and press over the summer. Avoid collecting plant material from sensitive or protected sites, of course.

Fold flowers and leaves individually in parchment paper. Place parchment-wrapped botanicals between the pages of a large book. Add the weight of more books and leave in place for 5 to 7 days. Open carefully, as the flowers will be paper-thin and fragile.

Pressing different types, colours and sizes of botanicals will give you a varied collection for the workshop.

Kevin Smith:

"My grandfather was full of folk wisdom, though we questioned the validity of some of it. He once told my cousins and me that horses are kinder than cows because 'if a horse steps on your foot, it lifts that foot right away and gives you an apologetic look, but a cow will lift the other three feet and push down even harder.'"

Library offers drop-in stitching social

The Tantallon Public Library offers Needle Niche, a drop-in stitching social every Thursday evening from 7 to 8.45 pm. Meetings will continue throughout the summer.

Virtual bouquet for CEC

A big virtual bouquet of congratulations to the Community Enterprise Centre, recently honoured as the 2021 Bay Chamber Member of the Year.

If you know someone who deserves a virtual bouquet, drop an email to sharon@bayseniors.ca.



June monthly members' meeting

Mark your calendar for Thursday, June 16 for our next monthly members' meeting. Details to follow in the mid-month newsletter update.

Home renos need contracts

The biggest takeaway from lawyer Dianna Rievaj's presentation at the May monthly members' meeting is that a contract protects both homeowners and contractors when home projects are undertaken.

A video of Dianna's presentation will be available soon. Look for details in the mid-month newsletter update and on Facebook.

Four groups combine to host first 'volunteer fair'

Bay Seniors is growing, and that's very good news.

With more members than ever before, we also have more members interested in volunteering with us than ever before.

To make the most of this gift, and to help our volunteers and would-be volunteers find

the most rewarding job, Bay Seniors is hosting a volunteer fair on Tuesday, June 14, beginning at 7 pm, at Estabrooks Community Hall in Lewis Lake.

Says Fred Dolbel, who is coordinating the event, "We know it's helpful for prospective volunteers to have specific information about a volunteer position – the tasks, time commitment, and program the position serves – and the volunteer fair will help provide that."

Co-hosting the event are three other organizations:

- BayRides,
- the St. Margaret's Bay Community Enterprise Centre,
- the St. Margaret's Bay Housing Coalition.

Says Fred, "The groups we're partnering with for the volunteer fair are all organizations Bay Seniors helped establish, and we know they're currently looking

for volunteers. Like any proud parent of successful adult children, we love sharing opportunities with these groups, and many new and prospective Bay Seniors volunteers are likely to find engaging volunteer jobs with these compatible organizations."

While some community programs and services will take a summer break, Fred says there are still summertime opportunities.

"For example, the CEC will be looking for volunteers to staff two art weekends being hosted at the CEC in July, BayRides is currently looking for volunteer drivers willing to use their own vehicles, and Seniors has jewellery events and a possible outdoor yard sale happening this summer," says Fred.

Stock up for summer

The St. Margaret's Bay Gardening Club will be holding their plant sale on Saturday, June 4 from 9 to 11 am at St. Luke's United Church.

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.