



Bay Seniors NEWSLETTER



IN THIS EDITION

Join us for a party with the Farmers Market

Meet our new volunteer coordinator

Hot off the grill: your favourite BBQ treats

Big turnout for monthly meeting: photo special

We're having a party: join us at the Farmers Market

We're teaming up with our good neighbours at the Tantallon Village Farmers Market on Tuesday, July 19 for an afternoon of flea market finds, jewellery, food, music, art, and fun.

The Party at the Market will be at the farmers market's regular spot and inside and outside the Community Enterprise Centre.

Visit the market vendors. Then cross Sonny's Lane and check out the flea market, jewellery and book tables.

Buy some prepared food at the market and grab a table to enjoy the food, along with music by Brian C Folk Music.

Take a tour of the Peggy's Cove Area Festival of the Arts members' show on display inside the CEC.

Pat Rodee, who coordinated the flea market at Bay Expo, will offer some nothing-but-the-



best flea market finds. Money raised will support the work of Bay Seniors.

Suzanne Pelham and Sharon Jessup Joyce, co-leads for the Bay Seniors Saturday Sparkle jewellery fund-raiser, have gone through the donated jewellery collection to pull out some special finds – and some fun oddities, too.

As always, money raised from this program goes to the St. Margaret's Bay Food Bank.

Suzanne Cirtwill, president of the farmers' market, says the market will be in full swing by then, with lots of vendors bringing lots of wonderful things to sell.

While you are at the party, pop inside the CEC and enjoy the art on display in the members' show, part of the Peggy's Cove Area Festival of the Arts. The members' show is at the CEC throughout July.

And there's lots more to see during the Festival: a ticketed opening night on July 6, a 'plein air' event (Paint Peggys Cove) from July 8 - 10, and a studio tour from July 15 - 17.

The CEC will be open 10 am to 5 pm on both festival weekends.

For more details visit:

peggyscoveareafestivalofthearts.com/.

Caregivers support group up and running in Tantallon

A support group for unpaid caregivers is now up and running in Tantallon.

The group comes together monthly and is organized by Caregivers Nova Scotia.

The sessions are confidential and a chance to meet other caregivers with similar experiences.

Caregivers Nova Scotia defines a caregiver as “a person who gives unpaid care to someone who has a physical or mental health condition or who is chronically ill or frail.”

According to JoAnne Connors, Caregiver Support Coordinator for the Capital Region, “Caregivers NS provides support, advocacy and education to unpaid caregivers, folks who give care to loved ones, family, friends and neighbours.”

One unnamed support group participant is quoted on the website as saying: “You realize you are not alone and that gives you confidence that you are doing your best.”

The Tantallon group had its first meeting this April.

The meetings are the fourth Thursday of each month from 2-4 pm at the Tantallon Public Library. The plan is to continue through the summer and anyone can join at any time.

While the support group in Tantallon is a new addition, there are support groups throughout the province. You can learn more by going to www.caregiversns.org.



Fred Dolbel passes his volunteer coordinator cap to Karen Damtoft.

Karen Damtoft becomes our volunteer coordinator

At the end of June, Bay Seniors said good-bye and huge thanks to Fred Dolbel as our volunteer coordinator. Fred has worn many hats for the association, but he's passing that one along to Karen Damtoft.

Fred will be training Karen over the summer, making sure she's ready for September, when volunteer activity will be picking up.

Karen has lived in the St. Margaret's Bay area for nearly 15 years, and has been involved with many local nonprofits, including volunteering with Bay Seniors and working for BayRides.

“Volunteering has always been part of my life,” says Karen. “And don't tell anyone, but it was more because of the personal benefits I experienced than what I felt I was contributing. All my volunteer work has been important to me, whether I was feeding baby raccoons, stuffing envelopes, or serving on a board. I am very keen to help connect people to volunteer work that will help make our community more resilient.”

Karen has worked in the nonprofit sector for more than 30 years, starting out as a volunteer coordinator with the Red Cross and Phoenix Youth Programs.

“My career eventually morphed into human resources, which was very interesting. Now I'm happy to be circling back to where I began, working with volunteers.”

Karen can be reached by email at volunteer@bayseniors.ca or by leaving a message at 902-820-3334.

Photo feature: Big turnout for our monthly meeting



Part of the large gathering at our monthly meeting.



Taking care of the grill: (l-r) Bill Brooks, Carlo Weickert, Keith Innes.

Over 80 members joined in the fun at the last monthly members meeting until September, held at our new meeting home, the St. Margaret Sailing Club.

Everyone did justice to the beef burgers, veggies burgers and sausages served hot off the grill, accompanied by raw veggies and potato chips. For dessert, there were cookies and ice cream – happily for those who couldn't choose between vanilla, chocolate, or strawberry, there was lots of ice cream.

Joan Redmond had a couple of funny stories to start and end the festivities, and Brian Cottam was there to provide folk and other perfect music to accompany lunch and catching up with friends.

The afternoon ended with great door prizes donated by generous community members, and a lot of happy faces heading for home.



Time to meet old friends and make new ones.



Enjoying the view at our new venue: (l-r) Chris and Suzanne Pelham, Sheila Innes, Carl Breckenridge.



Our entertainer: Brian Cottam and his guitar

Volunteers needed to help with art shows

Volunteers are always welcome to help at art shows and events held in partnership at the Community Enterprise Centre by the Peggy's Cove Area Festival of the Arts (PCAFA) and the CEC, often supported by Bay Seniors members.

You don't have to be an artist to get involved. You just have to like and appreciate art, artists, and people who like art.

This commitment is on an occasional basis for 2 to 4 hours, often on a weekend, and you always work with a partner. The CEC is currently looking for volunteers to work morning and afternoon shifts at the PCAFA show on July 8-10 and 15-17.

For information, or to volunteer, please email Beverly Carlsen at outreach.smbcec@gmail.com.

Recruiter needed for casual help list

Our Casual Help for Hire List is a key resource for many of our members looking for affordable home maintenance help.

A volunteer is needed to regularly recruit new casual help for the list and keep information up to date, answer inquiries from members concerning referrals, and keep the Bay Seniors Info Centre supplied with hard copies.

Likely time commitment is less than an hour a week. Contact volunteer@bayseniors.ca.

Member's Story: Henry Hicks - It was a different era

By Patrick Ryall

In 1962, I was graduating from high school in Saint John, New Brunswick, and had applied to Dalhousie for admission and a scholarship. Since I was near the top of the list, I was invited to come to Dalhousie for an interview. Dalhousie paid for my travel by air – that was the first time I had been on an aeroplane, so it was a real thrill. My family had emigrated from the UK by ship and we had travelled a little in Canada by railway.

Around 20 of us were interviewed by Henry Hicks, who had been Nova Scotia premier from 1954 to 1956. In 1960, he became Dean of the Faculty of Arts and Science, and then in 1963, he became President of Dalhousie, retiring in 1980.

After our individual interviews, we were taken on a tour of the campus. This being the sixties, the rule, as we went from one room to another,

was “ladies first” – as a boy, I was taught to open the doors for the girls, and I carry on doing so to this day. I got criticized a couple of times at the height of the feminist movement when young women told me they were capable of opening the door themselves. Now that I am a grey-haired old man, I sometime have young women opening doors for me.

The finale of our tour was going up in the tower of what was then known as the Arts and Administration building – now named after Henry Hicks. It was high enough to give us a view of the entire campus. To get there, we had to go up a very steep staircase. Henry Hicks said the young men would go first.

One of the other young men asked why we got to go first when it was usually the young women. Henry Hicks said, “I don't want you looking up their skirts.”



Henry Hicks

Reader Round-up: Your favourite barbecue treat

We checked in with some of our Bay Seniors' members to see what they most want to eat hot off the summertime grill.

Margo Mosher-Swain:

Homemade pizza! People often don't think of pizza as something for the barbecue, but put a pizza stone on the barbecue, get it nice and hot, and the pizza tastes just like wood-fired.

Fred Dolbel:

It may be boring, but I like a traditional hamburger. We don't eat much beef anymore, so it's a chance to enjoy it.

Beth Newman:

My favourite things to barbecue are veggie burgers and marinated vegetables.



Homemade pizza by Bay Seniors member Adrian Schneider

Bob Joyce:

My wife's homemade black bean burgers with her homemade ketchup, topped with caramelized onions, sliced tomato, and cheddar cheese. I always wish I could eat two. I have learned I can't.

Chris Pelham:

I like barbecued corn. I cook it in the husk – no soaking in water or anything – and then I butter it.

Betty Dolbel:

A pork steak. It's a pork chop with a good amount of fat on it, brushed with barbecue sauce, and grilled. It's more tender than a beef steak.

Suzanne Pelham:

I like a veggie burger. I don't have a favourite kind – I like whatever someone else prepares for me!

Applications open for seniors' property tax rebate

Application for the provincial Property Tax Rebate for Seniors, which helps seniors with a modest income with their municipal residential property taxes, opens July 1.

The scheme offers eligible seniors a rebate of half of their property taxes, up to \$800.

To qualify for the rebate:

- You must be 65 or older.
- Your 2021 municipal residential property taxes must be paid in full.
- Your name must be included on the property tax bill.
- You receive or are eligible to receive the Guaranteed Income Supplement (GIS) or GIS - Allowance from Service Canada.

Applicants who received the rebate last year will receive an application by mail.

Applications close December 31, 2022.

This year, applicants will also be able to apply for the Heating Assistance Rebate Program on the Property Tax Rebate for Seniors application.



Suzanne Pelham, a co-lead for the Bay Seniors Saturday Sparkle jewellery fund-raiser, has a sharp eye for high quality, good value collectibles. She'll be selling some at our 'Party at the Market' venture with Tantallon Farmers' Market on Tuesday, July 19.

Working to solve the housing crisis

In response to the growing affordable housing crisis, the provincial government announced it has identified 37 sites from the provincial land inventory that could be used to build housing, including affordable housing. One of these possible sites is in the St. Margaret's Bay area. Follow this and related stories on the St. Margaret's Bay Housing Coalition's Facebook page.

Stay in touch with us this summer

Whether your summer plans involve hiking, gardening, boating, or curling up on the porch with a good book, we want to hear from you. Send a photo and caption to sharon@bayseniors.ca.

A selection of photos will be shared in our newsletters.

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.