



# Bay Seniors NEWSLETTER



## IN THIS EDITION

Party at the Market  
'bigger and better'

How to stay safe in  
a heatwave

Loving life with the dog  
who dropped out

You share your summer  
fun experiences

## Rescheduled Party at the Market 'bigger and better'

After being rained out on the original July 19 date, organizers of Party at the Market say the rescheduled date on August 9, from 2 to 6 pm, will offer an even bigger and better event than first planned.

In addition to a full complement of vendors at the Tantallon Village Farmers Market site, there will be birthday cake and live music in honour of the market's tenth birthday.

Across the road, on the Community Enterprise Centre's side lawn, tables will be offering:

**Flea market:** Additional donations to the flea market have taken it to the next level. Some of the items for sale includes crystal and china (vintage Royal Doulton egg cups, a set of pressed-glass fish plates, espresso cups, and assorted platters); kitchen appliances (a Soda Stream, a panini maker and a Kitchen Aid



toaster); kids' items (authentic Beanie Babies, a Graco portable crib/playpen, a vintage rocking chair); small furniture (a plant stand, a jewellery chest, an occasional table); collectibles (vinyl records, vintage tins, table linens); purses and scarves, and much more. All flea market sales will support Bay Seniors programs.

**Jewellery:** The jewellery tables will also be filled with great finds, including a 1950s matching crystal necklace and bracelet (rare to find these together); contemporary sterling silver, pewter, and gold pieces; high-end vintage faux pearl jewellery; fun finds for the kids; and a lot more.

As always, jewellery sales

*Just a few of the treasures you might find at the flea market.*

benefit the St. Margaret's Bay Food Bank.

**Books:** The Western Halifax Community Learning Network will be there with an enticing collection of books in excellent condition – everything from current novels, to cookbooks, to gardening guides, to history, and more. Proceeds will support the work of the network in our community.

**More:** There will also be art cards by local artists for sale, lemonade from a young vendor, and live music by Brian C Folk Music.



*Hanna Charlton is one of the students offering lawn and garden work over the summer.*

## Help with the yard work is just a click away

Need some yard work help? It's just a click away.

Four Bay View High School students are among the nine local service providers on our list to help you keep your lawn and garden under control this summer and fall. If you'd like more time for summer fun and less time on yard work, give one of these young entrepreneurs a call.

The four students are Hanna Charlton, Dylan Haggett, Evan Harding and Bryce Tanner.

They have been screened by the Bay Seniors Home Maintenance Program. They offer services in specific parts of the St. Margaret's Bay area, so follow the link for each student's area served and phone number.

Visit [bayseniors.ca/maintenancedirectory/category/lawn-yard/](https://bayseniors.ca/maintenancedirectory/category/lawn-yard/) for more information.

## What you need to know to stay safe when temperatures soar

It's been a stifling hot couple of weeks in the St. Margaret's Bay area. And it's likely not over yet.

While we Maritimers usually look forward to our summers, extreme heat comes with risks.

Older adults are among those most at risk, sometimes due to chronic illness, certain medications and isolation.

Health Canada says over the next 30 years the number of super-hot days annually is expected to more than double in parts of the country.

To help Canadians cope, the department provides detailed information on how to identify heat exhaustion and heat stroke.

The signs of **heat exhaustion** can include:

- High body temperature
- Confusion and lack of coordination
- Skin rash
- Muscle cramps
- Dizziness or fainting
- Nausea or vomiting
- Heavy sweating
- Headache
- Rapid breathing and heartbeat
- Extreme thirst
- Dark urine and decreased urination

If you experience any of these symptoms move to a cool place and drink liquids, preferably water.

**Heat stroke symptoms** are described similarly, but with one modification. A symptom of heat stroke could be:

- No sweating, but very hot, red skin

Health Canada says heat stroke is a medical emergency. Call 911.

To stay as cool and informed as possible Health Canada suggests:

- Keep an eye on local weather forecasts
- If you have an air conditioner ensure it's working
- Find cool places to spend time each day
- Wear loose fitting clothing



## Members' Stories

### Loving life with a Lions' drop-out

*By Lynn McLaughlin*

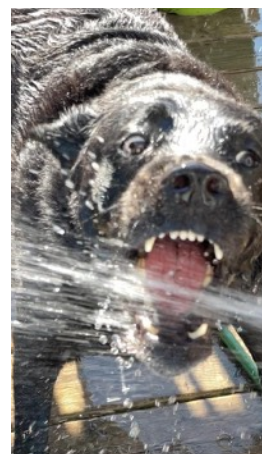
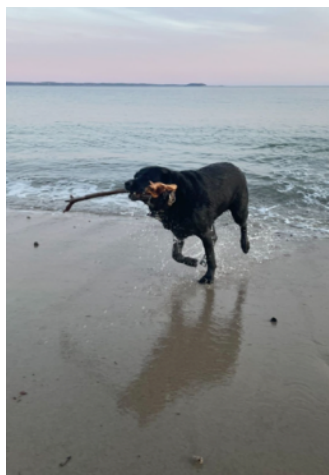
Phoebe, our 6-year-old Labrador Retriever, is a Lions Guide Dog dropout.

Phoebe was returned a few times by prospective adopters. Dog people, if they get a chance to adopt one of these dogs, never return them, but she was so afraid of everything.

My daughter, Erin, a trainer for the program in Breslau and Oakville, Ontario, was given Phoebe to help the dog get over her incredible fears of everything, including black dog toys, traffic, and enclosed spaces.

We were lucky Erin was between puppies. We fell in love with Phoebe and adopted her ourselves.

Phoebe and I like to play Attack the Water (from the hose, see picture on right). This is done, of course, if we cannot make it to the beach. Attack the Water keeps Phoebe cool and refreshed and earns us hours of entertainment.



### Movie-theme birthday prompted big home reorganization

*By Adrian Schneider*

My August birthday usually happened when we were on a family holiday, but the year I turned 12, we were at home. Nobody said much about my birthday. I went out to run errands with my dad, who did invite me to pick out a small treat in honour of the day.

When we came through the door at home, I had a sense that something peculiar was happening: furniture had been rearranged and I noticed some decorations.

Before I could think much about it, the mighty Indiana Jones theme music began blasting from our stereo.

It turned out my family had gone all out that year on making an Indiana Jones-themed birthday party, because I was a big fan of the movie series.

More than 20 years later, I still recall two things most clearly: one was the superb menu for the multi-course dinner.

Each course plotted out steps in an Indiana Jones adventure – a new one my mom wrote for the occasion. It's a shame I don't still have the printed menu, because it was an engaging short story.

The other thing I will never forget is that part of my confusion occurred because, in the time my dad and I had been out, our furniture had been swapped around amongst three rooms – living room, dining room and family room. This included smaller things like artwork, lamps and chairs, but also big things, like the dining table, couches, and even the piano.

And there the furniture remained for several years, a nice reminder of a great birthday surprise.

Perhaps it stayed because nobody wanted to have to move it again.



## Reader Round-up: Summer Fun

We asked you to let us know something you're enjoying this summer. Thanks to those who shared these great photos. We'd love to have more for our mid-August newsletter update.

**Tanya Acorn** got out for a beautiful kayaking day with husband Ken Rozee.



Artist **Paula Fredericks** enjoyed a visit with Kobi, the dog fellow artist Mary Lynne MacKay shares with her son, Kevin. Paula and Mary Lynne were two of the artists participating in the July Peggy's Cove Area Festival of the Arts Studio Tour.

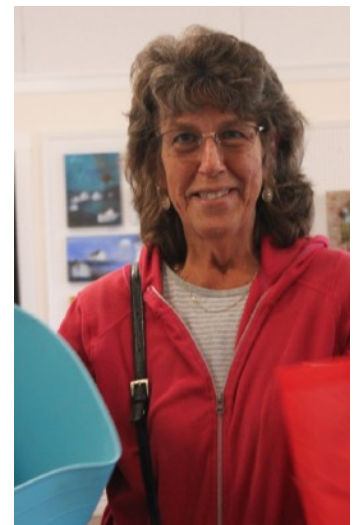


Pickleball enthusiast **Patt Dunphy** (front row, second from left) loved his time at a pickleball referees' clinic in Antigonish (see story, page 6).



**Bob Joyce** (left) with Agatha and **Yvon Madore** with Serena got together for one of their regular puppy playdates with their Portuguese Water Dogs.

**Pat Rodee** was all smiles after working with her team of hard-working fellow flea market volunteers to sort and price donations for the August 9 flea market (see story, page 1).



## Boost for NS seniors' care grant

The size of the Nova Scotia Seniors Care Grant has been increased for eligible seniors.

Originally set at \$500 for seniors with a household income of \$37,500 or less, the province announced recently the grant is now up to \$750.

If spent on eligible costs, it is not considered taxable income.

For more information or to apply, visit [beta.novascotia.ca/apply-help-household-costs-seniors-care-grant](https://beta.novascotia.ca/apply-help-household-costs-seniors-care-grant).

## Help us expand our casual labour list

If you or someone you know has handyperson skills, some available hours each month, and would appreciate earning some extra income, please email [homemaintenance@bayseniors.ca](mailto:homemaintenance@bayseniors.ca) about getting on the list.

And if you've had a positive experience with someone on our directory, please click on their entry at [bayseniors.ca/localdirectory](https://bayseniors.ca/localdirectory) and leave a rating and review where indicated.

## Bay Treasure Chest



Bay Seniors is a proud Bay Treasure Chest partner, and is grateful to the many BTC players who help fund valuable programs and services for our community.



*Fishing Boat in the Algarve, by Wendy Pritchard-Madore, the CEC's featured artist for the month of August.*

## Wendy is CEC's featured August artist

Wendy Pritchard-Madore is this month's featured artist in the Community Enterprise Centre's rotating art gallery.

Wendy, a Bay Seniors member and volunteer, invited talented young artist Brittany Kieley to share the exhibit space with her.

The exhibit is on until Friday, August 30.

## Favourite ice cream spot?

The Masthead News wants to know your favourite spot on the South Shore to get ice cream, and why it's your favourite. Email [richard@themastheadnews.ca](mailto:richard@themastheadnews.ca) with your nomination.

## Don't miss the Lions Club auto show

Classic car and truck lovers have a treat in store on August 7 (rain date August 14).

The St. Margaret's Bay Lions Club & Mason's Auto Pro car show is back at the Metro Transit Park & Ride at Highway 103, Exit 5.

The event runs from 10 am to 3 pm, with proceeds to aid families dealing with childhood cancer.

Entry fee is \$2/person. Children under 12 get in free.

## Nominate your local hero

Is there a business, a service provider, or a volunteer in our community who deserves a special thanks? Nominate them for a virtual bouquet. Give us the name, business or organization name, and why you think they are extra-special. Email [sharon@bayseniors.ca](mailto:sharon@bayseniors.ca).

# Calling all pickleball referees

By Patt Dunphy

Recently, I had the pleasure of attending a pickleball referees' clinic in Arisaig, Antigonish where I met a wonderful group of clinicians and pickleball enthusiasts from various parts of the province (see picture on page 4).

It was a joy to be with such a committed group. And let me give a shout-out to pickleball referee trainer Angela Weld. In the picture on page 4, Angela is first on the left in the back row. Angela does a tremendous amount to support the growing sport of pickleball in the province.

The classroom sessions were followed by a practical session, where we had the opportunity to hone our refereeing skills with a series of matches.

For anyone interested in taking the course, one is being offered in September in HRM. This would be a great way to help this growing sport, a wonderful way to stay active.

Feel free to contact me for details by email at [dunphy.pat@gmail.com](mailto:dunphy.pat@gmail.com) or by phone at 902-448-9065.

# Drop-in Program update: See you in September

Beginning Tuesday, September 20, the Bay Seniors' Drop-in Program is back with:

- Tuesday Morning Social (10 am to noon)
- Tuesday Afternoon Pickleball, hosted by Bay Seniors (1-3 pm)

at the Black Point and Area Community Centre, 8579 St. Margaret's Bay Road.

All members of the Seniors Association of St. Margaret's Bay are welcome. (If you are not yet a member, membership is \$10/person/per calendar year).

**Tuesday Morning Social** will include activities such as rug-hooking, knitting, board games, refreshments and time to chat.

Beginners new to rug hooking and/or knitting, are encouraged to come and learn right alongside those who have projects in the making.

**Pickleball** beginners are most welcome to join the Tuesday afternoon sessions. Cost is \$2 per person/session. Paddles and balls are available.

Check our newsletters and Facebook page for updates and new activities to be offered during the year.

## New service for the Tuesday Drop-in Program

Transportation will be provided free of charge once a month to Bay Seniors' members who would like to attend the Tuesday Morning Socials, but are without transportation.

Seniors who have been isolating at home are also very welcome.

You must register by August 18 by calling and leaving a message at 902-820-3334, or by emailing [dropin@bayseniors.ca](mailto:dropin@bayseniors.ca).

Please provide your name and phone number so we can return your call.

*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](http://www.bayseniors.ca) or contact the Seniors Information Centre: email [centre@bayseniors.ca](mailto: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.*