



Bay Seniors NEWSLETTER



IN THIS EDITION

Bullets and bayonets didn't stop George

We put the spotlight on our volunteers

Survey asks seniors about food choices

Students offer seniors help with snow removal

Christmas in the Bay is back - and this time it's in person

Mark your calendars for Saturday, November 26 to be part of a whole lot of holiday fun at Christmas in the Bay.

This year, the whole thing is in person, with the Community Enterprise Centre hosting, and activities taking place in and near the CEC.

The fun starts at 11am with ATV hayrides, provided again this year by the Safety Minded ATV Association, and wraps up at 6pm with a tree-lighting, thanks to Redmond's Home Hardware.

There will also be snacks, hot and cold drinks, face-painting, balloon animals, live music, prize draws, and a few surprises.

Suzie Reindeer and Santa will also be there, thrilled to visit in person with the kids.

Thanks to support from Deputy Mayor Pam Lovelace and an HRM grant, as well as



Christmas in the Bay went virtual in 2020, because of the Grinch called Covid. But this year we are back - in person. All the usual fun for kids of all ages, and of course Santa and Suzie Reindeer will be there.

support from area not-for-profit groups – including Bay Seniors – and businesses, activities will be offered free of charge to community members.

For more information and a detailed schedule, follow the Christmas in the Bay Facebook page: facebook.com/ChristmasintheBay.

Students offer help with snow removal

We have good news and bad news. The bad news is that snow-shovelling season is around the corner.

The good news is that Bay View High student Ewen Mackenzie-Whyte has recruited some fellow students, who are standing by with shovels, ready to help area seniors when it snows.

Please call Ewen directly at 782-234-0347 if you need snow shovelled.

Monthly Meeting

We put health and welfare of seniors in the spotlight

By Elaine Brooks

Our next monthly meeting is on Thursday, November 17, 2-4pm, at the St. Margaret Sailing Club.

Come and meet and listen to three government representatives with responsibilities relevant to all of us.

We look forward to welcoming:

- Barbara Adams, MLA for Eastern Passage and Minister of Seniors and Long-Term Care;
- Danielle Barkhouse, MLA for Chester-St. Margaret's, Vice-Chair of the Veterans Committee and member of the Community Service and Health committees;
- Pam Lovelace, HRM Deputy Mayor and Councillor, District 13, serving on the Executive Standing Committee, Community Planning and Economic Development, and North West Community Council, among other appointments.

To learn more about the Department of Seniors and Long-Term Care, and its responsibilities to support the social and economic wellbeing of older adults, visit <https://beta.novascotia.ca/government/seniors-and-long-term-care>.

There will be refreshments at the meeting, and the Bay Seniors Sewing Team and Saturday Sparkle Jewellery Team will have sales tables.



Increase your home's comfort, lower energy costs, with Warming Program

Guest speaker for the October Monthly Members' Meeting was Gary Ferguson, outreach agent for the Home Warming Program, a partnership between the government of Nova Scotia and Nova Scotia Power.

The program assesses homes and covers the cost of installing draft-proofing, insulation, or other energy upgrades when indicated for eligible homeowners.

You may be eligible if:

- You own your own detached, semi-detached, townhouse or mobile home.
- You live there year-round.
- Your annual household income is \$27,250 or less for one person and \$50,635 or less for two to four people.
- You are not planning to sell the house in the near future.
- That house has not previously had Home Warming Program support.

Ferguson says upgrades are carried out by qualified providers at no cost to eligible homeowners.

The average value of upgrades is \$7,500, and homeowners will save an average of \$1,200 a year on heating costs.

To learn more about the program, visit homewarming.ca or call 1-877-434-2136.

Saturday Sparkle events coming up

The Bay Seniors Jewellery Team is offering donated jewellery for sale several times in November:

- Thursday, November 17, 2-4pm, at the Monthly Members' Meeting at the St. Margaret Sailing Club, Glen Haven.
- Saturday, November 19, 9am-2pm, at the Vendors' Market at Estabrooks Community Hall, Lewis Lake.
- Saturday, November 19, 3pm to Sunday, November 20, 3pm, online Saturday Sparkle event on facebook.com/bayseniors.

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

Current volunteer opportunities with Bay Seniors



Funding Proposal

Development: Put your writing and/or budgeting skills to good use by working with a lead volunteer to develop proposals to access government grants and other funding opportunities to support our programs.

Grants are usually our ticket to offering important programs like our Home Maintenance and Tuesday Drop-In programs.

Time commitment: Occasional support required, driven by funding submission deadlines. 10-20 hours on average per proposal.

Fitness update: spots now available in classes

By Michelle MacLean

Looking to improve your health and make some new friends?

There are now some spots available in Bay Seniors' popular fitness classes.

We offer chair fitness on Mondays and low-impact aerobics on Wednesdays and Fridays.

All classes are 10-11am at the Melissa Connick School of Dance, 5181 St. Margaret's Bay Road.

Classes are on a drop-in basis, and cost \$2/class. Masks are required coming and going but not during exercises.

For more information, or to register for a spot please contact fitness@bayseniors.ca.

First impression: Bay Seniors has amazing volunteers

By Karen Damtoft

Bay Seniors celebrates the many volunteers who contribute their time and skills – our appreciation for every one of you is great.

Thank you for supporting our work and your neighbours in our community.

I've been actively in my role as Volunteer Coordinator with Bay Seniors for a few months now. Before, I volunteered once in a while, and my experiences were always positive and rewarding. I was given training and had full support when I had questions. It felt good volunteering for a vibrant and successful community organization.

Now that I've seen a bit of the backstage activity, I am truly amazed.

Our volunteers, from every program and activity to our leadership, are at the root of Bay Seniors' ability to meet our community's needs.

What has surprised me, though, is the number of our volunteers who work an extraordinary number of hours to fulfill their primary roles, and then more hours, to fill in all the gaps where we don't have volunteers.

My hope is to have more members join the volunteer team, so that we can lighten the load, increase our diversity, and offer even more to our community.

At the top of this page you will see our new banner, which will appear in newsletters, on our Facebook page, and elsewhere when we are talking about volunteer activities.

Whenever you see it, we hope you'll check out the information that follows.

You will see, within the new banner, the image of a heart with a pair of hands embracing it. It's a reminder that volunteer efforts are at the heart of all we do.

Please consider joining us – we have volunteer opportunities to suit any interests, skills, and time available.

For more information, check out the newsletters and our Facebook page, and please contact me at volunteer@bayseniors.ca or 902-820-3334.

Member Story: A namesake nephew remembers a hero

Submitted by George Gall

My uncle, George Buchan Gall, was a private in the 1st Gordons, 51st Highland Division, an infantry division of the British Army. He took part in the Normandy landings of D-Day, in June 1940, the largest seaborne invasion in history.

After a bloody battle near the town of Saint-Valery-en-Caux, France, where he was badly wounded, receiving both bullet and bayonet wounds, he was captured on June 13 and subsequently taken to hospital.

After he recovered, he was sent to the Bleicherode salt mines in Poland.

His first attempt to escape was by cutting the perimeter wire.

After walking for eight days, attempting to reach France, he was captured by German police, and put in Heiligenstadt Prison, receiving 10 days' punishment.

He later escaped again, and eluded capture for 10 days.

On his third escape, he boarded a goods train heading in the direction of the Netherlands, but he was caught after a week and imprisoned at Stalag IXC. He and his fellow prisoners were liberated by the Americans in April 1945.

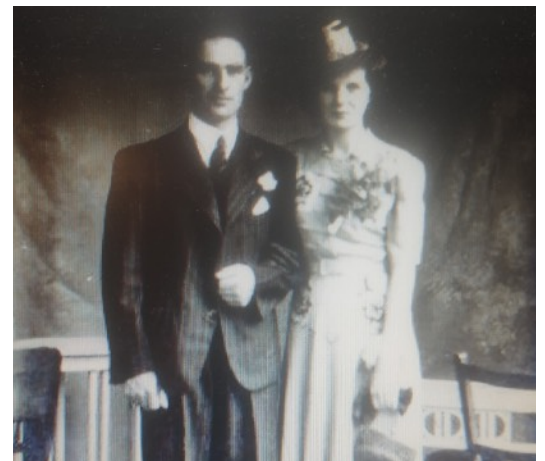
For his valour, he was mentioned in dispatches.



Members of the 51st Highland Division at Saint-Valery-en-Caux. Photo: 51hd.co.uk.



Members of the 1st Gordons leaving Southampton in January 1940, on their way to Dunkirk. Photo: www.unionjacktrooper.com



George Buchan Gall and his wife Betty in 1946.

George's story appears in the November issue of The Masthead News, along with additional photos and information about the wartime experiences of the 51st Highland Division.





Glenna Earle, one of our sewing team leads, hard at work at her sewing machine.

Our sewing team is looking for more members

Our Sewing Team is looking for some new members. Sewing volunteers work from home at their own pace. Kits, instructions, and demonstrations for the products currently being produced are available for new team members.

Sewing volunteers are currently producing tissue-package covers, small fabric storage bags, and fabric car trash bags.

All Bay Seniors sewn items are made from donated materials, and sales go to support our work in the community.

If you enjoy sewing and would like to be part of the team, email learning.betty@hotmail.com and put 'Sewing volunteer' in the subject line.

Survey puts meals for seniors in the spotlight

Lorna Zinck-Gordon, who knows how to cook for a crowd – she cooks at a junior high school and a summer camp – is worried that many seniors and others in our community may not be eating delicious and nutritious home-cooked meals very often.

Lorna is currently conducting a survey, which ends November 14, to determine local interest in such a program for lunches and suppers.

The flexible service would allow for regular or occasional meal customers, ordering online or by phone, and pick-up or delivery.

If you or someone you know would benefit from getting home-cooked meals, please visit this link and complete the survey:

<https://tinyurl.com/2p74f7xa>.

Our program helps with cost of shingles job for seniors

One in three people will have shingles at some point in their life, and half of all shingles cases are in people 60 and older. While shingles can't be cured, it can be prevented through vaccination.

Bay Seniors' Shingles Program offers financial assistance to eligible seniors to get vaccinated against shingles. Call the Bay Seniors Info Centre on Tuesdays or Thursdays, between 10am and 2pm, at 902-820-3334 for confidential assistance to determine whether you qualify for the program.

Fraud alert: small charges may lead to big problems

A Bay Seniors member who checks his credit card statements regularly online noticed a charge of just under \$3 on his credit card.

It was for a product he hadn't bought from a business he didn't know.

Assuming it was a mistake but wanting to be careful, he called his financial institution. His credit card was cancelled, and a new one was issued.

The credit card representative told him such charges can be mistakes, but they can also be a sign of fraud.

Scammers get hold of credit card information and use the card number to put through a small charge. If that goes through, a second, larger charge will often follow.

Similarly, unexpected small withdrawals and deposits in bank account statements may be a sign of fraudsters testing the waters in preparation for a large withdrawal. If you see even tiny withdrawals or deposits on your bank or credit card accounts, contact your financial institution immediately.

Drop-In Program update

Submitted by the Drop-In Program team

Stop by the Black Point & Area Community Centre every Tuesday, 10am-noon, to enjoy planned and plan-it-yourself activities. For more information, email dropin@bayseniors.ca.

There's a **holiday card-making workshop** coming up at the Tuesday Drop-In Program. Our creative workshops fill up fast, so remember to check our mid-November newsletter update, coming out on November 14, for all the details.

Like to check out our activities, but don't have a way to get there? Or you're looking ahead to winter, and would like to leave the driving to someone else?

The Drop-In Program team is working with BayRides to bring interested members without their own transportation to some of the Tuesday morning gatherings.

Let us know if this is of interest to you by emailing dropin@bayseniors.ca or calling the Bay Seniors Info Centre at 902-820-3334, open Tuesdays and Thursdays, 10am to 2pm (leave a message at other times, please).

Community programs in our area

Here are some community programs offered by other groups free or at a modest helping-keep-the-lights-on fee.

NEW Mondays, 2-4pm, starting November 14 – Monday Meet-Up, William Black Community Hall, 10507 Peggy's Cove Road, Glen Margaret: all are welcome at this informal drop-in.

Tuesdays, 10.30am – NS Walks trail walk, St. Margaret's Bay Area Trail. Meet at the CEC at 10.15.

NEW Thursdays, 9.30am – NS Walks trail walk. For more information, contact elisefieldhouse@halipad.com or call/text 902-441-5993.

Thursdays, 7-8.45pm – Needle Niche, a drop-in at the Tantallon Public Library. Bring your stitching project to work on.

Fridays, 1-4pm – Your Friday Social, a drop-in for board games at the Tantallon Public Library.

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.