



Bay Seniors NEWSLETTER



IN THIS EDITION

Another winning idea
from our sewing team

Regular testing is vital
for safe well water

Meet our new board
members

You share some advice
your mother gave you

Our sewing team comes up with another hit

The Bay Seniors sewing team recently previewed their newest item for sale, and it's already a hit.

Quilted cotton eyeglasses pouches with a snap closure come in two sizes, to accommodate eyeglasses and sunglasses, and in a big assortment of colours and prints, with options to appeal to women, men, and children. The pouches are \$8 each or 2/\$15.

The pouch is the latest sewn item produced by sewing volunteers, led by Betty Learning, Betty Dolbel, Glenna Earle, and Carol Pottie, to support Bay Seniors programs.

The team's work has raised a total of \$12,500 as of April 2023.

It started in 2019, when then



Three of the sewing team's co-leads, from left, Glenna Earle, Betty Dolbel and Betty Learning, at the June's Quilt draw. Carol Pottie is the fourth team co-lead.

board member Rowena Morrison asked Betty Learning and Carol Pottie to develop a reusable cloth bag. Carol and Betty created a pattern and found volunteers to sew bags. Abdul Ali from Mahone Bay screen-printed the Bay Seniors logo. The image was used on a square of unbleached cotton, to be attached to the outside of the bag. The square eventually became a pocket.

Owners of the Bay Seniors bags prize them for their sturdy construction, comfortable shoulder straps,

pockets, and varied colours and prints. The bags are continuously being made from new and exciting fabrics. They have travelled the world as totes and easy-to-ship gifts. There is also a plain bag without the Bay Seniors logo.

The team regularly adds new sewn items. These must be useful, durable, affordable, and attractive – and up to 20 or more volunteers sewing the items from home must be able to achieve a consistent product. Patterns are precut,

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Join our team of enthusiastic volunteers and support your community.

Office support volunteer

We're looking for someone to keep our member email list (primarily used for sending newsletters) up to date and to set up our internal email addresses.

Updating our member list is done regularly (1 hour/month) and new email requests are sporadic.

Training and support are provided.

This is a perfect job for someone with a bit of time to contribute who is comfortable working on a computer.

After training, work can be done from home.

Email volunteer@bayseniors.ca if you are interested.

Our sewing team is always happy to welcome more members

The sewing team has a great variety of eyeglasses pouch kits prepared and ready to be sewn.

Simple instructions are included.

And new sewing volunteers are always welcome!

If you have your own sewing machine and would like to join the team, call the Seniors Information Centre at 902-820-3334 and leave your name and telephone number.

A sewing team lead will return your call.



A few of the sewing team's new quilted eyeglasses pouches.

Eyeglass cases: sewing team's latest hit

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with supplies and instructions included, so items are fast and easy for the volunteers to assemble.

During Covid, the team sewed thousands of face masks for the community, along with gowns and caps for long-term care staff and visitors.

Other items, many of which remain available, have included quilted placemats, car trash bags, small storage boxes, and tissue-package holders.

At the April 22 June's Quilt draw, where the eyeglasses pouches were introduced, buyers had only one

complaint: the fabrics were so appealing, it was hard to pick just one or two.

Donate your old tape measures

Do you have any broken $\frac{3}{4}$ " wide retractable metal tape measures you can donate? That's the secret to the snap closure on the new Bay Seniors eyeglasses pouch: 3" lengths are cut and enclosed at the top of both sides of each pouch. Your old metal tape measure can be dropped off at the Community Enterprise Centre, weekdays, 9-4, or anytime through the mail slot by the front door.

Check the sewing team's goodies at Bay Expo

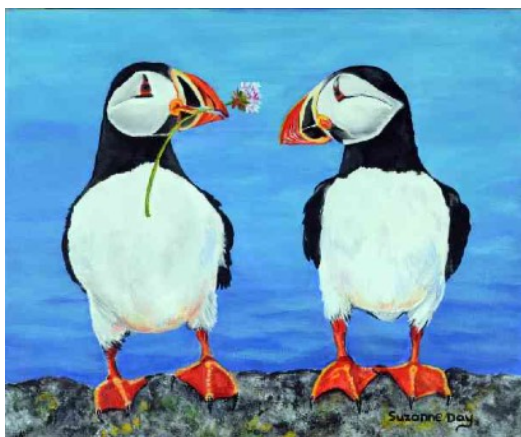
The Bay Seniors sewing team will be at Bay Expo (see story, page 7) with an assortment of their useful and beautiful sewn items, including the new eyeglasses pouches. Sewn items are also always available to buy at the Community Enterprise Centre.

May Monthly Meeting

Discover what's new in wilderness area

Save the date: Thursday, May 18, 2-4pm, is our next Monthly Members' Meeting at the St. Margaret Sailing Club in Glen Haven.

At our May meeting, Bridget Adams, a long-time volunteer and board member with the Five Bridges Wilderness Heritage Trust, will update us on trail improvements and current activities of interest in the Five Bridge Lakes Wilderness Area.



"Puffins with Seathrift," Suzanne Day

May art show and sale in Blandford

Artists with the Aspotogan Arts & Crafts group are presenting their 22nd annual show and sale, "Something to Crow About," on Saturday, May 13 and Sunday, May 14.

The show is at the Blandford Community Centre, 30 Firehall Road in Blandford. It's open from 10am-5pm. Admission is free.

Several Bay Seniors members are among the presenting artists, who work in a wide variety of media.



Our members listen intently to Fred Bonner's advice on keeping wells safe from contamination.

April Meeting

Regular testing is key to ensuring your well water is safe

Do you rely on a well for your water supply?

"All aspects of a private well are the homeowner's responsibility," notes Fred Bonner, acting executive director of Rural Water Watch.

The nonprofit focuses on creating awareness about ways to protect and manage your water supply, given the health risks associated with contaminated water.

Close to 50 people came out on April 20 for cookies, coffee or tea, and to hear what our monthly speaker had to say.

Key points:

- You can't see, taste, or smell if your water is unsafe.
- We should test for bacteria every six months; for chemicals, every two years.
- As well as testing and treating your water as needed, you must protect the well itself. Assess it regularly for maintenance issues; look for cracks, holes, overgrown vegetation, or other potential problems.

You can find more information at <https://www.ruralwaterwatch.org>

Scam alert: watch for fake calls from Bell

Have you had a call, supposedly from Bell Canada, telling you a security feature for your phone line has been manually switched off, and an agent is calling to help walk you through restoring this "legally required" feature? It's a scam, so don't provide any information. Just hang up.

Meet our new board members

Nancy LaPaix

Director and Secretary

Nancy was born and raised in Halifax. She and her husband, Tony Amirault, moved to Glen Margaret in 2000, where they have been enjoying retirement on St. Margaret's Bay. Nancy was formerly a paralegal, working for a law firm in Dartmouth.

For several years, she has been volunteering as recording secretary for the Bay Seniors Board of Directors and for the St. Margaret's Bay Housing Coalition. Nancy has been an active member of the coordinating team for the Bay Seniors Drop-in Program and the Welcoming Committee.

Apart from her involvement with Bay Seniors, Nancy has fun rug-hooking, strumming her ukulele, gardening, learning pickleball, and kayaking – all of which, she says, are yet to be perfected!



Karen Damtoft

Director

Karen has lived in the St. Margaret's Bay area for 15 years, making a welcome return to familiar coastal life, having grown up in Prospect Bay.

Working in the nonprofit sector was a calling for Karen, whose career took her into volunteer management, program development and human resources.

Although she still works part-time, the majority of her time is spent volunteering with Bay Seniors, with her main role as the association's volunteer coordinator.

Happiest outdoors, her passions include gardening, kayaking and hiking.



Beverly Carlsen

Director

For as long as she can remember, this native Nova Scotian with proud Bermudian and Danish roots through lived experience has recognized the importance of supporting and helping others. Her grandfather was born without sight and was instrumental in helping those blinded in the Halifax explosion.

Beverly has spent her life quietly helping others in a variety of ways, including supporting those in palliative care, girls in Girl Guides, and in other volunteer pursuits.

Fiercely independent herself, Beverly recognizes the value of creating a sense of community and trusted support that enables other seniors in the St. Margaret's Bay area to live independently in the community they so love.



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My mother's recipe for makeshift mascara

By Halina St James

One lesson I took from my mother was 'be resourceful.'

She might be living in a Displaced Persons camp in Germany after World War II; she might be wearing cast-off clothes; she might have a toddler (me) pulling at her skirt... but that didn't mean she couldn't look good.

Looking good, for Mama, started with the eyes. There wasn't a lot of mascara to be found in the refugee camps after the war. So my resourceful mother improvised... with soot and candle wax.

After the war, when we were settled in Northern Ontario, she would share her technique with friends. Years later one friend recalled the lesson. "I asked her where she learned that. In the camps, she said."

I remember Mama showing me how to mix the soot and the wax together to form a gooey, black mess. She'd pour it into a container. Once it hardened, she would spit on a little brush, run it over the mascara and apply it. But not before she forced her eyelashes upwards expertly with a small dull paring knife.

One day, when I was maybe 11 years old, Mama asked me to write a letter to Helena Rubinstein, the famous Polish-American who founded a cosmetics empire.

She was positive that Helena Rubinstein would buy her soot and candle wax mascara formula. After all, she reasoned, Helena Rubinstein was Polish, just like her.

Mama stopped making mascara a few years after we immigrated to Canada. It was faster and easier to buy it in the stores.

By the way, Helena Rubinstein never replied.



Halina's mother, Mary

Meet our new board members (continued from Page 4)

Cindy Skerry

Director

Cindy Skerry lives in Boutiliers Point with her husband, Neil. After working for years at a retirement residence, Cindy is enjoying her own retirement in her beautiful century home.

In addition to volunteering as a receptionist at the St Margaret's Bay Community Enterprise Centre, Cindy is a passionate member of Bay Seniors. She and Neil often participate in the association's many offerings, including monthly meetings, Tuesday morning Drop-in Program events, and Tuesday afternoon pickleball.



Reader Round-Up: What Mom taught me

In honour of Mother's Day on May 14, we asked our members to share something important they learned from their mother.

Marie Raymond: "Get a skill you can make money at, so you don't need to have a man to look after you."



Olivia Schneider: "Never use metal kitchen tools on your enamel-covered cookware."

Carol Rowland: "Always treat your elders, teachers, etc. with respect and call them by Mr. or Mrs. or Miss until they tell you otherwise."

Richard Learmonth: "My mother set an example of working hard to meet goals. She was a single mother with four children."

"I remember one time, when we were living in Hubbards with my grandmother, and I was about 4 years old, it was an absolute blizzard outside."

"My mother took the bus every day to Dal, where she was finishing her education to become a teacher. It was about an hour's ride in good weather – that day, the conditions were so bad that the driver came right up to the house and beeped his horn for her. But she went to school."

Jean Mason: "You can fix a lot of problems by saying, 'I'm sorry,' and meaning it."

Mary Roddis: "Always wear nice underwear when you go out, in case you get hit by a bus!"

Tom Smith: "If a girl orders the most expensive thing on the menu on your first date, think twice about asking her for a second date."

Neil Everton: "Be a good listener. You learn a lot about people by just listening."

In June, we're giving equal time to Dad. Share a piece of advice – helpful, odd, or hilarious – your father gave you, or tell us something your father did that inspired you. Email sharon@bayseniors.ca.



Bay Expo team is gearing up for family-friendly fun in June

The Bay Expo team is busy getting ready for its annual family-friendly event, happening this year on Saturday, June 10, from 11am to 3pm at Estabrooks Community Hall.

We'll have more information about Bay Expo in upcoming newsletters, but here are a few ideas for ways you can get involved right now.

Tables for crafters

Are you a crafter? Book a table to sell your crafts at Bay Expo: <https://bayseniors.ca/bayexpo/>.

Book soon, as tables fill up quickly.

Flea market

Do you have items to donate for the flea market? Drop them off at the Community Enterprise Centre, weekdays, 9am-4pm. Items should be in sellable condition, and no clothes or books, please.

Email bayexpo@bayseniors.ca if you have questions.

Silent auction

New items in original packaging are appreciated for our silent auction. Drop items off at the Community Enterprise Centre and include the item's value and your contact information.

If the donation is from a business, include the business name and logo.

Email bayexpo@bayseniors.ca if you wish to discuss a proposed donation.

Jewellery donations

The Saturday Sparkle jewellery sale program to benefit the SMB Food Bank will be at Bay Expo, and jewellery donations are needed. Jewellery in wearable condition can be dropped off at the Community Enterprise Centre (no watches, please).

Saturday Sparkle is fit for a King

The Bay Seniors jewellery team has been having fun putting together a special Royal Collection Saturday Sparkle event for May 6, the date of their next online jewellery fundraiser to benefit the SMB Food Bank.

Realizing they had inadvertently selected King Charles III's Coronation Day for the Facebook event, co-leads Sharon Jessup Joyce and Suzanne Pelham decided to run with it.

Items for sale include jewellery in the shape of a crown, strings of



faux pearls, vintage items from the 1950s – a bow to Queen Elizabeth's 1953 Coronation – and lots more treasures.

Sneak peeks of some of the items for sale will be offered on the Bay Seniors Facebook page throughout the week, with the whole collection unveiled on May 6 at 3pm sharp on Facebook: www.facebook.com/bayseniors.

Students on standby to help with yard work

Each spring, Bay Seniors hears from seniors looking for help with yard work. Some supportive teachers help us recruit students from around the Bay looking for summer work. If you need yard help, or know of a student who needs summer work, email centre@bayseniors.ca.

Drop-In Program update

May 23 workshop: Dry felting for the absolute beginner

Are you curious about the art of felting? Join instructor Greer Kelley to get an introduction to the art. At the end of the morning, you'll take away a small piece to start your journey into fibre artistry. Greer says zero artistic ability and very little skill is required.

Our workshops are designed for fun and creative exploration. All supplies are provided and there is no cost to attend. Seats are limited and pre-registration is required. Email dropin@bayseniors.ca or call 902-820-3334 (messages are retrieved Tuesdays and Thursdays).

We meet on Tuesdays, 10am - noon, at Black Point & Area Community Centre. Pickleball is between 1-3 pm. If you don't have transportation, please contact us. With 3-4 days' notice, we can help you arrange a ride with BayRides.



Diane Browne and Sharon Campbell having fun in the acrylic painting workshop

Acrylic painting workshop, take two, was a success

Another successful acrylic painting workshop was held on April 25. Artist Nancy Chesworth provided information on the principles and elements of art and some technical instruction. Ten participants left with their colourful creation, a fish on canvas.

Many thanks to Nancy for coming back for a second month in a row to meet popular demand.

OTHER COMMUNITY PROGRAMS

Sign up for seniors' lunch and social

The next Seniors' Social & Luncheon is on Thursday, May 18 at St. Luke's United Church. Enjoy a homemade luncheon, live music, other fun, and relaxed socializing.

Please register a week before the event by calling 902-826-2523 or emailing

lunchsocial@stlukesunited.ca.

This event is free.

Save on golf green fees

Aspotogan Ridge Golf Course, a 9-hole not-for-profit course, offers Senior Day every Friday, 8am-noon, from June 2 to the end of the season, open to non-members as well as members, with discounted green fees for all seniors.

Call 902-857-1333 to book.

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.