



Bay Seniors NEWSLETTER



IN THIS EDITION

Help, advice on making flood-damage claims

Big turn-out for wildfire evacuees, responders

Members' summer adventures - in pictures

Details of our new fall fitness programs

Trails closed, many roads still affected by wash-outs

In the aftermath of the historic rainfall and flooding of July 21-22, stretches of many roads in the St. Margaret's Bay area remain closed during clean-up and repairs.

And local trails are closed entirely as volunteers and contractors carry out assessments and repairs.

Provincial and municipal governments ask residents to make safety a priority, since there are many washed-out areas along roads and road shoulders.

Plan for longer travel times and be patient, with detours increasing already higher-volume summertime traffic.

For more information, visit <https://novascotia.ca/storm-support/>. There is also information on that web page about how to apply for



Just one of the many roads, bridges and culverts washed out or damaged by July's torrential downpours.

financial relief if you are a homeowner, business owner, or nonprofit leader whose property was affected by the flooding.

There are also links to information about road conditions and closures, well water safety, mental health supports, and more.

Volunteer associations that manage area trails will announce trail reopening on their websites and social media, and the weekly Bay Treasure Chest newsletter will also provide updates. For now,

the St. Margaret's Bay Area Trail, the BLT Trail, and the Five Bridge Lakes Wilderness Area are closed to all users, even if sections of these recreational areas are or look intact, and even if there are no signs or barricades prohibiting use.

The size of these recreational spaces and their numerous access points – as well as the actions of some people who are improperly removing these indicators – make it impossible to rely entirely on signage and other barriers to remind

Continued on Page 2

Roads, trails feel impact of floods

Continued from Page 1

people these areas are closed. You may see some current activity related to assessment and repair, but if you see people using closed trails and wilderness areas recreationally, you're encouraged to report that to the Department of Environment Conservation Officers at 1-800-565-2224.

Jerry Lawrence Park has reopened. Park users are asked to watch out for and report areas of post-flood damage.

Saturday Sparkle Summer Facebook jewellery sale

The next Saturday Sparkle, Bay Seniors' online sale of donated jewellery to benefit the SMB Food Bank, will be on Saturday, August 19. The sale starts at 3pm sharp on the Bay Seniors' Facebook page.

As always, there will an eclectic mix of vintage and contemporary jewellery, and some of the pieces for sale will be featured on Facebook in the days leading up to the sale. Thanks to Bay Seniors members who continue to generously donate jewellery and buy jewellery in support of this program.

The Saturday Sparkle team is delighted to have recently welcomed a new member. Among her other contributions, Alana Ziegler will be testing jewellery for silver and gold content, allowing the team to even more accurately estimate value and set prices.



Our trail system took a beating during the historic floods.

Want help completing a flood damage claim form?

If you have had flood damage to your primary residence, whether you own or rent, you may be eligible to file a claim with the province.

Here's a link to the claim form: <https://beta.novascotia.ca/sites/default/files/documents/2-1954/disaster-assistance-residential-property-application-form-en.pdf>.

Read the entire document to see what flood damage is covered – for example, driveway damage is covered, and yard erosion is not.

If you would like help completing the claim form, please contact Jackson Lewis (right) at the SMB Community Enterprise Centre.

Jackson is a summer student whose services at the CEC are supported by funding from @NS.

You can reach Jackson at 902-826-1680, weekdays, 9am-4pm, or by email: communitytech@smbceec.org.

One of Jackson's roles is to provide support to community members in accessing and applying for various government programs, services, and rebates. Please let Jackson know if there are other programs for which you would like more information.



Community Living Room Healing and rebuilding after the wildfires

Tuesday, August 8, 6:30-8:30pm

Tantallon Public Library

Join neighbours and friends for conversation, resource-sharing, and light refreshments, as our community continues to work through the after-effects of the wildfire.

Dan Steeves, health promotion lead with Nova Scotia Health, will be there as a resource expert.

This is an informal and supportive environment, and all are welcome.

This program is offered in partnership by the Tantallon Public Library, Bay Seniors, and District 13 Councillor Pam Lovelace.

Property Tax Rebate for Seniors

Applications for the Property Tax Rebate for Seniors, which helps seniors with a modest income with their municipal residential property taxes, opened on July 1. See more information here: <https://novascotia.ca/news/release/?id=20230630004>



It was a busy day for the BBQ cooking team, which included, from left, Denis Dineen, Colin Glover, Luke Downing.

Community turns out to support fire evacuees, first responders

Nearly 800 people turned out on July 16 for a BBQ to thank wildfire first responders, show support for evacuees, and raise funds for local wildfire recovery efforts.

The grilling team was kept busy, with pulled pork, sausages, beef burgers, and roasted whole hog on the menu, along with vegan options. Live music was provided by two local groups, the Cruisers and Rec Room Jams. Local businesses generously donated raffle prizes and door prizes that were drawn for throughout the day.

Support for the event was provided by Bay Seniors, the SMB Lions Club, William Black Memorial United Church, Redmond's Home Hardware, the SMB Community Enterprise Centre, and many other groups, businesses, and individuals.

Lead organizer Colin Glover says \$8,000 was raised from donations and raffle ticket sales on event day, with another \$11,000 coming in since.

Winners of the four raffle prize packages were Annette Jean (Staycation Package), Heather Webber (Big Green Egg BBQ Package), Rhonda Dean (Family Fun Package), and Richard Marriott (Happy Home Package).

Heather Webber (left) packs her BBQ prize into her trunk.



Members' summer stories in pictures

It's summertime, and for our Bay Seniors members the living is sometimes easy and sometimes very busy. Here are some glimpses of July through their lenses.



Fred Dolbel submitted this photo of neighbour Don Odegard with Fred and Betty's grandsons, Jay, Ray, and Leo Dolbel, and the boys' dad, Ted. They're carrying handcrafted hiking sticks made by Don.



Artists Philip Hodges and Margo Mosher-Swain, drawing the name of one lucky art lover, Roxanne O'Neil of Halifax, who won a \$500 gift certificate from the Peggy's Cove Area Festival of the Arts Studio Tour.



Beth Newman submitted this photo of 88-year-old Yvon Brunet managing the Higbee Berry Farms' table at the Tantallon Village Farmers Market, where Beth volunteers each week.

Adrian Schneider treated his family to homemade buttermilk-rhubarb ice cream and strawberry sauce, in dishes purchased from the June Bay Seniors and William Black Memorial United Church flea market.



Cindy Skerry and Beverly Carlsen, at the Bay Seniors information table at a July 20 wildfire community information meeting.

Members' summer stories in pictures



Tanya Acorn and husband Ken Rozee, enjoying the Bluegrass Festival in Ardoise. That's their friend, Fred Hubley, in the background.



Halina St James says it's not summer until she's had ice cream and oysters on PEI.



Linda Mosher, with her self-published memoir, *Surrounded by Death and Bureaucrats*, outside her home, Willow Cottage, once the family homestead.



Ayshea Ridge took this photo of husband Rick kayaking in Hackett's Cove.

Paula Fredericks spotted these roses in Annapolis Royal. "We were on a two-night road trip (thankfully just ahead of the storm). We didn't have time to tour the iconic Historic Gardens, but I took pictures of flowers spilling out on the street as we strolled for a half hour. The roses and the fence caught my eye."



Colin Glover, co-owner of Redmond's Home Hardware, accepts a cheque from Mike Marriott, President of the Safety Minded ATV Association, at the Wildfire Relief Fundraising BBQ. See page 3.

September Monthly Meeting

Save the date: Thursday, September 21, 2-4pm, is our next Monthly Members' Meeting at the St. Margaret Sailing Club in Glen Haven.

Mark your calendar – the Bay Seniors Monthly Members' Meetings will restart on September 21.

Look for more meeting details in our September newsletter.



Start your week with a smile

Our popular Bay Seniors Facebook feature, Monday Musings, will be back on August 7. Member Steve Elliott has signed on to give us a weekly smile for August and September.

"But I can't live up to Joan's three years of service," says Steve. "I hope some other Bay Seniors members will jump in, too!"

If you'd like to help Steve out, email sharon@bayseniors.ca.

Sign up for our new fall fitness offerings

Our Bay Seniors fitness activities are always popular, so we're happy to confirm that our current fitness activities are being joined by some new ones in the fall.

Aerobics classes with Linda Hubley are continuing on Mondays and Wednesdays through the summer. Drop-ins at \$2/session are permitted on Wednesdays. The Friday aerobics class will return in September. There are spaces for new members to join.

Chair aerobics is available Mondays at 10am, and this program is also accepting new members.

Tai chi. Experienced meditation and tai chi practitioner and teacher Eve Rosenthal will be providing a tai chi class, beginning in mid-October, on Monday mornings. She will also offer meditation before the tai chi class.

Zumba. Jeannie Ward, an experience Zumba teacher, will offer a Zumba Gold class, also beginning in mid-October, tentatively planned for Thursday mornings. Zumba Gold offers fun and fitness benefits in a format suitable for participants who are seniors. No previous Zumba experience is required.

Please note that meditation, tai chi, and Zumba Gold will take place only if there is sufficient interest. Please let us know this month if you would like to participate in one or more of these activities by email to fitness@bayseniors.ca. You must be a paid-up Bay Seniors member to participate in any of our fitness activities.

Additional Bay Seniors fitness activities currently on summer hiatus are Tuesday afternoon **pickleball**, part of the Drop-in Program, held at the Black Point & Area Community Centre, 1-3pm, and the Thursday morning **Nordic pole-walking** group. Both these activities will return in September.

Cribbage tournaments at the Seabright Legion

The Seabright Legion hosts friendly cribbage tournaments every second Wednesday, and everyone aged 19 and older is welcome. It's \$10/person to participate. Bring a partner; cards and crib boards are provided. There are cash prizes, a 50/50 draw, and the bar is open. Next dates: August 9 & 23, 7pm.

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.