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### **Birders' Interest Group**

## **A magnificent day**

by Elizabeth M.

What a privilege to be guests of Captain Philip Finck and Elizabeth Finck aboard their boat, Finck Family Fun, for an amazing day on the water earlier this summer.

Eight members of the Bay Seniors Birders' Interest Group turned out to be terrific sailors, enjoying the wind and sea spray while keeping their footing and breakfasts as the boat rode the swells on the way to Pearl Island.

We learned about the perils of Pearl Island while enjoying the bobbing heads of many seals and catching the sight of bright orange bills as the flighty Atlantic Puffins passed. Razorbills and Great Black-backed Gulls were also on parade.

From Pearl Island to East Ironbound Island, we stepped back in time, to learn the incredible history, stories, geology, and facts of the island, all while the search for birds continued.

What an orchestra of sounds! Solos of the Hermit and Swainson's Thrushes, along with the Winter Wrens, made for an enchanting presentation by nature. As we enjoyed this music, the American Kestrels put on a show by providing a snake for a young one. The pass was flawless!

It was an incredible day of



*Here's looking at you: Philip Finck (back left), with members of the Bay Seniors Birders' Interest Group, binoculars jokingly deployed. The group spotted 37 bird species on their summer day trip.*

finding 37 species—along with forging friendships—thanks to our amazing hosts, Elizabeth and Philip Finck.

We ended our day grateful for the trip, the homemade blueberry coffee cake, and the all-round wonderful hospitality.

### **New hours for the Seniors Information Office (formerly the Seniors Information Centre)**

Starting Wednesday, September 3, we'll be open:

Mondays, Wednesdays and Fridays, 10 a.m. to 1 p.m.

Our new email address is: [office@bayseniors.ca](mailto:office@bayseniors.ca)

Our phone number is still 902-820-3334

Note that we will be closed for Labour Day on Monday, September 1.

See story, page 3.



## **Solo Interest Group**

### **Something for everybody**

By Peggy B.

Our Solo Interest Group members were off to Fisherman's Cove in Eastern Shore to enjoy the shops and lunch at Boondocks in

July. Our group has grown to 16 members now, and 8 of us made this trip.

Fisherman's Cove offers an art gallery, clothing shops, hand-crafted items of all sorts, and

cafés for treats—something for everybody.

The rain stopped, the sun came out, and we had a great time.



*Eight members of the Solo Interest Group, enjoying lunch at Fisherman's Cove.*



*Our Solo Interest Group enjoyed visiting the 13 huts housing shops at Fisherman's Wharf in Eastern Passage.*

## **Sewing Interest Group**

### **Sew Far, Sew Good, so happy**

St. James Anglican Church in Boutilier's Point is the new meeting space for Sew Far, Sew Good, the Bay Seniors Sewing Interest Group, which meets every second Friday from 1 to 4 p.m. The recently renovated church basement is proving to be a bright, comfortable, and well-equipped spot for our sewists to meet and work on individual projects.

Expert advice is available, and group members are happy to consult and share ideas. Members bring their own machines and supplies. An iron, ironing board, and cutting mats are provided. Sewists at all stages of experience are welcome. The group's next meetings are August 15 and 29. Pre-registration is not required, but advance notice

of attendance by email to ensure sufficient tables and chairs are set up is needed. Email [bayseniors.sewing@gmail.com](mailto:bayseniors.sewing@gmail.com).

*The renovated basement of St. James Church is proving to be a productive home for the Sew Far, Sew Good Sewing Interest Group members (below and right).*



## Bay Seniors Excursion yields day trip ideas

On our May 29 Bay Seniors Excursion (see our July newsletter) and to entertain our busload of travellers, Cindy Skerry provided colour commentary highlighting some lesser-known history and sightseeing opportunities along the way. In this newsletter, Cindy shares three sites of interest described on that excursion. More will follow in future newsletters.

**Bonavista Lodge:** Just past Exit 6 on Highway 103, you can see the remains of an old stone house. The walls were found in 2020 by work crews cutting trees for planned highway twinning. It is thought the house, of beach stone, was built in the 1920s as a place from which to hunt and fish. It has great views of two lakes and became known as Bonavista Lodge. Apparently a 50' whale backbone was used as a handrail

for two flights of stairs leading up to it. The house, which had a large dining room, maids' quarters, and wooden bunk houses, was owned by George Guildford "GG" Harnish, who operated a fish plant in Hubbard's Cove. Fortunately, this site has been spared from future highway work.

**Balakrishnan:** This is a true story of an elephant who came to East River. In Hinduism and Buddhism, the elephant is a sacred symbol of good luck and prosperity, so when a local businessman opened a new factory, Anil Hardboard Plant in 1967, he brought the elephant from Bombay. Unfortunately, Balakrishnan's health deteriorated in the harsh Nova Scotia winter and he died a year later. A large stone elephant is located on the site to remember him.



*The view of Mahone Bay from Castle Rock.*

**Castle Rock:** Just past Exit 7 on Highway 103, you will find the start of the trail leading to Castle Rock. This hike takes you on a trail that passes over some beautiful streams and then through a wooded path to the top of an enormous rock outcrop, the summit of which offers panoramic views of Mahone Bay. Plan 3 to 4 hours to complete the hike. More information on the route is [here](#). Note that some sections of the 9-km hike are considered challenging.

### Seniors Information Office

## Our office services will increase with new hours

We're delighted to announce that we're making our information services more available.

Beginning Wednesday, September 3, our office volunteers will be available Mondays, Wednesdays and Fridays, from 10 a.m. to 1 p.m.

Our volunteers can renew your membership, tell you about our programs and services, and answer questions about our local community, government financial assistance grants, and more. If we don't have the answer right away, we'll get back to you.

We've also changed the name of this service from Seniors Information Centre to Seniors Information Office to better reflect our role. As a result, our office has a new email address: [office@bayseniors.ca](mailto:office@bayseniors.ca). Emails to the old address will be forwarded.

The Seniors Information Office is Office A in the St. Margaret's Bay Community Enterprise Centre (CEC), 5229 St. Margaret's Bay Road, Unit 1, Upper Tantallon. Our telephone number remains 902-820-3334.

There's also a display in the CEC's reception room, just outside our office door, which holds a variety of information and a mailbox, where you can leave a confidential note about why you dropped by. We'll respond during our next office hours.

So, please drop in or call us during our new hours, chat with our volunteers, and find out how we can help you. Note that we will be closed on Monday, September 1 for Labour Day.

### August hours for Seniors Information Office

Throughout the month of August, the Seniors Information Office will continue to have Tuesday and Thursday hours, 10 a.m. to noon. Once we switch to a Monday-Wednesday-Friday schedule at the beginning of September, Tuesday and Thursday hours will be discontinued. That means we will not be open Tuesday, September 2 either.



# Bay Seniors and the SMB Community Enterprise Centre



*The big roof sign at the CEC shows the logos of its members, including Bay Seniors.*

We deliver our programs and services in a variety of ways and at a variety of locations. For the next several issues of this newsletter, we'll introduce you to the community spaces and services through which we bring our Bay Seniors programs to you, our members. We'll start with the St. Margaret's Bay Community Enterprise Centre (CEC), which is located at 5229 St. Margaret's Bay Road, Unit 1, in Upper Tantallon.

The CEC is a nonprofit organization managed by a volunteer board of directors and supported by a team of office and other volunteers. It offers shared work and meeting space and other business supports to nonprofit groups and local small businesses. In spite

of what some people think, the CEC is not a seniors centre, though Bay Seniors is one of nearly two dozen members. The CEC is open weekdays, 9 a.m. to 4 p.m. In addition to housing our Seniors Information Office, the CEC offers support to Bay Seniors by being the primary sales location for our sewing team's cloth bags and other sewn items (in support of Bay Seniors' programming) and our jewellery team's donated jewellery (in support of the St. Margaret's Bay Food Bank).

For more information about what the CEC offers community groups and businesses, call 902-826-1680 or email [info@smbceec.org](mailto:info@smbceec.org).

## Get tips to protect your privacy online

"Tech Security Basics: Staying Safe in a Digital World" is a workshop being offered online or in person. Odessa Obirek, the digital trainer at the Community Enterprise Centre, is offering the 30- to 45-minute workshop this month.

The goal is to build participants' confidence and knowledge to use smartphones, tablets, and laptops in a way that protects privacy and online safety.

### **The workshop includes:**

- How to recognize scams.
- Tips for safer passwords, and keeping accounts secure.
- Device safety, including phone and device settings.
- Wi-Fi safety.

If you're interested in registering for this free workshop,

contact Odessa and add your name to the list. Specify whether you're interested in attending online or in person. Sessions will be scheduled once there are several names on the list. Call 902-826-1680, email [reception@smbceec.org](mailto:reception@smbceec.org), or drop by the Community Enterprise Centre at 5229 St. Margaret's Bay Road, Unit 1, between 9 a.m. and 4 p.m. to register.

## Property tax rebate now available

The Property Tax Rebate for Seniors program is again available. Between July and December, seniors with a modest income can receive a rebate of 50% of what they paid on last year's property taxes, up to a maximum of \$800. More information is [here](#).