

Spindrifters Inc. (50 plus group)

MARK YOUR CALENDARS!

- October 3
Dinner - Remembering the first people.
- October 5
Well n' Active
- October 6 - film
Capernaum
- October 12
CC Pumpkin Festival
- October 12
Thanksgiving Dinner (Reservations due 7th)
- October 14
Thanksgiving Dinner
- October 15
Exercise Classes Resume
- October 15
Memory Cafe
- October 16 - Play
Mary's Wedding
- October 17
Dueling Pianos
- October 18
Lasagna Dinner
- October 19
Halloween Potluck
- October 19
Brats and Brews
- October 20
Community Garden Potluck
- October 20 - film
The Favourite
- October 31
Hike - Simpson Hill



RECENT ACTIVITIES:

PHOTO CHALLENGE 2019 RESULTS

And the favourites are...Pat Mann and Stan Choptiany!



During September, members were invited to enter a photograph in Photo Challenge 2019. The assignment was to capture an interesting picture of animals. There were two categories: domestic animals and wild animals.



Eighteen amazing submissions were received. Current members were sent a digital publication with each entry listed identified by number only and they were asked to vote for their favourite in each category. Fifty seven votes were received.

Pat Mann's amazing shot of the Rooster received the highest percentage (40.7%) of votes and won the domestic category. The members favourite (33%) in the wild animal category was Stan Choptiany's beautiful shot of a deer in a field of lupin.

Second place in the domestic category was Gill Liebenberg's shot of the duck family and in the wild category, Brian Glebe's shot of his granddaughter looking in awe at a newly emerged dragonfly placed second.



Other participants included: Phyl Breuer, Kate Akagi, Jayne Swanson, Erich Raab, Taryn Taylor, Margaret Obermeier, Tessa Castell, Wilma Blokhuis and Margie Harriott.



The Gang: Sandra, Diane, Jane, Muriel, Deb, Katherine, Linda, Judy, Sue, Lois, Taryn, Pam and Terri

A REJUVENATING VISIT TO BROADLEAF RANCH

submitted by Muriel Jarvis

Spindrifters' first Broadleaf Ranch excursion was a huge success! Thirteen active women spent three days and two nights in a myriad of activities. They arrived on a Wednesday and promptly saddled up horses and prepared the bicycles for a one-hour ride on the Trans Canada Trail just across from Broadleaf. Eight rode the horses and five rode the bicycles. After a short rest in the hot tub and on the deck, the group enjoyed a fabulous lasagna dinner followed by a one-hour wagon ride through the 800 acres of Broadleaf forests.

After a hearty breakfast on Thursday, the ladies paddled their way around the winding river across from Broadleaf and relaxed in the sunshine and sparkling water. That afternoon many traveled the twenty-minute car ride to visit Hopewell Rocks. For some, it was a first time visit. Those who did not visit the Rocks, hiked the seven-kilometer trail that has recently been developed on the Broadleaf property. The vistas were beautiful! That evening they enjoyed a lobster dinner with all the extras. The day ended with hours of cards and games.

After a pancake breakfast on Friday, the group left Broadleaf and drove to Fundy Park to end their active trip with a two-hour hike to lovely Laverty Falls.

The tired but happy group then drove home with plans to 'do this all again next year.'




THANK YOU HANS!

Board member Hans Obermeier spent many Thursdays this summer manning an informational table at the St. Andrews Farmers Market. He took every opportunity to 'spread the word' about the activities available to Spindrifters members. In the past, this task was carried out by John Castell; and, although he had big shoes to fill, Hans did an outstanding job.

SEPTEMBER'S POTLUCK DINNER

photos by Wilma Blokhuis

The September potluck was held recently at the Anglican Parish Hall. As always, members were treated to a wide range of delicious food. There was everything from salads, casseroles, and quiche to a pumpkin trifle, pies and a beautiful arrangement of peaches, bananas and grapes to choose from. It was a great opportunity to share stories with friends and catch up with all the news as well as welcome new members Carla and Brian to the Spindrifters "family."



Dave, Carla and Brian

THE COMMUNITY GARDEN WRAPS UP ANOTHER SUCCESSFUL SEASON

submitted by Muriel Jarvis and Sylvia Humphries



Brian, Lynne and Muriel

With the arrival of fall, the sixth season for the St. Andrews Community Garden is ending, having been a very successful, productive and rewarding experience for all the participants.

Many generous community gardeners devoted time and effort during an August work bee to clean up the garden shed, cut up garden waste, plug up leaks in the shed and generally clean up the garden. A second work bee was held in September to winterize the gardens and cut up more garden waste. The final potluck dinner is

scheduled for Sunday October 20 at 5:30 pm at the Anglican Parish Hall to celebrate the end of another successful year! The team of Katherine Streight and Sandra Welch are in the process of creating a Community Garden Cookbook. Look for their email appeal for recipes and orders for the cookbook which they hope to have published in time for Christmas gift giving!

Those who had a garden plot this year and would like to renew for next year are encouraged to pay their 2020 fees as soon as possible by contacting Muriel at canadamuriel@hotmail.com. Those who would like to be put on the waiting list for a plot for the 2020 season are asked to contact Sylvia at Sylvia.humphries@gmail.com.

Any plots not renewed by November 1, 2019, will be assigned to those on the waiting list.



Barbara

LUNCH AT KINGSBRAE GARDEN CAFÉ

pictures by Muriel Jarvis and Wilma Blokhuis



Above: Muriel, Jayne, Ann, Carol, Hans, Bob, Ena, Barb, Jane, Jean, Marianne, Ruth and Gill toast a great day.

Right: Hugh, Sandra, Mark, Wilma, Betty, Jayne and Ann



It was a delightful day as a hungry gathering of enthusiastic Spindrifters travelled to the Kingsbrae Garden Café. The group enjoyed having their own separate dining room. Animated conversation soon ended when the food arrived. From quiche, salads and sandwiches to seafood pasta, the bistro menu offered something to please everyone's palate. Many also tried one of the mouth-watering desserts which ranged from chocolate cheesecake to hot berry crisp served in a small mason jar.

October's Events and Activities:

October 5



Well n' Active' a Celebration of Community Wellness for All Ages.

A partnership between Wellness NB and Kingsbrae Garden, *Well n'Active* will be held in Kingsbrae Garden and offer participants young and old a sample of various FREE activities, such as Tai Chi, Yoga, Healthy Cooking demonstrations, Creative Expression, family activities and activities for Seniors.

The organizers of *Well n'Active* would love to have Spindrifters volunteer to help the day of the event. Please consider helping for an hour or two. No experience necessary! If willing to help out, contact Muriel Jarvis at canadamuriel@hotmail.com or call her at 529-4099.

October 12



"Let's Gather Together..."

*Join us for Spindrifters' sixth annual
THANKSGIVING DINNER*

*Enjoy turkey and all the fixin's (alternatives available on the menu)
\$9.40/13.60 plus tax/gratuity (all white meat, dessert and beverage extra)*

The Birch Grove Restaurant

St. George, NB

Meet there for our 1:00 reservation! Please be prompt!

Guests Welcome!

Must reserve your place at the table with Betty (529-4802) by October 7.

Spindrifters Inc. Ongoing Activities

CARDS AND GAMES

Mondays - 1:30 to 4:00
Anglican Parish Hall
Spindrifters \$2 - Guests \$3
Tessa 529-3360

PARADE OF PICNICS

June through October
Inquiries: Betty 529-4802

EXERCISE CLASS

Resumes October 15
Anglican Parish Hall
Spindrifters \$2 - Guests \$3
Inquiries: Carol 529-3923

MONTHLY HIKES

October through October
Inquiries: Muriel 529-4099

"GOOD MORNING" WALKS

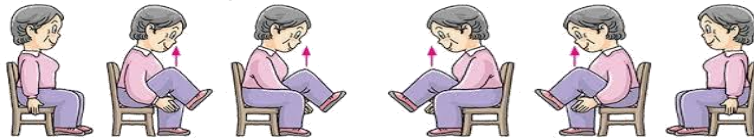
Mon/Wed/Fri
Leaves Algonquin Resort at 8:30
Inquiries: Muriel 529-4099

October 15

EXERCISE CLASSES RESUME

Tuesday and Friday Mornings
 Anglican Parish Hall
 10:00 AM - 11:00 AM
 Spindrifters \$2 - Guests \$3
 Information: Carol 529-3923

The twice-weekly exercise class lead by Carol MacLean resumes for the fall/winter. The classes include a complete series of seated and standing exercises. Chair support is provided for safety when performing a variety of postures designed to increase flexibility, balance and range of movement, coordination, agility, muscular strength and cardiovascular improvement.



SPINDRIFTERS INC. BOARD OF DIRECTORS 2019 - 2020	
Leona Golding	Chair
John Castell	Vice Chair
Bill Fife	2nd Vice Chair
Kats Haya	Treasurer
Taryn Taylor	Secretary
Betty Stuart	Membership
Directors:	
Muriel Jarvis	
Wilma Blokhuis	
Hans Obermeier	
Sandra O'Brien	

October 19

POTLUCK HALLOWEEN PARTY



*Dust off your witches' hats and devil's horns
 and practice your ghostly 'Boos.'
 Join the fun as Spindrifters gather to celebrate Halloween
 with great food and good friends!
 Costumes Encouraged!
 The party will begin at 6:00 PM
 Anglican Parish Hall*

October 31



HIKE SIMPSON HILL

Enjoy the final hike of the 2019 season. Join the group as they hike the trail up Simpson Hill in Bayside. Meet at the trailhead on Route 127, Bayside at 2:00 PM. The hike will last approximately two hours. The colours should be perfect for admiring.

For information and to confirm your participation, call Muriel at 529-4099.



Have you seen a photo in the Newsletter or on the Spindrifters Inc. website that you like? Contact Betty at stuartbetty@gmail.com or by phone 529-4802 for a digital copy.

The St. Andrews Film Society Presents. . .



7:30 WC O'Neill Arena Theatre
Free admission - Donations Appreciated
<https://www.facebook.com/standrewsfilmsociety/>
Films will be screened with English subtitles when possible.

October 6



Capernaum (Drama, Lebanon, 126 min., 2018, rated R).

Capernaüm ("Chaos") tells the story of Zain, a Lebanese boy who sues his parents for the "crime" of giving him life. The film follows Zain as he journeys from gutsy, streetwise child to hardened 12-year-old "adult" fleeing his negligent parents, surviving through his wits on the streets, where he meets an Ethiopian migrant worker, Rahil, who provides him with shelter and food, as Zain takes care of her baby son, Yonas in return. Zain later is jailed for committing a violent crime, and finally seeks justice in a courtroom. Golden Globe and Oscar nominee for Best Foreign Language Film.

October 20



The Favourite (Biography/Drama, USA/UK, 119 min., 2018, rated R).

Early 18th century. England is at war with the French. Nevertheless, duck racing and pineapple eating are thriving. A frail Queen Anne occupies the throne and her close friend Lady Sarah Churchill governs the country in her stead while tending to Anne's ill health and mercurial temper. When a new servant, Abigail arrives, her charm endears her to Sarah. Sarah takes Abigail under her wing and Abigail sees a chance at a return to her aristocratic roots. As the politics of war become quite time consuming for Sarah, Abigail steps into the breach to fill in as the Queen's companion. Their burgeoning friendship gives her a chance to fulfill her ambitions and she will not let anything stand in her way. Nominated for 10 Academy Awards including Best Picture.

Crafty Corner *Scented Pine Cones*

Supplies:

Pine Cones! Collect them outside, or buy them at the craft store.
A foil lined tray
Cinnamon Oil
Plastic bag

Directions:

- * If you collect your pinecones outside, wash them well and bake them on a foil-lined tray for 30 minutes at 200 degrees. This will kill off any lurking critters and will also help your pinecones open up.
- * Once the pine cones have cooled, put them in a plastic bag.
- * Add 15 to 20 drops of cinnamon oil to the bag (per about half pound of pinecones).
- * Let it sit for 1 to 2 weeks in the plastic bag.

Source: <https://www.wineandglue.com/cinnamon-scented-pine-cones/>



COMMUNITY EVENTS FOR OCTOBER

Our website (<https://sites.google.com/site/spindriftersinc/community-events>) provides details regarding additional community events and activities.

October 3

DINNER - REMEMBERING THE FIRST PEOPLE

New Brunswick Community College - Saint Andrews Campus
Bannock, Salmon, Turkey, Mussels with Vegetables, Blueberries and Cranberries
6:30 PM - Tickets \$50.00
Tickets available from Kate at kate.akagi@nbcc.ca or 529-5110
Funds to benefit the NBCC Foundation

October 5

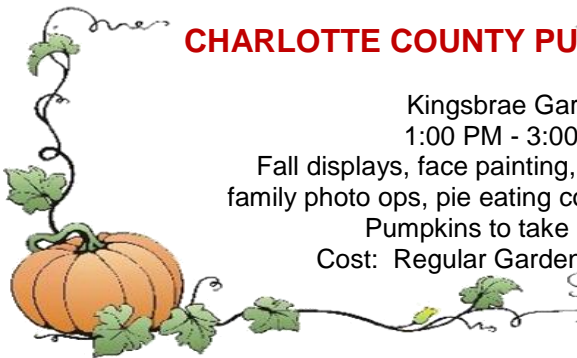


WELL'N ACTIVE

A Celebration of community Wellness
10:00 AM - 3:00 PM
Kingsbrae Garden Main Lawn and Tent
Free Classes: Tai Chi, Yoga, Healthy Cooking and more
Interactive Stations: Health Check, Wellness Centre Update, Nature Catches and more
Free Admission - Prizes

Several of the activities are for Seniors to try out, such as Ageless Grace at 10:15 AM, Tai Chi and Up and Moving. The Interactive Stations will also be appropriate for Seniors and should be lots of fun! Blood pressure, glucose and cholesterol checks will also be provided.

October 12



CHARLOTTE COUNTY PUMPKIN FESTIVAL

Kingsbrae Garden
1:00 PM - 3:00 PM
Fall displays, face painting, scavenger hunt,
family photo ops, pie eating competition and more
Pumpkins to take home!!!
Cost: Regular Garden Admission

October 14

COMMUNITY THANKSGIVING DINNER



Anglican Parish Hall - 2:00 PM
To attend, register by
calling the Parish Office at 529-8662
or email them at allsaints@nb.aibn.com
Donations toward the event will be gratefully accepted.
Proceeds will benefit the meal programs at the local schools.

October 15

SAINT ANDREWS MEMORY CAFÉ

Passamaquoddy Lodge
1:00 PM - 3:00 PM Free Admission
Coffee, Tea and Snacks



The Memory Café is a free monthly core program led by community volunteers, and provides support to people affected by dementia of all ages, and along all stages of the dementia journey. We welcome all those living with dementia, their circle of care and anyone interested in learning more about dementia to join us!

This program offers socialization in a stigma-free environment and includes an educational component in the form of a presentation on a different topic each month followed by entertainment and refreshments.

October 16

MARY'S WEDDING

A play by Stephen Massicotte - Directed by Stephen Tobias
Featuring Caroline Bell and Kenzie Delo
WC O'Neill Arena - 7:30 PM
Tickets \$25 - Students \$15 available at 1-888-311-9090
One of the most celebrated of Canadian plays...
it's a love story set against the backdrop of WWI.

October 17



DUELING PIANOS BATTLE IN THE GARDEN

The Great Canadian Dueling Pianos will be in Saint Andrews to play some of your favorite songs of all time!
Kingsbrae Garden
Show Only - 7:00 PM - \$20
Dinner and Show - 5:00 PM - \$70
Tickets at www.indulgenb.com

October 18

LASAGNA DINNER FUNDRAISER

To Benefit Dial-A-Ride
Anglican Parish Hall
Sittings: 4:30 PM and 6:00 PM
For reservations call 529-8662 or e-mail allsaints@nb.aibn.com
Admission by donation



October 19



BRATS AND BREWS

Kingsbrae Garden
11:30 AM - 1:30 PM
Cost: \$22
A sociable Oktoberfest-style event
with themed food, great beer and more!
Tickets available at www.indulgenb.com

All Month

**Time For Your Flu Shot. . .
at the Health Centre**

Call to schedule a date and time at 529-9120.
Everyone must register ahead of their appointment.

