

# Spindrifters Inc.

MAY 2020 For Those 50+



## SPINDRIFTERS INC. ANNUAL GENERAL MEETING (AGM)

Due to the on-going situation with regard to the COVID-19 crisis, the Spindrifters Inc. Board of Directors has, in compliance with the Province of New Brunswick's State of Emergency and related orders, cancelled the Annual General Meeting (AGM) normally held during the month of May. The current Board of Directors will stand until such time that the AGM can be rescheduled.

Please direct any comments or questions to President Leona Golding ([LEONA@fundybayrealestate.com](mailto:LEONA@fundybayrealestate.com)) or Secretary Taryn Taylor ([taryntaylor0357@gmail.com](mailto:taryntaylor0357@gmail.com)).

Until we can be together again, be safe, stay active and continue physical distancing to protect your health and the health of our community.

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	

## EASTER "EAR" HUNT A SUCCESS



Twenty-four members were successful and found the hidden Bunny Ears in the April issue of the Newsletter. Their entries were arranged alphabetically by first name. Tessa was asked to choose a number from 1 – 24 and she selected number 13. We are pleased to announce that Muriel Jarvis was lucky number 13 and will enjoy lunch from a local restaurant (her choice) offering delivery/curb side pickup. Did you spot the ears?



## Gardening During a Pandemic

submitted by Muriel Jarvis

The St. Andrews Community Garden consists of 32 plots and during gardening season is usually crowded with avid gardeners planting, composting and harvesting. Not so this very unique gardening season. The coordinators of the Garden, Sylvia Humphries and Muriel Jarvis, are part of a group that has signed a letter to the Office of the Chief Medical Officer of Health, requesting that Community Gardens be designated as an 'essential service' in order to allow our season to proceed. If this designation comes in, then protocols will be developed to ensure social distancing, equipment sterilization and any other safety or health requirements to ensure the safety of our Gardeners, their families and our community.

In the meantime, we are asking Gardeners to wait until at least May 1 before they work on their gardens, and to ensure social distancing by only allowing a maximum of 2 people to garden at a time. We are also asking members to wipe down equipment, door handles and any other surfaces that have been touched. This gardening season, the St. Andrews Community Garden is allocating two of the beds to be used to grow produce for the local Food Bank, "The Open Door" program.

Please contact Muriel Jarvis at [canadamuriel@hotmail.com](mailto:canadamuriel@hotmail.com) if you have questions or desire information regarding the St. Andrews Community Garden.





### From the Editor

Trying to organize a newsletter during this time in history is difficult.....there is very little to report, share or enjoy. So, I put my thinking cap on and decided to take you on a virtual tour of what Spindrifters Inc. members were up to during this month for the seven years I have worked on the Newsletter. Enjoy looking back and remember what fun we have when we get together. I hope we can resume our activities in the near future! I miss you....Betty

### Charlotte County Covered Bridge Tour



David, Lloyd, Marion, Jane, Betty, Hugh, Wendy, Gill, Irene, Sue, Margie, Johanna, Peter, Pam, Peggy, Bruce, Dick, Jim and our two footed friends gather at the Little Lapreau Bridge for a group picture by Kats Haya.

On May 14, 17 Spindrifters, 2 guests and 2 four-footed friends enjoyed visiting the seven covered bridges remaining in Charlotte County. Betty Stuart led the group through a brief history of covered bridges in NB. The six-hour excursion began at Maxwell Crossing and continued to the Flume Ridge Bridge, Dumbarton Bridge, MaCann Bridge, McGuire Bridge, Canal Bridge and ended at the Little Lapreau Bridge.

There was plenty of time at each site to explore the countryside and enjoy the bridges from all angles. At the completion of the tour, the group enjoyed a tasty dinner at the Harbour Road Pub in Blacks Harbour. (A few folks have inquired if the trip could be repeated because they were unable to make

the first one. If you have an interest, let Betty know at 529-4802. If enough interest is there, she has said she would be happy to organize it again for us.)

### DINNER AND THEATRE OUTING



Wilma, Anne, Kats, Carol, Jane and Deb

A wonderful dinner with great friends at the Red Rooster in St. Stephen was followed by a theatre night at St. Stephen High School to enjoy the St. Croix Theatre Company's production of *Where or When*, a romantic comedy about rekindled love - and budding love affairs - among residents of Chamcook Acres, a fictional senior's home. This play was written by local playwright (and Spindrifter) Bill Breuer, who is celebrating his 10th year with the St. Croix Theatre which is celebrating its 20th anniversary.



*Where or When* cast members Jeremy Reid and Angela Blackier discuss past loves.

# 2014



## SECOND IN PREPAREDNESS WORKSHOPS RECEIVES RAVE REVIEWS!

*Ernie Depatie*

What do a lawyer, a celebrant, a financial planner, a Home Support Services manager and the Senior Goodwill Ambassador for Charlotte County have in common? They all joined a group of Spindrifters and community members in the workshop designed with Life Preparedness in mind.

The presenters at the Life Preparedness Workshop, held recently at the Anglican Parish Hall, shared recommendations on how to be prepared for the obstacles and challenges faced by the seniors of our community.

Topics included healthy foods, exercise, avoiding pickpockets, legal issues related to passing on your possessions and the various ceremonies on life's journey. The premise is that once you are prepared, events are not emergencies and can be solved quickly and without stress.

Presenters for the workshop included: Lawyer David Bartlett, Home Support Services-Trudy Higgins, Senior Goodwill Ambassador -Sylvia Humphries, Scotiabank representatives Susan Wentworth and Kim Babcock and Tree of Life Celebrant Selina Ashurst. Pictured: Organizers, Ernie and Sylvia A large group enjoyed the various presentations at the recent Life Preparedness Workshop. Kordula was the winner of the basket!

*(John Castell photos)*



## 2016



## OBSERVE, EXPERIENCE AND IMAGINE

*by Betty Stuart - photos by Wilma Blokhuis*

When asked where he finds his ideas, award winning NB author Mark Anthony Jarman paraphrased a William Faulkner quote: 'observe life, experience life and imagine life.' While doing so, take notes, lots of notes and jot down experiences.

As part of the week-long Atlantic Book Awards Festival, Mark was at the Anglican Parish Hall to read from his book *Knife Party at the Hotel Europa*, a colourful collection of short stories that take place as his characters travel in Italy. Mark does not plan his stories before beginning - he lets life get involved with the plots. He implored aspiring writers to never stop trying to get published. "Send your work to everyone and anyone you can find." Mark's writings include fiction, poetry and travel.

Mark is a graduate of the Iowa Writer's Workshop and has received many prestigious awards including the Gold National Magazine Award in non-fiction, the Maclean-Hunter Endowment Award and the Jack Hodgins Fiction Prize.

His other works include: *19 Knives*, *New Orleans is Sinking*, *Dancing Nightly in the Tavern*, and the travel book *Ireland's Eye*.



Pictured: Mark Anthony Jarman signs a copy of his book *Knife Party at the Hotel Europa* for Anne. The audience listened intently as he shared anecdotes from his writing career.

# 2017

## Ticks - A Cause for Alarm

by Wilma Blokhuis

A tick bite changed Dr. Vett Lloyd's life. A biologist, geneticist and amateur gardener, she turned her attention to ticks and Lyme disease after she got bitten while working in her garden during the summer of 2011. She dialed 811, the province's health hotline, and was told "there is no Lyme disease in New Brunswick. don't worry."

Later, she developed a rash, "but not the Wikipedia or bull's eye type," just a 'regular' rash. By November of that year, "I had severe arthritis." Her doctor told her "you're just getting old. I wasn't old yesterday but I became old overnight." A month later, she was losing muscle strength – she couldn't walk, and experienced some facial paralysis. "In the spring of 2012 I finally found a doctor who was willing to treat me. It was the five most horrible months of my life." Since then she's found five ticks on herself, four of which tested positive for Lyme disease.

Today, Dr. Lloyd is a leading researcher of ticks and tick-borne diseases including Lyme, tick migration and the prevalence of diseases caused by the blacklegged or deer ticks in humans, family pets – mostly dogs and wild animals. Only about 23 percent of people bitten by ticks develop a bull's eye rash; 66 percent get just a regular rash.

"I discovered first-hand we need to know more about ticks in New Brunswick. So, I started doing this research to help others." In early May, with the support of the Canadian Lyme Disease Foundation, the new Lyme Research Node consisting of 13 researchers headed by Dr. Lloyd will open at Mount Allison University in Sackville making New Brunswick a leader in tick and Lyme disease research.



"Ticks perch waiting for something to grab onto."

Dr. Lloyd spoke of her experience with Lyme disease at a meeting hosted by Spindrifters Inc. Special guests included members of the By the Sea Garden Club in Saint Andrews and the St. Croix International Garden Club. Dr. Lloyd donated her time to speak in Saint Andrews as she was on her way to the third Midcoast Lyme Disease and Education Conference in Maine.

She believes tick infestations and the spread of Lyme disease have reached epidemic proportions. "It's a global problem." According to statistics from 2012, there were 801 reported cases of Lyme disease in Maine and only two reported cases in New Brunswick; "there's a serious problem with under reporting in New Brunswick."

Rather than accept these figures, Dr. Lloyd started asking veterinarians about incidences of Lyme disease among 'the family dog.' The reported number of cases was much higher. "Dogs get Lyme disease the same way people do – from a tick bite. If a dog has ticks and Lyme disease, then the person walking that dog is at risk."

She believes under reporting in the United State may be as high as 10-fold, but in New Brunswick "we're lucky to have one in every 50 cases reported, and that's a fairly conservative estimate."

Charlotte County, she continued, is a "special area of concern. There are a lot of ticks here and a lot of them are infected." People in this area are vulnerable, not only due to outdoor activities such as gardening and hiking, but especially among outdoor workers, particularly loggers. Ticks live in forests

and long grass and perch on her hind legs until a 'warm body' comes along to latch on to. They can live up to three years before feeding. Each spring ticks migrate north as "passengers" on birds.

Tick bites don't hurt. A tick injects an 'anesthetic' as it bites and digs its heads under the skin to feed for up to a week; they suck blood and regurgitate at the same time, thereby spreading the Lyme bacteria. "We're not only lunch for a tick but also their sewer."

Dr. Lloyd hates ticks with a passion. "Ticks are walking bags of disease," she told her audience of about 50 people at the Anglican Parish Hall. "They don't just carry Lyme but a host of other diseases. There's a lot of nasty stuff inside of ticks. There are no good ticks – the only good tick is a dead tick."

According to United States data, there are six times more cases of Lyme disease than HIV infections. "We've created a lot of public awareness around HIV and incorporated safe sex into the regular (school) curriculum," she said. "The same thing should happen for Lyme disease. We should be teaching kids to do tick checks."

Dr. Lloyd is a strong proponent of the '24-hour rule' for removing ticks. "The sooner you remove ticks the better as some pathogens are transmitted in as little as 10 minutes." A well-fed female tick can lay up to 3,000 eggs on a deer, for example.

She also advocates for better blood testing for Lyme disease. Only one strain from one species of ticks is tested in Canada. She also lamented that the blood test for dogs is superior to that done for humans. "You can test negative for Lyme disease and still be sick." Furthermore, there's a vaccine against Lyme disease for dogs but not humans.



Lyme disease is a bacteria shaped like a corkscrew that drills its way into the body through muscle and bone right into the nerves, organs and finally the brain. It is slow-moving and often resistant to antibiotics; it can lie dormant until treatment ends and then reactivate. Symptoms include fever, muscle shaking and/or numbness and tingling, swollen knees and facial palsy. Treatment is usually three weeks of antibiotics.

To avoid tick bites, Dr. Lloyd suggests wearing light coloured clothing while hiking, tucking pant legs into socks and checking for ticks and bathing afterwards. To remove a tick, scoop close to the skin using tweezers or twisters, make sure you have the head and pull it out slowly.

# 2018

## LUNCH AT FIVE KINGS!

Despite having to suffer through a lengthy service time, a large group of Spindrifters enjoyed a delicious meal at the Five Kings Restaurant and Brew Pub in St. Stephen. Food choices



were varied and included the daily special of a meatball sandwich on a Portuguese bun with creamy vegetable medley soup, huge homemade beef burgers, Beef dip Yorkies (prime rib stuffed Yorkshire pudding), Baseball Sirloin Steak (pictured above), and Mulligatawby (chicken with coconut curry). A few completed their meal with a selection from the dessert menu which offered interesting choices like chocolate and peanut butter cheesecake, funnel cake crumble served with ice cream or crème brulee. "Mmmmm" was heard around the tables.



Located in the old Canadian Pacific Railway Station, The Five Kings Restaurant and Brew Pub combines its dining experience with fresh Picaroons ales brewed on site. They offer free samples of six or seven of their products to assist you in making your selection. The full seasonal menu designed and created by owner Chef Lisa Aronson is offered from 11:30 AM through 11:00 PM, Tuesday through Sunday; closed Mondays

# 2019

## A ROAD TRIP TO THE PUB ON MAIN

*pictures by Jayne Swanson and Wilma Blokhuis*



Pictured are:  
Erich, Carol and Barb  
Nancy and Don  
Barb, Kats and Jane

The monthly 'luncheon' saw a lively group of Spindrifters travel to St. George to enjoy a meal at the Pub on Main. The menu was extensive and the group selections ranged from chicken quesadillas, burgers, fried haddock, meatloaf, sweet potato fries, a delicious soup & sandwich option to blueberry cheesecake (with a birthday candle for Betty) for dessert. It was good to welcome Wilma back and meet Don. A good time - and a good feed - was had by all.



Have you seen a photo in the Newsletter that you like? Contact Betty at [stuartbetty@gmail.com](mailto:stuartbetty@gmail.com) or by phone 529-4802 for a digital copy.

# May's Events and Activities:

# 2020

## Spindrifters Inc. Ongoing Activities

**CARDS AND GAMES**  
Mondays - 1:30 to 4:00  
Anglican Parish Hall  
Spindrifters \$2 - Guests \$3  
Inquiries: Jayne 469-4448

**PANCAKE PICKNICS**  
One through October  
Inquiries: Betty 529-4802

**EXERCISE CLASS**  
Tuesdays and Fridays  
10:00 - 11:00  
Anglican Parish Hall  
Spindrifters \$2 - Guests \$3  
Inquiries: Gary 529-3923

**MEN'S COFFEE BREAK**  
Saturdays 10:00 AM  
Lumberjacks  
Inquiries: Hans 529-8372

**MONTHLY HIKES**  
May through October  
Inquiries: Muriel 529-4099

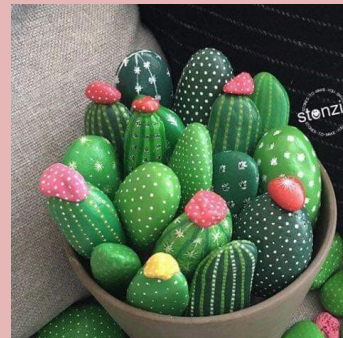
**"GOOD MORNING" WALKS**  
Mon/Wed/Fri  
Leaves the Algonquin at 8:30 AM  
Inquiries: Muriel 529-4099

*Indoor activities are cancelled!*

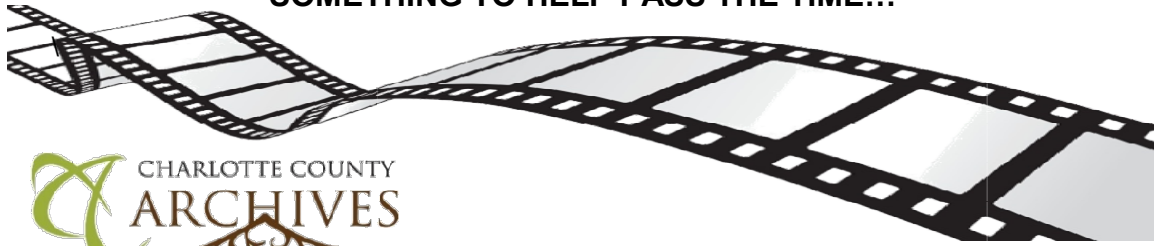
## Crafty Corner Painted Rocks

**Materials:** Rocks Paint Brushes Finish Spray or Paint

Pick up a few interestingly shaped rocks on your next trip "outside" and let your creativity kick in.



**SOMETHING TO HELP PASS THE TIME...**



**NOW ON YOUTUBE: SOMETHING TO WATCH AND LISTEN TO!  
LIFE IN SAINT ANDREWS AROUND 80 YEARS AGO!**

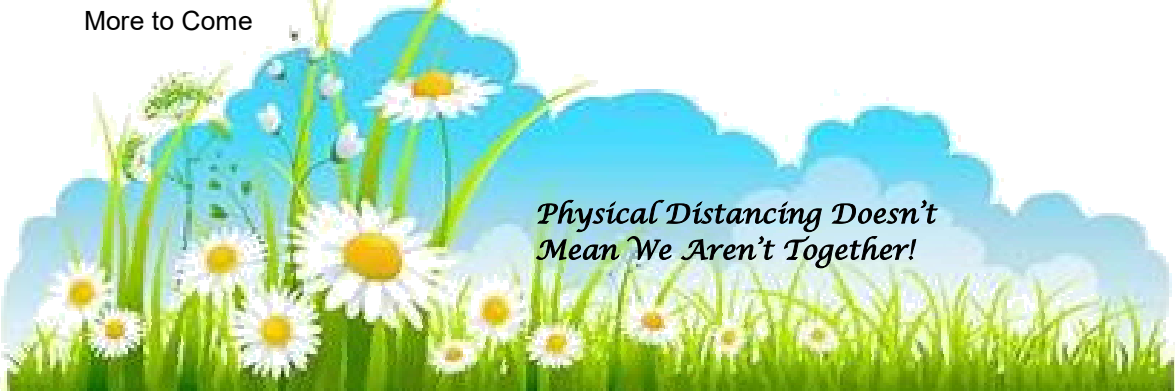
The Charlotte County Archives have uploaded sixteen archival videos and a Preview onto the "Historical Home Movies of St Andrews" Channel on YouTube.

The videos were mostly filmed by W.C. "Bill" O'Neill, between 1938 and the 1960s, with some by Leigh Williamson. Soundtracks have been added with commentaries by local residents who remember and helped identify the three and a half hours of randomly digitized film that came from Carmelita Thompson O'Neill three years ago. They provide a fascinating view of life and events in Saint Andrews around 80 years ago.

The films have been re-assembled and produced in their entirety as an archival video record of mid-20th century life in the Town of St. Andrews, New Brunswick. The videos can be accessed directly on the YouTube links provided or by clicking on "Links" on the Charlotte County Archives Web Page at [www.ccarchives.ca](http://www.ccarchives.ca). A thirteen-minute preview can be viewed directly on the following site:

[https://www.youtube.com/channel/UCuk75kb1ZAcLM9yk-7kldQA?view\\_as=public](https://www.youtube.com/channel/UCuk75kb1ZAcLM9yk-7kldQA?view_as=public)

<i>A PREVIEW OF 16 ARCHIVE VIDEOS</i>	13.30 mins
<i>ALL ABOARD! STEAM TRAINS IN ST. ANDREWS N.B.</i>	14.26 mins
<i>CHILDREN IN 1940s ST. ANDREWS N.B.</i>	6.34 mins.
<i>"DOWN BACK OF SHIRLEY'S"</i>	9.05 mins
<i>FARMING AROUND ST. ANDREWS N.B. 1940s.</i>	13.05 mins
<i>HOCKEY IN ST. ANDREWS 1900 TO 1980</i>	
<i>HOMES &amp; GARDENS AT ST ANDREWS, N.B. 1938 - 1940s</i>	14.35 mins
<i>LINKSCREST" ESTATE, ST.ANDREWS N.B. AROUND 1940</i>	14.50 mins
<i>MINISTER'S ISLAND MEMORIES, NEW BRUNSWICK.</i>	16.59 mins
<i>PEOPLE AT WORK IN ST ANDREWS; 1938 TO 1950s.</i>	19.31 mins
<i>PEOPLE IN TOWN IN ST. ANDREWS. 1938 TO ca. 1950.</i>	17.11 mins
<i>ROYAL VISIT TO SAINT JOHN, N.B. JUNE 13 1939</i>	6.18 mins
<i>SAILING THE BAY AT ST. ANDREWS N.B. 1938 TO 1948</i>	14.24 mins
<i>SAINT ANDREWS NORTH AND THE SARDINE FISHERY</i>	18.19 mins.
<i>THE NAVY IN ST ANDREWS</i>	12.54 mins
<i>THREE WEDDINGS IN ST. ANDREWS N.B.</i>	12.55 mins
<i>WINTERS IN ST. ANDREWS 1938 to 1950</i>	18.30 mins
More to Come	



*Physical Distancing Doesn't  
Mean We Aren't Together!*