

Spindrifters Inc.

JUNE 2020 For Those 50+



MARK YOUR CALENDARS! 

June 18 – Hike
Ministers Island

Thursdays in June
Farmers' Market
Essential Food Services
8:30 – 1:00

Opening by June 1
Kingsbrae Garden
Huntsman
Sunbury Shores

**SPINDRIFTERS INC.
BOARD OF DIRECTORS
2019 – 2020**

Leona Golding	Chair
John Castell	Vice Chair
Bill Fife	2 nd Vice Chair
Kats Haya	Treasurer
Taryn Taylor	Secretary
Betty Stuart	Membership

Directors:
Muriel Jarvis
Wilma Blokhuys
Hans Obermeier
Sandra O'Brien



On March 18, in response to the provincial shut down due to the COVID-19 virus, the Town of Saint Andrews and the Kiwanis Club of Saint Andrews formed a partnership to help its citizens. The free delivery service, which ended on May 15, made 10 deliveries from Home Hardware, approximately 90 deliveries from Cockburn's Corner Drug Store and approximately 700 deliveries from Joey's Independent Grocer.

Spindrifters Inc., on behalf of all the citizens of Saint Andrews, would like to extend a sincere "thank you" to approximately 65 volunteers who gave their time and energy in making this service such a success.



If you continue to need assistance during this time, the Town of Saint Andrews (529-5120) has information on other supports for citizens and essential services still available in Charlotte County.

thank you

Gardening During a Pandemic

submitted by Muriel Jarvis



Stan

With the coming of spring and a scattering of nice days, many of the Garden members have been busy preparing their plots and planting a few seeds. All the activity however is done following the protocols for social distancing and sanitation. This year two plots have been allocated for growing food for the Open Door Food bank; and some very keen Garden members have decided to try two different growing methods on these plots. They will compare the end results--stay tuned. Garden member Stan Choptiany did some repairs to the fence and reinstalled the large Garden sign that had blown down during one of our more violent storms. Master composter John Castell and his wife Tessa created new plot name signs and numbering, Unfortunately, due to the pandemic, no social gatherings have taken place and are not likely to this year. To date, all of our communication has been electronic.



Please contact Muriel Jarvis at canadamuriel@hotmail.com if you have questions or desire information regarding the St. Andrews Community Garden.



RECENT ACTIVITIES:

**2020 HIKING SEASON GETS UNDERWAY
A CHAMCOOK MOUNTAIN ADVENTURE**

submitted by Muriel Jarvis



On Thursday May 28, five keen Spindrifters spent a delightful afternoon hiking up Chamcook Mountain. The weather was perfect with light winds and plenty of sunshine. Each hiker took a turn reading aloud the storyboards telling the interesting history of the Rossmount Inn and the trail. At the top, snacks were shared and the view was enjoyed, all while keeping the proper social distancing recommendations.

Gill reading from one of the many storyboards along the trail.



Linda, Katherine, Hugh and Gill



Hugh and Gill, Katherine and Linda

Good Morning Walks Continue



Cathy, Jane, Diane, Margaret, Sue and Deb.

Although organized indoor activities have been on hold for a number of weeks due to the COVID-19 restrictions, Spindrifters have continued to participate in their outdoor events. The Good Morning walking group has continued with its regular trek around The Point and back to the Algonquin Resort adhering to the physical distancing recommendations

If you would like to join the walkers, meet with them in the parking lot of the Algonquin Resort at 8:30 AM on Monday, Wednesday or Friday morning.



A beautiful depiction of the walking group designed and hooked by Diane Turner!

A Event to Brighten the Spirits!

Members of the community helped to brighten the day for the residents and staff at Passamaquoddy Lodge. Including many Spindrifters, the people joined the fun by riding in their cars or walking along in the lengthy 'Car Parade' sponsored by the Age Friendly Community Initiative. Residents cheered and waved as they were entertained by a clown leading the group of friends, family and neighbours.



A Moment in Time

The mandate for folks to stay at home and social distance has made it a challenge to manage to keep healthy and active during these trying times of the coronavirus pandemic.

Many are finding that the house is getting a little small and a little claustrophobic but it is not a situation that Spindrifters haven't been able to conquer!

We have found things to do at home and ways to enjoy some fresh air and exercise to minimize a stressful situation.

TAKE A LOOK AT OUR CREATIVITY!...



Jane sewed masks... many, many masks!!



Wilma enjoyed puzzles!



Jayne, Tessa, Wilma Kate and Betty played virtual games of Farkle!



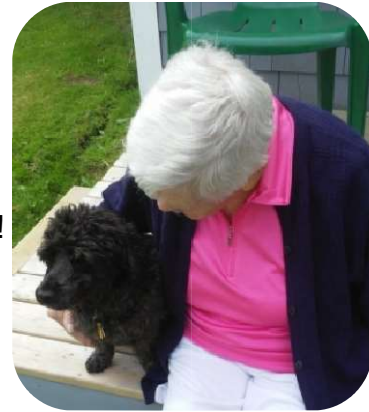
John knit a beautiful vest!



Lizzie, Jayne and Kats found time to work on and improve their gardens!



Margie spoiled her fur baby Palara!



Kats honed his hair dressing skills!



Pat revisited his love of photography and developing pictures!



Phyl and fur baby Gracie kept each other entertained while in Kentucky!



Lizzie refinished her heirloom china chest!



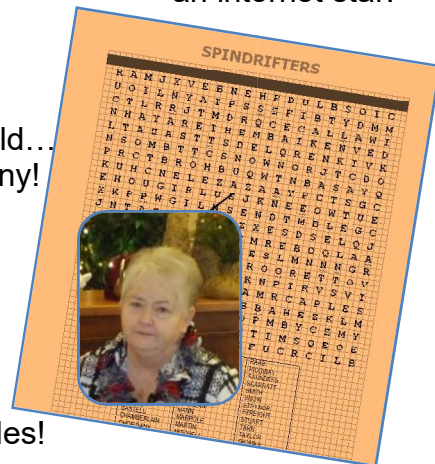
Council woman Kate became an internet star!



Stan and Sylvia celebrated the birth of their first grandchild... Miss Lucy Choptiany!



And Betty designed puzzles!



June's | Events and Activities:

June 18

MONTHLY HIKE WILL EXPLORE MINISTERS ISLAND

Hike around beautiful Ministers Island. Meet at the bottom of the Bar Road at 2:00 PM to cross over to the Island (Please note date change to accommodate the tides). Call Muriel at 529-4099 to confirm your attendance. The hike will last approximately three hours. Bring water and a snack/lunch and wear sturdy footwear.

Any travel/gathering restrictions in place at that time will be followed.



COMMUNITY EVENTS FOR JUNE

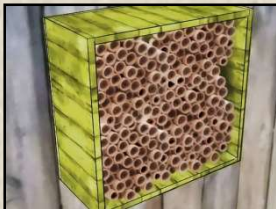


The Roots of Charlotte County's Heritage

BORED AT HOME? GOT THE COVID-19 BLUES?

The Charlotte county Archives can use your help now! Do you have skills in painting?...roofing?...construction or woodworking? ...how about electrical or plumbing? They have some small solo projects that you could help with now to keep you active. How about those with organizational or communications skills? They provide a safe socially-distanced environment where there are books to be sorted and catalogued, lists to be typed, donations to be consolidated into binders and so many more magical things! They can even offer some of these projects for you to do in the safety and comfort of your own home. Contact Matthew at 529-4248 or by e-mil at contact@ccarchives.ca to discuss the possibilities and become an integral part of our history as we move forward!

Crafty Corner Building a Bee Shelter



Rotting vegetation and stumps are great shelters for bees. More and more backyard gardeners are installing hives and other bee shelters to provide nesting spots for bees. If you're serious about attracting bees to your yard and helping them thrive, this option might be something to consider. You can start by building a small bee "house" using the following method:

Take a small wooden box and paint it a bright color, preferably white, yellow, bright blue or purple. Use organic paint so the bees won't get sick.

Layer the box with nesting tubes, standing them upright. You can buy them from a garden store or make your own by rolling brown craft paper around a pencil, pinching off the end and holding it together with tape, leaving the ends open. Fill the box to the top with these tubes standing upright, so that the exposed holes are open for the bees to climb in.

Turn the box on its side. Be sure you've used enough tubes so that they don't slip out when you move the box. Hang from a tree or a post at eye level in an area sheltered from rain.

Dig up an area of the ground nearby to expose dirt and clay the bees can use to build their nest.

Source: <https://www.wikihow.com/Attract-Honey-Bees>

Are you confused about all of the programs that are available for seniors during the pandemic? Below is a summary of many of the opportunities with phone numbers to call for additional information.

Seniors Resources

Charlotte County
During COVID-19 2020

GENERAL

Red Cross 1-800-863-6582

The Red Cross will assess your needs and direct you to the best support.

www.gnb.ca/coronavirus

Visit GNB website for the most up-to-date and accurate information about COVID-19.

\$400 Benefit for Low-Income Seniors 1-800-669-7070

New Brunswick is offering a \$400 benefit to low-income seniors. Call for more information and eligibility criteria.

FOOD

Charlotte County Food Banks

- Campobello Food Bank 752-1019
- Grand Manan Food Bank 662-3115
- Deer Island Food Bank 747-2053
- St. George Food Bank 755-2603
- St. Andrews Food Bank 927-0000
- St. Stephen Food Bank 466-4995

Meals on Wheels St. Andrews 529-5240

Meals on Wheels St. Stephen 466-1759

Meals On Wheels has received funding from United Way to subsidize prepared meals for those in need.

TRANSPORTATION

Dial-A-Ride 466-4444

Charlotte Dial-A-Ride provides safe transportation to residents of Charlotte County

MENTAL HEALTH

Chimo Helpline 1-800-667-5005

Feeling isolated, lonely or just need someone to talk to? You can call this confidential helpline 24 hours/day call and talk to someone.