

Spindrifters Inc.

MARCH 2021

For Those 50+



MARK YOUR CALENDARS!



All activities planned are affected by COVID restrictions. Call ahead to confirm the program will run.

March 6
Zoom Craft Class #2

March 14
Daylight Savings Time

March 17
St. Patrick's Day

March 20
Spring Arrives

March
Impromptu Winter Adventures

March
Rock Painting Challenge

Ongoing:
YAWNS Sleep Study

Explore:
CC Archives Website
Community Recreation Hub



SPINDRIFTERS INC.
BOARD OF DIRECTORS
2019 - 2021

Leona Golding	Chair
	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
Nancy Mandly
Claude Vienneau



President's message
YOU ARE NOT ALONE.....



I would like to share with you my feelings as we journey through this COVID-19 pandemic. Mentally, I have found it draining, sadness that is unexplained, even to tears, then the horrible feeling of guilt for feeling this way because I am not sick, or totally alone. I have food in my cupboards, I have a husband that loves me and I have wonderful friends that I can reach out to; but, like everyone else, I miss that joy of Community that is a big part of our lives, the warmth of a friendly hug, the ability to meet friends over coffee and visiting with friends. I volunteer for the Town calling those residents who are looking forward to a phone call and someone to talk to. It is those calls that put my head on straight again. I realize that so many within our community feel isolated, afraid and alone.

COVID-19 is real and dangerous but the isolation and mental health... is real as well. Below is information that I found on our Provincial Government website.

Self-help tips: Things you can do to support yourself:

Take care of your body – Try to eat healthy, well-balanced meals, exercise regularly and get plenty of sleep. Avoid alcohol and other drugs.

Take breaks – Take deep breaths, stretch, or meditate. Make time to unwind and remind yourself that strong feelings will fade. Try to do activities you usually enjoy. Maintain a sense of hope and positive thinking.

Connect with others – Share your concerns and how you are feeling with a friend or family member.

Maintain healthy relationships.

Stay informed – When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumours during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like public health authorities.

Avoid too much exposure to media coverage of COVID-19 – Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.

Seek help when needed – If you experience stress reactions (feelings or behaviors) in response to the COVID-19 outbreak for several days in a row and are unable to carry out normal responsibilities because of them, contact your health care provider or your local addictions and mental health centre.

We are all finding new ways to keep ourselves entertained, for some of us it is learning a new language, playing CHCO-TV bingo on Tuesday nights, putting jig-saw puzzles together, walking, painting and yes even painting rocks.

Even though it is often tough to see the light at the end of COVID-19, let me assure you that it is there. My advice is to look for the positives and never give up hope. We all need to come together in this time and continue to check on loved ones, friends, neighbours and to just stay connected. You never know the impact of what a simple five-minute phone call could do for someone and for you. Reach out today and make that phone call.

On the good side, great things are happening and once we are all vaccinated then things will start getting back to more of a normal life with family, friends, and neighbours.

Meanwhile keep well and stay safe.

Leona Golding, President

RECENT ACTIVITIES:**THE "WHERE'S BERNIE" WINNER IS...**

Seventeen members reported seeing Bernie watching the snowshoers hike around Ministers Island in the February issue of the Newsletter. The correct responses were placed in a jar and the winner's name was drawn by Betty. The member who will be enjoying a lunch from their favourite local restaurant is Pat Swansburg (pictured).

**IMPROMPTU HIKE AROUND MINISTERS ISLAND**

Carla, Caroline, Katherine, Muriel and Anna.

Last month's hike on Ministers Island was delightful for a small group of happy hikers as they enjoyed an impromptu outing organized by Muriel! The conditions were ideal for hiking with little snow on the trails and a sunny blue sky. The tides were running in the group's favour and allowed them to cross at 1:00 o'clock and enjoy the sights and sounds of nature until 3:00 o'clock. The trail dips down to the shore at one point and the group did some rock hunting to use for Spindrifters' winter painting project!

Crafty Corner *A 'PEEPS' Wreath*

Materials:

Circle Wreath Form
Easter Grass
Peeps
Ribbon for making a bow
Wire for hanging
Hot Glue Gun and Glue Sticks
Clear Acrylic Spray

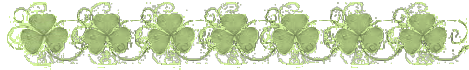
Directions:

Freeze the peeps for at least an hour.
Wrap the wire around your wreath and form a hanger for finished project.
Hot Glue the grass to completely cover the wreath form.
Hot Glue the frozen Peeps to the form.
Let sit until peeps have totally thawed.
Spray the wreath with a good heavy coating of the clear acrylic spray.
Add bow



Source: <https://www.mommyblogexpert.com/2014/04/easter-peeps-marshmallow-candy-crafts.html>

March Events and Activities:



March 6

'ZOOM' CRAFT CLASS NUMBER 2



Partnering with the Anglican Church, Spindrifters has arranged for members to enjoy craft classes while having to spend time at home. The instructor for the classes is Shelly Chase (pictured).

Twelve people participated in February's winter themed class via ZOOM. They enjoyed completing three wintery projects. The March class will offer three Easter projects (See picture).



Arrangement for preregistration and payment can be made by contacting Shelly at scroogemarleys@hotmail.com or by calling her at 529-8588. When you register advise her of your choice of 1) brights or pastels and 2) one main theme colour.

Cost \$20: Please e-transfer funds to Shelley Chase at scroogemarleys@hotmail.com,

A ZOOM link will be e-mailed in advance of the class.

9:45 am log in and 10:00 am class start

You will need the following materials:

Supplies Kit (contact Shelly to arrange pickup) limited number available so sign up soon.

2 1/2 cups cheap rice, scissors, ruler, glue gun, pen, needle and thread

March 14



Daylight Savings Time Begins!

Set your clocks ahead!
Replace batteries in your fire alarms!!

March 17

St. Patrick's Day

"Wishing you a pot o' gold and all the joy your heart can hold."

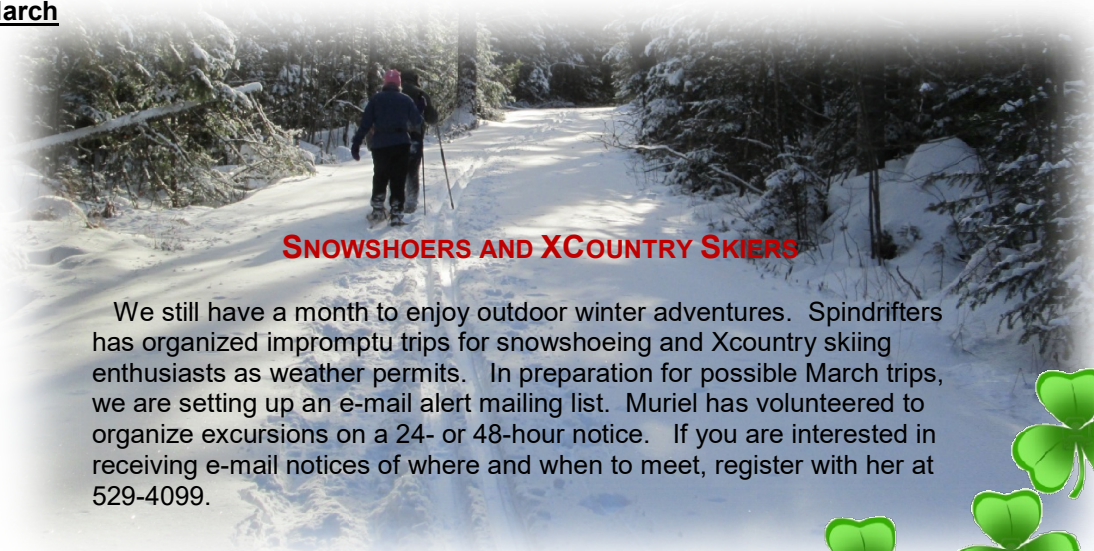


March 20



Have you seen a photo in the Newsletter that you like? Contact Betty at stuartbetty@gmail.com or by phone at 529-4802 to arrange to receive a digital copy. No cost to you.

March



SNOWSHOERS AND XCOUNTRY SKIERS

We still have a month to enjoy outdoor winter adventures. Spindrifters has organized impromptu trips for snowshoeing and Xcountry skiing enthusiasts as weather permits. In preparation for possible March trips, we are setting up an e-mail alert mailing list. Muriel has volunteered to organize excursions on a 24- or 48-hour notice. If you are interested in receiving e-mail notices of where and when to meet, register with her at 529-4099.



March

FINAL MONTH FOR ROCK PAINTING

How are you doing? Do you have your rock painting done? During these long, lonesome winter months, you have been challenged to paint a masterpiece on a rock. This activity will continue through the month of March. Those who participated will gather on a Saturday (TBA) in April to disperse them around town. So...

- *Scour the beaches, yards and the roads for smooth, mid-sized rocks.
- *Paint designs using acrylic paints.
- *Take a selfie with your creations and send it to Betty at stuartbetty@gmail.com for posting.
- *Spray/paint your masterpiece with a varnish to waterproof it.
- *Accumulate the rocks until April and watch for an announcement concerning a date for distribution.



Wilma and Jane

NOW LIVE: SOUTHWEST NEW BRUNSWICK COMMUNITY RECREATION HUB

Find out about everything going on in our region in one place at <https://swrecreationhub.ca/>



There is fun to be had for people of all ages and abilities. Being physically and mentally active and coming together as a community is what it's all about here. We are striving to foster creative, active, and healthy communities, where everyone belongs, and everybody gets to play.

Discover.
Discover extra-curricular activities, clubs, sports or some of the many great outdoor trails, parks and beaches.

Connect.
Connect with like-minded people and organizations that will help you stay physically, mentally and socially active.

Play.
Play with teams or league sports, or maybe someone for a friendly match of cards or board games.

Ongoing**STILL TIME TO PARTICIPATE IN RESEARCH STUDY**

Spindrifters still have time to join the research study to learn how to sleep better while becoming less reliant on sleeping pills. They are enrolling people 65 or older currently taking a prescribed sleeping pill. You will be asked to complete two telephone interviews (6 months apart) and you will receive an information package by mail. Learn more at sleepstudy.ca or call 1-844-929-6762.



Over the next few months, Professor Dr. David Gardner of Dalhousie University who is leading the study, will share with Spindrifters information through this newsletter (See below for the second installment) to help raise awareness on how to get a good night's sleep.

Sleeping pill risks increase with age

Dr. David Gardner, Professor, Department of Psychiatry, Dalhousie University

When it comes to sleeping pills, a lot of people tell me, "I've been taking them for years and haven't had a problem. My problem is that I can't sleep without them." After a little more discussion, I often learn that the sleeping pill isn't really fixing the problem or that the person feels "stuck" or "addicted". Here, I describe 5 key side effects of sleeping pills, starting with rebound insomnia.



- #1 **WITHDRAWAL:** Stopping sleeping pills causes rebound insomnia due to the pharmacological withdrawal effect of the medication (not due to the return of an underlying sleep problem).
- #2 **FALLS:** What may have been the correct medication for you years ago may be putting you at risk. The risk for falls and serious injuries increases with age when taking any sedative.
- #3 **MEMORY:** Poor sleep is not good for your memory. But sleeping pills don't fix that problem. In fact, they cause a further decline in memory and other cognitive functions.
- #4 **DRIVING:** Eleven hours after you have taken zopiclone (the most prescribed sleeping pill), it impairs your driving the same as a blood alcohol content of 0.05 to 0.08 mg%.
- #5 **PNEUMONIA:** When infected by the influenza virus ("the flu"), people who are taking lorazepam or other benzodiazepine sleeping pills are at higher risk for developing pneumonia. We don't yet know if the risk is also increased with coronavirus.

**Ongoing****NEWS FROM THE CHARLOTTE COUNTY ARCHIVES**

Over the past year, the Archives has been working hard to make its holdings more accessible. They are thrilled to share their new website. Follow the link below and find a fully searchable listing of the documents stored in our environmentally controlled vault, lists of church records, microfilm, library holdings and completed genealogies. You can browse through a myriad of archival photos.

If you are searching for your ancestors, working on a history project, writing a novel or are just curious about the past, the new website has plenty of rabbit holes for you to explore. <http://www.ccarchives.ca/>

