

Spindrifters

Inc. For Those 50+



SUMMER 2021

MARK YOUR CALENDARS!

July 24 – Picnic
St. Croix Overlook

July 28 – Webinar
“Aging and Stress”

July 29 – Hike
Sam Orr’s Pond

August 9– Lunch
Kennedy Inn

August 12 – Webinar
Coping Toolbox

August 21
Golf Tournament

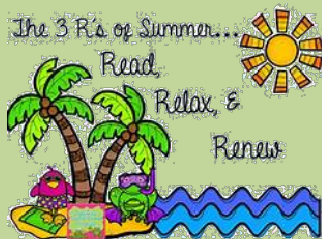
August 26 – Hike
Simpson Hill

August 26 – Webinar
Positive Attitude
in Older Adults”

SPINDRIFTERS INC. BOARD OF DIRECTORS 2021-2022

Leona Golding	Chair
BILL FIFE	Vice Chair
Kats Haya	Treasurer
Nancy Mandly	Secretary
Betty Stuart	Membership

Directors:
Muriel Jarvis
Claude Vienneau
Hans Obermeier
Sandra O'Brien



Spindrifters' Unique AGM

ANNUAL GENERAL MEETING

The AGM is an important constitutional meeting allowing members to hear about activities, achievements, and operations of the previous year. This year, the Board of Directors elected to move forward with an AGM without the members present. Members are invited to read the full minutes of the AGM by clicking on minutes. [Minutes](#) Following is taken from President Leona Golding's Message:

On behalf of the Board of Directors, I cannot thank all our members enough for the past year and a half. It has been far from normal, almost to the point where we no longer know what normal is.

Our last AGM was April 27, 2019 so where did 2020 go? Due to Covid-19 things started shutting down in March of 2020 not just for us but the entire world. Our 2020 AGM was cancelled and therefore we had little to report other than the financials. Betty kept us all entertained through an exceedingly difficult year for many of us. I can only hope that 2020 - 2021 will be in our history books for many years so our grand children and great, great, great grand children can see how our world came together as one to fight this horrible pandemic. We all had to adjust to wearing masks for protection, washing our hands and using sanitizers.

Sadly, there were many lives lost but teams of scientists worked extremely hard worldwide to find a vaccine for Covid-19. Well, they not only found one but three! That is amazing and we should all be proud of this. Now we all must do our part and ensure we get vaccinated, if not, we will never get "normal" back.

At this time, I would like to ask everyone to take a moment to remember our members who passed since our last AGM: Peggy McLaughlin, Frankie Remer and Lou Vottero.

RECOGNITION PRESENTATIONS

The President chose to recognize the entire Board for their dedication and commitment in getting us through this difficult time while trying to keep everyone safe and well informed!

I would like to recognize Taryn Taylor for her outstanding monthly minutes. Wilma Blokhuis for her years of dedication and love of Spindrifters, Betty Stuart for holding us all together when our world was turned upside down, Muriel Jarvis and Sylvia Humphreys, the Community Garden Coordinators, for their green thumbs and the outstanding harvest for the local Food Bank, Nancy Mandly for agreeing to take on the secretarial position, Kats Haya for keeping the bank happy and our statements up to date, Sandra O'Brien for offering to serve another year on the Board of Spindrifters, Bill Fife for his continued support as a member of the Board and Claude Vienneau for his wit and expertise.



BOARD OF DIRECTORS SET FOR 2021 - 2022



Due to the COVID protocols and their restrictions preventing the holding of a normal AGM, it was decided that the current Board members, if willing and able, would continue their terms of office for an additional year.

Following is a list of the current board

Leona Golding

Bill Fife

Kats Haya

Betty Stuart

Muriel Jarvis

Hans Obermeier

Sandra O'Brien

Claude Vienneau

Nancy Mandly

Spindrifters wish all the best to retiring Board members Wilma Blokhuis and Taryn Taylor. Thank you for your years of service and dedication to the organization.



Currently, the Board is looking to fill one vacant seat with an enthusiastic and interested individual. Is that you? If you are interested in joining the Board, contact President Leona Golding at 467-1777 or Betty Stuart at 529-4802.

St. Andrews Community Garden News

submitted by Muriel Jarvis



The gardening season started in April with a huge pile of composted horse manure being delivered to the Community Garden. We are now seeing the results on a daily basis, as the plants bloom and grow and turn into beautiful healthy food! Days and days of warm weather and sunshine have led to a mass of growth in the Garden plots. A harvest of greens and radishes for the Open Door Food Bank has already been bagged and donated thanks to the diligent work of Garden member Rika Nason and her crew. Sylvia and Stan have constructed a new compost bin system, which will allow the leftover stalks and leaves to be placed in the bins, and turned on a regular basis. Every day Garden members are seen watering, weeding and encouraging their plants to produce. Members are following social distancing protocols and bringing their own tools.



SPRING ACTIVITIES:

BIRD WATCHING PLATFORM OPEN FOR VISITORS



Stan snapped a picture of Sylvia and Tessa enjoying a visit to the bird viewing platform.

Over thirty different bird species are common to the Saint Andrews area and provide for a great opportunity for bird-watching enthusiasts to see the diversity of species that visit the community.

A unique project, presented to the Town of Saint Andrews by the Saint Andrews Outdoor Recreation and Trails Inc. in 2020, was to install a bird-watching platform along the fence line of the waste water treatment facility on the Van Horne Trail. It is located close to Water Street and the Prince of Wales Trail Head



near the Kiwanis Campground. It is designed to be totally accessible to everyone.

Funding for this project was provided by SORTI and through a grant by Sentier NB Trails. It was built in the early spring of 2021 and is now available for public viewing.

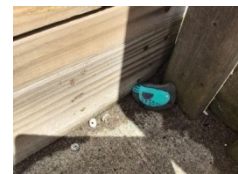
Painted Rocks: *Spindrifters Inspired our Community*

story and pictures submitted by Muriel Jarvis



Margo, Muriel, Jayne, Wilma, Anna, Katherine, Louise, Nancy and Judy met to distribute their creations.

In January, Spindrifters were challenged to pass the winter months by painting rocks. It was an activity designed to keep people busy while confined to home.



On Friday May 6, ten Spindrifters met in town and hid their little parcels of inspiration in various locations throughout the community. Some of them



are slightly hidden, but visible enough to bring joy to the happy person who finds them. Others are more prominently displayed outside shops and churches. Have you found some little hidden gems of inspiration, as you stroll through Town? If so, they may be one of the 120 or so painted rocks that Spindrifters members created. A huge



A whale tail for the Whale store!



Anna hid hers in plain sight!



The owner of Coldjacks found a treasure!

thanks to all the Spindrifters that took the time to create these little nuggets of inspiration. They will surely bring happiness to countless visitors.

ONGOING ACTIVITIES KEPT US ACTIVE



The walking group rounds Passamaquoddy Point while making sure all protocols were followed!

Our 'Good Morning' walkers have continued their tri-weekly walks through the long pandemic months (always following the current COVID protocols). They walked in the summer of 2019, through the beautiful fall season, during the long, and sometimes extremely cold winter of 2019/2020 and are now enjoying the sunshine of the 2021 summer.

Recently, they had an enjoyable experience when they went to the Huntsman to walk around the new walking facility both inside and out.



Exploring the Huntsman facility were:
Front row kneeling, Katherine, Louise and Margo.
Second row: Anna, Gillian, Jane, Heather, Sue, Deb, Muriel, Jane, Claude, Helen, and Diane.

NEW BIKING ACTIVITY OFFERED TO MEMBERS



While many enjoyed the walking experience, Hans presented the idea of offering an organized opportunity for members to bike the numerous trails in and around Saint Andrews. Anyone, regardless of their skill level, is welcome to join the fun which happens on Tuesday afternoons. The group leaves Tim Horton's parking lot at 1 o'clock.

Participants on the first day were: Hans, Deborah, Peter, Pat and Lee.

EXERCISE CLASSES RESUMED IN MAY!



Pictures submitted by Tessa Castell

With the relaxing of COVID restrictions in May, the twice-a-week exercise class, under the direction of Carol MacLean, was able to resume. Following the current protocols, the group meets on the second floor of the WC O'Neill Arena. The members were eager to return to their Tuesday/ Friday routine as evidenced by the large attendance numbers.



Summer Events and Activities:

MONTHLY HIKES RESUME FOR THE 2021 SEASON

For all who enjoy a hike in the great outdoors, the 2021 season has begun for the Spindrifters monthly hikes. The season runs from May through October of each year. The hikes are usually scheduled for the last Thursday of the month beginning at 2:00 pm. Below is the schedule for this summer. Put the dates on your calendar and join in the fun.

May: Chamcook Mountain

It was a lovely day for the first hike of the season and seven hardy hikers made their way up Chamcook Mountain. The view from the top is always a wonderful reward! Members are so lucky to have such beautiful areas to explore and appreciate. This has been a very pleasant spring, with many warm and sunny days.

Anna, Terrie, Muriel, Sue, Gillian and Nancy



June:



Katherine, Muriel, Terri & Sue



The Beaver Pond

Chickahominy Mountain

The destination for the June hike was Chickahominy Mountain. Five enthusiastic hikers started the trail at the parking lot on Route 127. They first visited the beaver pond then continued on to the base of the mountain. Two brave hikers, Heather and Terri actually climbed the mountain while the other three waited below.



July: Hike Sam Orr's Pond in Chamcook. Meet at the trail head on Route 127 in Chamcook at **2:00 pm Thursday July 29**. Please call Muriel at 529-4099 to confirm your attendance. The hike will last approximately 2 hours.

August: Hike up Simpson Hill in Bayside. Meet at the Simpson Hill trail head parking lot in Bayside at **2:00 p.m. Thursday August 26**. Please call Muriel at 529-4099 to confirm your attendance. The hike will last approximately 2 hours.

September: Hike the entire Van Horne Trail from the Camp Ground to the Bar Road and back. See what a treasure we have in our community. Meet at the parking lot at the Point across from the sewage lagoon at **2:00 pm on Thursday September 30**. Please call Muriel at 529-4099 to confirm your attendance. The hike will last approximately 2 hours.

October: Hike around the picturesque Barnaby Trail at New River Beach. We will car pool to New River so please indicate your interest and arrangements will be made. Please call Muriel at 529-4099 to confirm your attendance. **We will leave St. Andrews at 1:30 pm on Thursday October 28**. The hike will last approximately 3 hours.



Have you seen a photo in the Newsletter that you like? Contact Betty at stuartbetty@gmail.com or by phone 529-4802 arrange to receive a digital copy.

Saturday Mornings



MEN'S COFFEE BREAK

A weekly social opportunity for the men
Saturday Mornings - 10:00 AM
Honeybeans
Questions/Information: Hans 529-8372

July 24



**MONTHLY PICNIC SCHEDULED
JULY IS NATIONAL PICNIC MONTH**

July's picnic has been scheduled!
Enjoy our first picnic since 2018
St. Croix Overlook Park
Route 127, Bayside
(across from the golf course)
Meet there at noon.
Bring your own food/drink and a chair.
All protocols required at that time will be followed.
Questions: Call Betty at 529-4802

August 9

IT'S TIME TO DINE TOGETHER!

Enjoy a "Welcome Back" Lunch at
The Kennedy Inn
Water Street - Saint Andrews
Reservation is for 1:00
Register with Betty (529-4802) by **August 4th**



BIKING TOURS
TUESDAYS 1:00 PM
MEET AT TIM HORTON'S
INQUIRIES: HANS 529-8372

CARDS AND GAMES
Me 00
A L
INQU **On Hold!** 649

SPINDRIFTERS INC.
ONGOING ACTIVITIES
COVID PROTOCOLS IN PLACE

EXERCISE CLASS
TUESDAYS AND FRIDAYS
10:00 - 11:00
WC O'NEILL ARENA
SECOND FLOOR
INQUIRIES: CAROL 529-3923



"GOOD MORNING" WALKS
MON/WED/FRI - 8:30 AM
ALGONQUIN PARKING LOT
INQUIRIES: MURIEL 529-4099

MEN'S COFFEE BREAK
SATURDAY MORNINGS
10:00 AM HONEYBEANS
INQUIRIES: HANS 529-8372

COMMUNITY EVENTS FOR SUMMER

Find additional community events and activities on the following site:
<https://standrewsbythesea.ca/festivalsevents/events-calendar/>

August 21



Blair Price and Mike Kohler Memorial Golf Tournament

18-hole, 4-person scramble
St. Stephen Golf Club

12:00- 12:30 Registration
1:00 Shotgun Start
Entry Fee \$200 per team includes:
Greens fee
Tournament Swag
Post Round meal
Long drive and closets to pin prizes
Preregister by contacting the golf course at 466-5336

CANADIAN MENTAL HEALTH HOSTS WEBINARS FOR OLDER ADULTS



Wednesday July 28

Aging & Stress

10:00 a.m.to 11:00 a.m.

Click here to register:

<https://us06web.zoom.us/meeting/register/tZUvcu6urTooGNBaISeSCHf6LZWyrTlgnkNp>

Thursday August 12

Coping Toolbox

1:00 p.m. to 2:00 p.m.

Click here to register:

<https://us06web.zoom.us/meeting/register/tZErfqtpjMsHtArcavEoFd8GVpkE1rdPOQo>



Thursday, August 26

Positive Attitude in Older Adults

1:00 p.m. to 2:00 p.m.

Click here to register

<https://us06web.zoom.us/meeting/register/tZcoceGvqjMoE93-o5jVuKpL-EBeUa9N8oqV>



Wednesdays**WALKING HOUR AT THE HUNTSMAN**

Huntsman Fundy Discovery Aquarium

8:30 – 9:30

For those 55+

Cost: Free for Huntsman Members

Non-members \$1.74

The Huntsman Fundy Discovery Aquarium is the perfect indoor space for community activities.

Enjoy wide-open spaces, natural lighting and your choice of walking trails every Wednesday morning from 8:30 AM - 9:30 AM. Your favourite Bay of Fundy marine animals will be cheering you on along the way as you achieve your fitness goals this summer!

Safe Environment

Indoor Space

Level ground

First aid trained staff on site

Wednesdays**CONVERSATIONAL FRENCH**

Interested in improving your conversational French?

Join in the fun!

Honeybeans

10:00 – 11:00

Crafty Corner***Homemade Squishes ... Stress Relievers***

Squishes (stress relievers) are technically made out of foam and can be quite expensive. Once completed, they make a great "stress relievers" something that all of us need after these long months of restrictions.

MATERIALS:

12" Balloon

Water

Fiberfill. (Filling used for homemade stuffed animals)

DIRECTIONS:

Fill the balloons with the fiberfill. Tip: hold the balloon open with 2 fingers and stuff it with your other hand.

When you feel like the balloon is getting full, gently add water. Place it under the kitchen faucet running at a slow speed. Don't turn it into a water balloon! (Just let the water fill up part of the balloon.)

Blow a small amount of air into the balloon. (Just a little air to give the material inside some additional space.)

Tie the balloon closed.

Every squishy turns out different! Experiment with adding more or less water or air. Somehow, the fiberfill has just the right amount of "squish" to make these perfect homemade stress relievers..

Source: <https://www.smartschoolhouse.com/diy-crafts/how-to-make-squishies>

