

Spindrifters Inc.

SEPTMBER 2021 For Those 50+



MARK YOUR CALENDARS!



- September 5
Annual Antique Show
- September 11
Town-Wide Yard Sale
- September 14 - Picnic
Passamaquoddy Point
- September 15 - Webinar
Truth about Sleeping Pills
- September 22 - 25
Craft Beer Fest
- September 24 – Lunch
Pub On Main
- September – November
Photo Challenge 2021
- Wednesdays
Walking Hour at Huntsman
Conversational French



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



RECENT ACTIVITIES:

St. Andrews Community Garden News

submitted by Sylvia Humphries and Muriel Jarvis



We are at the end of August and the Community Garden is looking good.....lush and colourful.

We have been eating lots of salad greens, radishes and garlic scapes. We are looking forward to peas and beans.

Rika has harvested lots of kale, broccoli herbs and some tomatoes for the monthly donation to the Open Door Program.

The Community Garden has had a few vegetable pests this season; but they are being dealt with organically and most of the crops are thriving. Early in the month, the gardeners gathered for an afternoon social—the first allowed in a long time. Luckily the weather obliged and twelve members experienced great food (each brought their own) and good company.



Picnic Held...No Rain in Sight!

picture by Jayne Swanson



Picnickers: Kats, Jane, Hugh, Gill, David, Vicki, Wilma, Betty, Carol, Sharon, Muriel and Jayne

After a year of COVID restrictions in 2020 and an unlucky weather situation in 2019 (all cancelled due to rain), the first monthly picnic in two years was held in July. The weather was

cooperative with beautiful sunshine and perfect temperatures. The group of twelve gathered at Saint Croix Overlook Park on Rte 127 to take advantage of the opportunity to renew friendships, enjoy the beautiful view of St. Croix Island and enjoy the shared meal time.

AUGUST HIKE DESTINATION – SAM ORR’S POND



Hikers:
Katherine, guests:
Claire, Johnny and
Linnea, Heather,
and Pam.



It was a perfect end-of-July summer day as a group of enthusiastic members began the monthly hike along Sam Orr's Pond and Berry

Point. It was not too hot, (although they warmed up as they traversed the

rocks and roots in the pathway) and the bugs were not too distracting. The scenery, with grassy meadows and clear views of Birch Cove, was spectacular.



For all who enjoy a hike in the great outdoors, the 2021 season began in May 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 the remainder of the season. Put the dates on your calendar and join in the fun.

Still to Come

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.



SPINDRIFTERS INC.
ONGOING ACTIVITIES

<p>BIKING TOURS TUESDAYS 1:00 MEET AT TIM HORTON'S INQUIRIES: HANS 529-8372</p>	<p>EXERCISE CLASS TUESDAYS AND FRIDAYS 10:00 - 11:00 VENUE: TBA INQUIRIES: CAROL 529-3923</p>	<p>"GOOD MORNING" WALKS MON/WED/FRI - 8:30 AM ALGONQUIN PARKING LOT INQUIRIES: MURIEL 529-4099</p>
<p>CARDS AND GAMES MONDAYS 10:00 TO 4:00 INQUIRIES: BEV 529-4802</p>	<p>MEN'S COFFEE BREAK WILL RESUME IN THE FALL INQUIRIES: HANS 529-8372</p>	

September's

Events and Activities:



September 14

MONTHLY PICNIC TO BE HELD AT PASSAMAQUODDY POINT

Meet there at noon.

Bring your own food/drink and chair.

All protocols required at that time will be followed.

Questions: Call Betty at 529-4802

September 24

ENJOY LUNCH AT The Pub on Main

43 Main Street - St. George, NB

Licensed Dining

Must preorder your meal

Find menu here: https://m.facebook.com/PubonMain/menu?_rd=1

Reservation is for 1:00 PM

Register your meal choice with Betty (529-4802) by **September 20**

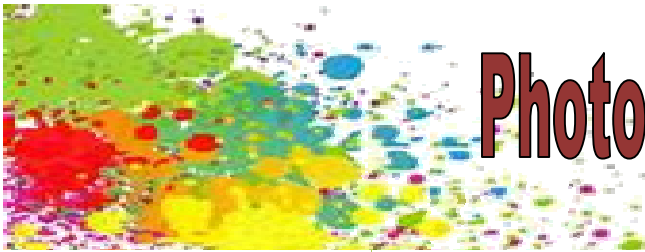


Photo Challenge 2021

Spindrifters Inc. members who would like to participate in Photo Challenge 2021 have until November 15, 2021 to submit your favourite picture. This year's category is "COLOUR." The winning entry will be selected by a vote of the current membership. There is no set time frame for taking your picture--it may be one you took six months ago as long as you took it.

ENTRY RULES

- The contest is open to current members of Spindrifters Inc.
- Each member may submit one picture.
- Pictures must be:
 - taken by the member submitting it.
 - submitted in either digital or printed format.
- Pictures must not show the name of the photographer.
- Only single exposure or single frame pictures will be accepted (no videos).
- Pictures may not be altered in any way except for cropping extraneous details.
- The deadline for submitting entries to Betty at stuartbetty@gmail.com is November 15, 2021,
- For submitted pictures, owners grant Spindrifters Inc. unlimited use of pictures for activities in all media, including social media, online and print without any remuneration being given.

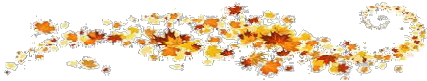
Judging: After the November 15, 2021 deadline, a digital publication will be designed showing all the submitted photographs identified by number only. This publication will be sent (digitally) to all current members. Each member will have one week to register their vote.

The winning entry will be announced in the December Newsletter and appear on a 2022 calendar which will be available to the membership of Spindrifters, Inc..

COMMUNITY EVENTS FOR SEPTEMBER

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

September 5



ANNUAL ST ANDREWS ANTIQUES MARKET

9:00 AM - 4:00 PM
Market Square

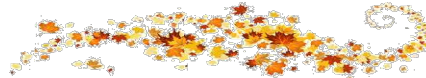


September 11



Town-Wide Yard Sale

Register at the Town Hall to be included on the map. Maps will be available at Cummings, Honeybeans and Cockburn's Drugs two days prior to the date. Sponsored by Waterfront St. Andrews



September 15

WEBINAR: THE TRUTH ABOUT SLEEPING PILLS

and Safer Ways to Get a Good Night's Sleep

An interactive presentation given by Dr. David Gardner

7:00 pm – 8:00 pm



YAWNS NB is a research project funded by the Government of New Brunswick.

For more details: yawns@dal.ca 1 (844) 929-6762 sleepstudy.ca\



Getting a good night's sleep can get harder as we get older. Sleeping pill use is highest in people over 65 with New Brunswick having the highest rate in Canada. Medical experts recommend *against* the use of sleeping pills by older adults because of safety concerns, for example memory problems and falls. During this one-hour presentation, Dr. David Gardner will talk about how sleep changes with age and the benefits and risks of taking sleeping pills. He will also describe the YAWNS NB study, which shares information about effective ways to get a good night's sleep without sleeping pills. The session will end with a Question & Answer period.

Dr. David Gardner is a Professor with the Department of Psychiatry of Dalhousie University and is the lead researcher of the YAWNS NB project. He has been researching the safe and effective use of medicines for over 20 years and has over 100 scholarly publications. He has been recognized for his teaching excellence and community service.

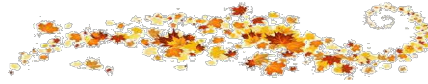


September 22- 25



CRAFT BEER FEST AND BURGER WEEK

Centennial Park
Live Music
Burger Specials at Participating Restaurants
Beer Tasting and Tap Takeovers
AND MORE
Tickets available at www.SAINTANDREWSBEERFEST.COM



Wednesdays

WALKING HOUR AT THE HUNTSMAN



Huntsman Fundy Discovery Aquarium
8:30 AM – 9:30 AM
For those 55+
Cost: Free for Huntsman Members
Non-members \$1.74
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 AM – 11:00 AM

Crafty Corner *Rustic Twig Vase*

Supplies Needed:

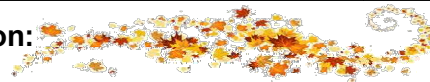
- Twigs
- Glass bottle-any size
- Tacky glue or hot glue
- Twine
- Pruning shears or scissors
- Dried flowers



Instructions:

- Step One: Cut Twigs To Size. Measure the height of your glass bottle. Then, cut the twigs a little higher than the container with pruning shears.
- Step Two: Glue Branches To Glass
- Step Three: Once the glue is dry, tie a piece of jute string around the twigs.
- Step Four: Arrange your flowers and you are finished

Source: <https://reusegrowenjoy.com/diy-twig-craft/>

Public Service Note - For Your Information:**KATY'S COVE – AN IMPORTANT COMMUNITY ASSET WORTH SAVING**

Katy's Cove is a warm salt-water beach and recreation facility located in the resort town of Saint Andrews that has been in operation for 114 years since its opening in 1907. Many residents and visitors have fond memories and have a special place in their heart for Katy's Cove. Sadly, Katy's Cove has been in a gradual decline over the last few years and has reached the point where a major restoration is needed so that Katy's Cove can not only regain its former stature but become better.



In December 2018, a not-for-profit community organization called Katy's Cove Incorporated was formed to develop, administer, and maintain a public recreational facility for the benefit of the community at large and surrounding area. By 2019, Katy's Cove Incorporated had secured a 10-year lease renewable for another 10 years for the land at Katy's Cove. Katy's Cove Incorporated also held a public meeting prior to the COVID crisis and has maintained a website www.katyscove.com to keep the public informed of developments at Katy's Cove.

Katy's Cove Incorporated has managed to raise \$117,000 through generous donations from the Kiwanis Club, Fundy Community Foundation and the public since its inception which has been used to address many of the immediate health and safety and operational issues at Katy's Cove. This work has included replacement of one of the gates controlling water levels in the Cove, refurbishment of the playground equipment, re-grading and repairing the access roads, repairing the docks, repainting the railings, treating the area for red ants, acquiring a dozen new picnic tables, and conducting two community clean-ups of the area. Through these efforts, Katy's Cove has been able to remain open and safe for public through some challenging times.

But just repairing the deteriorated infrastructure at Katy's Cove is not enough and it was recognized that more needed to be done. In 2020, Katy's Cove Incorporated approved a development plan developed by a professional architectural firm along with detailed designs for all buildings and engaged an engineering firm to provide realistic estimates of the cost to develop the property. The scope of work to be done at Katy's Cove is significant and estimated by CBCL Engineering to be \$2,234,000 and will make Katy's Cove a world-class recreational facility. The Board has set an aggressive timetable of five years to complete the restoration of Katy's Cove. This timeline, although ambitious, is fully achievable but will require a concerted fundraising effort from the Government, community groups and the general public.

To address this challenge, Katy's Cove Incorporated has applied for a \$750,000 grant starting in 2022 under the Canada Community Revitalization Fund, have applied for charitable status with the Canada Revenue Agency and will be launching an aggressive fundraising campaign.

Katy's Cove Incorporated believe that Katy's Cove is an asset worth saving and have every confidence that the people of Saint Andrews are up to the challenge. We will be stepping up our fund raising campaign in the coming months and plan on holding additional public consultations to seek input on the development of Katy's Cove.



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