

Spindrifters Inc.

OCTOBER 2021 For Those 50+




MARK YOUR CALENDARS!

October 7 Radiothon
For CC Hospital Foundation

October 7
Harvest Farmers' Market

October 11
Thanksgiving Day

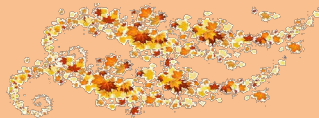
October 16
Indulge Farmers' Market

October 28 – Final Hike for 2021
New River Beach

October 31



October – November 15
Photo Challenge 2021



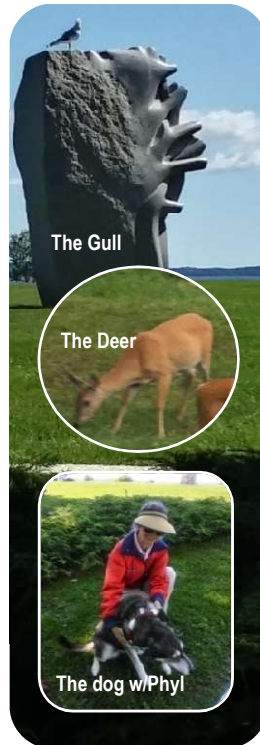
SPINDRIFTERS INC. BOARD OF DIRECTORS 2021-2022

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



MONTHLY PICNIC HELD

This month's picnic took place at picturesque Passamaquoddy Point. It was another sunny day with a slight breeze. Eight members, a gull, a deer and a dog enjoyed their lunch and conversation while admiring the breathtaking view of the Bay

Picnickers included: Sharon, Carol, Dave, Vicki, Gill, Hugh, Phyl (Gracie) and Betty>



THE COMMUNITY GARDEN WRAPS UP ANOTHER SUCCESSFUL SEASON

With the arrival of fall, the 2021 season for the St. Andrews Community Garden is ending, having been a very successful, productive and rewarding experience for all the participants.

The crops are being harvested and the plots are being prepared for winter.

Some members are preparing their plots for spring planting and some are planting their fall garlic in anticipation of a spring harvest. The donations of fresh veggies made to the Open Door Food Bank were greatly appreciated



E-mail Muriel Jarvis at the following canadamuriel@hotmail.com if you have questions or desire information regarding the St. Andrews Community Garden.

FROM A HIKE TO A SWIM...

The August hike was scheduled as a trek up Simpson Hill. The sun was shining without a rain cloud in sight; but,....the thermometer said it was 35 with a 'real' feel of 40. Hike cancelled! Someone suggested a swim instead and that's how the group ended up at Katy's Cove for a refreshing, cooler afternoon.



Terri and Katherine

October 28

HIKING SEASON WILL END AT NEW RIVER BEACH

Hike around the picturesque Barnaby Trail at New River Beach. Participants will carpool to New River so indicate your interest and arrangements will be made. 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 three hours.

VOLUNTEER APPRECIATION AWARDS PRESENTED

Spindrifters Inc. joins the rest of the community in congratulating the Town of Saint Andrews 2021 Volunteer Award recipients. We appreciate all the work done that helped us survive this difficult year. The awards were presented by Mayor Brad Henderson during the Jennifer Russell Big Band Concert held at KIRA in September.



The following recipients were honoured:



- Susan Lankisch-Lister - Innovation Award
- Kevin Simmonds - Leadership Award
- Sandy Thurber - Leadership Award
- Reid Atwater - Teamwork Award
- Caroline Davies - Service Award
- Guy Groulx - Service Award
- Rose Doyle – Special Appreciation Award
- Dr. Rand Forgie – Special Appreciation Award
- Judy Glennie – Special Appreciation Award
- Cathy Hamilton - Special Appreciation Award
- Dr. Joseph Harrison - Special Appreciation Award
- Heather Richmond – Special Appreciation Award
- Darlene Smith-Ferguson - Special Appreciation Award
- Dr. Jennifer Russell – Special Merit Award

October's Events and Activities:

October 7

CHARLOTTE COUNTY HOSPITAL ANNUAL RADIOTHON 2021

The event will be held at the Charlotte FM studio
 112 Milltown Blvd., St. Stephen.
 Twelve straight hours -- 7 am to 7 pm.
 The Radiothon supports the CC Hospital Foundation.
 Money raised will help purchase new specialized medical equipment.
 The goal for 2021 is \$76,222
 Call to make your donation at 466-1000 or 466-2222
 Also, volunteers will be available to accept
 your donation directly in front of the radio station.
 Tax Receipts will be available!

October 11

Thanksgiving Day *"We'll Gather Together in Spirit!"*



*"Thanksgiving reminds us that no matter what befalls us in life,
 we can take the charred remnants and we can reconstruct a life
 unimaginably richer than that from which the shards and pieces fell."*
 – Craig D. Lounsbrough

October 31



For those wondering about Halloween in Saint Andrews this year, Town officials are working with the province to follow all guidelines from the Department of Health.
 These guidelines will be discussed at Council within the next couple of weeks and will be communicated to the public. Watch for more information!

SPINDRIFTERS INC.
ONGOING ACTIVITIES

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

Will Resume



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.

ST. ANDREWS FARMERS MARKET ANNOUNCES FINAL DATES FOR 2021

Thursday, October 7

Harvest St. Andrews Farmers' Market
celebrate our amazing Farmer's
8:30 am to 1 pm
Market Square.

This wraps up the 2021 Thursday venues!

Saturday, October 16

Indulge St. Andrews Farmers' Market
10 am to 3 pm
Market Square

Celebrate our delicious locally grown and locally made food products!
FUN FOR THE WHOLE FAMILY!

Please follow NB Public Health Covid protocols and maintain social distancing.



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.



GET YOUR FLU SHOT

SAINT ANDREWS WELLNESS CENTRE

FLU VACCINE CLINICS 2021

IT IS TIME TO BOOK YOUR FLU SHOT!

THIS YEAR THERE ARE TWO FLU VACCINES AVAILABLE

1. A HIGH DOSE INFLUENZA VACCINE FOR PEOPLE AGES 65 AND OVER
2. A UNIVERSAL INFLUENZA VACCINE FOR THOSE UNDER 65 YEARS OF AGE

FLU CLINICS WILL BE HELD AT THE WELLNESS CENTRE AND ARE OPEN TO THE PUBLIC.

PLEASE CALL 506-529-9120 TO BOOK YOUR APPOINTMENT

Be a FLU FIGHTER

Help for Seniors



The NB Department of Social Development has organized different programs for older adults which may be of use to you or your family: Information regarding the following topics can be found at <https://socialsupportsnb.ca/en/>

Online Screening for Seniors

A new online application for the Long Term Care Program is easy to use and is the first step to receiving services to support your needs.

Disability Support Program

The Disability Support Program provides individuals with disabilities with personalized, flexible supports to increase your independence and connection to the community.

Canada Housing Benefit

This benefit helps low-income families with children access affordable rental housing that meets their needs.

Financial Help Calculator

Use a calculator to see an estimate of what you would pay for services through their Long Term Care Program and Disability Support Program.

Online Screening for Persons with a Disability

A new online application for the Disability Support Program is easy to use and is the first step to receiving services to support your needs.

Public Housing

If you need affordable, safe and adequate housing, there are programs that can help, including Public Housing and Rent Supplements.

Long Term Care Program

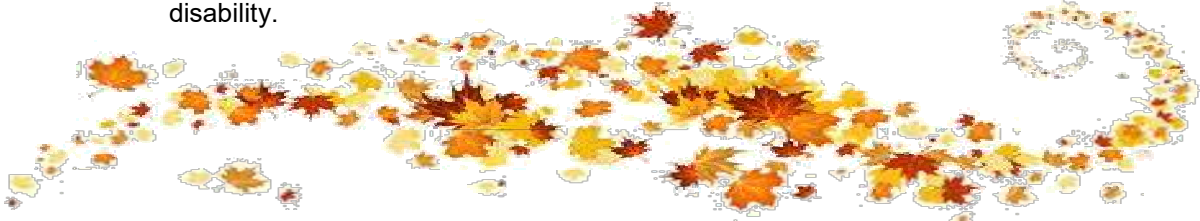
If you're 65 or older, the Long Term Care Program can help you access services to meet your specific care needs and goals.

Home Supports

Home supports may be able to help you with daily activities like cooking, bathing and cleaning to help you live as independently as possible in your home.

Repair Program

A number of funding programs can help you repair or modify your home to make it safer, healthier or more accessible, or to add a secondary/garden suite for a person with a disability.



Remember Too, Help Is Available 24/7 at 211



Whether it's help accessing food, mental health supports or other non-emergency programs and services in your community, simply dial 2-1-1. 211 is a **free** helpline and the phones are answered 24/7 in 170 languages. Community Navigators will talk to you about your situation and help you find the right solutions. Whether you are a senior feeling isolated or anxious about getting your

basic necessities or an individual uncertain about whether there are assistance programs for which you are eligible or a parent worried about your child's mental health, help starts with 211.



TOWN OF SAINT ANDREWS



2021 LEAF BAG SALE & FALL LEAF PICK-UP SERVICE



Starting **Monday, September 20, 2021**, the Town of Saint Andrews will be selling bags for leaf collection at a price of **\$3.00 per bundle of 10 bags**. Bags can be purchased at the Town Hall at 212 Water Street, Saint Andrews.

Pick-up of Curbside Leaf Bags will begin on **Monday, September 27, 2021 to Tuesday, November 16, 2021**.

The Public Works Yard is **Open Monday to Friday 7:30 a.m. to 4:00 p.m.** Closed on Saturday and Sunday.

Questions/Comments contact the Town of Saint Andrews Office at 506-529-5120 or town@townofstandrews.ca



Crafty Corner *Edible Turkey Table Decoration*

Materials:

- Your favourite cheese ball
- 2 candy eyes (craft store or cake decorating department)
- 1 Slim Jim
- pretzel sticks
- 1 candy corn
- a few teaspoons of melted chocolate to adhere the eyes and "beak"
- Ritz crackers

Directions:

- Prepare your favourite cheese ball.
- Place pretzels as in picture to make the nice full tail of the turkey.
- Construct neck before attaching. Use a bit of melted chocolate to adhere the eyes to a 4/5" piece of Slim Jim.
- Glue on the "beak" candy corn. Place the "neck" in refrigerator to harden if needed.
- Insert the "neck" Slim Jim into the cheese ball.
- Place the entire turkey on a plate and into the refrigerator for overnight.
- Before serving, arrange crackers around the cheese ball.



Source: <https://www.craftsalamode.com/2015/11/thanksgiving-turkey-cheese-ball.html>