

# Spindrifters Inc.

JANUARY/FEBRUARY 2022 For Those 50+




**MARK YOUR CALENDARS!**

January 10  
Cancelled  
Career Resumes

January 12/13  
International Market-NBCC

January 18  
Exercises Class Resumes

January 20  
Saint Andrews Nature Club  
Speaker: Dr. Claire Goodwin

Impromptu Winter Adventures  
24- 48-hour notice

CALENDARS HAVE ARRIVED



The 2022 Spindrifters' calendars featuring the Members Choice Award photograph submitted by Brian Glebe, have arrived. They will be distributed at our events as they resume.

They are free to current members of Spindrifters Inc.

**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



Although the COVID restrictions in place during the holiday season, prevented many of the traditional events from taking place, the Saint Andrews' community exuded the Holiday Spirit. The town was exquisitely decorated and walking down Water Street felt like you had traveled back in time.

The annual Farmers' Market was held following protocols. Two members of Spindrifters, Muriel and Leona (right), manned our annual informational table. They listened to your comments and ideas as well as answered questions. Now that the 2021 "free" year of membership has ended, they also accepted 2022 renewals and signed up an number of new members.



The Good Morning Walkers held a cookie exchange at Muriel's home early in December, before COVID really ramped up again. Everyone left with a delicious variety of Christmas treats!



*Pictured right: Claude, Pam, Linda and Margaret*

PHOTO CHALLENGE 2021 RESULTS



...and the Members' Choice Award goes to *The Colour Purple: A Bee's Favourite*

During the fall months, members were invited to enter a photograph in Spindrifters' fifth annual Photo Challenge. The 2021 category was colour. Thirteen amazing submissions were received.

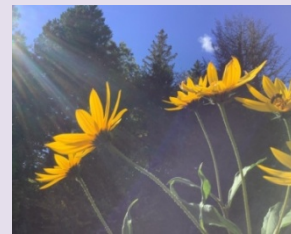
Current members then had the opportunity to vote for their favourite. For the second year in a row, Brian Glebe's photograph took the top honour. His *The Colour Purple: A Bee's Favourite* received the highest percentage (26.3%) of votes. Second place (receiving 18.4%) was *Wharf at Sunset* submitted by Carla Perkins. All entries pictured below:



Garden Harvest  
Stan Choptiany



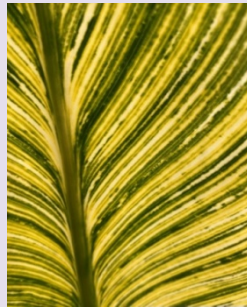
Autumn Along the St. Croix  
Wilma Blokhuis



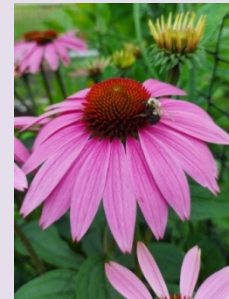
Hope!  
Claude Vienneau



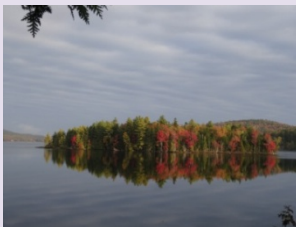
Flaming Orange  
Jayne Swanson



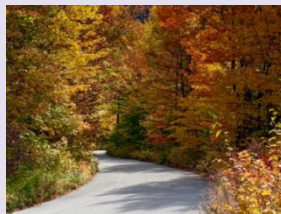
Shades of Green  
Louise Chase



Bee's Bounty  
Katherine Streight



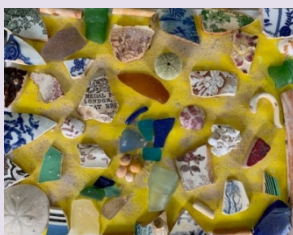
Odell Island showing its best colours!  
Jane Tarn



Near Evans Notch  
Pat Mann



Shades of Blue  
Phyl Breuer



Beach Treasures  
Gill Liebenberg



Colourful fishing boats – Shipagan Harbour  
Carol Baker

## HIKING SEASON ENDS AT NEW RIVER BEACH

submitted by Muriel Jarvis

The 2021 hiking season ended when thirteen keen members drove to New River Beach and tackled the Barnaby Head Trail. It was a lovely fall day and the views were breathtaking as they hiked the long and often hilly trail. At one point, a treacherous crossing of a flooded bog left a few hikers with wet and muddy feet, but they persisted to the end. As a reward for their hard work, they stopped at the Korean take out in Blacks Harbour for a tasty lunch.



Back: Carla, Gail, Anna, Taryn, Suzanne,  
Nancy, Louise, Christine  
Front: Terri, Muriel, Heather, Caroline w/Lupin  
photo by Sandra O'Brien



### *Crafty Corner* *Winter Hat Door Hanging*

Create your own beautiful door hanging using foraged greens.

#### Supplies

- Sturdy knit hat ideally reinforced with a lining
- Cord
- A container about the same width as the hat opening
- Floral foam
- Hot glue gun with clear craft glue
- Fresh or faux greenery
- Decorative picks
- Small birdhouse ornament
- Small embellishments, pine cones, wooden snowflakes, wood slices



#### Instructions

- Gather the faux or fresh greenery
- Glue floral foam in place inside container.
- Beginning with the largest greenery bundles, insert them into the container.
- Add the picks and any additional embellishments.
- Place arrangement inside the knitted hat.
- With the cord, secure hat ties together and hang finished arrangement.

Author: Amanda Formaro

# January's

## Events and Activities:

### January 10

#### **Cards/Games Socials Resume**

Anglican Parish Hall  
Mondays from 1:30 - 4:00

Cost: Free  
Must show proof of vaccination

Masks must be worn at all times

Must remain at the same table for the afternoon

Social distancing encouraged/required

No food or drinks will be provided – Kitchen is totally off limits

**Cancelled for January**

### January 12 & 13

#### **INTERNATIONAL MARKET**

#### **NBCC LADY DUNN DINING ROOM**

11:30 am to 1:30 pm

As part of their Business Ventures class, the NBCC students have set up a mini business for two days.

- There will be six booths offering unique international food and drink.
- It is TAKE OUT only
- CASH only as you will pay for your items at each booth.
- If you come on Wednesday, you can pre order food for pick up on Thursday.

For everyone's safety, the following COVID protocols are in place:

- All guests entering the college **MUST wear a mask.**
- All guests must enter through the main front entrance to the college.
- **Proof of double vaccination and ID will be required at the entrance to the college.**
- Sanitize hands at the entrance to the Lady Dunn Dining Room.
- Name and phone number will be taken at the entrance to the Dining Room
- Limited number of guests will be permitted in the dining room at one time.



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

**January 18 (Note: change of date)**

**EXERCISES CLASSES RESUME**

WC O'Neill Arena  
Tuesday and Thursday  
10:00 – 11:00

Cost: Free for the calendar year 2022  
COVID protocols in place

**January 20**

**SPONGES, SEAWEEDS AND SHACKLETON:  
AN EXPEDITION TO SOUTH GEORGIA**

Presented by the Saint Andrews Nature Club

Speaker: Dr. Claire Goodwin  
7:00 pm  
Fundy Discovery Aquarium

**Winter Activity**

**ATTENTION SNOWSHOERS  
AND CROSS COUNTRY SKIERS**



Over the past four years Spindrifters Inc has organized impromptu trips for snowshoeing and cross country skiing enthusiasts as the weather permits. In preparation for the 2021 - 2022 winter season, we are setting up an e-mail alert mailing list. Once again, Muriel Jarvis 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, contact her at 529-4099

A Ministers Island Adventure

**SPINDRIFTERS INC.  
ONGOING ACTIVITIES**

CARDS AND  
MONDAYS 10:00  
COMMUNITY HALL  
COST: FREE FOR 2022  
INQUIRIES: BETTY 529-4802

EXERCISE CLASS  
TUESDAYS AND FRIDAYS  
10:00 - 11:00  
COST: FREE FOR 2022  
WC O'NEILL ARENA  
INQUIRIES: CAROL 529-3923

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

**Cancelled**

## EDUCATIONAL OPPORTUNITIES FOR SPINDRIFTERS

Below are two programs that might be of interest to you. The programs are being offered by the Canadian Red Cross and Dementia Friendly/NB. If you are interested in getting more information or enrolling in the program, contact information is included.



**CANADIAN  
RED CROSS** **CROIX-ROUGE  
CANADIENNE**

### THE CANADIAN RED CROSS SOCIETY EMPLOYEE/VOLUNTEER JOB DESCRIPTION

## Community Connector Volunteer

Would you enjoy chatting with a senior and helping them create some goals to keep them safe, healthier, and more content? We know that we have many great local supports and programs but not all seniors are aware of what's available

The value of having a one-on-one relationship and getting to know the needs of the seniors individually will be that instead of dropping a "directory" on their doorstep and walking away, we will talk to them about their needs and interests, perhaps uncovering activities they enjoyed in their youth or middle years or finding out that they've always dreamed of joining a choir or trying watercolour painting. We can then search for what is available to allow them to enrich their lives.

For some seniors, the needs may be more immediate and pressing. They may need to be connected to a food bank or meal program. They may not know what assistance they qualify for and/or be hesitant about taking steps to access services. Your support and friendly assistance could make all the difference!

You will have training in how to help before starting your volunteer role and on-going support and training on a regular basis to help with any rough patches you encounter. A coordinator will always be available to answer your questions during visits and to "debrief" after a visit.

We hope you can commit to at least 6 hours a month to work with us.

For more details, call Carol at (506) 469-4291 or visit us online at: <https://connectionnb.redcross.ca>



## GENTLE PERSUASIVE APPROACH TRAINING

### A Dementia Care Educational Opportunity

The Collaborative for Healthy Aging and Care along with its partner, the NB Continuing Care Safety Association are happy to offer through funding received by the Public Health Agency of Dementia Community Grant; gentle persuasive approach training GPA an initiative dementia care education based on a person-centered approach

Learn how to defuse challenging and destructive behavior before an incident escalates to a crisis. Improve communication by establishing a Common Language. Boost confidence to intervene both verbally and physically. Alleviate the stress and anxiety associated with confusion or uncertainty in crisis moments. Reduce the risk of injury by learning safe physical interventions. Maintain a safe caring and respectful environment for those you may serve.

This is a full-day training starting at 9 am and finishing around 4 pm. The training is interactive. As Covid-19 cases are on the rise again, the training would be offered on a virtual platform (ie: Zoom).

Who would benefit from attending?

Family caregivers, community volunteers, public employees including law enforcement, anybody who may encounter someone with dementia in their day-to-day activities.

Cost of registration is free.

If you are interested in getting involved in this program or wanting more information, contact Samantha Hachey, Grant Coordinator NB Dementia Friendly Initiative, at 506-460-6262 or by email: at [shachey@nbanh.com](mailto:shachey@nbanh.com).