

NEWSLETTER

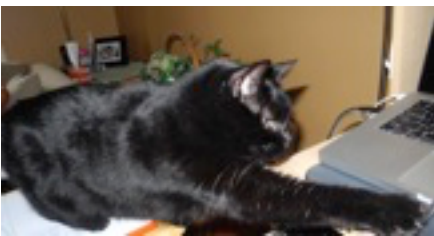
NEW EXECUTIVE

What's Inside

- Feeding the birds in winter
- New seniors programs
- Our members as volunteers
- Coming Events
- Golf News
- Meeting - Nov. 19
 - Craft Fair
 - Speaker
 - Meal choices
- Skating
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Front Linda MacNeil, Vice President. Vicky Parker, President
Back Eric Brown, Communications, Neil MacNeil, Past President,
Glen Pulley, Secretary, Gordon MacDonald. Treasurer



*With a little help from my friends.....*President's Message

This is the seventh newsletter I've put together, but it feels like the first. Why? Because Neil was always responsible for writing the *President's Message* eloquently expressing his positive attitude and delight in the world around him including family, friends, and even Mother Nature. Writing up to his standards is a challenge. Fortunately, being the President will be a little easier since I have a supportive team.

Besides Spook, who inevitably joins me at the computer, there is the Executive which includes two new members - Linda and Eric. They bring a wealth of experience from their NSTU days as well as enthusiasm and fresh suggestions. Eric will be working diligently to bring our membership list up to date, and Linda, with her energetic work ethic, will ensure that things get done efficiently. Rounding out our team are Gord and Glen who will continue to capably handle their positions as Treasurer and Secretary. Neil isn't let off the hook yet. As Past President, his advice will be appreciated throughout our tenure. Yes, this is a great team, and together we are all looking forward to a successful, active and informative year for all the members in our branch.

FOR THE BIRDS – WINTER FEEDING

BY CLAIRE DIGGINS



Claire and raccoon-proofed bird feeder

What You Need

- Backyard with clumps of high bushes where birds can take refuge
- Bird book & binoculars
- Variety of bird feeders which are
 - easy to clean
 - easy to fill
 - have perching rods
 - weather proof - keep out rain & snow
 - have NO glass parts
- Variety of seeds including
 - black oil sunflower seed
 - nyger seed
 - superior mixture with corn & peanuts
 - suet blocks



Bird feeder with baffle on post - a deterrent for marauding squirrels

Set up your feeders where you can observe but where birds will not hit your window when they fly up in a rush. Tube feeders of nyger seed attract Finches, Chickadees and Redpolls. A metal feeder with perch rods and a roof will hold sunflower seeds that bring a multitude of birds such as Northern Cardinals, Blue Jays, and Grosbeaks. Spread your seed mix on both a high and a low platform, preferably with a roof and some open sides. This will bring Ring-necked Pheasants, Red-winged Blackbirds, Grackles, Catbirds, Cedar Waxwings and Morning Doves. Hang blocks of suet on the trunk of a tree in a wire cage or net bag to draw in Woodpeckers, Creepers and Nuthatches. Juncos and Sparrows prefer to eat on the ground so will do clean-up duty with spilled seed from the feeders.

Early each morning try to put out the quantity of food your birds will need that day. Avoid stale, wet, or spoiling food. Birds will arrive at daybreak and again before dusk. They will feed heavily before a storm and during its first few hours. Birds are smart!

Store your bird feed where it will stay dry and fresh and not attract mice or squirrels.

Your feeders may bring hungry squirrels. They are feisty and clever, so your resourcefulness and creativity in keeping them away will be tested. If you should out-smart them, be prepared to share your victories! Raccoons will challenge your endurance but they will hibernate - eventually. I leave a daily ration for my raccoons.

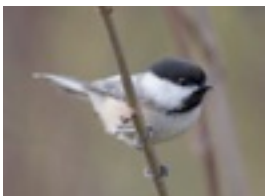
Be a reliable birdwatcher. Don't "chicken out" when the weather gets cold and the snow gets deep. The birds have learned to depend on you. Sure, they can find food at other feeders but the joy of bird feeding comes from your ownership of these little critters. Happy birding!



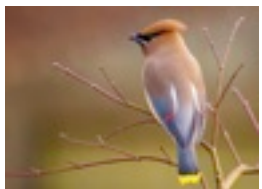
Redpoll



Junco



Chickadee



Cedar Waxwing

Opportunities & Programs for Seniors

It's on record. We "old folks" out-number the kids in our province and our province has the second highest percentage of seniors. Both the Ivany Report and media have labelled us as a liability to the economic growth and prosperity of our province as our demands on the health and social systems increase. Perhaps they should consider all the things we do, not only in our volunteer work and caring for our families, but also in an economic reference. Most small businesses that have begun in the last few years have been initiated by those over fifty. This area of the Nova Scotia economy has shown more successful growth than any large enterprise. Our activities easily compensate for any drain we make on the provincial systems. A few organizations have realized our potential and the great number of skills we can still offer to support and nurture our communities. Here are a couple.

SEEN - Silver Economy Engagement Network

This is a new program developed by Saint Mary's University. Realizing that many people are retiring before 65, and believing they may not find opportunities to fill their new-found free time - I know, that's a hard one to swallow - they have developed a program which "engages local, regional and provincial partners to empower people 50+ enabling them to explore new opportunities to learn and share their knowledge as they transition to a new life-style. SEEN is about changing the attitudes of, and towards, people approaching "retirement age" and reducing the level of physical and social isolation that many experience." Basically, large organizations are approached to see if they need help. Retirees are approached to see if they would like to help, be trained if necessary and become a pool of available volunteers and mentors. When the large organizations feel a need for help, they are matched with appropriate skilled retirees. This is a very simplified explanation of SEEN's mission. The good news is that they will bring their programs to you and usually at no cost. More information can be found at their website:

www.smu.ca/academics/silver-economy-engagement-network.html

Dementia Friends

Dementia Friends is a new initiative which supports those caring for someone with dementia. It provides them with better understanding of the disease and how to recognize and deal with the symptoms. An excellent short video with Eric Peterson at dementiafriends.ca is worth watching. More information about this program can be found by contacting Joan Parks-Hubley, Alzheimer Society of NS, South Shore Coordinator at 902-523-1614 or joan.parks-hubley@asna.ca This program is completely funded by the federal government.

Money Available!

Our provincial RTO has set aside \$10 000 for program support in our Branches. If you know of a course or program that would benefit our members, please contact the executive.

Our members VOLUNTEER!

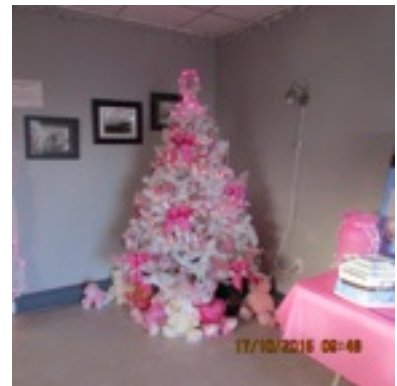


Front - Eric Brown, Leah Brown, Leila Barteaux
Back - Stella Gunn, Cathy Cranton, Sherry Saulnier, Vicky Smith, Brenda Hamilton

Scrap for a Cure

Another successful *Scrap for a Cure* was held on October 17 & 18. This year's proceeds of \$4253 were matched with \$3000 from Scotia Bank giving a total of \$7253 to be donated to the Margaret Salsman Cancer Care Memorial Fund. The successful event could not have happened without the support of all participants from Annapolis, Kings, Digby and Lunenburg Counties.

Next Year's event will be held at the Annapolis Royal Fire Hall on October 15 & 16.



Therapy Dog

Meet Callie, a labradoodle with all the qualities a therapy dog must have - confident, friendly, patient and gentle in all situations. Therapy dogs are welcome in hospitals, retirement homes, detention centres, and long term care and rehabilitation facilities. Their sole purpose is to lift the spirits and improve the morale of all those they meet. Callie, with owner Julie Morely, one of our RTO members, visits the Heart of the Valley Long Term Care Centre in Middleton every Tuesday. Callie needs very little encouragement from the residents to get on their laps or beds to say hello and visit for awhile. Smiles and laughter abound when she's around.

COMING EVENTS

Nov. 19, 20, 21 - Allen Hume's third play, **The Golf, Cheese and Chess Society** will be performed at the Al Whittle Theatre in Wolfville. It is the story of code breakers at Bletchley Park in England during WWII loosely based on the life of Kym Hume's aunt who was a code breaker. Tickets can be booked at lighthouse@outlook.com or at the door. Adults - \$15, Students & Seniors (65+) - \$12. Shows start at 7:30.

Nov. 27 & 29 - A Royal Consort will present **Gloria**, a program of choral music for Advent and Christmas with orchestra and brass quintet. First performance - Friday, November 27, 7 p.m. at St. James Anglican Church in Bridgetown. Second performance - Sunday, November 29, 3 p.m. at St. Louis Catholic Church, Annapolis Royal. Tickets available at Pharmasave, Bridgetown, Bainton's Tannery, Annapolis Royal, or from any choir member. Adults - \$12, Students \$6

Nov. 28 Middleton Choral Society, directed by Maureen MacLean, accompanied by Elizabeth Harwood. presents its annual Christmas Concert of sacred and secular music at the Kingston United Church, Kingston at 8:00 p.m. Free will offering.

Dec. 5 This concert will be repeated at St. John's United Church, Middleton at 8:00 p.m. followed by an open reception in the church hall. Free will offering.

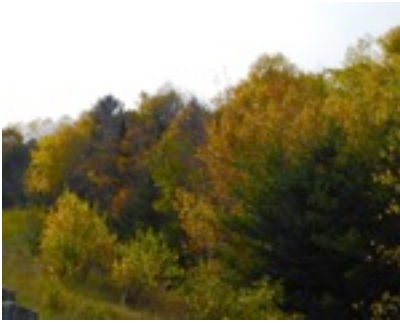
Dec. 6 Annapolis Voices Choral Society directed by Deidre Ormerod, accompanied by Elizabeth Harwood presents "Hope" featuring Eric Whitacre's "Alleluia" unaccompanied. It is being performed twice on Sunday, Dec. 6 at 3:00 p.m. and 7:30 p.m. in St. George and St. Andrew United Church, Annapolis Royal. Contact Wynne Delaney for ticket information - 902-665-5024

Dec. 13 Kings Chorale directed by Beth Pineo, accompanied by John Scott presents "A Service of Lessons and Carols" with the parishioners of St. James Anglican Church, Kentville at 3:00 p.m. Freewill offering.



Big News

The Annapolis Branch of the RTO has been selected to host the annual provincial RTO Golf Tournament. It will be held at the Eden Golf and Country Club on Saturday, September 17, 2016. Volunteers - golfing and non-golfing - will be needed to help host this event to make it a great success.



RTO Fall Meeting & Lunch
Thursday, November 19, 2015
End-of-Line-Pub, Bridgetown
Mini Craft Fair - 11:00 a.m
Guest Speaker - 11:30
Lunch and meeting - 12:00

Our fall meeting is a special one this year. For the first time we are having a **pre-Christmas craft sale**. A variety of items provided by our own members include:

- Fabric crafts - Mary Billard
- Jewellery - Elizabeth Pelham
- Wood turning items - Bill Butler
- Jams & jellies and penny mats - Bonnie Hatt
- Christmas cards & tags and local summer savory - Eric Brown

There will be time to shop before and after the meeting.

We also have a guest speaker. Discover Driving School will be making a presentation on **Winter Driving Safety**. This school is operated by two retired teachers - Darrell Warren and his wife Ellen Corkum-Warren.


Meal choices cater to gluten free, vegetarian, and unrestricted diets. The choices are listed below. All meals are **\$14.50 plus tax. Gratuity is included.**

Your spouse or guest is most welcome to join us for this event. (We'll keep the meeting short.) Please let us know if you are able to come and what your meal choice is by **FRIDAY, NOVEMBER 13**. Email me vijslink@estlink.ca or call Linda - 902-825-4354 or Eric - 902-532-5241.

- Meal Choices**
1. **Scallops & French Fries**
 2. **Philly Melt with Chicken or Steak**
 3. **Vegetable Stir Fry - Teriyaki or Curry**
 4. **Asian Noodle Soup - rice noodles and vegetables in a chicken broth (gluten free)**
- All meals include a dessert of gingerbread, and coffee or tea.**

Skating

Middleton Arena - Adult Skate: Wednesday 10 - 11:00 a.m.
Public - Friday 6:45 - 7:45 p.m.
Sunday 1:45 - 2:45 p.m.
Cost - Adults \$4



CALL 211

Call this number if you need help finding the right community service regarding Disaster, Housing, Child, Youth & Family Services, Continuing Care, Food Support, Financial, Senior, Newcomer, Health, Addiction, Disability, Transportation, Cultural, and many more. They will give you the names and numbers of those who can help you in your community.