



October  
2008

## MONTHLY NEWSLETTER

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### Our Sponsors



#### MBC Leasing Program

Located in the old school in the centre of Mahone Bay, this thriving community centre is host to a wide variety of programs & uses. We have artists' studios, a gallery & project room, fitness activities & much more.

If you're looking for space - either on a one-time basis or long-term - we can help. You

Dear Wayne,

#### FINALLY A FACELIFT

It's bright! It's lively! It's the beginning of the improvements to our MBC! The north side of the centre has been scraped, sanded, primed and painted to help us get an idea of how attractive our old building can become.

We wanted to at least get started when the weather was in our favour. Brian Swinamer was the main man in the bucket sanding, priming and painting the bulk of the upper level and we thank him. Unfortunately, the 65' boom needed to complete the belfry was not available when we could use it this fall, so that will have to wait until spring. But what has been done is a major improvement and shows us how we can look when we get dressed up a bit.

Right now volunteers are helping by painting the lower levels of the north side and planting some evergreens to dress us up even more. Our hearty thanks to the volunteers we've seen out front this past week...Ted Hobson, Claude Gagne, Bryan Palfreyman, Greg Muzzatti, Dave Nicholson, Bob Douglas, Pat Joudrey, and Paul Seltzer.

There are still significant issues that the board of directors is dealing with before all the components of our improvement plans can be implemented, including: the ACOA application, a close look at our best options for a new heat source in light of spiralling oil costs, which entails putting together detailed drawings of the buildings and getting them to our heating consultant, Art Irwin, to draw specifications for heating/plumbing changes, and also to the Steffes electric storage units representative for his costing.

We have contracted with Alstar Insulation to insulate the old building to an R20 value starting October 14th. This alone should save 30% in heating oil next year. The attic insulation of P2000 done by volunteers last fall helped us realize a 15% reduction in the amount of heating oil used last winter.

This is all to make us more attractive for future tenants...and you can play a major role here. We need to get the word out that there is space of all sizes and configurations available to rent at the centre, at less than the commercial rate, which includes heat, light, and parking. Small businesses and artisans can start up and expand here. Invite anyone you

can book space for workshops, classes, events or private functions.

Call 624-0890; drop by the office, (office hours below), or e-mail [thecentre@mahonebay.com](mailto:thecentre@mahonebay.com) for details.

**Help the Centre grow its membership by using the Forward Email link at the bottom of the newsletter (it's very small) to send this issue to a friend you think may be interested in knowing about the Centre's many activities.**

**REMEMBER as a member, you are entitled to submit notices regarding activities held at the centre. When doing so, though, please observe the guidelines outlined in the note at the very bottom of this issue.**

**To comment on the newsletter:  
[thecentre@mahonebay.com](mailto:thecentre@mahonebay.com)**

[Join Our Mailing List!](#)

know who might be looking for space to come and have a look. If it results in a lease at the centre, you will qualify for a "finder's fee" equal to one month's rent.

### **MAHONE BAY AREA Seniors Project**

*"Active and Independent Living in a Supportive Community"*

October is a busy month for the Seniors Project!

October 1 from 1:30-3:30pm Jo-Ann D'Alfonso will be offering a free introductory yoga class for seniors.

October 4 from 2:00-4:00 pm the Project hosts a story telling afternoon.

October 9 from 2:00-4:30 pm the Project will provide a big screen showing of **Rear Window** starring Jimmie Stewart and Grace Kelly.

October 15 from 6:30-8:30 pm the Project will have a hat making workshop to prepare for our upcoming fundraiser.

October 21 starting at 1:30pm the Project partners with the VON and Kinburn Pharmasave for a Safe Medicines program. To register, call 624-1897.

October 25, 2008 from 8:00-11:00 pm the Project hosts a Mad Hatter Dance featuring Midlife Crisis. Wear your best, your greatest, your most ridiculous hat to win a prize and support the Seniors Project! Tickets are \$10 advance and \$15 at the door. A cash bar will be available.

### **Conversations with... Series**

Thursday, October 16th from 2:00 - 3:30 pm - Dan Hennigar, "The Treasures of Oak Island".

Oak Island, NS, is the site of the world's longest running and most famous treasure hunt and the mystery of Oak Island remains unsolved. Discover how it began, the tragedies, the humour, hope and struggles. Find out what is happening at Oak Island today.

### **Meet the Candidates**

As a service to the community, the Mahone Bay Centre is hosting a "Meet the Candidates Night" in the centre gymnasium Thursday, October 9th, from 7:00 to 9:00 pm.

There are fourteen candidates offering for the offices of mayor and councillors in MB. This will be an opportunity for MB citizens to see and hear the candidates.

There will also be the opportunity to present individual

questions and concerns to the candidates by submitting them in writing to the office at the MBC, 45 School St., or by email to: [thecentre@mahonebay.com](mailto:thecentre@mahonebay.com) by October 5th. They will be compiled and presented to the candidates for their responses as time allows on October 9th.

Please spread the word about this opportunity to be better informed about issues and the future of our town.

## 12th Annual Antique Fair and Scarecrow Festival

Three large halls of antiques, housed in the Legion Hall, the Anglican Church Hall and the Mahone Bay Centre. Friday, October 3, 1:00 to 6:00 pm. Saturday, October 4, 10:00 to 5:00 pm. Sunday, October 5, 1:00 to 5:00 pm.

### **TAMMACHAT Natural Textiles'** ***HOLIDAY GIFT SALE***

We're happy to be back in the Centre's 2nd floor Double Dragon Dance Studio on Saturday & Sunday, Oct. 18 & 19 from 10 am-6pm.

Browse through natural silks and cottons, organically dyed and handwoven by women's groups in Thailand and Laos, fairly traded by TAMMACHAT Natural Textiles. You'll find SCARVES, BAGS, TABLECLOTHS, FABRICS & MORE - perfect for gifts or for yourself. If you attended our May sale in Mahone Bay to celebrate Fair Trade Week, you'll be delighted to find lovely, new pieces at this HOLIDAY SALE.

Throughout each day, you can watch SOCIAL FABRIC, a slideshow about weaving traditions, natural dyeing, community development & fair trade in action in women's weaving co-ops in Northeast Thailand.

Info: 624-0427, [www.tammachat.com](http://www.tammachat.com).

### **MAHONE BAY AREA Food Bank**

Open Saturday, October 11th (date change due to Thanksgiving), & October 28th from 9:30 - 12:00 pm. The Food Bank has a need for canned goods and we also welcome donations which are used to buy fresh food and meat.

### **DOUBLE DRAGON Dance Studio**

If you are interested in dance classes being held at the Centre please call for more info:

**Ballet classes ~ Mun. of Lun. Rec. Dept. 541-1343**

**Middle East Dance ~ Andrea Haines 541-0918**

### **THE PRINTMAKING GROUP**

We will be meeting at ten a.m. on Tuesday mornings. The sessions will provide artist participants with four hours of studio time with a lunch break at noon. The cost is about \$10. per person each class session, (depending on the number present). If you wish to participate and would like to learn more about it either drop by at the Art Room or call Ed Porter at 634-3497.

### **ACCESS ART ~ Life Drawing Resumes**

#### **INSTRUCTED SESSIONS**

Series of five bi-weekly classes Fridays 9:30 to 12:30 starting October 3rd. Fee: \$100.00 (life models, active instruction, guided critique). All levels welcome. Class size limited.

For more info and registration please contact [sallywarren@eastlink.ca](mailto:sallywarren@eastlink.ca) or 531-2161.

### **SHAMBHALA MEDITATION CENTRE**

South Shore Branch

Sunday, October 12: Nynthun sitting practice, 9:00-4:00 pm.

Wednesdays, open house, 7:00 -9:00 pm. Meditation, an introductory talk, tape or reading on meditation. All welcome. Tea and socializing on Wednesday after discussion.

Level Two: October, 3rd, 4th, & 5th, prerequisite - Level One. Contact Fran 634-9544.

October 26: Council Meeting

### **TAKE30 Fitness, Nutrition & Weight Loss Centre *For Men and Women***

Get started today to build a stronger, leaner you. We are offering all new classes this fall including a sculpting and core program guaranteed to give you amazing results in just 4 weeks!

Call today to get started... 531-3330

### **Champions Fitness**

NEW "Champions Fitness" is a community oriented fitness centre opening October 15th.

In the centre we will have a large variety of weight select machines, dumbbells, preset barbells, and of course, cardio machines.

The focus of Champions Fitness is to assist people by enhancing their lifestyle through fitness. We have already teamed up with Mahone Bay's new Fluid Motion Physiotherapy clinic to assist them and also to provide work hardening programs.

If you should have any questions, please visit us at the centre on October 7th. We will be giving our complementary sports gear to our first 75 members who sign up as a year member.

Remember... It takes just a little more to make a champion.  
[www.championfitness.us](http://www.championfitness.us)  
Email [championsfitness@eastlink.ca](mailto:championsfitness@eastlink.ca)

### **Artist Studios for Rent**

Over the summer, the Centre has been busy creating affordable artist studios. Regular classrooms are being sub-divided into four spaces providing artists bright, self-contained studios in which to work. Prices range from \$102 and change to \$150/mo HST included. Each studio is well lit and has a n 8' x 8' wall easel. Adjacent spaces may be combined for even larger studios for artists requiring even more space.

If you think you would like to join our community of artists and work in a pleasant creative environment call or just drop around to have a look. You can rent by the hour, the day, the week, or long-term which ever you prefer. Contact the centre office for more info.

### **WANTED: Digital Camera**

Have you upgraded your digital camera for a younger, newer, compact model? Is your old one laying forgotten in a drawer somewhere. If so, give it renewed purpose in life and donate it the Centre to build a visual record of all the wonderful changes that are happening.

We'll come and get it. Just give us a call 624.0890

MAHONE BAY CENTRE  
At The Old Schoolhouse  
45 School St., PO Box 489  
Mahone Bay, NS B0J 2E0

Tel: (902) 624-0890  
E-mail: [thecentre@mahonebay.com](mailto:thecentre@mahonebay.com).

Office hours: Monday-Friday,  
9:00 - 12:00 & 12:30 - 3:00.

**Annual memberships:**

\$10 adults, \$2 unwaged, \$2 under 18.

**Thanks to all our supporters & committed  
volunteers.**

## Note

### PLEASE OBSERVE THESE GUIDELINES WHEN SUBMITTING NOTICES TO THIS NEWSLETTER:

**MODE:** We prefer notices be submitted digitally by email or MSWord attachment to [thecentre@mahonebay.com](mailto:thecentre@mahonebay.com).

**FORMATTING:** Use bold type for headings and sub-headings and ALL CAPS for emphasis within body text. We may edit or re-format notices for clarity sake at our discretion.

**SPELLING:** We will do our best but can not accept responsibility for spelling.

**LENGTH:** Please limit messages to 150 words. Excessively long notices must be resubmitted as two or more messages or condensed to a more appropriate length.

**DEADLINE:** This newsletter is published from an online server on the last Friday of the month for the following month. We have a volunteer that uploads news articles the previous Monday morning. This means that the **DEADLINE** for accepting notices will be the 2nd last Friday of the month. We cannot guarantee that notices received after this deadline will be posted in the newsletter.

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