



February 2009

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 -

Dear Wayne,

A CURE FOR CABIN FEVER!!

Don't let the winter doldrums get you down. Get out, and get up to the Mahone Bay Centre, where opportunities await you and your talents:

- Lights and ballasts need changing and repair.
- 50 used tables recently purchased for the gym need sanding and refinishing.
- A partition needs removing in the gym changing room.
- A light on the stage needs to become operational.
- The gym stage area needs a thorough cleaning.
- The gym walls need painting.
- Room 303 needs prepping, painting, and floor cleaning for a new tenant.
- Ceiling tiles need replacement and painting.
- Adult chairs need cleaning and repairing.
- Children chairs need cleaning.

Your eye will probably spot other things that need attention at the centre. Now's the time... call the centre office... 624-0890 to get going. It will feel good!

Paul Seltzer, Chair

2009 MBC Membership

We have approximately 200 centre members. The annual membership fee is \$10.00 for adults and \$2.00 for those under 18 and for the unwaged. If you are interested in being a member of the centre you can drop by the office or print off a form from the website and mail it along with the membership fee. We thank you in advance.

MAHONE BAY AREA Seniors Project

"Active and Independent Living in a Supportive Community"

The Mahone Bay Area Seniors Project has a busy February planned. The highlight event of the month is our **Valentine's Day Dance featuring Midlife Crisis!** February 14, 2009 from 8-11pm. Tickets are \$15 and on sale now! Call Vicky at 553-0640.

On February 26, 2009 we'll be having our movie afternoon

either on a one-time basis or long-term - we can help. 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 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**

[Join Our Mailing List!](#)

and we'll be showing **Young at Heart**, a film about a group of senior citizens who perform contemporary and classic rock music. The film will start at 2 pm; donations are welcomed and appreciated.

Walking group and badminton will continue at their regular times.

The Seniors Project is also looking for people ages 20-80+ who are interested in playing slow pitch softball a few times a month during the spring and summer. If you are interested in playing in this strictly fun league, please e-mail Vicky at seniorsproject@eastlink.ca.

MAHONE BAY AREA Food Bank

Open the 2nd & 4th Tuesday of the month. Next open dates are February 10th & February 24th from 9:30 - 12:00 noon.

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 10:00 am. on Tuesday mornings. The sessions will provide artist participants with four hours of studio time with a lunch break at noon. The cost is \$10. per person each class session. 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

Open Session Life Drawing ongoing each Thursday morning from 9:30 to 12:30. \$15 per session or 5 consecutive sessions for \$65. Fee covers room rental and model fee. Contact sallywarren@eastlink.ca for info.

SHAMBHALA MEDITATION CENTRE

South Shore Branch

Wednesdays, open house, 7-9 pm. Meditation, an introductory talk, tape or reading on meditation.

Shambhala Day happens on February 25. We celebrate that day and all are welcome.

TAKE 30 Fitness, Nutrition & Weight Loss Centre *For Everyone*

Special Intro offer: Join for 3 months by February 15th and save \$50!!!

Come in and see our 6 pieces of cardio equipment, weights, circuit or try one of our very popular classes offered at 2 different times daily.

Call for an appointment and let us help you reach your goals. 531-3330

Old School Farmer's Market

Friday mornings from 8:30 ~ 1:00 pm

Gudula's German Bakery ~ Gudula Mueller, Proprietor

Offering baked goods made fresh daily with all organic ingredients. Multi-grain bread, (7 different organic grains), German farmers bread, (sour dough, organic wheat & rye flour), pretzels, rolls, breakfast braids, sweet strudel & coffee cake.

Phone: 685-3925 ~ Please call and tell us your needs or order for the following weeks market.

Evan's Fresh Seafood ~ Evan d'Entremont & Jim Kerr, Proprietors

Offers the freshest seafood on the South Shore from his own fishing boat.

Wooly Mountain Farm ~ Pam & Kurt Wentzel, Proprietors

Offering organic free range eggs, pasture raised pork & lamb. (Pork & lamb chops, roasts, ground pork & lamb, spareribs, Italian, German & Polish sausage, pepperoni, etc. Coming soon ~ Home smoked ham, bacon & ground beef.

Animals pasture raised are high in unsaturated fats with no antibiotics or growth hormones.

Crossroads Farms ~ Victor & Ann Naugler, Proprietors ~ Growing for you since 1991 ~

Offering organic vegetables, fruit & honey. (Potatoes, turnips, carrots, onions, kale, dry beans, tomatoes, apples, & herbs, (dill & parsley). Pesticide & chemical free!

We also have vendors carrying homemade wood products, jellies, plants, handcrafted soaps, jewellery and flea market items.

Mahone Bakery Products ~ Murray Freeman, Proprietor

We feature home-baked breads, rolls, buttermilk biscuits, muffins, scones, pies, cookies, sweetbreads, squares, etc. Using unbleached flour and farm fresh free range organic eggs. We also carry a variety of homemade jams & jellies.

Many are made from our own pesticide free fruit. Fresh pickled eggs are available and homemade pickles, relishes & preserves in season. Items to meet your individual needs are available by request. Phone 624-8003.

MEB'S Country Condiments & Crafts ~ Meredith Bell, Proprietor

Is a homegrown jam & jelly on the Cornwall Road in Middle Cornwall. MEB'S is run by Meredith Bell and is a very new operation that is exploring the unusual & savory. Come to the market and try a sample ~ a taste sensation.

Handcrafted Soaps & Skin Care Creams from Button Tree Soap Shoppe ~ Shelli Killen, Proprietor

Creating individualized, customized skin care products is their specialty. For more info:

<http://www.buttontreesoaps.4t.com>

Naturally Wood Quality Furnishings and Unique Gifts ~ Rodney and Ida Wiley, Proprietors

They carry handmade wood products that will add Old World Charm to any decor. Items include, and are not limited to, salad bowls, cutting boards, rolling pins, mortar and pestles, Lazy Susan's and more, (kitchen utensils, spoons, spatulas, honey dippers, etc.). Each item is individually made, making them truly one of a kind.

Not just Iris's Greenhouses, ~ Iris Burke, Proprietor

Iris has been working in greenhouses for over 25 years, working for other growers before owning her own business. She grows 95% of her plants mostly from seed when possible. She carries most seasonal plants such as Easter lilies, bedding plants, hanging baskets, poinsettias, and a few houseplants. Iris is a big believer in quality and her plants are user friendly, (no spray). Come see her at the market or at the greenhouses. Any questions please call anytime ~ 279-0830.

Rose Bay Jewelry Creations ~ Christian Heyne, Proprietor

An artist & designer, he has been involved with the production of beautiful things all his life. His sterling silver jewelry shows the European classical design style from his German training. He is a longtime Canadian living in Rose Bay. Call him for custom orders or private showings of his jewelry at 902-766-4220.

Old School Flea Market

A Flea Market will be held every Saturday from 9-2 pm in the gymnasium. For the curious collector ~ flea market items & crafts. Admission free. For affordable space call Shirley at 543-1509 or Greg at 627-2909.

Inner Light Wellness Centre

Skye River Hawk, BA, MT.

Inner Light Wellness Centre is hosting a, Mindful Cooking Series, on Fridays, for the month of February. BW

Wildsmith of Sustenance Gardens will be our guest chef and organic market gardener. Please come join us! If you are interested, please call to register. If interested, but the timing isn't right, let me know and we may schedule a weekend class too.

Also a Single Parent Get Together and Infant Massage Class and an Introduction to Non Violent Communication Class will be held this month. Please call for dates and info. Phone 624-6299 / 644 2365 or email at innerlight@ns.sympatico.ca

The FUTURE OF FOOD

SCREENING & DISCUSSION · TUESDAY, FEBRUARY 3 · 7-9 P.M. · 902-489-2524

THE FUTURE OF FOOD offers an in-depth investigation into the disturbing truth behind the unlabeled, patented, genetically engineered foods that have quietly filled U.S. grocery store shelves for the past decade. From the prairies of Saskatchewan, Canada to the fields of Oaxaca, Mexico, this film gives a voice to farmers whose lives and livelihoods have been negatively impacted by this new technology. The health implications, government policies and push towards globalization are all part of the reason why many people are alarmed by the introduction of genetically altered crops into our food supply. Shot on location in the U.S., Canada and Mexico, *THE FUTURE OF FOOD* examines the complex web of market and political forces that are changing what we eat as huge multinational corporations seek to control the world's food system. The film also explores alternatives to large-scale industrial agriculture, placing organic and sustainable agriculture as real solutions to the farm crisis today.

Conversations with... John Payzant

Thursday, February 19, at 2:00 pm in the Community Room. Refreshments to follow.

The Bloody Hand: The Story Behind the Legend of Coveys Island. In 1755, the Payzant family, one of Lunenburg's original settlers, moved to what's now called Coveys Island in Mahone Bay to farm and establish a dry goods business. In May of the following year, they were attacked by native Indians. Their dwellings were looted and set on fire, Louis Payzant was murdered, and his pregnant wife and children were abducted to Quebec City, then under the control of the French General, Louis-Joseph de Montcalm.

John Payzant, a descendent of the original family, will tell the story of the events surrounding this episode in Mahone Bay's rich and colourful history.

John Payzant was born in Halifax, and spent most of his working life in Toronto as an investment banker on Bay Street. He moved to Lunenburg in 2004 with his wife, Carolyn Hogg. He is the author of the book, *Fish Out of*

Water - How I Got Hooked on Lunenburg, a director of the Lunenburg Heritage Society and a member of Lunenburg's Gallows Hill Writers Group.

Champions Fitness

Check us out! have fun and get fit! Full time friendly, qualified staff on site to help you achieve your fitness goals.

Wide selection of free weights, select rise machines and cardio training options.

Warm up in our tanning bed! Ask about childcare while you workout!

www.championfitness.us ~ 531 3444

Remember.., it takes just a little more to make a champion.

Council of Canadians Movie Night

Friday, February 20, 7: 30 p.m.

The Council of Canadians South Shore Chapter presents the documentary *A Hard Rain*. This Australian film challenges the current thinking that nuclear power is safe, cheap, healthy and green. If you want vital and factual information to counter the myths of the nuclear and pro uranium mining lobby this documentary is a must see. Free admission and free popcorn. For information call 527 2928 or coc.ss@hotmail.com.

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

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

Office hours: Monday-Friday,
10:00 - 12:00 & 12:30 - 2:30.

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.

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.

[Forward email](#)



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