



March 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

Dear Wayne,

A warm welcome to our newest tenant: South Shore Addiction Services will be occupying Room 403 and servicing their clients from the Centre starting this month. We would like to thank them for their donation of comfortable chairs which come to us from their former facility in Lunenburg, and are now being used in our Community Room.

Flea market Info: The market has temporarily ceased its operations at the Centre on Saturdays.

Meeting of the Tenants: On Tuesday, March 3 at 7 pm the board of directors will be hosting a gathering of the tenants of the Centre in the Community Room. Hope to see you there.

MBC Room Division: You can help spread the word that MBC is dividing a number of our larger rooms into smaller, affordable spaces ideally suited for small and start up businesses. There is a new brochure available describing some of the options. Potential tenants should know that all utilities are included, as is wireless internet access, free off street parking, lunchroom facilities, security and very pleasant workplace surroundings. Interested parties should contact the Centre office at 624-0890.

COMING UP... MBC WORK WEEK...MARCH

16-20...MONDAY - FRIDAY

A wonderful opportunity to come out of our winter caves a week before spring, and mix with others by using our time and energies addressing the many improvement needs of our Centre. We will have work opportunities from 9:00 a.m. to 4:00 p.m. with a free and hearty lunch provided each day by Susan Seltzer.

If you can come for the whole week, or just a day or 1/2 a day you are welcome and needed. As we look around, the list of what could improve the Centre is long. You can probably add your own observations as to what would help. There is work for every level of energy and interest for men and women of every age.

Here is what we are seeing right now:

- * cleaning all over/touch up painting
- * gym tables - repair, sand, paint
- * gym storage rooms - remove dividers, clean, paint
- * gym walls cleaned and painted

more.

If you're looking for space - 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 it's 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**

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- * gym floor cleaned and waxed
- * furnace room cleaned
- * Rms 302, 304, 303, 305, 307 removing walls, erecting dividers, cleaning, painting, floors waxed
- * chairs in community rooms cleaned, re-padded
- * ceiling tiles painted/replaced
- * attic banisters installed
- * attic cleaning
- * hall floors cleaned and waxed
- * washroom fan repairs
- * gym exit door repaired
- * baseboard installed in dance studio
- * install hinges on gym table storage doors
- * wainscoting cleaned/verathaned, stairs, banisters
- * children's chairs cleaned

What else do you see? We'll do as many of the projects as we can with the energies you offer. Invite a friend! If you can help out for any portion of time during March 16-20 please let us know ahead of time so that we can plan for lunches and team activity. Call the Centre office at 624-0890 or Paul Seltzer at 624-9382 to sign on. Work/paint parties have been lots of fun and a great builder of community in the past.

Thank you! 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"

Get active this month with our adult walking group and badminton at the regular times, and relax with our monthly movie "Happy Go Lucky" on March 26 at 2 pm.

The Seniors Project will be making calls in the next few weeks to those who participated in our questionnaire to set up social meetings and continue with our goals of helping one another.

Also, we would like to extend a heartfelt Thank You to everyone who helped to organize the Valentine's Dance fundraiser, and to those who came to support the cause. Thanks for making the event a success!

**Rescheduled due to inclement weather:
"Conversations with"... John Payzant**

Thursday, March 5, 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.

"Conversation with" series for March ~ Patterns of Colonization / With Veryan Haysom

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

The title of Veryan's talk is derived from an essay by John Kinsella, an Australian poet, in which he writes about the way Australians exploit water. Veryan will draw on personal experiences growing up in South Africa and working on Labrador Inuit Land Claims to discover and explore patterns in the way we relate to land, to aboriginal peoples, and to our environment.

Veryan came to Canada from South Africa in 1969 and graduated from Dalhousie University Law School in 1973. In 1975 he joined a law firm in Yellowknife, NWT, and in 1976 moved to Happy Valley, NL, to help the Innu and Inuit of Labrador establish a community legal resource centre. He opened a law practice in Mahone Bay in 1980 and began to work for the Labrador Inuit on their land claims soon after. He and his family relocated to St John's, NL, in 1996 so he could continue this work on a full-time basis. They returned to Mahone Bay in 2003. The comprehensive Labrador Inuit Land Claims Agreement came into force in December 2005. Veryan Haysom was the 2008 winner of the Atlantic Writing Competition for Poetry and a candidate in the recent Mahone Bay municipal election.

MAHONE BAY AREA Food Bank

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

Municipality of Lunenburg Recreation Dept.

Chair caning:

Tuesdays, March 10 - May 5 from 10:00-12:00 pm.

Painting for home decorators:

Tuesdays, March 31 - May 5 from 1:30-3:30 pm.

For more info call the Rec. Dept. at 541-1343.

POETRY WORKSHOP with Carole Langille

Monday afternoons from 3 - 5 pm, beginning April 6.

Cost \$160. for eight weeks. Call to register:

902-857-1694 or email

carole.langille@ns.sympatico.ca

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

Open Session Life Drawing

Thursday mornings 9:30 to 12:30, \$15 per session. Fee covers room rental and model fee.

An Introduction to Etching with Ed Porter

Saturday March 28, 10 to 4 pm. This beginner friendly workshop will introduce participants to the entire process of etching from plate to print. \$75 fee includes all materials. To register contact: sallywarren@eastlink.ca

SHAMBHALA MEDITATION CENTRE

South Shore Branch

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

Saturday, March 7 - the Six Paramitas with Moh

Hardin. All are welcome. Time: 9:30 am till 4:30 pm. For info call 766-4242.

Inner Light Wellness Centre

Skye River Hawk, BA, MT.

SINGLE PARENT GETOGETHER on Saturday Afternoon, March 14th at 1:00 pm, which will hopefully manifest into a monthly event. Bring your child/children as childcare will be provided, any clothing your child may have outgrown, and a simple food item to share.

Also there will be two workshops this month:

A couples workshop on March 11th at 6:00 pm to 7:30 pm which is \$30.00 per couple. Bring your loved one, some pillows, a blanket, a mat, and a desire to deepen your relationship with another in the spirit of love.

Also an **Infant Massage Class** will be offered this month on March 18th at 9:30 am to 10:45 am for \$20.00.

Please call for more information: 624-6299.

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

We are a family friendly fitness centre offering a hydraulic circuit, cardio & weight equipment. Try one of our very popular fitness classes & call for details on our Spring Boot Camp.

We now have a monthly payment option, no sign up fees or contracts, & great staff! 531-3330

Champions Fitness

Need some reasons to check us out?

Our members have been telling us they are sleeping better, they have more confidence, enjoy the positive, friendly atmosphere, their clothing is getting looser... convinced yet?

Full time, 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 us about our second location!

www.championfitness.us ~ 531 3444

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

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.

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.

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!

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.

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.

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.

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