



April 2009

MONTHLY NEWSLETTER

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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

Dear Wayne,

Message from the MBC Chair

LOOKING GOOD... AGAIN ... AT MBC

It was WORK WEEK at MBC March 16-20 and 54 people put in 719 volunteer hours to improve our community centre from top to bottom, and to meet and work with some new friends, share some great lunches, and have lots of laughs together. Take a look around and feel good about what they have done for us.

Starting from the top you'll see: a cleaned attic, a new banister on the cleaned attic steps, cleaned and re-padded orange chairs in the community room, (special thanks to Charlotte Roblee for her upholstery expertise), all the blue fabric chairs steam cleaned, the plastic children's chairs cleaned, the west hall cleaned and rearranged, tables cleaned, the kitchen cupboards cleaned and organized, the furnace rooms cleaned out and organized (WOW!), steps cleaned and waxed, lower hall re-painted, upper hall and stairwells touched up, the gymnasium re-painted, 50 tables recently acquired from the flea market repaired, painted and verathaned, hinges installed on stage storage doors, gym storage room painted and partitions removed, gym floor cleaned, wall removed between rooms 301 and 303 to prepare for a brand new conference/training room.

Our deepest appreciation goes out to the many volunteers including: Kelly Wilson, Allen O'Brien, Brian Swinamer, Dave Nicholson, Win Seaton, Michael O'Connor, Gary Langille, Ted Hobson, Pat Joudrey, Fran Burchell, Susan Seltzer, Sidney Lang, Rita MacDonald, John Benitz, Ann Benitz, Bob Douglas, Zane Murdoch, Paul Seltzer, Carol Snyder, Charlotte Roblee, Bryan Palfreyman, Darrell Dawson, Ron Hall, Michael Ernst, Peter Edwards, Stephan Sopher, Janet Barkhouse, Derek Wentzell, Sue Bookchin, Phil Kenny, Gary Bardon, Lokman Abdullah, Ward Isnor, Lauren Seaton, Anna Davison, Claude Gagne, Jack Whynot, Meredith Bell, Doris Cook, Bill Barclay, Ed Porter, David Puxley, Bob Sayer, Trish Sayer, David Walmark, Mike Wearing, David Etter, Ray Dahn, Peter Alexander, Derwin Spencer, Graham Duncan, Patty Duncan, Heather Gordon, Judy Bain. THANK YOU ALL!!

2009 Membership

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!](#)

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"

Grant Announcement and Afternoon Tea ~

Wednesday, April 8, 2 pm in the Mahone Bay Centre Basement Room. The Mahone Bay Area Seniors Project invites you to join us in celebration!

We are happy to announce that the Mahone Bay Area Seniors Project has been chosen as a recipient for a New Horizons Capital Assistance Grant, totaling \$19,500. This money will go toward renovations in the basement room of the Centre, which will not only benefit the Seniors Project, but also the Mahone Bay Area Food Bank. MP Gerald Keddy will make the official grant announcement, tentative design plans will be presented, and both the Seniors Project and the Food Bank will speak to their work efforts in the community.

Please let us know if you are able to attend. And, of course, make sure to tell all of your friends! We Hope To See You There!

Spring Activities for Seniors

The Mahone Bay Seniors Project welcomes you to join in their spring activities! Winter Walking and Badminton occur at their regular times. This is the last month for Winter Walking, so come out and enjoy!

This month's afternoon movie is "**DreamGirls**", April 23, 2009 at 2 pm.

This month the Seniors Project is going to start up Auction 45 card games; keep your eyes and ears open for more information.

The Seniors Project is looking to start a slow pitch softball team for the upcoming summer season. If you're interested, please contact Vicky at 553-0640 or seniorsproject@eastlink.ca.

Conversations with.., ALLESON KASE on "Engaged Travel", Thursday, April 16 at 2pm.

Exotic places, beautiful getaways, views that leave you breathless - the delights of travel are too numerous to mention, and Alleson Kase has experienced them first hand. Enjoying in the world through what she calls 'Engaged Travel', Alleson has visited not only much of Canada, but Mexico, Guatemala, Nicaragua, Thailand, Laos and Indonesia. Join us to be spirited away by both her journeys

and her travel philosophy, and receive tips on how best to engage in your travels, without even leaving the country. Alleson Kase, amateur cultural anthropologist, currently calls Mahone Bay home, but has lived and traveled in many countries and communities around the world. Refreshments to follow. Donations are welcomed and appreciated.

Cafe Canada

The next meeting will be held on Friday, May 1st, 7:30 to 9:30 pm at the Mahone Bay Centre. The program features Council of Canadian personnel on a cross-country presentation concerning the world-wide water crisis and the need for water to be declared a basic human right as proposed by the United Nations.

Mahone Bay Area FOOD BANK

Open the 2nd & 4th Tuesday of the month. Next open dates are April 14th & April 28th from 9:30 - 12:00 noon.

Mahone Bay Food Bank Assoc. AGM: Tuesday, April 7 at 7 pm in the Community Room.

POETRY WORKSHOP with Carole Langille

Monday afternoons from 3 - 5 pm, for eight weeks beginning April 6. Cost \$160. . Call to register: 902-857-1694 or email carole.langille@ns.sympatico.ca

OIL PAINTING CLASS INTENSIVE with Lynda Diamond

All levels welcome! This oil painting class meets once a week, starting Sat. May 16th from 10 am-1 pm, for 8 weeks and each class session is 3 hrs long, (with a cookie break mid class).

Each week we will focus on a different aspect of the technique of oil painting. Techniques of the old masters will be discussed. You can come with your own ideas and passions on what you'd like to paint, or show up clueless and be inspired in your first class for your first painting. This will be the most informative class you've ever taken on the technique of oil painting.

Learn to use a palette knife, glazes, impasto or your fingers to make a painting. Paint a classical face or an abstract expression, or both! Find out who you are in this 8 week intensive oil painting class with Lynda Diamond.

Fee is \$282.50. Materials list to be given to students. To register contact: lyndadia@aol.com or call 902-228-2095.

THE PRINTMAKING GROUP

We will be meeting at 10:00 am. on Tuesday mornings.

Each session will provide artist participants with four hours of studio time with a lunch break at noon and costs \$10 per person. If you wish to participate and would like to learn more about it, either drop by the Art Room or call Ed Porter at 634-3497.

ACCESS ART ~ April Workshops

Bring your enthusiasm and your lunch!
Learn new skills in good company. Workshops are from 10 - 4 pm. Fee covers cost of all materials.
Information:

www.mosaicsproject.ca/AccessArt/ or pick up a brochure at the Centre. Registration: [email sally warren](mailto:sally.warren) or call 531-2161.

Introduction to Collography - \$65 - April 4th with Rob Maloney and Lucie Pare. This is a fun, spontaneous and highly versatile printmaking technique that does not even require a printing press to achieve great results.

Introduction to Watercolour Painting - \$65 - April 18th with Diane Wile-Brumm. You do not need a shred of experience for this truly beginners workshop.

Marvelous Mylar - \$70 - April 25th with Barbara McLean. Explore the unique qualities of mylar, (polyester film), as a support for drawing and painting.

Figure Drawing - \$75 - May 2nd with Renee Forrestall. An exciting day of drawing the model including structure, proportion, rendering and tools of the trade with reference to 16th Century Italian Renaissance masterworks.

Life Drawing, "open" (non-instructed) life drawing continues every Thursday morning 9:30 - 12:30. \$15 fee covers model, room rental - all levels welcome.

AWAKENING THE DREAMER: CHANGING THE DREAM OF THE MODERN WORLD with Leila Bruno. Visit our [web page](#).

At a time in history where it is apparent that we are at a crossroad in influencing our future this symposium blends the earth-based wisdom of indigenous peoples of the Amazon and of North America, the teachings of Shambhala Buddhism with the insights of international carriers of the peace, justice and sustainability movements e.g. Desmond Tutu, Paul Hawken, Tich Nhat Hanh and others. We will be using videos drawing from the experiences and wisdom of world leaders and thinkers along with short films and leading edge information to engage in a lively community group interaction process. As the Hopi elders have spoken: "We are the ones we have been waiting for" ... "this is THE hour" ... Let us "gather and dream" to bring

forth an environmentally sustainable, socially just and spiritually fulfilling human presence on Earth.

AWAKENING THE DREAMER: changing the dream of the modern world is quadri-sponsored by Nova Quest, Shamanic Pathways, EarthSea Interpretations Unlimited and the Shambala Meditation Centre of the South Shore

Location: The Mahone Bay Centre, Community Room, 45 School St, Mahone Bay, Nova Scotia B0J 2E0

Time: Saturday, April 11, 10 am to 4 pm.

Cost: \$25. Lunch included. (No one turned away for lack of money).

Info & Registration: Armand DeGrenier novaquest@ca.inter.net or phone (902) 543-9376, (leave a message, thanks!), or call Carla Silver (902)275-2411.

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

SHAMBHALA MEDITATION CENTRE

South Shore Branch

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

For April we have a Level I ~ April 1, 2, & 3. It is a beginning level and is open to all who would like to learn to meditate.

The Shambhala Community meeting will be held April 23rd.

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

Come in and try one of our awesome classes. We have 3 different times each day and 4 great instructors. Classes vary each day and are truly the best around! We now have a monthly payment option, no sign up fees or contracts, & great staff! Watch for our new studio to open in May - Get Inspired. 531-3330

Champion Fitness

Heart Smart Training Clinic: Please join Champion Fitness and Kinburn Pharmasave on Wednesday, April 22nd, 8:30 am - 12:30 pm. Have your cholesterol, blood pressure and blood sugar checked, (fasting required). The \$20.00 fee for this service has been waived. Discuss how to improve your heart health by incorporating strength and cardio training into your new lifestyle!

* Receive a FREE week of training at Champion Fitness

* Enter to win door prizes

Call Pharmasave to book your appointment: 624- 8347.

For more info call 531-3444 or send us an email championfitness@eastlink.ca

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.

New to the market: Susan Bone / Ellora Natural & Organic Foods

www.ellora.ca ... info@ellora.ca

Susan will have certified organic open-pollinated garden seed from Hope Seeds & lots of organic foods and natural products on hand.

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.

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