



JUNE 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 or long-term - we can help. You can book space for workshops, classes, events or private functions.

Dear Wayne,

Notice: The Mahone Bay Centre Society AGM will be held on June 1, 2009 at 7 pm in the Community Room.

There will be lots of important information about what's be going on and what's coming. We will also be electing a new board of directors to guide us for the next year. Your attendance and participation will be appreciated.

Some information about the 15 candidates for board members from our nominations committee:

1. Lokman Abdullah. Lokman and his wife

Colleen live on Sleepy Hollow Road. He worked in data capture for 22 years. They owned and operated the Puddle Dock Antique Shop in Mahone Bay for several years. They have been active in the Summer Concert Series leadership. He has been active at MBC helping with painting, maintenance and badminton.

2. Jon Allen. Jon and his wife Ina live on Keddy Bridge Road and came to Mahone Bay from Toronto in 1981. Jon worked in real estate for 17 years. He served on Mahone Bay Town Council 1985-1988, is the founder and member of South Shore Players, leader of the Mid-Life Crisis musical group, is active writing music and plays, and golfing. He has been active at MBC fundraising events, Seniors Project and painting projects.

3. Jim Fox. Jim and his wife Carolyn have lived on Clearland Road since 1996 and his mother lived in Mahone Bay since 1964. Jim served in the armed forces 40 years, and he was then the executive director of the Heart and Stroke Foundation of Canada for 3 years. He is a strong believer in MBC as an important institution of Mahone Bay.

4. Kelly Wilson. Kelly and his wife Merrilyn live on Edgewater Street, Mahone Bay. Merrilyn's roots in the local Swinamer family go back to 1752. Kelly worked as an engineer for Labatts Brewing Company in China for ten years before moving to Mahone Bay, where he operated a lawn care business for several years. He has served the community volunteering with the Classic Boat and Scarecrow Festivals, the Harbour Planning Committee and painting projects at MBC.

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!](#)

5. Derwin Spencer. Derwin and his wife Margaret moved to Maple Street in Mahone Bay from Ontario four years ago. He is a retired professional mechanical engineer, and was director of engineers at Indal Technologies for 29 years. Locally, he is giving leadership to the Mahone Bay Sustainability Committee.

6. George Ernst. George lives with his wife, Heather in Oakland. He is a CA with Grant Thornton LLP and serves the community as vice chair and secretary of MICA, and on the St. James Church Council.

Other members of the MBC Board of Directors who will be re-offering at the AGM:

7. Greg Muzzatti
8. Sidney Lang
9. Ted Hobson
10. Bryan Palfreyman
11. Brian Swinamer
12. Pat Joudrey
13. Win Seaton
14. Dave Nicholson
15. Paul Seltzer

We thank retiring board members, Zane Murdoch and Claude Gagne, for their service on the board over the past year.

2009 Membership

We have approximately 200 Centre members. The annual membership fee is \$10.00 for adults and \$2.00 for those under 18. 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"

**Seniors Project ~ Info: 553-0640 or email:
seniorsproject@eastlink.ca.**

Spring Walking - Monday and Thursday 9:30am. Meet at Kinburn Pharamasave.

Reduce Your Risk For Diabetes - Thursday, June 4, 2 pm at the Centre. An opportunity to realize risk factors and work to prevent onset. Presented by South Shore Health.

Arthritis Presentation - Tuesday, June 16, 7 pm at the Centre. Topics covered will include types of arthritis, coping with the effects and resources and supports available.

Community Meeting on Seniors Housing - Monday, June

22, 7 pm at the Centre - Where do you want to live in 10, 20, 30 years? Hear the stats and discuss your visions and concerns.

Glimpses

**'A look at our history through scene and song',
Mahone Bay Centre, June 20th at 8 pm.**

Glimpses consist of a series of vignettes depicting various events in the history of the area. Glimpses premiered last year at the Fisheries Museum in Lunenburg and was a tremendous success. It was enjoyed by both visitors and local residents. It ran throughout the months of July and August. This year we have expanded the show which will last about 75 minutes. Admission: \$5 per person. 50% of the proceeds will go the 'Paint Fund'.

"Conversations with"..... is pleased to host

Tea & Textiles on Thursday, June 18, from 2:00 to 5:00 pm. Admission: \$5.00

**Valerie Hearder - Quilter & African Threads
Mary Gilles - Needlepoint/Open Canvas Work
Anna Davison - Quilter
Christine Little - Rug Hooking
Justine Kerr - Felt Making
Tammachat - Natural Textiles**

This delightful afternoon will begin with each presenter giving a brief talk about their craft or textile. Examples of their work will be on display, with option of sale for some.

This will be followed by Tea and Cake.

This afternoon is a fundraiser for First Steps, (First Steps is a home based early intervention program for infants & pre-school children with developmental challenges).

ARGENTINE TANGO INTENSIVE WORKSHOP FOR BEGINNERS

June 5-6 & June 19-20 ~Mahone Bay Centre Dance Studio

André Carrière, Director of the Tango Connivence Studio in Sherbrooke, Quebec, will be offering an intensive two-weekend beginner-level Argentine tango workshop over two weekends, June 5-6 and June 19-20. A guided practice session will be arranged for the weekend of June 12-13.

The cost for the two-weekend workshop is \$145 per person or \$290 per couple. Individuals are encouraged to register with a dance partner. André Carrière offers a well-organized curriculum, his teaching is creative, and his classes are fun.

André is acquainted with the Halifax tango community, having taught intermediate tango workshops in Halifax on two separate occasions over the past winter. Recently, André was the invited DJ for the community tango dance held on a monthly basis in Halifax.

For further information about André, please consult his website:

www.tangosherbrooke.com

An English version is available at this site.

If you wish to make inquiries or are interested in registering for this workshop, please contact one of the local organizers ,

MJ Sakurai, phone 553-0933; mjsakurai@nechc.com

Auriel Dell, phone 766-4569; aurieldell@gmail.com.

Mahone Bay Area FOOD BANK

Mahone Bay Area Food Bank ~ Open the 2nd & 4th Tuesday of the month. Next open dates are June 9th & 23rd from 9:30 - 12:00 noon.

Ditto's Canine Learning Centre

Offering puppy & obedience classes at the Centre. Ditto's Canine Learning Centre promotes humane training and strengthens the human-dog relationship so that your dog achieves their highest potential. We believe the relationship comes before performance. Obedience in dogs is a logical consequence of good upbringing and education, rather than a goal in itself. Our training is reward and positive reinforcement based and we offer optional clicker training for a faster responding dog.

We suggest ALL family members to be involved with the dog's training and encourage the whole family to attend classes. We will work with dogs of all breeds, genders and ages. We teach you, the owner why dogs behave the way they do. For example barking & jumping up, why do they do it, and how to control it.

We love working with dogs adopted from rescue organizations and will work with dogs with existing behaviour issues. Give us a call today to sign up for our next class.

For more info or to register call Jane Smith at 624-0800 or www.dittoscaninelearningcentre.com

INSPIRE ~ a fitness, nutrition and wellness studio, truly an experience like no other.

Let us inspire you to be the best you can be. A fitness, nutrition and wellness studio with a beautiful atmosphere and full time staff. Truly an experience like no other. We have 4 instructors, a variety of classes such as yoga, pilates, flow flex, tubing/bands, stability ball, strength training, cardio dance, core work and so much more. Call today to get started or ask about our new monthly schedule, organic body care products, smoothie/muffin bar and cardio room. 531-3330 or email at inspiredlife.kim@gmail.com

DOUBLE DRAGON Dance Studio

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

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.

Nyinthun, June 7 from 9 - 12 p.m.

Level III, June 26, 27, 28, (the last weekend of the month). Prerequisite is Level II.

For info call 634-9544 or email fpburchell@eastlink.ca.

Champion Fitness

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

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

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.
Website: MahoneBayCentre.com

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

Annual memberships:
\$10 adults, \$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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