



November 2009

## MONTHLY NEWSLETTER

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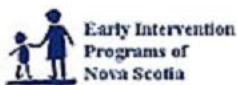
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### Our Sponsors



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,

Dear Wayne,

## THE SQUARE FOOT CLUB FUNDRAISER LAUNCHED

The biggest fund raising effort in our short history at MBC was launched at the Harvest Jam, October 24th.

Important details will be following shortly, asking that each of us consider making a generous investment in the future of the centre at this critical juncture of our life together. The first question is WHY we need a major fundraiser now?

The short answer is that we have received an ACOA government grant of \$113,000 for more improvements to our building. That is wonderful news. The flip side is that we have to come up with our \$30,000 share of the grant so that the work can be completed by December 31, 2009. In other words, we have to use it, or we lose it.

We are all enjoying the many accomplishments of these eight years. We now have an opportunity to take a large step forward with the government assistance. It will involve:

- 1) completing converting the heating system of the old building from steam to hot water, which will be another necessary step in conserving energy and saving heating oil costs;
- 2) replacing the decaying front entrance to the old building;
- 3) installing new energy efficient lighting;
- 4) dividing two more rooms to increase rental income;
- 5) completing the exterior painting next summer.

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.

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 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](mailto:thecentre@mahonebay.com)**

[Join Our Mailing List!](#)

**Briefly, the SQUARE FOOT CLUB will give each of us a chance to "buy" a square foot OR MORE of the Mahone Bay Centre for \$100 each. In addition to the satisfaction of helping our centre become even more the "building at the heart of the community" at this turning point opportunity, we can have our names, or business names, or loved one's names permanently placed on a DONOR WALL which will be located in the entrance to our centre. More details will be coming, but in the meantime please consider how many square feet you can "buy" to preserve and extend the centre, and the quality of life it provides for us all.**

**Happily, \$8,725 has already been given toward our goal of \$30,000.**

### **Important Please Note ~**

#### **Email Address Change for the Centre**

The Centre is changing its current email address, [thecentre@mahonebay.com](mailto:thecentre@mahonebay.com). We hope this will not be an inconvenience to you. The new email address will be activated on November 1st, 2009. The old address will be deactivated on the same date, so the Centre hopes you will have had enough time to change / update your address book to the new email address:

**[welcome@mahonebaycentre.com](mailto:welcome@mahonebaycentre.com)**

#### **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"*

**The Indoor Walking Group** is starting on Monday, November 9 in the Centre Gym, to be held every Monday and Thursday morning, 9:30-10:30am. Bring a friend and walk in a safe and warm environment this winter! Keep your eyes peeled for news on Adult Badminton and Acadia Lifelong Learning at the Mahone Bay Centre!

**Conversations with... Ted Hobson** - Thursday, November 19, 2009 at 7 pm in the New Conference Room. From losing a body in Kabul, to international trade negotiations, Ted will share vignettes of the foreign service life and reflect on the

role of diplomacy today. Sherry, his wife, will add the perspective of raising a family and pursuing a career while on the move.

## Winter Farmers' Market

Support your local producers and buy local every Friday from 9 am to 1 pm in Room 202 at the Centre. We have meat, fish, produce, fresh crepes, beeswax candles, bread & baked goods, plants, soaps, condiments ..... and more. See you there!

## Starting with a Quilt ... Fashioning Exquisite Clothing from Traditional Craft"

On Wednesday, November 4th, from 2 - 4 pm, the Mahone Bay Settlers Museum presents an afternoon with designer Vicki Lynn Bardon, who will share the story of Suttles and Seawinds, a Nova Scotia company with an international reputation.

Vicki Lynn founded Suttles and Seawinds more than 30 years ago from the traditions of quilting in Lunenburg County. Quilting inspired her designs for award-winning, uniquely beautiful garments enjoyed around the world.

Illustrated with pieces from the Suttles and Seawinds wardrobe, Vicki Lynn will speak about her designs and inspiration for working with fabrics and pattern.

## **Mahone Bay Area FOOD BANK**

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

## Café Canada

Friday, November 6, at 7:30 pm we will present a forum,

"Voices of Poverty on the South Shore: Personal Stories and Discussion". This meeting is co-sponsored with Second Story Women's Centre. Fair trade coffee and tea and goodies will be served. All are welcome. For further information call 527- 2928 or coc.ss@hotmail.com.

### **Open (non-instructed) Life Drawing**

Sunday mornings, 10 am to 1 pm. \$15 fee covers the cost of the model and room rental. For more information contact Sally 531-2161 sallywarren@eastlink.ca

### **DOUBLE DRAGON Dance Studio**

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

**Ballet classes** ~ Municipality of Lunenburg Recreation Department: 541-1343

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

### **Ditto's Canine Learning Centre**

"Because dog training is not always black & white"

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. Our training is reward and positive reinforcement based and we offer optional clicker training for a faster responding dog.

#### **NEW CLASS INFO:**

~Obedience Classes Tuesday nights, 6 pm, new session starting on Nov. 3rd & Nov. 24th

~NEW!!! Fun & Games Class-(advanced Obedience and tricks class) Tuesdays at 8 pm

~NEW!! Fly ball Classes - Sunday's, 1 pm & 2 pm

~NEW!! Puppy Classes- Sunday's at 12 noon

Please call to pre-register: 624-0800

### **Addiction Services, South Shore Health**

~A look at who we are and what we do ~

Addiction Services promotes the health of individuals, families and communities by providing prevention and health promotion programs and treatment services related to drugs (alcohol, tobacco and other drugs) and gambling. The goal is to maintain or improve health and reduce the harm associated with drugs and gambling.

Addiction Services provides: Withdrawal Management (Detox), Addiction Education Programs, Prevention and Health Promotion Programs, Counselling Services and Group-based Services. The following groups are help on a regular basis: Recovery Group, Self-Focus Group, Women's Group, Children's Group and Nicotine Addiction Treatment Group.

For more information about Addiction Services, our programs/services offered or for group information, times and locations, please feel free to call us at 543-7882 (Bridgewater), 634-7325 (Lunenburg and Chester), or 354-3422 (Liverpool/Caledonia).

### **SHAMBHALA MEDITATION CENTRE**

South Shore Branch

**Open house:** Every Wednesday from 7:00 pm till 9:00 pm.

**Buddhist classes** on Tuesdays from 7:00 - 9:00 pm.

For info call 634-9544 or email [fpburchell@eastlink.ca](mailto:fpburchell@eastlink.ca).

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

A fitness, nutrition and wellness studio specializing in women's needs. Offering a variety of fitness classes that are fun and highly effective! We combine a personal training feel in a group atmosphere. We instruct and make the classes doable for all ages and fitness levels. We also have a bonus equipment room for private use. Personal coaching is available as well as meal planning, weight loss advice and professional body composition analysis. There is truly nothing like this around! Come for the fun of it, the exercise becomes the bonus!!! 531-3330

### **Champion Fitness**

It's our second year in business, and we've rearranged the fitness equipment, had the floors professionally treated, and hired staff to keep things clean.

As a longtime personal trainer, I'm offering to all new one-month members, a choice of two package deals.

- My main package includes a total-body-core instruction program.
- The second package includes fitness testing that will enable you to know how your professionally planned program is working for you.

I follow the fitness testing protocols of the Canadian Society of Exercise Physiology. If you already have experience and you have a plan in mind, please remember that if you need assistance I'm able to help. If you can't come to our gym we offer personal training that allows you to work out in the comfort of your home.

If you have any questions about us, or about how we can benefit your health and strength, give us a call at 531-3444, or email us [championfitness1@hotmail.com](mailto:championfitness1@hotmail.com)

If you're interested in learning what Joe's Champion Fitness has done for your community or are wondering why Mahone Bay's Health and Fitness Club is recommending us, check out our blog, [www.championfitness1.blogspot.com](http://www.championfitness1.blogspot.com)

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

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

Tel: (902) 624-0890  
E-mail: [welcome@mahonebaycentre.com](mailto:welcome@mahonebaycentre.com)  
Website: [www.mahonebaycentre.com](http://www.mahonebaycentre.com)

**Please note: November 1st, 2009 the new email address for the centre will be:**  
[welcome@mahonebaycentre.com](mailto:welcome@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](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.

[Forward email](#)

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