



November 2007

MONTHLY NEWSLETTER

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Our Sponsors



Dear Wayne,

There is considerable news from the Centre as we enter November with much community activity going on and in the works.., some apparent but most behind the scenes.

Looking around on any given day you can't help but notice the diverse activities now taking place at the Centre. The growing number of people using the Centre is a welcome sight after the summer hiatus. There is a continuing flow of ideas generating excitement and vitality, and bodes well for our future.

While we cannot name everyone for their specific contribution, we can say a big "thank you" to each other, and encourage more of the same.

BORROWING AUTHORITY NEEDED

Special Meeting of the MBCS Membership called for Nov 1st

The Finance Committee has been working very hard over the months to find a way for us to have the necessary major infusion of money to accomplish the major improvements to our building to save heating costs, stop the decay, and make it a more inviting place to be. Our smaller fundraisers have addressed the immediate needs, but have not provided enough to make the larger changes. The Society has therefore sought a bank mortgage. At a special meeting of the Mahone Bay Centre Society to be held **Nov 1st at 7 pm in the Community Room**, the membership will be asked for **borrowing authority for a mortgage** should the bank offer the mortgage.

All members are invited to attend this important meeting.

Rent Space at MBC

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, an art gallery & art room, fitness activities & much more. If you're looking for

THE OLD SCHOOL MARKET

The *Old School Market* is now a reality at the MBC. Come enjoy food and entertainment while you shop and mingle with friends.

Saturdays 9-1, focuses on farm, food and crafts.
Sundays 12-5, is an expanded version of the "flea market".

Have some fun and check us out! See the exciting

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.

[Join Our Mailing List!](#)

Remember that as a member you are entitled to submit notices concerning activities at the Centre, using guidelines outlined below.

possibilities for yourself. Or become a vendor and TURN YOUR OLDIES INTO GOODIES by holding an "INSIDE YARD SALE". Go through your attic and basement the treasures of your past could be the treasures of someone else's future.

Contact us at oldschoolmarket@gmail.com or call 624-0890. A 10'X8' space is just \$15. OR if you are in a benevolent mood, donate your proceeds to the Centre and the space and table will be free.

ORAL HISTORY EVENT AND BOOK LAUNCH

It has been a couple of years in production, but the plans for the Oral History Event and the launch for the lovely and entertaining book will be happening soon. Stay tuned!

THE GYM IS CHANGING

Many improvements can now be seen in our gym. Volunteers from Bethel Church and students from Nova Scotia Community College started the process of painting and freshening the space. The electric system has been upgraded. A wheelchair ramp installed. And the rooms and radiators have been cleaned. Thanks to all. The use of the Gym is already increasing, ball hockey, Bethel Church, gymnastics classes, soccer, the Alternative School, our Old School Market on weekends & lots of other things are cooking.

HAVE YOU SEEN THE SIGNS?

The Centre shares the new sign at the Save Easy parking lot directing people our way. Another directional *Old School Market* sign is located at Pleasant and School Sts. And on our site, "welcome", "entrance" and "more parking" signs are in place.

White lines have been added to mark parking spaces to help visitors make better use of the parking lot. We hope everyone will get the idea of where to park without blocking any neighbor's driveways or someone else's parking spot.

OUR NEW WEBSITE IS READY

Thanks to the creativity and summer-long efforts of Wayne Ready, MBC now has its own website. It is full of helpful information and news about MBC. It can provide useful links to many other resources. Check it out at <http://www.mahonebaycentre.com>

Help wanted:

Wayne will continue as webmaster from his winter home down south, but we need a local **Correspondent** on site to help gather news related to activities in the Centre and feed

it to him for inclusion in the website and/or newsletter .
Interested?? Call 624-0890 or contact Wayne directly at
janway@tallships.ca

THE HEAT IS THE REASON

As anyone who has frequented the MBC knows, heat and its costs have occupied much of our attention. We have made changes to improve the situation: programmable thermostats installed, attic insulation installed, an energy audit and report completed, radiators cleaned, heating system repaired and upgraded, separate thermostats for entrances and unused spaces. These should all make a difference this winter in savings on oil costs.

There is **more to be done**: insulating the wall spaces, ceiling fans in the gym, entrance windbreak doors AND each of us paying careful attention to monitoring the heat in the rooms we use. It is distressing at this time of year when the weather is unpredictably warm or cold. In the old building where steam heat is used, it is difficult to regulate comfortable temperatures, especially when it is warm outside. Once the system is turned on to provide heat for cold days, it is possible to reduce the steam heat effects produced by the furnace. It has to go somewhere. There are three radiators in the old building that carry off the hot steam and cannot be regulated. That's what makes it so hot inside on warm days. The whole steam system would have to be shut down and re-started every time we have a warm day and then a cold day. It is a waste, but we have to accept it in the fall and spring.

SCARECROWS NEED YOU...

The **Chamber of Commerce** invites everyone who love the scarecrows that enhance our lively town in the fall, to join them this winter in creating and repairing the characters that will adorn our streets next seasons festival. Volunteers will be working on them most days in the old industrial arts room. They can use your help and old clothes. Call Suzette at 624-8291 or Jan at 624-0283.

BTW The IA room is also the home of Father Christmas characters.

MISSING TABLE?

One of our recently purchased white folding tables is missing. If you happen to know where it might be hiding please let us know.

CAFE CANADA

Friday, November 30, 7:30 pm. Everyone welcome. For information call 527-2928.

ARTs AT THE CENTRE

Life Drawing

"Come to Life!" The next series of five, 3-hour, non-instructed **life drawing** sessions begins November 22nd. Thursdays: morning, 9:30 to 12:30 OR evening, 6:30 to 9:30. The cost for the series is \$65 which pays for room rental and model fees. This is an opportunity for beginning and experienced artists to draw the human form in a mutually encouraging atmosphere. For more information, to register - or simply to get on our "Life List" and be informed of all upcoming sessions and workshops, e-mail pmcarver@eastlink.ca.

Call for Artists Models

Call for Artist's Models - The life group is looking for models. We welcome all shapes and vintages! Work is occasional. The standard fee for a 3 hour session (with breaks) is \$50. Experience is an asset but not essential. A free "clothes-on" training workshop with an experienced model will give you an opportunity to learn more about what is involved. Please email sallywarren@eastlink.ca for more information.

The Printmaking Group

We will be meeting at ten a.m. Tuesday mornings. With the use of our press participants can create monotypes, collagraphs, drypoint prints, etchings, engravings and solar plate prints. The sessions will provide artist participants with four hours of studio time with a lunch break at noon. The cost is about \$10 per person each class session, (depending on the number present). If you wish to participate and would like to learn more about it either drop by at the Art Room on a Tuesday or phone Ed Porter at 634-3497.

Hatha Yoga Studio

Exercise, Yoga & More

On-going Fall Program - please call for information and times. Programs for New to Yoga and all levels.

Healing Music and Yoga with Cheryl Durst and Brian Wall; Improvisational melodies and rhythms flow throughout the room as Brian plays throughout the duration of the class. 2nd part of the evening join in for the KIRTAN, a call and respond chanting. We will be using keyboard, violin and percussion. Feel free to bring along drum or percussion instrument.

Friday, November 16, 6:30- 8:00 YOGA Class \$20.00; 8:30 - 9:30 pm KIRTAN \$15.00 (\$10.00 with yoga class). For more information please call 624-0891.

Take Thirty Fitness

Nutrition & Weight Loss Centre for Women and Men

Come in and check out our NEW equipment (ellipticals , bikes, weight benches, heavy bag more). Classes and programs for fall guaranteed to give you the body you have always wanted. Don't miss out on the next boot camp! Starting early in November, guaranteed to give your results! Everything you need conveniently in one location for a low monthly fee. Singles, couples and family packages. Appointment required to get started 531-3330.

Double Dragon Dance Studio

Middle East Dance Classes

(Beginners- Monday; Advanced - Wednesday) Great exercise & fun! Join any time. Cost: \$60/8 classes or \$10/class. Ages 16 & over. Info: Andrea Haines 541-0918 (9:00 - 5:00 pm).

Ballet Classes

For more info call the Municipality of Lunenburg Recreation Dept. at 541-1343.

Shambhala Meditation Centre South Shore First Sunday:

Nynthun sitting practice, 9:00 am-12:00 pm. All welcome.

Open House:

Wednesdays, 7:00 - 9:00 pm. Meditation, an introductory talk, tape or reading on meditation. All welcome.

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 pm

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. Notices may be edited or reformatted 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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