



January 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

## Happy New Year!

### SQUARE FOOT CLUB UPDATE

The good news is that so far we have "buyers" for \$25,000 worth of the centre! We still need \$5000. to reach our goal. If you are among those intending to "buy in" please do so, or let us know your intentions asap, so we can meet our goal of \$30,000. Have a look around the centre when you have a chance to see the many improvements in progress.

If you or your business does NOT need a tax receipt, make your cheque out for a square foot or more at \$100 per square foot, to "Mahone Bay Centre."

If you DO want a tax receipt the process is three fold, starting January 1st, to comply with town rules.

1. Make your cheque out to "Town of Mahone Bay Athletic & Cultural Fund" with NO references anywhere on the cheque to the Square Foot Club or Mahone Bay Centre.
2. Fill out a separate donor form available from the centre office or a board member.
3. Return both to the MBC office for processing.

All donors can have the name of their choice included on the Donor's Wall in the centre entrance lobby for perpetuity.

### BANK LOAN INCREASE APPROVED

At the special meeting of the Mahone Bay Centre Society on December 18th, the resolution approving our bank loan increase from \$175,500 to \$200,000 as offered by The Royal Bank of Canada was unanimously approved. You can review details of that meeting and all board meetings at our centre website: [www.mahonebaycentre.com](http://www.mahonebaycentre.com)

### AT YEAR'S END AND BEGINNING

We are reminded of the many people and ways our community centre is kept up and expanding in its scope and efficiency. We thank our only full time employee, Carol Snyder, who manages the diverse needs of our office and administration. We also thank Carol Pearse who handles the

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

[Join Our Mailing List!](#)

custodial responsibilities so well on a part time basis, and Jan Anthony, who, as our part time accountant is essential in keeping our finances in order. And of course, we are so grateful for the numerous, but nameless, work horses on our board, committees, and all the other unofficial volunteers, (we're always needing more to help), for their donations of creative ideas and hours of labor. THANK YOU!

## Important Please Note ~

### Email Address Change for the Centre

Our new email address is:

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

## 2010 Membership

We have approximately 250 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.

## Cafe Canada

Friday, January 22, 7:30 pm the Council of Canadians' Cafe Canada will present the film RE-THINK AFGHANISTAN. Tamara Lorincz from the Halifax Peace Coalition will lead the discussion.

For information call 527 2928 or [coc.ss@hotmail.com](mailto:coc.ss@hotmail.com).

## Winter Farmers' Market

Shop for fresh veggies, meat, fresh fish and free range eggs, baked goods, savoury meat pies, gourmet condiments, soaps, beeswax candles and more. Watch for new vendors. Inquire about special orders from some of our regular vendors. A variety of local artisans are featured.

Bring a friend and join us in the MBC gym on Fridays 9am-1pm. The market needs your support. Many people do not know where the market is located or what is offered. The vendors need more customers and the customers would like more vendors. A tangible indication of your support for this piece of our future would be to sign the petition in the

MBC lobby requesting permission from the town at their Jan. 12th meeting for directional signage for the Farmers Market.

Support your local producers and buy local every Friday!

## Mahone Bay Area Seniors Project

### **Announcing a new program of Lifelong Learning at the Centre**

One of the aims of the Seniors Project is to provide programs that enrich the lives of seniors through a range of social, recreational, cultural, and intellectual activities.

"Conversations with...", a monthly series of interesting talks, has proven very popular. In addition, we are now launching a broader program of "Lifelong Learning at the Centre". In January we are starting a series of seminars with more emphasis on the learning experience: learning about subjects like literature, history, art, the environment, etc, and learning how, taking up new skills and hobbies - rug-hooking, quilting, dancing, writing, and so on. A separate message will provide the full program from January through March. Further seminars are being planned for April through June, and beyond.

Below we list the first couple of months. You can pick up a brochure at the Centre office with the full program. The cost of each seminar is \$5. Contact Ted Hobson at 624-0914 or tedhobson@yahoo.com to register and for more information.

## Winter 2010 Seminar Series

Wednesday, January 27, 2:00 pm

Peter Eaton: "Environmental Issues in Our Own Backyard". Peter will discuss issues common to Nova Scotia, and lead the group in exploring possible actions and lifestyle changes to help mitigate their environmental problems. Dr. Eaton is a retired biologist who has a Ph.D. in Marine Environmental Science and Physiology from Dalhousie University.

Wednesday, February 10, 2:00 pm

Rosalie Osmond: "The Pastoral in Shakespeare's 'As You Like It'" Where do our ideas of town and country come from? Rosalie will discuss our ideas about the pastoral, and show how Shakespeare plays with them in "As You Like It". Dr Osmond has a Ph.D. from Cambridge, has published three books on the history of ideas, and has taught literature courses in universities in Canada and the UK.

Wednesday, February 24, 2:00 pm

Polly Greene and Laurie Swim: "Quilting A to Z". Two recognized quilting experts will share their expertise and diverse talents and expertise. Polly will begin with development of patterns and textiles in early quilting. Laurie's art quilts will illustrate unique treatments for creating imagery in textiles with fabric and thread.

Conversations with...

Thursday, January 21, 2:00

pm...Merrillynn Swinemar-Wilson.

Chinese New Year - early. Merrillynn will tell about Chinese customs, holidays, and traditions from her experience of living in

China 1994-99.

Thursday, February 18, 2:00 pm...with Mike Wearing. Mike and Beth Wearing walked the ancient pilgrimage Camino de Santiago, the way of St.James across northern Spain, from Pamplona to Santiago de Compostela. Mike will tell about it, with slides.

Contact Ted Hobson at 624-0914 or [tedhobson@yahoo.com](mailto:tedhobson@yahoo.com) for more information.

### **Mahone Bay Area FOOD BANK**

Open the 2nd & 4th Tuesday of the month. Next open dates are January 12 & 26 from 9:30 am - 12:00 noon.

### **Access Art**

**Open Studio Life Drawing** resumes January 10 continuing each Sunday from 10am to 1pm  
\$15/session covers the cost of room rental and model fee.  
All levels welcome!

### **Introduction to Etching with Ed Porter**

Saturday, January 30 ~ 10am to 4pm ~ \$75 fee includes all materials.

This beginner-friendly workshop introduces the process of chemically etching an image into a zinc alloy plate and printing the image onto rag paper using the etching press.

Ed Porter has been an artist, printmaker and teacher of fine arts since 1961 and taught at NSCAD for 30 years. His work is exhibited widely in Canada & US.

For more info contact [sallywarren@eastlink.ca](mailto:sallywarren@eastlink.ca)

### **OIL PAINTING CLASS with Lynda Diamond**

**Lynda Diamond will be teaching "Oil Painting Classes" at the Center this winter season. Classes start Sat. Jan 16th and go through to March 20th. The class meets every Saturday 1-4pm. Focus is "Techniques of the Old Masters". Paint landscapes, still-life, and portraits! All levels welcome! Course fee is \$350.00 for 35 studio hours of instruction.**

**For more info or to register call or email Lynda at 902-228-2095 [lyndadia@gmail.com](mailto:lyndadia@gmail.com) [www.lyndadiamond.com](http://www.lyndadiamond.com).**

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

**"Because dog training is not always black & white"**

OBEDIENCE CLASSES promoting humane training strengthens the human-dog relationship so that your dog achieves their highest potential. Our training is reward and positive reinforcement based and we offer optional clicker training for a faster responding dog.

Flyball Classes, Puppy Classes, TRICKS & GAMES CLASS, & Level 1 Obedience Classes.

Call to pre-register: 624-0800.[www.dittoscanine.com](http://www.dittoscanine.com).

## **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** resumes January 6, 2010.

## NEW Inspire Dance/Fitness Studio

New Year New You! Try one of our many classes that are designed to completely re-shape your body. See results after just 2 weeks, feel the results after just one!!!

Begin the year with a cleanse to eliminate the toxins and create a more alkaline system. You will feel great, sleep better, be more energetic and equipped to fight bugs this winter. Not to mention shed a few pounds of toxic fat!

Call or email today to book your spot for January. You need to lose weight? You need Kim!!! That simple.

Inspiredlife.kim@gmail.com or 521-3630. Start your year off right! I can't "weight" to help you meet your goals.

## 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: The new email address for the centre is:**  
[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.

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