



February 2010

MONTHLY NEWSLETTER

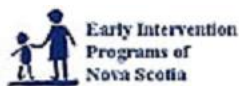
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"LOOKING EVEN BETTER AT MBC . . . SUMMARY OF WORK WEEK/PAINT PARTY #5 January 25 - 29

There were 42 different volunteers, donating 686 hours of their time and energy during those work days. We had 23 projects planned and completed 18 of them. When you have a look around you'll be pleased and proud of the improvements, and you'll join in a resounding THANK YOU to the following volunteers who made it all happen for us: Dave Nicholson, Bryan Palfreyman, Ted Hobson, Susan Seltzer, Michael Wearing, Kelly Wilson, Peter Edwards, Meredith Bell, Brom Hart, Tim Freeman, Ann Freeman, Ruth Ann Nicholson, Graham Duncan, Michael O'Connor, Claude Gagne, Lockman Abdullah, Peter Alexander, Jim Fox, Sherry Hobson, Sue Bookchin, Jon Allen, Ina Allen, Darrell Dawson, John Bain, Carol Snyder, Paul Seltzer, Jane Christensen, Michael Ernst, Zane Murdoch, David Puxley, Ed Porter, Jack Whynot, Tim Worthington, Phyllis Wiseman, Greg Inglis, Pat Joudrey, Laurel Haslett, Sally Warren, Dan Baxter, Graham Pratt, David Etter, and Susan Robertson.

Our Sponsors



NEW MEMBER OF THE MBC BOARD OF DIRECTORS

We are pleased to welcome Scott Dorey as a new director, and chair of the building committee. He is replacing Kelly Wilson. Scott brings his experience and skills as a building contractor to this important position. He is also a former student of the Old School and has many ties and interests in its continued improvement.

Mahone Bay Centre is pleased to present another social function - "February Fling."

On February 20th from 8:00 to 11:30 p.m. come and dance away the winter blues, or just sit back, relax and listen to the music of Midlife Crisis. Tickets are only \$10.00 per person and are available from Mahone Bay Pharmasave and Fulton's Pharmacy in Lunenburg. For further information or to book tables please call Jon or Ina Allen at 624-8961.

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.

CAN YOU HELP?

We have a need for a volunteer to be present in the Centre office when our office manager, Carol Snyder, is absent because of vacation or illness, or when extra office jobs need attention. With the increasing use of the Centre, it is

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 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!](#)

important for the office to be opened and for basic services to be available. If you can be available on an occasional, part time, volunteer basis, please call Carol at the MBC office, 624-0890, or Paul Seltzer, 624-9382. Thank You.

Important Please Note ~

Email Address Change for the Centre

Our new email address is:

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

We have another important meeting coming up. Paul Pross will be speaking on the subject of influencing our provincial government. Paul's talk will be followed by discussion. Friday, February 19, 7:30 pm at the Mahone Bay Centre. All welcome. No admission charge. Fair trade coffee and tea and light refreshments served. For further information call 527 2928 or coc.ss@hotmail.com

Winter Farmers' Market

The Farmers Market is the best place to shop for fresh eggs, pasture raised beef, seafood, baked goods and savoury meat pies. Add a few condiments and aromatic beeswax candles and you are all set.

Join us every Friday in the Gym from 9:00 am-1:00 pm.

Check out our new website at mahonebaywinterfarmersmarket.com & become a "Friend of the Farmers' Market Banner Campaign", our fundraising effort to produce a banner for Main Street. More details to follow.

Support your local producers and buy local every Friday!

Mahone Bay Area Seniors Project -
Winter Seminar Series

Wed., Feb., 10, 2010, 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.

Wed., Feb., 24, 2:00 pm.

**Polly Greene and Laurie Swim:
"Quilting A to Z".**

Two recognized quilting experts will share their expertise and diverse talents. Polly will begin with a discussion of 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.

Seminars will run 1 - 2 hours.

Cost is \$5 per lecture.

Please let us know which seminars you wish to attend so that we can plan accordingly (especially important in case of inclement weather) or if you have any questions about the program:

seniorsproject@eastlink.ca or 553-0640
(Seniors Project) or Ted Hobson
tedhobson@yahoo.com or 624-0914.

Conversations with..."

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.

Broadway Musical Review

It's not too late to join the more than 50 people taking part in the creation, production, and performance of our own Broadway musical review. Call Ted Hobson at 624-0914

(tedhobson@yahoo.com) or Reid Campbell at 624-8269 for more information and to be notified of our next session.

Recreation

Join us for Walking in Winter in the gym, Mondays and Thursdays 9:30-10:30 am, and Badminton, Mondays and Thursdays, 4:15-5:15 pm.

New Fully Accessible Seniors Room

We are nearing completion of the renovation of the multipurpose room in the basement. Look for an announcement of its opening shortly and activities planned there in the future.

Mahone Bay Area FOOD BANK

Open the 2nd & 4th Tuesday of the month.
Next open dates are Feb. 9 & 23 from 9:30 am - 12:00 noon.

Mahone Bay Food Bank AGM will be held March 2nd, 7:00 pm at the MBC.

Access Art

Life Drawing Group

Meets each Sunday in the Art Room from 10:00 am to 1:00 pm. \$15 covers the model fee and room rental. It's an open session, no need to register and all levels are welcome.

Sumi-e (Chinese Brush Painting) Workshop

Saturday, February 20, 10:00 am to 4:00 pm

\$75 fee includes materials - space is limited and registration is required. The workshop will explore brush technique and painting style as well as Asian philosophy, and new ways of seeing. Instructor Ann Hart has spent 35 years in the study of brush painting, exhibiting widely and teaching in NS, the US and Venezuela.

For information about Access Art workshops and activities
www.mosaicsproject.ca/AccessArt/

To register for a workshop please contact
sallywarren@eastlink.ca

POETRY WORKSHOP with Carole Langille

Monday afternoons, 3:00 - 5:00 pm, beginning April 12th in the Community Room. Cost: \$160 for eight weeks.

Email to register: carole.langille@ns.sympatico.ca

Ditto's Canine Learning Centre

"Because dog training is not always black & white"

Canine Cabin Fever?

Is your dog driving you crazy this time of year?
Chewing on unusual things, running around in circles,
barking at nothing in particular?

A dog's energy level does not go down because we cannot go outside. And they will find creative ways to get some activity. If you find yourself getting more exasperated by your dog's indoor behaviour, you are suffering from Canine Cabin Fever!!

Winter weather can keep you and your dog from taking

your daily jog or engaging in other outdoor activities. Why not take an obedience class so they can have a fun social night out? It will freshen up on their skills, make them feel good about themselves, and build a better bond between you and your dog. You get to meet other dog owners and the dogs get to burn off some energy and brain power.

We have Obedience classes on Tuesday evenings (Level 1 & 2) and Flyball and Puppy Classes on Sundays.

For more info on classes contact Owner/Trainer: Jane Smith, 624-0800, 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

Nyintyn - 9:00-12:00 pm on Sunday, Feb. 7th.

Shambhala Day - Sunday, Feb. 14th - A potluck and all welcome.

Inspire Dance/Fitness Studio

Inspire - A fitness, nutrition and wellness studio: Try one of our many classes, women only, men only, co-ed and soon

senior's classes as well as Inspired Girls On The Go. Fun fitness for girls (ages 7-9 and 10-13). No gym? No problem! Our classes cover everything and give you results in as little as 2 weeks. Improved strength and tone, fat loss, increased bone density and flexibility and the passion to get back out there and exercise again! Have you been inspired lately? Join in now or call/email today to book your spot for the NEW March program. Kim 521-3630 or Inspiredlife.kim@gmail.com

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
Website: www.mahonebaycentre.com

Please note: The new email address for the centre is:
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.

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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