



March 2010

MONTHLY NEWSLETTER

In This Issue

Email Address
2010 Membership
EarthDream Film Festival
Winter Farmers' Market
Mahone Bay Seniors Project
Food Bank
Access Art
Poetry Workshop
Ditto's Canine Learning Centre
Addictions Services
Shambhala Meditation Centre
INSPIRE Dance/Fitness Studio

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 more.

MEMBERSHIP NEWS FLASH!

Membership renewals are now being organized on a monthly basis. Each month, members who are up for renewal will receive their notice by email or by phone if you do not have email. This system will begin by mid March. Watch for your reminder!

Membership Renewal Options: Members may now renew their membership through the MB Centre web site. Just click on this link <http://www.mahonebaycentre.com/participate/?m=membership> to go to the Membership page. Scroll down the page to Membership: New/Renewal. Please click on the PayPal Add to Cart button to pay your Membership renewal fee using a major credit card or your PayPal account.

You may still pay by cheque or cash if you prefer. Your membership helps provide programs that appeal to young and old alike. We value your membership and hope you will continue to support the Mahone Bay Centre, *"Building at the Heart of the Community"*.

Important Please Note ~

Email Address for the Centre

Our 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.

Council of Canadians

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!](#)

The EarthDream Film Festival March 19th, 20th, 21st

Blog:<http://earthdreamfilmfest.wordpress.com>

Facebook: EarthDream Film Festival

In homes, in workplaces, in coffee shops and schools, in churches and marketplaces on the South Shore, discussions flourish. The talk is of climate change and energy, farms, fish, our ocean, sustainability and lifestyle. A growing number of beautifully enlightening films that reflect these themes, and few opportunities to view them, prompted the South Shore Chapter of the Council of Canadians to launch this, the first documentary film festival of its kind on the South Shore of Nova Scotia.

The EarthDream Film Festival answers a need in this community, not just for the valuable insights these films provide, but also as inspiration for further individual and group action.

Special thanks to partners Cinema Politica and the Ecology Action Centre.

Free Admission: Donations welcome.

Winter Farmers' Market

Winter Farmers' Market Fridays at 9am

Join us to stock up on weekly essentials such as grass-fed meat, veggies, apples, honey, free range eggs, seafood, bread and sweets, condiments, soap, beeswax candles and more. Watch for updates and new vendors. Stop by for a weekly hot meal to eat in or take home.

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. Support our "Raise the Banner Campaign" and become a friend of the Market for \$20.

Support your local producers and buy local every Friday!

Mahone Bay Area Seniors Project

Lifelong Learning at the Centre is a new program of the Mahone Bay Area Seniors project. The cost of each seminar is \$5. We are currently planning the

Spring Seminar Series for April through June, and will issue a brochure before the end of March. Your support, feedback, and ideas for topics and speakers are welcome.

Wednesday, March 10, 2010, 2:00 pm

Please note change:

Zoe Lucas: "Sable Island". Zoe Lucas's presentation on Sable Island has to be postponed due to changes in her speaking itinerary due to bad weather on the island.

Instead:

Ted Hobson: "The Unwitting Road to 9/11".

Ted will explore how the history of Saudi Arabia, and of its relations with the United States, may provide some insight into the rise of Al Qaeda terrorism and the attacks of 9/11. Over a period of 60 years, policy decisions which seemed to be good ideas at the time, sometimes resulted in unintended, and far-reaching, consequences. Ted was Canadian Ambassador to Saudi Arabia from 1996 to 2000.

This seminar will be held in the newly renovated Seniors Room in the basement, which is fully wheel-chair accessible. Come in directly by the attractive new rear entrance.

Wednesday, March 31, 2010, 2:00 pm

Sabine Walker: "Innovation and Entertainment - Wright of Derby, Painter of Sciences and Industrial Revolution".

18th century painting in Britain was not just pastoral landscapes and portraiture,

but also about fascinating insights into sciences and their impact on British society. Art historian Dr. Sabine Walker will give an illustrated introduction to the iconography of scientific experiments in the visual arts, using the example of Joseph Wright of Derby, painter with close contacts to contemporary scientists (Joseph Priestley) and inventors (James Watt).

Recreation

Join us for Walking in Winter in the gym, Mondays and Thursdays 9:30-10:30 am, Badminton, Mondays and Thursdays, 4:00-5:00 pm.

"Conversations with..."

Thurs., March 18, 2:00 pm...with Paul Seltzer.

The Art of Conversation - Meaningful Communication

Paul Seltzer will talk about improving our relationships through our conversations:

What helps and what hinders meaningful communication when we talk to each other.

Paul lives in Maders Cove where he owns and operates Edgewater B&B with his wife Susan. A well known figure in Mahone Bay, Paul is a committed volunteer and is now chair of the MBC.

Broadway Musical Revue Tuesday, March 9th

2:30 - Writers Group will meet to continue to develop the revue's story line.

3:30 - Everybody, to Sing. Reid

Campbell and the writers group will report on how the story line is developing, Reid will then lead the whole group in some vocal warm-ups and singing. We will also talk about plans for April and May. About 50 people are involved so far in the project in various ways, and there is room for others who love to sing or participate in other ways. Call Reid Campbell at 624-8269 or Ted Hobson at 624-0914 for information and to be put on our contact list.

Mahone Bay Area FOOD BANK

Open the 2nd & 4th Tuesday of the month.

Next open date: March 23 from 9:30 am - 12:00 noon.

Access Art Workshops in March

Develop your current practice or try something completely different in good company with these one-day workshops. Each workshop runs from 10 am to 4 pm. The fee is \$75 per workshop and includes most materials.

Image Transfer with Beverley McInnes

Saturday March 6th

This workshop will be of interest to anyone working with fibre, paper, photography and jewellery as it explores the many ways to transfer images, add visual effects, texture and variety to your work using gel medium transfers, disperse dyeing transfer, manipulating photographs, markers, crayons, blender pens, nature printing and more. Beverley McInnes is a multi-media and fibre artist, a juried Master Artisan of NSDCC and a Member of Society of Layerists in Multi Media. She teaches and exhibits widely.

Paper Making ~ An introduction with Sally Warren

Saturday March 27

This will be a dampish workshop in which you will practice

with pulp, molds, and decals to make a collection of lovely papers for use in artwork, as part of a collage, as a support for printmaking, as part of a handmade book, as notepaper. Sally Warren graduated from the Ontario College of Art and Design in Material Arts and has been teaching for over 30 years. She is a member of Peer Gallery in Lunenburg working in printmaking, painting and sculpture and she coordinates Access Art in Mahone Bay.

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

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

Life Drawing Open Sessions

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.

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"

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.

Training 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.

Please give us a call for information on upcoming classes.

Basic Training Classes (Level 1) will start on March

16th

Advanced Training Classes (Level 2) starts on March 9th

Flyball Classes & Puppy Classes always on going.

Call to register today!

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

Wednesdays, Open House, 7-9 pm. Meditation, an introductory talk, tape or reading on meditation. For info call 634-9544 or email fpburchell@eastlink.ca.

Inspire Dance/Fitness Studio

Inspire Dance / Fitness Studio Offering co-ed classes from body sculpting/toning to cardio burn and blast, core work, yoga and pilates +more. Results in as little as 2 weeks. Feel the difference after your first class!

Receive a complimentary body composition analysis and Kim's No Fuss Healthy Weight meal plan upon joining. You

need to lose weight and firm up? You need to be Inspired!

Girls program starts Wednesday, March 24th. Inspired Girls on the Go for ages 7-9 and 10-12. A group to let girls be girls and let them discover another type of athletic potential and embrace the skin they are in! I look forward to meeting with you!

Inspiredlife.kim@gmail.com or 521- 3630

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