



January 2008

## MONTHLY NEWSLETTER

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## Rent Space at the Centre

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 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.

### Dear Wayne,

If you've roamed around the Centre lately, you will no doubt have noticed that:

- There are new Red Cross used-clothing deposit boxes outside.., look through your closet and attic for those gently used items of clothing that would bring pleasure to someone else...
- The attic insulation is now complete, which means we are heating less of the town of Mahone Bay than ever before.
- The gymnasium is being used by enthusiasts of ball hockey, soccer, gymnastics, dance, church, and the Old School Market.
- There are three new sets of sorting bins to help us recycle our trash wherever we are in the building.
- There has been a flurry of activity of moving spaces, equipment, sorting, clearing out old stuff, and making ready for the new; all thanks to the clean out crew of Ted Hobson, Dick Crawford, Brian Swinamer, and Paul Seltzer. The furnace rooms and industrial arts room are looking quite different. The catalyst for this round of activity has been the new Mahone Bay Area Food Bank, which will be housed in part of the old industrial arts room, and utilizing much of the youth room on client days. The project was initiated by the Outreach Committee of St. John's Lutheran Church and is receiving much support from all of the community.
- The Scarecrow Festival characters are now being prepared by the Chamber of Commerce in Room 400 and the Father Christmas figures are being stored for the Chamber in a room above the stage.
- There are new tenants on the horizon - a new fitness centre, and a pre-school.
- The Oral History Book has been completed and the launch event will be announced soon.
- Mike Burgoyne is our newest member of the Board of Directors.
- Our new website is up and running, undergoing refinements as we gain experience with the communication

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)

### Our Sponsors



Join Our Mailing List!

needs of the Centre members., take a close look at [mahonebaycentre.com/](http://mahonebaycentre.com/).

- The Old School Market is being held on **Saturdays only** now, from 9:00 am to 1:00 pm.
- The Finance Committee and Board are still working diligently with the government, banks, and town in trying to secure the needed funds for our physical improvements.

All in all, in your roaming around the Centre, you will have seen our "community" alive and well, making headway.

**The Directors, staff and volunteers of the Centre wish you and yours a prosperous New Year,**

Paul Seltzer, MBCS Chair

## The Centre Needs Tools, Tools & more Tools...

Give your old, unwanted tools a new forever home with us!

We are very fortunate to have a dedicated volunteer like David Etter as the Centre's Mr Fixit guy. We just couldn't deal with the many, many repairs needed at the Centre nearly as well without him. The problem, though, is that we have very little in the way of tools for David or anyone else, for that matter, to work with.

So, if Santa brought you that shinny new set of tools you had on your wish list and all those old tools are looking for a new forever home, give us a call and let us help you out.

## Old School Market

Note Our New Schedule

New time, **Saturdays only**, 9-1 pm. We have new vendors and a new chance to fill your craft, farm, food, flea & yard sale needs. We have an introductory rate for vendors; \$5 for an 8'X10' space, and \$5 for table rental if needed.

## Arts at the Centre

**"Life" at the Centre continues in 2008!**

The next, non-instructed, life drawing sessions begin on January 3rd in the Art Room. Held on Thursdays - mornings (9:30 to 12:30) OR evenings (6:30 to 9:30). A fee of \$65 for the series of five, three-hour sessions covers model fees and room rental. All levels of experience welcomed!!

To register call Sally at 531-2161 or email [sallywarren@eastlink.ca](mailto:sallywarren@eastlink.ca) (Hurry - space is limited)

**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](mailto:sallywarren@eastlink.ca) for more information.

## The Printmaking Group

**Tuesday mornings at 10 am throughout the winter.**

Use an etching press to create monotypes, collagraphs, drypoint prints, etchings, engravings and solar plate prints. Each session provides 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, either drop by at the Art Room on a Tuesday, or phone Ed Porter at 634-3497.

## Shambhala Meditation Centre

Of the South Shore

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

**Open House:** Starting Wednesday, January 2nd at 7:00-9:00 pm. Includes meditation, an introductory talk, tape or reading on meditation. All welcome.

Level II will take place on January 25, 26, 27, for those who have Level I.

## Double Dragon Dance Studio

Classes begin again the first week of February (Beginners - Monday; Advanced - Wednesday). Join any time.

**Middle Eastern Dance Classes:** A fun recreational activity, which has its beginnings in the village and tribal life of the Middle East. You do not have to be proficient in the dance to enjoy it and receive its physical benefits. You can dance at your own pace and those at all levels of physical activity can challenge themselves. Wear comfortable clothes and shoes..., bring a bottle of water too.

Limit of 10 participants per class. Cost \$60/8 classes or \$10/class. Ages 16 & over. Contact Andrea Haines 541-0918 (9:00-5:00 pm).

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

## Take 30 Fitness, Nutrition & Weight-Loss Centre

Don't wait for winter weight-gain to be an issue before hitting the gym!

Join now and prevent it before it even becomes a problem. We can even set you up with an easy meal plan designed to suit your lifestyle. If you haven't already, come in and check out or NEW gym for men and women.

We also have couples and family packages. Have a mother, sister or friends who might be interested? An appointment is required to get started. Call 531-3330 today.

## Eight Mandala Course for 2008

Being in the right place at the right time!

7 Saturdays and 1 Sunday, 19 January-23 March (1-4:30 pm), with Nancy Sherwood and Maria MacKenzie-Cann. For the complete schedule of dates go to the [Calendar](#) on the Mahone Bay Centre web site.

Learn to trust your own intuition and become more confident in presenting yourself in public situations of any nature. EMBODY dynamic peace by TRAINING in Mandala principles: Inspired sound, body movement, & magical arts reveal your authentic self in a 7-step awareness and body process culminating in a PRESENTATION that "...Brings out the archetypal warrior, teacher, healer and visionary in each participant."

Limited to 12; \$425 for first-time participants. A deposit of \$100 by January 1st, 2007 is required. Commit to yourself, your community and the sacred in all things. Contact 792-1667 or [nancy@earthsea.ca](mailto:nancy@earthsea.ca)

MAHONE BAY CENTRE  
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E-mail: [thecentre@mahonebay.com](mailto: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](mailto: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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