



February 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 for details.

Dear Wayne,

DID YOU HEAR?????

The results of a ten year research project in the USA indicate that persons who VOLUNTEER their time and energy LIVE LONGER than those who do not volunteer. There are lots of opportunities for MBC to help you live longer. Let us know if you want to volunteer your unique gifts and energies. A specific need right now is to develop a directional board for our entrance to help Centre users find their way. If you have ideas for design and production for something like this, let us know at 624-0890. It could be your means to reaching your century mark birthday!

\$\$\$ MBC \$\$\$ OPPORTUNITY FOR YOU

There are a few spaces available at the Centre which could be the perfect home for a business, artisan, or organization at very affordable rates. (\$8/sq.ft.) When you locate a potential tenant, you will earn a "finder's fee" equivalent to a month's rent for that space. Check out the spaces and possible modifications to suit specific needs, and when you have a tenant lined up, let us know so that you get the credit and the cash.

2008 Membership:

Just a reminder to everyone that it is membership renewal time at the Centre. Become a new or renewed member of the Centre in 2008! Annual memberships: \$10 adults, \$2 unwaged, \$2 under 18. We would like to say a special thank you to all our supporters & committed volunteers.

MONTHLY BOARD MEETING MINUTES :

Links to the Minutes of the January Board of Directors Meeting and the Minutes of the Rental and Fundraising Committee meetings are available from the homepage of our web site MahoneBayCentre.com.

Paul Seltzer, MBCS Chair

The Mahone Bay Area Food Bank Association...

The Mahone Area Food Bank has joined the Mahone Bay Centre and will open its doors to the community on Tuesday, February 5th, 2008. The facility will be available on alternate Tuesdays from 9:30 - 12:00. The Food Bank is located in the basement next to the Youth Centre. Clients

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

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will enter through the Youth Centre where they will be welcomed and volunteers will distribute food from an adjacent room. The members of the food bank are grateful to the Mahone Bay Centre Society for making this location possible and being so supportive to its efforts to serve a community need.

Old School Market - New Market Day

Saturday, February 2, 9-1 pm will be the last Sat. for the market. **Note the new time for the Market:** The Old School Market will be held on Fridays, beginning February the 8th, from 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

Arts at the Centre - Life Drawing: Weekly "Open" Life Drawing Sessions, (non instructed), on Thursdays 9:30 to 12:30 OR 6:30 to 9:30. Next series of 5 sessions begins February 7 for a fee of \$65.

Life Drawing Workshop with Marilyn McAvoy: Intensive instructed workshop on Sunday, February 17th, from 10 am to 4 pm. Fee \$75 Spaces limited.

NEW - ACCESS ART

Technical Workshops for experienced and novice artists. Share skills, develop your current practice or try something completely different - in good company. Workshops are one day only at a fee of \$50 (or \$45 each when registering for three or more workshops at the same time). Ongoing through spring. **February 24 -Printmaking with Ed Porter.**

For more information or registration about Life Drawing or Access Art call Sally 531-2161 or e-mail sallywarren@eastlink.ca

The Printmaking Group Meet 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 about it 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: Wednesdays, 7:00-9:00 pm. Includes meditation, an introductory talk, tape or reading on meditation. All welcome.

Double Dragon Dance Studio

Middle Eastern Dance Classes

A fun recreational activity, which has its beginnings in 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.

Classes begin Monday, February 4 & Wednesday, February 6, (Beginners - Monday; Advanced - Wednesday). Limit of 10 participants per class. Cost \$60/8 classes or \$10/class. Ages 16 & over. Join any time. 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

February is national Heart Smart month. Be kind to your ticker and get active. Come in any time throughout February and enjoy a free week. Make an appointment with Kim to begin a fitness and nutrition plan to suit your lifestyle. We have brand new equipment and more coming!! Most people start because they have too, but stay because they love it! Call 531-3330 to get started.

MOVIE NIGHT - Sponsored by South Shore Council of Canadians

Feb. 1. 7: 30 pm. Free admission and popcorn. The South Shore Chapter of the Council of Canadians presents Movie Night at the Centre with a showing of the film URANIUM.

This is a National Film Board movie that explores the

consequences of uranium mining in Canada. Because of toxic and radioactive waste, there are profound, long-term environmental hazards associated with uranium mining. For miners who work at the sites, there is the substantially increased risk of getting cancer. Most of the mining to date has been on land historically used by Canada's Native populations. Uranium mining has violated the traditional economic and spiritual lives of many aboriginal people. We now find that exploration has expanded throughout Canada due to the high price of uranium and the consideration of nuclear power as a partial solution to global warming. Many communities throughout Canada now face the historic hazards borne by aboriginal people in the past.

The showing of this film is timely and important as the Nova Scotia government is considering lifting the moratorium on uranium exploration and mining in our province. Recently, exploration has been taking place in the Wentworth area and in Hants County between Windsor and Chester. Nova Scotia is the only province in Canada that bans uranium mining and exploration and mining companies are anxious to see the moratorium lifted.

URANIUM is the first in a series of documentaries to be shown by the Council of Canadians. Titles of forthcoming films will be announced in February.

For further information call 527-2928 or e mail coc.ss@hotmail.com.

Cafe Canada

Friday, February 15, 7: 30 pm. Robert Chernomas, Professor of Economics at the University of

Manitoba, will discuss his recent book: "Social Murder and Other Shortcomings of Conservative Economics".

The book examines the connections between the destructiveness of global capitalism and the professional economists who help keep it that way.

Web Site: Member-to-Member News

The [NEWS page](#) of our web site is open to all members of the Centre who may wish to post news items of interest to both the members of their own group within the Centre, and to the membership at large.

The web site is updated once a month

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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