



March 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,

### News from the Board:

In preparing for our new application for ACOA assistance with our building improvements we have compiled the number of volunteer hours and their money value to the Centre for the years 2005-2007. It is impressive. We have put 27,804 hours of creative energy into bringing our community Centre into its vibrant and pregnant present. That's worth \$350,127. Congratulations and thank you!

You can see the details (and probably your name), on our Centre [website](#). No doubt even this doesn't tell the whole story, because these figures represent only what our limited records and memories can discover. Many have volunteered quietly and frequently over the years without any form of recognition. Thank you for that!

It is useful to remember that often in our applications for financial assistance we are asked to demonstrate citizen involvement and support for MBC. Volunteer activity provides a significant indicator. We have a volunteer record book in the Centre office in which I encourage you to note your volunteer time. It will provide more evidence to interested parties of how you are part of the vital and continuing life blood of our common endeavour at the Mahone Bay Centre."

### 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 February Board of Directors Meeting are available from the homepage of our web site [MahoneBayCentre.com](http://MahoneBayCentre.com).

Paul Seltzer, MBCS Chair

### Book Launch-Mahone Bay Old School: A life and Times History of the Old School to be Published

Mahone Bay history will come alive on Saturday April 19, at

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



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the Mahone Bay Centre, with the publication and launch of a history of the old Mahone Bay School, where the Centre is now located. Mahone Bay Old School: A Life and Times, is over 250 pages, in a coffee table format (10" X 13"), coil ring bound for ease of handling. Researched and written by Bob Sayer, long time Mahone Bay resident, the book contains a background outline of school, town, and national events to provide the setting for first person accounts of school and town life, school board records, newspaper clippings, photographs, and memories of principals, teachers, and students. There are pictures on every page. More than 1400 names are listed in the index, so you can look up family and friends. The price of the book is \$35. To ensure that you have a copy from the first printing, contact the Centre office at 624-0890 to learn how to "pre-order" with a \$20 deposit by March 26.

On Saturday, April 19 at 2:00 p.m., Bob will present the book, share with us the experience of interviewing many former students and teachers, and introduce some of them to tell their stories "live". You will have a chance to roam through our newly re-painted halls and rooms, hear the choir and band of present day students from Bayview School, and reminisce with former teachers and schoolmates. Coffee, tea and sweets will be served.

## The Mahone Bay Area Food Bank Association...

The Mahone Bay Area Food Bank has joined the Mahone Bay Centre and will be open on March 4 & 18 this month. 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 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 - Every Friday

The Old School Market will be held on Fridays, from 9 - 1. 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

### ACCESS ART Techniques Workshops:

**Life Drawing Open Sessions:** Weekly open sessions will continue Thurs. evenings only from 6:30 - 9:30 pm. Next series begins March 20th - register for 5 consecutive three-hour sessions for the special rate of only \$65. Drop

ins will be welcome...space permitting.

**Sumi-e** (Oriental Brush Painting) with Ann Hart - Sun. March 9.

**Experimental Approaches to Acrylic Paints and Mediums** with Susan Hudson - Sun. March 30.

Workshops coming up: Felt Art, Intelligent Composition, and Papermaking.

Workshops run from 10 - 4 and cost \$50. For more info & registration: [sallywarren@eastlink.ca](mailto:sallywarren@eastlink.ca). Visit [www.mahonebaycentre.com](http://www.mahonebaycentre.com) for past and future programs!

## 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.

(Beginners - Mondays, 7:30 pm; Advanced - Wednesdays, 7:30 pm). Limit of 10 participants per class. Cost \$60/8 classes or \$10/class. Ages 16 & over. Join any time. Contact Andrea Haines 634-8923 or 541-0918.

**Ballet Classes** - For more info call the Municipality of

## Take 30 Fitness, Nutrition & Weight Loss Centre

MARCH your butt into the best gym around and see what everyone is talking about! If you want a circuit you'd have to join one gym, if you want the latest in cardio and weight equipment, you'd go to another. If you want a professional body composition analysis and monthly weigh-in with weight loss coaching you'd have to go some where else. Why not just come in to Take Thirty today where you will get all of these plus classes, boot camps, personal training, meal plans and more for one low monthly fee. Have you seen the NEW Take Thirty yet? What are you waiting for??? Call today to get started on your FREE trial. 531-3330.

## MOVIE NIGHT - Sponsored by South Shore Council of Canadians

On March 14, at 7:30 p.m., The Council of Canadians presents, with Cinema Politica, the documentary THE WATER FRONT. This film presents a community in crisis. The residents of Highland Park, Michigan, known as the birthplace of the auto industry, have received water bills as high as \$10,000. They have had their water turned off, their homes foreclosed and are struggling to keep their water from being privatized. The film is not just about water, but touches on the very essence of our democratic system and is an unnerving indication of what is in store for residents around the world facing their own water struggles such as updating water systems and facing increasingly complex issues such as water shortages and implications of the bottled water industry.

No admission charge. Free popcorn available. For further information call 527-2928 or e [mailcoc.ss@hotmail.com](mailto:coc.ss@hotmail.com).

## 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

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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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