



May 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,

### **"Mahone Bay Old School" Book Launch Great Success**

Over 250 people attended the launch of *"Mahone Bay Old School: A Life and Times"* by Bob Sayer on Saturday, April 19. Former students and teachers crowded the two community rooms in the old building to pick up their books (all 300 books printed were sold, and another 60 were ordered), then packed the gym to hear the Bayview Community School band, greetings from the Honourable Michael Baker, MP Gerald Keddy, Mayor Feeney, and Craig Pottie, principal of Bayview. Bob Sayer then entertained with a slide show of old photos and stories as people explored the book over coffee and sweets. It was a wonderful time for many people who would not normally come to the Centre come back to the old school and see that it is alive and well.

### Nominees for the MBC Board of Directors

This is to invite you to suggest nominees for the Board of Directors of the Mahone Bay Centre to serve in the coming year. The AGM is coming up soon and we will be electing those persons we want to help with the leadership of our Centre.

This is an important time in our development. Many new exciting ideas for programming and visioning for our future will be coming to fruition.

We need a diverse representation of enthusiastic and creative persons. You may be one of those persons, or you may know of someone. Please contact us, (624-0890 office), with your suggestions for nominees.

### MBC 2008 Membership

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.

### Conversations with...

Introducing a new series at the Centre: "Conversations with

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



knowledgeable people & interesting topics. Join us to learn, discuss, and share some fun over coffee and cookies.

Thursday May 15, 2:00 to 3:30 - Bob Sayer: Mahone Bay Old School: A life and Times - a look inside, behind, and beyond the old school history at some of the great stories yet to be told in the history of our town, by the author of the hot bestseller.

Thursday June 19, 2:00 to 3:30 - Deborah Trask: Heritage Matters - Manager, Mahone Bay Settlers' Museum, and Curator Emeritus of Nova Scotia Museums will talk about why heritage is not just about the past, but has meaning today.

Thursday, July 17, 7:00 to 8:30, (meet at the gazebo), Judy Bain and Dorothy Rattray of Mahone Bay Walking Tours will lead a lightly entertaining evening stroll through town with fascinating snippets from 1754 to the present.

More in the fall. Stay tuned.

## Centre Receives \$10,000 Grant for Senior's Program

The Nova Scotia Department of Seniors announced on Friday, April 18 a grant of \$10,000 to the Mahone Bay Centre to support development of programs for seniors in the Mahone Bay area.

The Honourable Michael Baker, MLA, Lunenburg, presented a ceremonial cheque to Paul Seltzer, Chairman of the Board of the Centre, on Saturday April 19, at the book launch of "Mahone Bay Old School: A Life and Times", by Bob Sayer. Over 250 people were in attendance.

Mr. Baker congratulated the Centre, being one of only 28 organizations to receive a grant, out of 158 applications.

"I also want to thank them for the wonderful work they are going to do to create programs and home-based supports that will help seniors in Mahone Bay live safely, stay active, and have their contributions to the community recognized and valued." he said

In recent months a small group has been working at the Mahone Bay Centre to develop such programs for this area. The grant of \$10,000 from the Nova Scotia Department of Seniors Positive Aging Fund will support efforts to develop community-based programs to

- \* Encourage social, cultural, recreational and "life-long learning" activity necessary for health and well-being.
- \* Provide a range of in-home support to enable people to maintain their dignity and independence in their own homes for as long as possible.
- \* Provide a forum for information about a wide range of issues affecting seniors and for organizing to promote seniors' interests.

The Centre will use these funds to try to mobilize people in

the community to help each other to maintain an active and healthy life-style, to help seniors remain in their own homes through volunteer community support, and to look out for the interests of our increasingly aging population.

Those who are interested in taking part in the program, or who have family members confronting difficulties of maintaining themselves in their own homes, are invited to contact the Mahone Bay Centre at 624-0890 for further information, or Ted Hobson at [tedhobson@yahoo.com](mailto:tedhobson@yahoo.com) or 624-0914.

## 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.

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

The Mahone Bay Area Food Bank has joined the Mahone Bay Centre and will be open on May 13 & 27 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.

## Access Art

**Papermaking Workshop with SALLY WARREN** May 25  
from 10 - 4  
Cost: \$50

Using pulp, molds, and decals make a collection of lovely papers to use in art work, as part of a handmade book, as notepaper or simply as a thing of beauty in its own right.

Information and registration [sallywarren@eastlink.ca](mailto:sallywarren@eastlink.ca)

## The Printmaking Group

**Meet Tuesday mornings at 10 am**

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

## Shambhala Meditation Centre of the SOUTH SHORE

**Sunday, May 18:** Nynthun sitting practice all day. All welcome.

**Open House Wednesdays,** 7 - 9 pm. Includes meditation, an introductory talk, tape or reading on meditation. All welcome.

**May 23, 24, & 25 - Level 1.** Friday night public talk open to all.

**May 31** - Heart Sutra Seminar by Moh Hardin open to all.

## 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 for 8 classes or \$10/class. Ages 16 & over. Join any time. Contact Andrea Haines 634-8923 or 541-0918.

## Take 30 Fitness

### Nutrition & Weight Loss Centre for Women & Men

If you need to lose some weight or perhaps tone up to feel your best call us today and set up an appointment. We guarantee results. Our classes are amazing and we offer the best of both worlds: a hydraulic circuit, (which takes only 30 minutes a day for a full body workout and is easy on the joints-so great for those suffering from chronic pain or arthritis), and top quality commercial cardio pieces, (treadmills, ellipticals, bikes and more!). Stay tuned for info on our upcoming summer Fit Camp for Kids... Come in today and see what you have been missing. 531-3330

## ABC Music & Me Summer Camps for

**Pre-Schoolers** Taught by Janette Georges, a licensed Kindermusik educator specializing in musical child development.

July 8 - 11 & August 5 - 8. For more info call Janette at 531-2354.

## Web Site: Member-to-Member News

The [NEWS page](#) of our web site is available 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 CENTRE  
At The Old Schoolhouse  
45 School St., PO Box 489  
Mahone Bay, NS B0J 2E0

Tel: (902) 624-0890  
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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