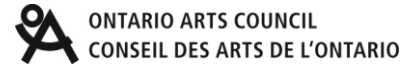




WHAT'S THE BUZZ?

A MERA newsletter

WINTER 2012



Website: www.meraschoolhouse.org

e-mail address: meraschoolhouse@bell.net 613-278-0388

2012 Winter Blues Workshops

There's always something going on at MERA - even in the depths of winter. This year's Winter Blues program includes opportunities to learn Scottish Dancing from Simone Crabb. Your fancy moves on the dance floor will be the envy of your neighbours at a Robbie Burns dinner on January 27 - the first in this year's Around the World on a Dinner Plate series. Maybe you want to spend time sitting back and relaxing, but the furniture is lacking a little something. Back by popular demand, Alexis Mongeau will teach you how to cane a chair seat in the classic beehive pattern. Just in time for Valentine's Day you can learn all about the "world's most romantic instrument" - the mandolin - as Bill Cameron lets you in on its scandalous history. You know you have a script for a great film just waiting to be written - let Tom Shoebridge move it out of your imagination and onto the page in his screenwriting workshop at McMartin House. Feeling down from days that start and end in the dark? Catherine Smith will show you how Shiatsu Massage can improve your wellbeing. And Cindy Hannah has great ideas about how to organize your gems and jewellery into a gem tree sculpture.

It's cold. Get your body in motion! This winter we have lots of activity to choose from. Christine Peringer is continuing her Monday Night 'Dance for the Joy of It' classes and in February Sadie Kotze will be returning with classes in dance and movement for children. Also in February, Lori Hollohan will be starting Thursday evening Hatha Yoga classes. And of course fitness and Nordic walking classes continue through the winter.

Registration for all workshops is required. Each daylong workshop is \$35.00 for MERA members and \$50.00 for non-members (unless otherwise noted). To register phone 613-278-0388 or email us at meraschoolhouse@bell.net and/or then send a cheque made out to 'MERA' to Box 76, McDonald's Corners, ON K0G 1M0. VISA payment is available. Note: Refunds cannot be given if a participant cancels less than two weeks before the workshop date. For all-day workshops, bring your lunch or purchase it at the MERA Café (for workshops held after February 4).

Around the World on a Dinner Plate

We're continuing our International Friday night dinner series thanks to five chefs who are generously donating their time. Desserts donated by MERA members will be sold separately at a very reasonable price. For each dinner the meal costs \$10 for adults, \$5 for those between 5 and 12, with those under 5 eating for free. All dinners start at 6pm and you can book ahead at meraschoolhouse@bell.net or 613-278-0388.

- Friday, January 27.** A Scottish meal with all the trimmings, courtesy of chef Pat Furlong.
- Friday, February 10.** Food from the far North of Canada, thanks to Judy Watts.
- Friday, March 2.** India comes to McDonald's Corners, with Kat Elliott as chef.
- Friday, March 9.** A touch of Spain with Ankaret Dean and Tom Shoebridge as your hosts.
- Friday, March 23.** Polish night is brought to you by Tomas Karpinski.



Chair suitable for caning

Caning a Chair

Sundays, January 22 and 29, 10am-4pm

**Cost - MERA members - \$35 for one session,
\$50 for two**

**Non-members - \$50 for one session, \$65 for
two**

Materials \$25

Chair caning is an ancient art, a combination of weaving and basketry used in making chair seats. In this course you will learn the 7-step method for caning a chair in the basic bee-hive pattern.

Bring your own chair to restore. If it resembles the photo above - a seat base with holes drilled around the frame - you will need to attend both sessions to complete the caning and there will be an additional charge for the second day. If your chair has a slot around the seat instead of holes, only one day will be required. (Chairs may also be available to purchase from the instructor - please notify MERA in advance if you need to purchase a chair.)

Equipment will be supplied. Cane material \$25.

Instructor: Alexis Mongeau has been caning and weaving chair seats professionally for the past 9 years.

The Many Faces and Fascinating Scandalous History of the Mandolin

Sunday, February 12, 1-4pm

Cost \$15 for MERA Members, \$25 for non-members

This is not a "how to play" workshop, but an overview of the instrument that will include a look at the folklore, songs and tunes, different types of mandolins and styles of some of the most important players and builders of the 8-String Wonder of the World (when it's not 4, 5 or 10-strings.) The mandolin is played in bluegrass (of course), Celtic, jazz, old-timey country, folk and classical styles, and the instructor will try to include all of these according to participants interests.

Everyone is welcome whether or not they play or own a mandolin; participants are invited to bring their instruments. To demonstrate; the instructor will be bringing his collection but it's amazing how many different types of mandolins there are and the more there are, the more interesting it will be. A guitar and fiddle or two would not be turned away either since tonal variety always makes music sound better! The instructor will provide handouts with general mandolin info and resource references for all attendees.

Instructor: Bill Cameron has played and collected mandolins for over 30 years. He plays mandolin and other instruments in the Celtic band The Skirmish. A longtime McDonald's Corners resident, he is a familiar presence at MERA, where he has programmed and performed music and been the in-house sound tech since 1998.



Screenwriting

Saturday, February 18 & Sunday, February 19
9am-4pm each day

McMartin House, 125 Gore Street, Perth

Cost: \$100 for MERA members, \$125 for non-members

This intensive, two-day workshop is aimed at a wide range of writers who would like to learn the fundamentals of writing for the screen - feature-length movies, television and new media. The focus will be on the 90-minute feature, with references to the other media. Topics to be covered include: story, plot, acts, scenes, sequences, character building, sub-plots, sub-text, sale of properties, agents, the Canadian marketplace, among other topics.

Instructor: Tom Shoebridge has taught screenwriting for over 30 years across Canada and in several international locations. Tom is the Founder of the Canadian Screen Training Centre and the Scriptwriting program at Algonquin College. Currently, he is the Artistic Director of a Screenwriters Bootcamp in Charlottetown, PEI, and an accredited script editor for Telefilm Canada.



Shiatsu Massage for Health

Sunday, March 4, 10am-4pm

Cost \$35 for MERA Members, \$50 for non-members

Shiatsu is a massage system from Japan that uses the meridian systems of the body to improve health and treat specific problems. Participants will learn how to give a deeply healing back treatment. By working on each other, everyone will give and receive a massage. Self-treatment for specific problems such as poor sleep, allergies, hot flashes and emotional upsets will be taught for home use. Shiatsu is an effective and simple way to improve your well-being and the well-being of your family.

Instructor: Catherine Smith is a Shiatsu Therapist and a Shamanic Coach.

Wire Gem Tree Sculpture

Saturday, March 10 10am-2pm

Cost \$35 for MERA Members, \$50 for non-members

Materials \$15

Manipulate wire and beads into a beautiful tree sculpture. Techniques taught are simple wire wrapping and twisting. You'll complete a medium sized gem tree in class and mount it on a base of your choice. The instructor will provide brief written instructions, glue, rubber bands and the base required to complete your gem tree (unless you have your own rock to use).

Tools Required: Wire Cutters/old scissors and a pair of smooth chain nose or needle nose pliers.
Materials: 24 gauge or 26 gauge artistic wire, gemstone chips, pearls, shells, glass leaves, crystals, old necklace or any other small bead of your choosing!

Instructor: Cindy Hannah is a lover of rocks and trees so when she saw a "Gem Tree", she was instantly in love with the combination. She is a member of the Kingston Rock and Mineral Club and resides in Lanark.

Dance for the Joy of It!

Another season of the MERA Monday night dance event: 1.5 hours of free-form dance to a wide range of energizing music. Wear clothes that allow you to move. Dance in bare feet or shoes if you wish. Bring a water bottle. Mats are provided. Mondays 7-8:30pm, Jan, 9 - April 2, 2012 \$55 (for all 11 classes) or \$7 drop in. (Please note that there will be no classes on February 6 and 13)

Christine Peringer has her Nia white belt and has been an aerobics instructor and a belly dancer. For more information, call 613-259-2073.

Dance and Movement for Children

Sadie Kotze returns with her dance and creative movement classes for children between 6 and 12 years of age. Four Tuesday evenings from February 7 to 28, 5-6pm at the Schoolhouse. \$20 for all four classes or \$7 drop in. Contact MERA to register.

Hatha Yoga Classes

Hatha Yoga considers the body as the vehicle of the soul and is the most popular branch of Yoga in Western culture. It uses physical postures, breathing techniques and meditation to bring the body, mind and soul into balance. This class is suitable for all levels, new and experienced students welcome. Please bring a yoga or similar mat to class. Thursdays 7:30-9pm, February 2nd - March 29th. \$90 for all 9 classes or \$12 per drop in class.

Lori Hollohan M.A. is a certified Hatha Yoga Teacher and an Advanced Certified BodyTalk (Energy Medicine) Practitioner. Please contact: www.lorihollohan.com

*****ONGOING GROUPS*****

FITNESS / NORDIC WALKING CLASSES

Tuesdays from 9.30-10.30am, Fitness Classes at the Schoolhouse

Thursdays from 9:30-10:30am, Nordic Walking Both classes led by Jane Conley

Contact Kara Symbolic at 613-259-2182 x 302 or email ksymbolic@nlhc.on.ca

QUILTING

Every Wednesday from 1-3pm

Call Joan for more info at 613-278-2962, or email mcquatb53@hotmail.com

WEAVERS

Free community warps are available in the MERA Weaving Studio.

Every Thursday from 1-3pm

Call Mary for more info at 613-267-3447

SPINNING & KNITTING GROUP

Every Thursday 10am-12noon

Help and materials are available if you would like to learn how to knit or spin

Call Mona for more info at 613-278-0291

FIBREARTS

Workshops every Thursday at 1pm

For information on our exciting program, or to be added to the Fibrearts email list, e-mail

Cathie Huffman at cdhuffman@sympatico.ca or phone 613-264-0705

Café MERA Returns!

Café MERA will be open every Saturday and Sunday starting on February 4, 9am-2pm in the Schoolhouse

Sean and Aynsley warmly invite you to drop by for a Fair-Trade Organic Coffee, a hearty soup and a Highland's Sticky Bun!

For more information contact cafemera@live.co.uk

We look forward to seeing you!