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New Germany Connections

Spring 2018

Spring 2018 is here, after a different kind of winter. Will this be a different kind of spring? We like some things to be the same: the soil warm and ready for planting, the robins returning as our first sign of spring and mayflowers blooming. But different can be good.

We are trying a different kind of day in our area on May 5th. We noticed a variety of events taking place, so we asked some local shops and crafters to join in and we created the **Spring Peeper Countryside Tour**. We thought it was a great way to create some synergy in our community.

Synergy: A state in which two or more things work together in a particularly fruitful way that produces an effect greater than the sum of their individual effects.

We thought what a fun day it will be in our area. We hope you stay around, join in and encourage your neighbours too.

Thanks for reading.

Community Groups / Organizations in our area can advertise their events on our community calendar or FB page at no charge.

Share your events, fundraisers or special occasions with us!

We will promote for and with you!

Please send listings to: ng_cap@ns.sympatico.ca, our Facebook page or drop off at Village Glassworks during open hours.

newgermanycap.ednet.ns.ca

Community Events

- Apr 15 NGVFD Open House
- Apr 17 Spring Walk
- Apr 18 Presentation @ Union Square Hall
- Apr 18 Littler Clean Up Barss Corner & New Germany
- Apr 20 Spring Walk
- Apr 21 Litter Clean up US
- Apr 21 Pork Supper
- Apr 21 Fundraiser Walden
- Apr 23 Spring Walk
- Apr 25 Spring Walk
- Apr 30 Spring Walk
- May 5 NGAPS Spring Peeper Countryside Tour
- May 6 Penny Auction
- May 7 PM Museum Opens
- May 7 Spring Walk
- May 8 Pap Clinic
- May 12 Canoe/kayak Mushamush
- May 23 RRC AGM
- May 26 US Plant Sale
- June 2 BC Plant Sale and BBQ
- June 9 Lucky Duck Draw

NGAPS Programs & Events

NGAPS Regular Meeting Generally the first Tuesday of each month. Everyone is welcome to attend. Check our web page for more details.

NGAPS Spring Walks April 17, 20, 23, 25 & 30, May 7. See page 7 for routes and times.

Spring Peeper Countryside Tour May 5th. Check page 6 for all the events, their locations and times. A great chance to explore our area!

The mission statement of New Germany Area Promotion Society is: "NGAPS will strive to create a sustainable and vibrant community where people and businesses are encouraged to thrive." We will achieve this mission by supporting communications and partnerships both within and outside our community.

The Alzheimer Society of Nova Scotia
will present

Heads Up for Healthy Brains

on Wednesday, April 18 from
10am - 12:30pm

Learn more about dementia, how to recognize the symptoms, the importance of early diagnosis and what you can do to keep your brain as healthy as possible. The presentation will be held at **Union Square**



Community Hall, 4505 Cornwall Road in Union Square. Caregivers Nova Scotia will also be joining the session to provide information. All are welcome! For more information, contact Cheryl at 902-523-1614 or cheryl.mackay@asns.ca



Leah and Alex Greek presented a cheque for \$405 to Health Foundation of the South Shore during their Radiothon 2018. They raised this money at their Snowflake Ball and with generous donations from family and friends.

New Germany & Area Outdoor Rec Club - Spring Activities

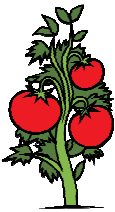
The New Germany & Area Outdoor Rec Club is gearing up for its Spring activities including evening and weekend hikes and paddles. Over the past year Buck's Home Hardware, Shoppers Drug Mart, Dietrich Family Dentistry, and Bluenose RV have all supported NGRHS efforts to purchase canoes. This equipment is also available for use through the rec club. You do not need to be a member and there are no fees associated with our sessions. We are always looking for outdoor volunteers, ideas, and locations for activities. Check us out on our Facebook page or email Geoff Marshall at marshall.g2@eastlink.ca.

Annual Plant Extravaganza Sale

Union Square Community Hall
4505 Cornwall Road

May 26, 9:30 to 12:30.

Perennials, annuals, shrubs and vegetable transplants.



Very Reasonable prices.

Canteen will be available.

Come early, think gardens!



Eva Cook

Homestay Coordinator

Nova Scotia International Student Program (NSISP)
South Shore Regional School Board

130 North Park St.,
Bridgewater, NS, Canada B4V 4G9
902.521.8532
ecook@ssrsb.ca
www.nsisp.ca
facebook.com/ssrsb.nsisp.ca



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Will do house calls.



The 2018 Earth Day Litter Challenge

Wednesday, April 18



Community groups, schools, groups of co-workers and individuals may sign up to clean up the road or playground of their choice. Call (902) 543-2991 to register.

Each group receives gloves, specially marked litter bags and a certificate acknowledging their efforts. Organize your clean up during the "official day" of the event (or the day before) and we can pick up your litter bags for you. Otherwise, litter bags can be collected with regular residential garbage pick up. Organize an Earth Day Litter Challenge group or join in one of the following groups:

-New Germany end of the Barss Corner Road.

Meet Greg Selig (902-644-2153) at Holland's Garage at 6:30pm on Wednesday, April 18th

-Barss Corner section of the Barss Corner Road.

Meet Michelle Greek (902-298-9547) at the Barss Corner Post Office at 6pm on Wednesday, April 18th

-Union Square. Meet Nathan Moynan (902-644-2590) at the Union Square Hall at 9am on Saturday, April 21st. No time to organize a group? Grab a garbage bag, go for a short walk in your neighbourhood and pick up litter as you pass it.



Canada Day



NEW GERMANY CANADA DAY IS ONLY A FEW MONTHS AWAY!

A couple of positions on the committee have changed. Cathy Moore is now in the position of Chairperson, Debbie Wentzell - Vice-chair, Terri Ann Carver- Secretary and Gary Tipert has stayed on as Treasurer.

BUT WE NEED YOU

You can help by: Making a financial contribution towards the cost of insurance, prizes, entertainment, porta-potties, etc. (tax receipts available).

OR BETTER YET

Put an entry in the Street Parade or volunteer an hour of your time. Plus it all just doesn't happen that day- there are set up days before on the grounds and take down and clean up the next day or two.

Everything would be appreciated to keep July 1st in New Germany the great day that so many people have made it.

Contact: Cathy Moore -- 902-644-2922
Patti Drew -- 902 -644 -2418

Municipality of the District of Lunenburg



Mayor
Carolyn Bolivar-Getson

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New Germany & Area Lions Club

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since 1985

The Bookmobile is Back on the Road

~Tiffany d'Eon

After some scheduled repairs and maintenance over the winter the beloved bookmobile returned to the streets on February 13th, visiting New Germany again for the first time in 2018. March marked the eighth year of service for this mobile bus, one of four still operating in Nova Scotia. Patrons of the bookmobile have access not only to the material on the shelves such as books, DVDs, and magazines for all ages, but also any title available in Nova Scotia.

If you don't see what you want, Crystal or Dave (or any other wonderful mobile staff) can special order any title available in NS and have it reserved in your name, saving you a trip to another branch. The bookmobile offers most of the services found at the stationary branches – you can get a library card, check out and return materials, get help with information requests, and bump into your neighbours – all while enjoying the cozy atmosphere on this wonderful bus.



My toddler and I have enjoyed the bookmobile immensely in the last year. He is excited every Tuesday we make it to the BUS! (emphasis his). We've borrowed hundreds of books and spent many hours catching up with friends, reading, and snuggling the big brown bear at the back of the bus. Many thanks to Crystal, Dave, and all bookmobile staff for being patient and welcoming as my whirlwind climbs the stairs, browses the shelves, and mingles with our community.

Like all branches within the NS library system the bookmobile also accepts returns through the Borrow Anywhere Return Anywhere (BARA) program. If you have books that belong in Cape Breton, Yarmouth, or anywhere else in the province, you can drop them off at our very own bookmobile. In case you've never been, the bookmobile stops in New Germany every Tuesday from 3 pm to 6 pm. You can find them in the Rosedale New Horizons parking lot, next to the Freshmart. Maybe I'll see you there!

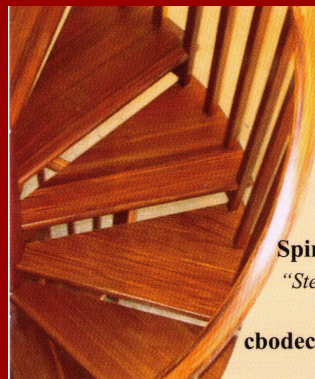


"The community access to the public library system IS the mobile library. We offer all the services of a stationary library including technology, community information and programming. We have materials for seniors, the visually impaired, mums and dads, brothers and sisters; we welcome all family members regardless of literacy capabilities - and we like doggies too. Each community is unique and a pleasure to be in." Crystal, March 2018



STEPHEN HAGEN
Branch Manager
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Cell: (902) 521-0884
Fax: (902) 543-9532
Email: shagen@awwd.ca

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Memory Lane @ Rosedale Home

I'm sure at some point in everyone's life they have heard or said the term, "taking a stroll down memory lane". For some, though, it has even more significant meaning than just seeing your old home on a Sunday drive or hearing a song on the radio that made you think of a party when you were a teenager. For some, it's the one thing that is able to change a feeling, a mood or whether or not someone can get their teeth brushed. March was National Music therapy month, so it's a perfect time to introduce Rosedale Home's Memory Lane Music project.

Alzheimer's Society of Canada states, "Music can be a powerful source of joy and comfort for people with dementia and for those around them. When words fail, music provides a way for the person with dementia to connect with others and engage with memories and emotions. Numerous videos on the internet show just that impact.

At Rosedale Home, we want to do all we can to continue to find ways to enhance and improve the quality of life for our residents. In working with families we can find out what their grandfather listened to on the radio out in the barn, or what grandma had on in the background while making the bread for the week. The goal is to use that information to create song lists specific to the resident.

With iPods donated by Lunenburg United Way and CD Players donated by New Germany & Area Lions Club, we have seen some beautiful results. Our goal is to continue to find more music, more CD players, more used phones, anything that can be used when a resident is in need of calming, or a less stressful bathing experience.

We thank you in advance for your help, if you wish your gift to be in memory of someone special, it will be clearly noted for all to see. Your donation may be dropped off at Rosedale Home in New Germany or you may contact Corinna Brown at 902-298-0679 to arrange a meeting for pickup.



Valerie Veinot; Rosedale Home's Administrator & Corinna Brown; Rosedale Home's Memory Lane's Project Coordinator, wish to express a sincere "Thank You". Donation receipts are issued for items which are accompanied with a proof of purchase.

NGAPS maintains our community website, publishes this newsletter, organizes the New Germany Health & Wellness Expo, Countryside Christmas and other community events. Please consider joining us so we can do even more for our community.

New Germany & Area Medical Centre

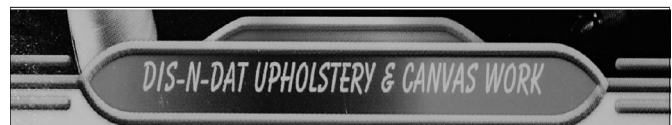
As of April 3rd Dr. Pugh is back at the Medical Centre full time. Patients of Dr. Pugh's can call for more information or to book an appointment.

Pap Clinic (by appointment only)

May 8th

Please call centre for an appointment. Appointments may be made by any woman living in the New Germany area wishing to have a Pap test.

Phone 644-2361 with a valid Health Card



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Spring Peeper Countryside Tour

Saturday May 5th
Sponsored by NGAPS

Visit the New Germany area on May 5th. Start the day with breakfast at Pinehurst Hall. Check out our shops and pop up markets at home studios. And since this is farm country, there will be spring born babies!

Breakfast @ Pinehurst Hall, 3485 Highway 10, 7 - 11am.

Unbridled Studio, 3640 Northfield Rd. Market hours 9am - 2pm. Cash only. Perennial plants, jewelry, bath products, and simple little gifts by Matthew; felting, knitting and kool-aid bags by Vicki, Bamboo Beach Art - folk art and unique gifts by Shannon; sweet treats, BBQ and fresh from the oven baking. Tea and coffee is on all day, and it's on us!

May Day, @ West Northfield Elementary School, 6 Victoria Acres Drive, 10am - 1pm.

Village Glassworks, 4928 Highway 10. Open 10am - 5pm. Stained glass creations made in our studio and the work of lots of other local crafters and artists is displayed. On site for May 5th - Too Early for the Fancy Plants? Well- It's just right for the rugged. "THE DIE-HARD PLANT SALE".

Craft & Bake Sale @ New Germany Seniors' Club, (Rosedale New Horizons) 4978 Highway 10, 9:30am - 2:00pm. Canteen, white elephant table, crafts including baby sets, aprons, dishcloths, socks and more.

Pampered Chef with Greg Selig, 36 Barss Corner Rd, 10am - 3 pm.

The Wool Room, 756 Tompkin Rd, Stanley Section, 10am - 4pm. There will be new lambs.

Crabapple Creek, 3360 Parkdale Road. Open 10am - 5pm, with a special promo - Tax Free day and selling cheesecake as well as the usual assortment of antiques, crafts, and other products.

Penny Auction, @ New Germany Rural High School 44 School Street, New Germany, 11am - 2pm.

Draw 2pm sharp. All new items. Loads of Gift Cards. Canteen: hotdogs, chili, chips, sweet treats, water, pop, tea, coffee. All proceeds will help sports teams purchase new uniforms and bleachers for the stage in the gymnasium.

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villageglassworks.ca
FB: VillageGlassworksNS



Stained glass panels, lamps, mirrors and suncatchers, all designed and crafted on-site.

We will be open on May 5th as part of the Spring Peeper Countryside Tour. Check out the "Die-Hard Plant Sale" as well as our other local crafters, painters and artists including Pat, Everett, Heather, Mary, Peter, Faith Cathy, Donna, Kacy, Michelle, Soonih, Alison

Shop locally for beautiful handcrafted gifts created for the unique people in your life.

Your All Occasion Shoppe.

NGAPS Spring Walks

This year we are trying both morning and evening walks. What is your favourite time of day to walk? Each walk is about an hour long. All ages, everyone welcome. The routes are stroller friendly and your dogs, on leashes, are also welcome. This is a great way to explore the trails around the community in the company of others.

So put on your sneakers, grab your water bottle and join us for the adventure. Walks may vary from schedule pending road and trail conditions. Check our Facebook page or website for updates.

6:30pm Tuesday, April 17 Meet behind the New Germany Freshmart. We will walk the trail to Indian Brook Falls.

9am Friday, April 20 Meet at the Anglican Church Hall parking lot. We will walk on the #10, the trail, and Mill Road.

9am Monday, April 23 Meet at parking lot at the intersection of Wentzell Road and Highway 10. We will follow the LaHave River trail along the shores of Wentzell Lake.

6:30pm Wednesday, April 25 Meet at parking lot at the intersection of Wentzell Road and Highway 10. We will follow the trail heading toward Salmon Run Road.

6:30pm Monday, April 30 Meet at the New Germany Fire Station (please park in the gravel lot) and we will follow the trail toward the Copeland Road.

9am Monday, May 7 Meet behind the New Germany Freshmart. We will walk the trail to Indian Brook Falls.



Bloggers Alert!

Are you a local blogger or have a connection to this area? Do you have something you would like to share? Get in touch and we might feature your blog in the next **New Germany Connections**. (Non commercial blogs only please.)

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Giants of NS

Wentzell Lake resident Tom Rogers, who recently received a South Shore Awesome award, is working on a project called "Giants of Nova Scotia". It celebrates the beauty of Nova Scotia's trees and forest through a 2019 Calendar with all proceeds donated to help keep it that way.

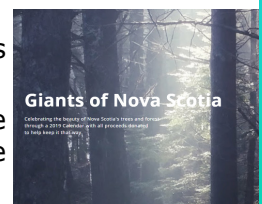
There's a photo contest to select outstanding examples of Nova Scotia's trees and forest with a gentle message about how individuals can help prevent the spread of invasive species.

All money raised goes to the front line of prevention through the Mersey Tobeatic Research Institute.

The photo contest deadline is Friday September 14, 2018.

The calendars will be available October 31, 2018, just in time for Christmas.

For the whole story, visit our website: www.giantsofnovascotia.com



District of Lunenburg Recreation Programs

Intermediate Swing Dance Classes – Thursdays, April 12 - May 31, 7:00 - 8:00pm @ MARC, Dayspring. \$70/couple/8 weeks.

Archery Instruction – Thursdays, April 19 - June 7. Ages 10 - 14 from 6:30 - 7:15pm, \$35/8 weeks and ages 15+ from 7:30-8:30pm, \$40/8 weeks. Centre Scolaire de la Rive-Sud.

Adventure Tales – Friday, April 20 from 7:00 - 9:00pm at the MARC, Dayspring. It's FREE! Donations for PRO Kids welcome.

Explore the MARC's Trees and Plants – Saturday, April 21 from 2:00 - 3:30pm at the MARC, Dayspring. \$5/person or \$10/family.

Kids in the Kitchen – Saturday, April 28 from 11:00am - 1:00pm for ages 5 - 10 @ MARC, Dayspring.

Bubble Games – Tuesday, May 1. Ages 10 - 12 from 6:00 - 7:00pm and ages 13+ from 7:15 - 8:15pm at HB Studios Sports Centre. \$15.

Red Cross Babysitter Course – Saturday, May 5 from 9:00am - 4:30pm for ages 11 - 14 at the MARC, Dayspring. \$35 (includes booklet and certification card)

Gaff Point Hike – Saturday, May 5 starting at 10:00am. It's FREE! Donations for PRO Kids welcome.

Bubble Soccer – Tuesday, May 8 from 7:00- 8:30pm for ages 19+ at HB Studios Sports Centre. \$20.

Canoe/Kayak Adventure – Saturday, May 12 from 2:00 - 4:00pm at Mushamush Beach Park, Sweetland. It's FREE! Donations for PRO Kids welcome.

Food Handlers Course - Tuesday, May 15 from 5:00 - 10:00pm at the MARC, Dayspring. \$55.

Bus Trip: Bargain Shopping to the French Shore – Wednesday, May 23 from 8:00am - 8:00pm. \$45.

Annual Children's Fishing Derby – Saturday, May 26 from 9:00am - 12:00pm at the MARC, Dayspring. It's FREE! Donations for PRO Kids welcome.

Family Outdoor Day – Sunday, May 27 from 2:00 - 4:00pm at the MARC, Dayspring. \$5/person or \$10/family.

PLANT Night for PRO Kids – Thursday, May 31 from 6:30 - 8:00pm at Wile's Lake Farm Market, Wileville. \$35.

Visit www.modl.ca for a full listing of recreation programs. Online registration is available. 541-1343 or recreation@modl.ca "Like" us on Facebook!



Plant, Bake & Yard Sale



9:00am to 1:00pm

also **BBQ** (starts @ 10am)

Barss Corner Community Hall

June 2nd



Proceeds Barss Corner Baptist Ladies Auxiliary

Municipality of the District of Lunenburg



Wade Carver
Councillor

210 Aberdeen Road, Bridgewater, N.S. B4V 4G8
Home: 902-624-2238 Office: 902-521-1326 Cell: 902-521-1782
wade.carver@modl.ca
www.modl.ca

DID YOU KNOW?



Paper coffee cups and waxy cold drink cups do not break down during the composting process.

The plastic liners and waxy coatings on these cups cause contamination. Put them in the garbage—not in your green cart.

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What's at the Museum?



Reconnecting...

Is an occasional feature in Connections where we catch up with former residents of this area. Hope you enjoy our Reconnecting feature this issue on page 10 & 11.

Do you know someone we might feature? Please get in touch, the contact information is on page 20.



Cylinder; Container

Phonograph cylinders are the earliest commercial medium for recording and reproducing sound. These hollow cylindrical objects have an audio recording engraved on the outside surface, which can be reproduced when they are played on a mechanical cylinder phonograph.

The phonograph was invented by Thomas Edison and his team on July 18, 1877.

Parkdale Maplewood Community Museum opens for the season the first Monday in May @ 9am.

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Apr 21-
Ecole Rive-Sud,
Cookville 10 to 2.
Apr 29 - **Riverport**
Firehall 10 to 3.
May 5 - **Spring Peeper**
Tour, 36 BC Road 10 - 3.
Aug 4 - **MARC** 10 -3.

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Training for Healthcare Providers

- *Provide an Overview of the Occupational Health & Safety Act
- *How to Establish an Occupational Health & Safety Committee + Roles & Responsibilities of the Committee/Safety Rep.
- *First Aid + CPR
- *Critical Incident Stress Debriefing/Defusing
- *W.H.M.I.S. 1988 & W.H.M.I.S. 2015/GHS
- *Non-Aversive Behavior Management
- *Individual Program Planning (I.P.P.)
- *Crisis Intervention Training
- *Medication Awareness
- *Basic Principles & Practices of Personal Care
- *Create Fire & Emergency Plans for Special Care Facilities & Other Businesses
- *Food Safety Training *Fire Safety

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If there is specific training you require and you do not see it on my list, please contact me and I will try to access this for you. **Training hours and training days are flexible.**

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Training for Construction Industry

- *Provide an Overview of the Occupational Health & Safety Act
- *How to Establish a Joint Occupational Health & Safety Committee + Roles & Responsibilities of the Committee/Safety Rep.
- *First Aid + CPR- Emergency, Standard & Marine
- *WHMIS 1988 & W.H.M.I.S. 2015/GHS
- *Principles of Loss Control
- *Accident & Incident Investigations
- *Hazardous Identification & Control
- *Safety Audits (Internal/External)
- *Industrial Hearing Testing
- *Fall Protection
- *Confined Space
- *Lockout/Tagout
- *Fire Safety



Reconnecting with Dr. & Mrs. Christopher

~ As interviewed by Catherine Robar

"Well, Doc, you've been here 10 years....now, you're one of us." Prophetic words from an old farmer spoken to a young Dr Christopher in the mid 70's, were welcome words of affirmation on his choice of New Germany as the place he would live, practice medicine and raise his family, for a total of 23 years.

Dr Joseph Christopher, born and educated in India, came to Canada in May of 1966. His work in Canada began at a clinic in Niagara on the Lake. Five months later his wife, Grace, and their children, Andrew, Paul, Arun, and Elsie arrived. After a year in Ontario, and the birth of their son, Mark, the Christophers headed east where he began a practice in New Germany on October 1, 1967, in 'the Cunningham building'. The family grew to six children with the birth of Ada, delivered at the Dawson Memorial by Dr Prince.



Christmas 1968

He quickly found that there were hundreds more patients than the other well-respected doctor in the area, Dr Bruce Crowe, could manage. On October 1, 1969 he opened his office in the basement of their newly built home. Shortly after that, the Christopher family were deeply saddened with the death of their 2 year old son, Mark, and experienced first-hand the loving care of their new community and church family.

For the next twenty-one years, Dr Christopher cared for thousands of people as he guided patients through pregnancies, births, illnesses, treatments, therapies and shared in many of the joys and sorrows of their lives. A visit to Dr Christopher could also be a social event beginning with a chat with welcoming receptionist, Willa Medicraft or Grace, a visit with the community gathered in the waiting room, and then when you got in to see the doctor, he had time to consider not just your presenting illness but the other issues and situations that were affecting your life and health. In fact, at one time an MSI representative questioned why he was not seeing more patients daily. He nicely explained, in effect, that he had taken the Hippocratic Oath and his mission was to do all he could to help and heal, and that could not be done with a 5-10 minute appointment! House calls were part of his practice. He tells of his 2nd house call, which came in the middle of the night in a snowstorm. He called David Walker who called a snow plow which came and cleared the road to the Four Mile Woods for him!

Life in New Germany was not all work! It was a busy family life and during their years here, they welcomed many visitors. Family, friends and colleagues came from many parts of the world to experience the Christopher hospitality at their home or at their cottage on Ponhook Lake. A special memory for our family was on the first New Year's Eve after we adopted our children, Mark, 8, Sarah, 6, and John, 5, we ate, drank, and danced in the New Year with them at a joy-filled all ages family gathering at the Christophers! Their 25th Wedding Anniversary was celebrated there in 1985.

In 1985, in the office at the end of the day, Robert Hirtle, Owen Eisnor, and Dr Christopher started talking about a Lions' Club, which materialized with a summer ceremony at the Northfield Fire Hall! Those three were among the Charter Members of the New Germany Club which is still very active.

1985 was a busy year! He was initiated into the Masonic Lodge, recommended by his good friends, the Rev Gordon Rigby and Judge Hiram Carver. In 1990, Dr Christopher was chosen to be the Master of the Lodge.

The whole family was active at St John-in-the-Wilderness Anglican Church. Grace was an active member of the ACW, and their potlucks were always enriched with some spicy Indian foods. The children all attended Sunday School, were servers at church, were confirmed here, and played and sang in our 'Folk Group'. There is a pew on the right side of the church still known as the 'Christopher pew'! When the family visited in 2011, the family filled three pews! That Sunday over 200 friends and former patients packed into the Church Hall to greet and share memories with a much loved family!



1999

The Christophers left New Germany for Ottawa in 1990. In 1991 he was posted to Hong Kong as Medical Attache serving all Canadian missions in the Pacific rim; in 1995 to Cairo covering Saudi countries, Morocco and Tunisia; and then back in Ottawa until retirement in 1998.

In 2004 Joe and Grace moved to Vancouver where they enjoy the lovely weather and live close to three of their five children. All was well, as he says, 'Until I walked into trouble asking for arthritis knee treatment', and now some resulting complications have him using a wheelchair these days!

But as we chatted, he chuckled and said I just 'keep smiling, keep growling, and keep on going!' and from his heart he shares 'I thank God for the great privilege He allowed me to enjoy and serve rural areas both in Canada and in India.'

Where is the rest of the family? Andrew and Darlene live in Edmonton and they have two daughters, Madison and Jenna. Paul, and Abha, live in Kitchener and have three sons, Nathaniel, Adam and Mark. Arun and Lisa with their boys, Adrian and Jordan; Ada and Jeff with their children Priya and Rajan; and Elsie and her son, Julian, all live in the Vancouver area.



Business Buzz

Rumour has it that the maple sap season has been great. Don't miss a chance to try some local maple syrup.

We told you last issue about a new automotive repair garage opening on the Mill Road. Now it is official, Xpress Automotive is here. Check out their ad on page 13. And we may soon have the option of two new massage therapists, one in the New Germany area and one in Maplewood. More information is coming soon. Also check out Ms Wags Creations on page 19.

South Shore Public Library Mobile Library

is at New Germany Freshmart or Rosedale Seniors Club every Tuesday from 3:00p.m. to 6:00p.m. A library card is free and so is using the library.



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Livewires 4H

~Adrianna Langille

Livewires did very well at the County Speech Rally that was held at the Wileville fire hall on Saturday March 24th. Congratulations to Victoria Penney who placed second for Intermediate Speaker, Isaiah Pettipas who placed first for Junior Speaker, Maddie Simpson and Abbie Foster who placed first with their Double Junior Demonstration and Jasmine Spidle who placed first in the Senior Hand Drawn Poster Competition. Great job everyone and best of luck at Regionals.

April 7th- Regional rally, Wileville fire hall.

May 5th- 4-H Weekend, Truro

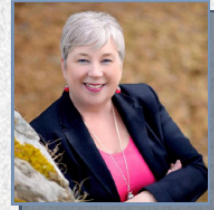
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Isaiah Pettipas first place winner for junior speaker

*Below: left to right
Isaiah Pettipas,
Abbie Foster,
Madelyn Simpson*



Jasmine Spidle's hand drawn poster



We welcome new and past members to come to the general meetings held on the second Wednesday of each month at the Parkdale/Maplewood Community Hall.

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Soft Maple Cookies

- 1 cup of softened butter
 - 1 cup packed brown sugar
 - 1 egg
 - 1 cup real maple syrup
 - 1 teaspoon vanilla extract
 - 2 teaspoon baking soda
 - 1/2 teaspoon salt
 - 4 cups flour
- Preheat oven to 350
Grease cookie sheets



In a large bowl, cream butter and brown sugar.
Add egg, syrup and vanilla then mix until well blended.
Sift together flour, salt and baking soda. Slowly stir into first mixture until well blended.
Shape into small balls
Place on cookie sheets and flatten slightly.
Bake 8-10 minutes.

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Xpress Automotive, owned by Neil & Heidi Penney, opened the doors at its new location on **50 Zwicker Mill Road** in New Germany on February 12th, 2018, moving from their previous location in Upper Northfield where they provided automotive service since 2010. The new location was previously run as an auto repair shop and had been vacant for 10 years. Neil & Heidi are very excited to be able to open those doors once again, being very proud to become part of New Germany and surrounding areas, to provide excellent automotive and customer service for all your automotive needs. Our team consists of two Automotive Technicians, **Neil Penney**, Owner/operator, who has 20+ years experience & **Justin Nauss** who has 10+ years experience and **Heidi Penney**, Bookkeeper.

Xpress Automotive provides: All automotive repairs, vehicle and trailer inspection station, a/c repairs, tire sales, and much more!

Our hours of operation are: **Monday-Friday 8am - 5pm**, closed on weekends and holidays.
We provide: Debit/Credit machine for payment options and a key drop by the front door for vehicle drop off after hours.

Our location is secured by Day/Night security alarm system for 24 hr protection as well.
We look forward to seeing all our previous and new clients and would like to thank everyone in advance for their patience in this transition while waiting for us to open.

Municipality of the District of Lunenburg

Cathy Moore
Councillor - District 5

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From the Lions Den

~Lion Deb Featherby

New Germany & Area Lions had a very busy winter to start 2018. We continued our monthly bingos at the Rosedale Home for Special Care as well as helping with the monthly breakfasts at the Pinehurst Hall the first Saturday of each month and manning the phone during Radio Bingo on CKBW. Many of the members visited Lions Clubs in Deep Brook/Waldec, Kingston, Riverport, Bedford, Sackville, Wolfville, Lawrencetown, Beaver Bank, Sackville and Middleton. Visitations give Lions a chance to make connections with other Lions, sharing ideas about our service projects and fundraising.



Radiothon presentation - Lions Dave Whynot, Deb Featherby, Alyson Clements of the Health Authority, Lions Helen Acker & Brenton Wagner.

Several of the Lions attended a special presentation at Dalhousie Medical School in January where a cheque for \$78,000 was presented to the Hearing Clinic from all of the Lions Clubs in NS. This money was given to support the Hearing for All Program at the Audiology School where donated hearing aids are refurbished and given to those in need. New Germany Lions were very proud to be a part of this program. Many of the Lions also hosted a fundraising breakfast for MaryAnn Conrad in February which helped with her medical costs.

A special presentation of ten boom boxes was made to Rosedale Home to support their music program. This will enable residents to listen to the music of their youth or their favourite music creating connections to their memories. A Valentine Luncheon was held in February to raise funds for our programs of service, one of which was a presentation of a cheque for \$2,000 to the South Shore Health Authority during their Radiothon.



Alivia loved her free skating afternoon.

Three popular events were held in February and March when the Lions Club sponsored a free skate at the Lunenburg County Lifestyle Centre and a free session of bowling at the Bowl More Lanes in Bridgewater. Both of these events were popular and allowed many residents of the Municipality and Bridgewater to try out both LCLC and bowling. These were great family events that we were pleased to sponsor. The third event was the annual Speak Out competition for high school students. It is always a pleasure to hear young people speak so well on a topic about which they are passionate. They were all winners as the quality and maturity of the contestants was awesome. But the judges had to choose someone to represent the New Germany club at the Zone Speak Out being held in New Germany on April 11, and Laura Isaacs was the chosen candidate. At the Zone Speak

Out she will vie with other contestants to represent the South Shore at the provincial Speak Out at the end of April in Yarmouth.

Supporting youth is a very important part of the Lions Club program, and a cheque for \$2,500 was presented to NGRHS principal Ruth Wilkins to help pay for a much needed score clock for the gym. As well, grade twelve students are currently completing applications for the Lions Club bursary which will be awarded at graduation. The Leo Club at the high school, which is sponsored by the Lions Club, is currently planning their spring program. They are looking at fundraising ideas which will allow them to make donations and support service activities.

Coming up on April 21 the Club is hosting a roast pork supper at the Legion Hall – advance ticket sales only. Tickets are available for \$15 from any Lions Club member or by calling Carla at 902-644-2851. May 6 is the date for the Penny Auction at Pinehurst Hall from 11:00-2:00 with canteen available and lots of great items to be won. Tickets for the Lucky Duck Draw (formerly the LaHave River Duck Race) will go on sale in May for \$5, with the draw being held on June 9. Details of ticket sales and the draw will be posted on our Website in May, Canada Day activities will be posted in June. Don't forget to check our website at any time for details of Lions Activities. Just type New Germany Lions into your search engine.



Lion Ainsley Acker, KL Donnie Fancy, Lion Carla Carver prepare to serve up free hot chocolate to skaters at the LCLC



Zone Chair Peter Wagner and Lion Deb Featherby shown with the Speak Out contestants at the New Germany & Area Speak Out; winner Laura Isaacs, Lori Mosher, Ryleigh Flemming and Victoria Penney.



Lion Roger Carver helps one of the many young bowlers who enjoyed bowling and the free hot dog & juice. Photo Lion Roger Carver

Important numbers to remember:
 Individuals needing support from the Lions Club should call Lion Pat Wentzell at 902-644-3280.
 Groups wishing to book the New Germany Lions train can call Lion Dave Whynot at 902-527-0162.
 Groups wishing to book the Lions for catering an event may call Lion Carla Carver at 902-644-2851.
 Individuals wishing to join the New Germany & Area Lions Club should call Membership Chair, Lion Wanda Whynot at 902-527-0162.

How can you support the work of the Lions Club?
 Attend our fundraising events. Place your clothing & household items in the Diabetes Bins next to the Freshmart. Make a Memorial Donation to the club. Donate items for our suppers or merchandise bingos. Buy our raffle tickets and Lucky Duck tickets. **JOIN THE CLUB.**

Plastic type compostable bags DO NOT break down. They contaminate the compost.



Instead, try:
 Lining your mini bin with paper liners or newspaper

Putting wet and oily foods in cereal boxes, then placing in your green cart



Lining your green cart with paper leaf and yard waste bags



Wrapping meat and bones in newspaper

Questions?
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And a huge thank you to all those who already support our work. The New Germany & Area Lions are so grateful to live in an area where we know we can call on the community to help us serve others. Our Lions Motto: "We Serve"!



New Germany & Area Lions received visitation pins from Zone Chair Peter Wagner: Lion Mike Crouse, Marc Lapointe and Judy Mailman. Also pictured King Lion Donnie Fancy, left, and Zone Chair Peter Wagner, right. Photo Lion Deb Featherby



Donation toward a new score clock. Students Jaden Wentzell & Bailey Connors, Lion Deb Featherby, Principal Ruth Wilkins, King Lion Donnie Fancy, SAC Vice Chair Howard Gibson, Lion Carla Carver, students Makenna Lipsett & Emily Porter.

contributed photo

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Jeff Langille

Everyday Waste Reduction - What can one community do?

What can one person do?

~ Jackie MacDonald

2018 will be remembered as the year that startled the world with bad news headlines about plastic.

The phrase “reduce, reuse, recycle” has since the 1970s reminded us to

- 1) reduce our waste. One way we can do this is to use our own cups for takeout instead of paper coffee cups and waxy cold drink cups with plastic liners that can't be recycled or composted so must go in the garbage.
- 2) reuse any item that might have another purpose. Some of us, for example, sew quilts out of old clothing or look first for used car parts.
- 3) make every effort to recycle. We are supported municipally to separate paper, plastic, glass, metal and compostable from garbage.

Approaches to waste reduction include “zero waste” (sending nothing to a landfill), “holistic living” (living life, balancing mind, body and spirit with awareness of decisions made and their impacts) and the “circular economy” (involves using only products designed to be repaired, reused, or completely composted, and/or buying or creating nothing new unless created with waste materials).

“The greatest threat to our planet is the belief that someone else will save it.” – Robert Swan, Author

This article summarizes an interview with Alice Wile, one person in our community who has been actively concerned about the environment and its impact on her family's health. Thank you to Alice for sharing her knowledge and experience (and her recipes) with us.

1. When did you first start thinking about this, what are your main concerns, and how would you label your approach to addressing them?

I have been using natural products and have been recycling all my life. I grew up in a household where if we could not make it we did not need it.

My two main concerns have been about health and the environment. In the early 1970s, when my kids were little, I started looking closely at products I used on them and fed them. I didn't make a sudden change, my consciousness evolved along with food consumer practices. In the 1990s when my work included giving product demonstrations in stores, I started reading labels and realized that cosmetics and body products often included ingredients used in larger quantities as engine degreasers or commercial floor cleaners. The Internet makes reading and understanding labels easier; though the engine cleaner might be present in minute amounts, it is still there. If we think about when we started using products with such ingredients and how long we have been using them, it may help us understand what is going wrong with our health today and see that we may be to blame. It was great when plastics came in – drop it and it won't break. But if you look at the plastics in the oceans – how do we clean that up?

Holistic living would be closest to my approach – body, mind, spirit. I find it best not to stress over things, I rely on my Christian faith, I don't hate people or stay angry with or avoid people. It is important to have a healthy attitude and appreciate differences between people.

2. What are some of the things you do and how have you managed to do these things?

I have a note book of hand written recipes for body care products, household cleaners and gardening as well as bug and deer repellents. Most of these started as a recipe found or shared somewhere that I tweaked. For example, deodorant recipes tend to have quite a lot of baking soda, which irritates skin, so can't be used every day. Instead I use some cornstarch in the cream deodorant I make. My deodorant is ok for normal activity but would not work well enough for someone exercising. I alternate, using it one day and a deodorante crystal the next. In my grandmother's day she hung apples on strings to dry behind the wood stove. I use a dehydrator. I've made kale chips, and I dry many herbs from my gardens to make various teas both soothing and medicinal.

It has been a gradual thing as you can't do it all at once. Sometimes recipes don't work at all so you have to try another one and may have to keep trying to see what works.



Gardener's Deer Repellent

1 T liquid Castile soap

2 T garlic powder

1 litre/quart of water

Add to a spray bottle, apply to anything deer are likely to chew every second day and after rain.

Household Cleaner
2 ounces Dawn dish detergent
4 ounces lemon juice
8 ounces white vinegar
12 ounces of water

3. Which changes have been easiest for you? Most difficult? Didn't work at all?

Not buying processed food was no problem. When I was young and in 4-H we toured Lawson's Factory and I saw how wieners were made and that a bucket of blood was used to make them pink. At home, we do not eat processed food except perhaps rarely in the summer we might BBQ wieners.

I've found making soap to be the most time consuming and fiddly. Lye requires careful measuring and handling. Its harshness disappears with saponification during the process. Although I've never had a batch that flopped, it took me about a year to master the soap making.

My body soap and household cleaner recipes work well, I never buy household cleaners.

4. What has the impact been (time, money, garbage, healthier products, etc.)

It is time consuming so I make time for it. I first thought I could take a day a month and make all these things but it doesn't work that way. These products are meant to be consumed, and so I use them up and then need to stop to make more. Some things like laundry detergent are much less expensive, I use a lot less and don't have to deal with packaging - the plastic jugs. Anything stained if soaked in my laundry detergent comes clean.

But ingredients are not cheap, so not everything I make is less expensive. I reuse containers so have less garbage and bottles and containers for recycling.

5. Do you have any advice for someone thinking of such a shift?

Yes, read, research and experiment. Read labels. If you look and see what is in it, and don't care, then you might decide based on the taste. It may be helpful to look at the old way of doing things. Lunenburg County pudding made the old way does not have preservatives or chemical coagulants.

6. What do you see as the biggest problems/obstacles for people who want to make similar changes. For example, a family with small children?

The planning needed to make time to make these things. It would be difficult for someone with small children to jump up after supper and make soap or hand cream if they've run out. Years ago, it was the way of life, but with working parents, it can be more difficult than accepting a quick fix.

7. Is there anything else about this that we didn't touch on that is important to think about?

Over packaging is a problem. Some products come with three layers of packaging, are hard to get open and are not environmentally friendly. Apart from processed food ingredients, I find processed food over packaged, realizing it is required for consumer safety and to protect food being shipped long distances. Food packaging should be either biodegradable or a recyclable paper product, not plastic or Styrofoam. Paper packaging products can be reused to start wood fires, leaving fine ashes which can be composted or put in gardens.

8. Do you think that a community such as New Germany area could ever become, for example, a zero-waste community?

It may be difficult to change a community, to get everyone to agree to do even some of these things. It can also be difficult to change a single household, to get everyone to agree.

Laundry Detergent

1 cup of my grated homemade soap (made with coconut oil) or Castile soap (made with olive oil)
2 cups of washing soda
2 cups of borax
Mix and keep in a mason jar; use ¼ cup per full washer load.

**Benefit for life long community member & Walden FD Deputy Chief
Lionel Eisenhauer**

April 21st, 1 to 4pm @ Walden Fire Hall
Hosted by Chicks having Fun with Kentucky Blue
Tickets on a lottery tree & a basket, a bake table,
BBQ hot dogs & refreshments.

Donations greatly appreciated. Contact Nancy (Lionel's sister) 902-717-6180. Thank you for your support.

River Ridge Common AGM

May 23rd 2018 - 6:30 pm On site at the Park

Come out and see what's been going on and what is in the future especially the Natural Playground!

There will be a short meeting and then a quick hike so you can see what's being proposed.

In case of inclement weather we will meet at the Pinehurst Community Hall.

Thank you to the following for monetary contributions

- ≈ New Germany Rink Committee
- ≈ New Germany Area Promotion Society
- ≈ New Germany & Area Lions Club (for your initial donation and future commitment)
- ≈ Masonic Lodge
- ≈ Royal Bank of Canada New Germany



New Germany Volunteer Fire Department

invites you to join us for a fun afternoon of activities & demonstrations at the Fire Station, 12 Fire Hall Road in New Germany.

Sunday April 15th, 2:00 to 4:00 pm

Light refreshments, door prizes, kids activities, fire truck displays and more.

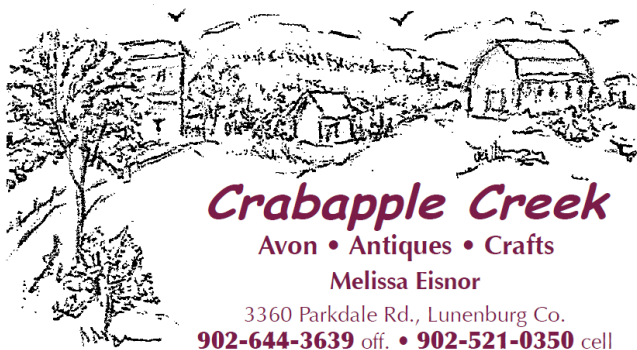
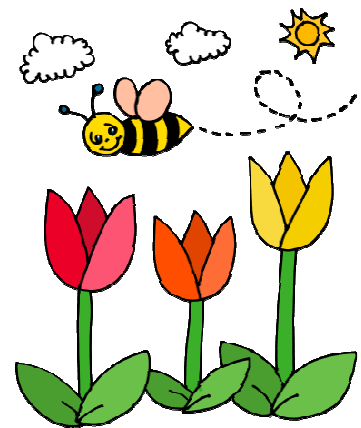
Bring the whole family and learn what your volunteer fire department is all about!



New Germany Chief Blair Lantz received his pin for 45 years of service to the fire department, presented by Deputy Chief Peter Bowers at a recent meeting.



New Germany Elementary School Boys Basketball team.



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News from the Lahave River Trail Association

~Helen Ferns

The Lahave River Trail Association team has been busy during the short days of winter. Much has been taking place behind the scenes to see our goal of a connected trail to link up with New Germany and the Annapolis Valley.

We have been working hard in discussions with the Department of Transportation and Infrastructure Renewal as well as members of the community who may be affected by the development of the multi-use trail. It has continued to take time and patience but we are now seeing new trail being developed north of the Rhodenizer Road. There are still two gaps where negotiations with community need to take place but we have had cooperation so far and been able to plan a route which largely, but not always follows the old rail-bed. Thanks to all involved and especially those who have gone out of their way to help move the project forward.

We ask all users of the trail to be conscious of residential areas and show an extra amount of respect when in close proximity to homes especially as you start using new sections. A wave and a warm "Hello" go a long way to building good relationships. Remember to slow down if you are on a wheeled vehicle and particularly if you are passing other users who are on foot.

In the Off Highway Vehicle Act it states that "You may ride in ditches of highways (i.e. highway right-of-way) under these conditions:

***in daylight, either with or against the flow of traffic**

***at night(i.e. after sunset) in the SAME direction as the traffic on the same side of the road as the ditch where you are driving.**

The route which we are upgrading in the highway Right-of-Way (ROW) is not considered the Lahave River Trail but rather DOTIR ROW and all users are to follow DOTIR Regulations.

If a highway ROW is not actually maintained by DOTIR or a designated permit holder, we have been given to understand it is not necessarily a right of way for OHV's. So this seems to be a 'grey area'.

A good point to keep in mind is that all types of users are able to enjoy the Lahave River Trail/ Highway ROW because of the financial backing and support we get from the OHV Fund, the Province, the Municipality, ACOA, Communities Culture and Heritage, memberships and donations, business donations and much volunteer time as well as advice and help to access insurance from the NS Trails Federation.

The Department of Natural Resources has standardized the entries (Gates) to trails. The standard width is 66 inches while OHV standard size remains 60 inches to remain in line with the old rail-bed/corridor width. Before you purchase a machine, please keep this in mind.

In late fall contact was made with the NSCC and thanks to Sarah Murphy and her team from the Achieve Program we were able to do small maintenance jobs. A spin-off from that has been contact with a Natural Resources Environmental Technology Program Student who is liaising with LRTA to assess the usage of the Trail. This will be interesting and useful to us. Once again this will be volunteer time.

With the lack of snow cover, litter is very obvious. We usually designate May as our **Clean-up month**, however any time is a good time, so take along a garbage bag next time you are out and collect what you can and let us know. We count such time as volunteer time and it is useful for our funding applications. You can reach us at lahaverivertrailassociation@gmail.com or on facebook.com/lahaverivertrail. Better still come to one of our meetings which are held at the Northfield and District Firehall at 7pm on the third Wednesday of the month.

A great deal of progress has been made with the adoption of Trails and trail use in general and people are out enjoying the experience. Lets all make sure we share our resource well.



Ms. Wags Creations
by Mary Wagner

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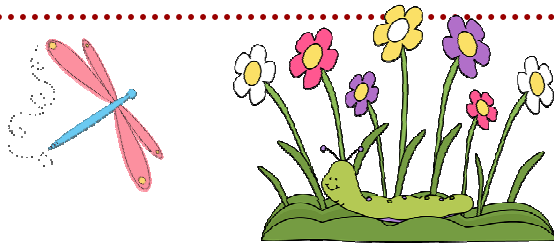
The Back Page

Info about this Newsletter

New Germany Area Promotion Society
 Box 125 New Germany, N.S. B0R 1E0
 E-Mail: ng_cap@ns.sympatico.ca
 Phone: (902) 644-2922
 Cathy Moore, Chair
 Greg Selig, Vice Chair
 Michelle Greek, Secretary - Treasurer
 Madelyn Bowers, Newsletter Editor

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You can advertise in this newsletter!

- > Catch the eye of your neighbours
- > Support the local community
- > Make new connections....all for one reasonable price.

Sample Ad Sizes

2" x 3.5"	\$20
Quarter Page	\$45
Half Page	\$90

Thank you for reading this issue (our **43rd**) of New Germany Connections.

We received monetary donations in support of this newsletter from the **New Germany & Area Lions Club** and from one of our "away" readers, **Gertrude Urquhart**. Also **five local residents** made an anonymous donation to keep this newsletter in print. **Thank you to everyone!** This encouragement is very much appreciated. We also are grateful for the support of all our **advertisers** and **volunteer** writers, researchers and editors.

As we continue to search for ways to keep to this newsletter in print, we appreciate any donation you can make.

We are always interested in your story ideas, stories with local connections.

Please contact us, info on this page.

Thank you for reading New Germany Connections.

Support Local, Shop Local

Next Issue:

Will be mid June. We would like to hear your story ideas. Please contact us at the address or phone number on this page.

NGAPS publishes **New Germany Connections** five times a year - mid February, mid April, mid June, early September and early November. Watch for yours in your mail. It is also available in colour on our web site or can be picked up at New Germany Freshmart, Mader's Clover Farm Supermarket, Village Glassworks and many other places in our area.



Advertising Information: You can advertise in this newsletter. We deliver it to all the households in the New Germany, Barss Corner and Springfield Post Office areas. Single ad sizes vary but can be 1' x 7" or 3.5" x 2" depending upon space and layout. Price per single ad is \$20.00. Multiple ad sizes are available.

The revenue from the advertising helps to offset the cost of printing and distributing this newsletter. Thank you to our advertisers for their assistance.

New Germany Connections is also available on the community web site, in colour, with all ads included. **Community events and local businesses are listed on the web site for free.** Please contact ng_cap@ns.sympatico.ca

Next issue will be published mid June. Ads are limited so they are offered on a first come, first served basis. Please contact NGAPS at the above addresses to book your space.