



# New Germany Connections

## Inside this issue:

County Mountie	2
MODL	3
Public Health	4
NGRHS	4
Teen Place	5
Garden Club	6
Rosedale - Construction	7
LaHave River	8/9
Me & the Kids	11
Lion's Club	12
VON	13
NG&A Medical Assoc	14
Contest	15
Grades P-3 Contest	16
Contact & Comments	16

## Winter 2011

We are happy to start 2011 with a new edition of New Germany Connections. As a favour to us, if you enjoy reading this Newsletter, please tell our advertisers that you saw their ad in New Germany Connections. Our advertisers and the volunteers at NGAPS make this happen, but you, the readers are the third point on this triangle. And a two pointed triangle just doesn't work. So jump in with your comments, suggestions, support and help. We would love to hear from you.

## Programs at New Germany Community Centre

NGAPS will make every effort to coordinate a program that may be of interest to you.

**Friday Evenings "Youth Activity Evening"** Grades 7 – 12. 7:00 pm – 9:30 pm at the Community Centre. Snacks & Activities, Movies, Wii, Air Hockey, Guitar Hero, crafts, etc. February 11th youth will make a trip to Bridgewater to watch the Lumberjacks Hockey game sponsored by CIBC Wood Gundy.

**Yoga Classes** - Wednesday evenings 7:00pm – 8:30pm, drop-ins welcome.

**Card making classes** have become very popular. If you are interested please call to register for upcoming classes.

**Regular Monthly NGAPS Meeting.** February 22nd 7:00pm Everyone welcome.

March 15th 1:00 – 4:00pm **Art Day** - Grade primary to 6. Come and help draw a mural of our village. All supplies and snack included.

**Beginner Digital Photography Classes** leading into advanced classes. The beginner class would cover simple usage of your camera, understanding the buttons and how to use them, touching on printing shots and simple digital terminology. The advance class would cover taking the camera off auto, using manual setting with an understanding of shutter speed, f-stops, ISO and how to use them.

**Family Fun Fitness Night.**

**Bad Boys Don't Like Noise** - A Free 1 hour information session on practical tips for people of all ages presented by the RCMP.

**ATV Safety Course** Ages 12 – 18. 8 spaces remaining; will resume again this spring when conditions are more favourable.

**Exercise with Gym Equipment** done with music is available at the Community Centre for a low fee of \$20.00 per month.

For more information call Maureen at the Centre 644-3695 or E-mail – [ngaps@ns.aliantzinc.ca](mailto:ngaps@ns.aliantzinc.ca) Check the community events page on our web site for updates. <http://newgermanycap.ednet.ns.ca>

*(Please note that not all events are NGAPS programs)*



**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.**

## Community Events

- Feb 14 Valentine's Day
- Feb 20 Winter Activity Day
- Feb 21 VON Meeting
- Feb 22 NGAPS meeting
- Feb 23 Garden Club
- Mar 1 NG&AMC meeting
- Mar 11 Lenten Soup Kitchen
- Mar 12 Breakfast P/M Community Centre
- Mar 14 - 18 March Break
- Mar 15 Youth Art Day
- Mar 18 Lenten Soup Kitchen
- Mar 22 NGAPS AGM
- Mar 23 Garden Club
- Mar 25 Lenten Soup Kitchen
- April 1 Lenten Soup Kitchen

## *New Germany's County Mountie*

New Germany & area residents are probably unaware that, should they require assistance from Lunenburg County R.C.M.P., there's a good chance Constable Kim Curiston will have a hand in solving their problem. That's because Constable Curiston is the member assigned to New Germany and has been since the fall of 2009. While Kim responds to calls all over Lunenburg County, she does spend a certain portion of her time as the primary investigator of complaints in this area. When workload permits, detachment members who have responded to complaints in the area complete the initial investigation, then have it reassigned to Kim to pursue.

New Germany and area's policing needs, in part due to it's geographical remoteness in relation to other communities in Municipality of the District of Lunenburg, are addressed by Lunenburg County R.C.M.P. through Kim's assignment. To this end, Constable Curiston is the third in a succession of detachment members specifically assigned to be the "face" of New Germany, a tribute to her abilities.



Constable Curiston arrived in Lunenburg County approximately 14 months ago from her first posting at North Battleford, Saskatchewan. She recently married fellow Lunenburg County constable Jason Szczukocki. She has a degree in psychology from Memorial University in Newfoundland, and prior to joining the R.C.M.P. she was a counselor in New Glasgow, N.S., concentrating in working with abused women. Kim, has four sons, two of whom are enrolled in a local school.

Kim is a common presence in the community each week, and is highly visible, driving a marked police car, frequenting New Germany High School and working from the police satellite office located in the New Germany Fire Hall. The office is a result of a partnership with New Germany Volunteer Fire Department who graciously donated the space to Lunenburg County District R.C.M.P.

Kim would like to extend an invitation to all area residents to drop in when they see her or any police car parked outside the office, or wave down herself or any member on patrol if they need police assistance or simply want to talk. In the absence of police presence in the village, residents are reminded Lunenburg County R.C.M.P. are available to assist anytime, day or night, by calling (902)527-5555.

### **LANGILLE'S CARPENTER SHOP**

Manufactures of:  
 Windows - Doors - Mouldings  
 Lathe Turning Included  
 Newel Posts - Veranda Posts - Balusters  
**Phone: 644-2082**

Box 23  
 Barss Corner  
 B0R 1A0

**Jeff Langille**

## **NEW GERMANYS PLUMBING & HEATING**

**SALES & SERVICES  
 WATER CONDITIONER  
 HEATING SYSTEMS  
 PUMPS**



***PLUMBING FIXTURES &  
 MATERIALS***



**FREE ESTIMATES**



**EMERGENCIES**

# **644-2579**

**WHYNOT ROAD  
 Email: [ngpnh@msn.com](mailto:ngpnh@msn.com)**

**New Germany Area WINTER ACTIVITY DAY**  
**Sunday, February 20 (back up date February 27)**  
**1:00 – 4:00 p.m.**

**SLEIGH RIDES** at Foard Robar’s farm, Rte 10,  
 #6727, Meisner’s Section.

**SKI &/or SNOWSHOE!** Equipment available at Robar’s farm or bring your own. Hot chocolate available.

**COME SKATE** on the North River Community Rink. Hot chocolate and marshmallow roasting too!

Fill out a ballot to win “Take the Roof Off Winter” toques.

It’s all **free** for you and your family!



**Call 541-1343 for more information.**  
**Lunenburg Municipal Recreation**

\*\* Weather conditions permitting.

Watch for a weekly listing of recreation programs and events in the Lighthouse Log or visit [www.modl.ca](http://www.modl.ca) to view the complete Winter Recreation Guide. To offer program suggestions contact Program Coordinator, Janice Rand, 541-1335.

**If you’re thinking home Renovations or Improvements, call us first!**

- renovations • additions • roofing
- siding • interior • exterior

**RESIDENTAL & COMMERCIAL**

Call or Fax: Wade and Patricia Joudrey  
 299 Elmwood Road  
 Barss Corner



**Phone 902-543-8288**

Fax: 902-543-8032 Cell 902-529-2501



Happy Valentine’s Day

*Municipality of the District of Lunenburg*



**Cathy Moore**  
 Councillor - District 7

104 Zwicker Mill Road, PO Box 137, New Germany, NS B0R 1E0  
 (902) 644-2922  
[kitcatt@ns.sympatico.ca](mailto:kitcatt@ns.sympatico.ca)

**TD Canada Trust**

Banking can be this comfortable

**TD Canada Trust**  
 P.O. Box 55  
 1 Old Bridge Street  
 Bridgewater, Nova Scotia  
 B4V 2W6  
**T: 902 543 7777 F: 902 543 1331**





## *New Germany Area on Internet*

### Want Your community event or business listed on the Net?

New Germany & Area has an extensive web site as part of C@P (Community Access Program). Our site includes Community events, local businesses, our schools, local government, community groups and a virtual museum. **Listings on the Community events page are free and available to any community group in the area.** Local businesses can list on our business page; this listing is also free. The pages are maintained by NGAPS volunteers and are updated regularly. If you have information for the web site please email [ng\\_cap@ns.sympatico.ca](mailto:ng_cap@ns.sympatico.ca)

Check out the New Germany area on the internet @ <http://newgermanycap.ednet.ns.ca>

Proud to support  
New Germany & Area!

As Member of Parliament for South Shore - St. Margaret's, I am pleased to have supported and announced federal funding for your community projects and organizations (2009/10):

- South Shore - Annapolis Valley Recreation Trail (New Germany to Middleton) - \$75,000
- New Germany Canada Day Committee 2010 - \$8,000
- North River Recreation Committee Society - \$6,117
- Rosedale New Horizons - \$9,058
- Parkdale-Maplewood Community Museum - \$16,099

*I would like to say a special thank you to all community volunteers.*

*Your leadership, generosity and hard work makes a positive difference in the lives of your neighbours!*

**GERALD KEDDY, MP**  
**SOUTH SHORE—ST. MARGARET'S**

1-888-816-4446  
[keddyg@ns.sympatico.ca](mailto:keddyg@ns.sympatico.ca)  
[www.geraldkeddyp.ca](http://www.geraldkeddyp.ca)

**Bridgewater office: (902) 527-5655**



## *New Germany Rural High School*

is making arrangements to offer a program to parents called Parents as Career Coaches. This program is a government program to help parents assist their children in making career choices. The tentative dates are April 4 and 5 at the school beginning @ 7 pm. To register and to find out more about the program visit [www.parentsascareercoaches.ca/](http://www.parentsascareercoaches.ca/)



## *Public Health Update*

**Baby Group is growing!!**

Join us on the 1st and 3rd Wednesday of the month from 10- 11:30am at the Anglican Church Hall in New Germany , along with the Family Resource Centre's Parent and Tot time.

Public Health Services  
#100 Varner Road New Germany  
644-2710



## **South Shore Public Library Mobile Library**

is at Barry's Freshmart every Tuesday from 3:00p.m. to 6:00p.m. A library card is free and so is using the library.

# Teen Place Update

## Teen Place Talent Competition

*Can you sing, dance, play an instrument, tell jokes, act, read poetry, whistle.....?*



Whatever your talent, if you or your group, ages 12 to 18, are interested in competing for prizes and showing off your talent this May in New Germany, contact:

Teen Place Youth Health Centre

644-3430      [teenplace@ns.aliantzinc.ca](mailto:teenplace@ns.aliantzinc.ca)



**Bdub Swag**, a local hip hop group, performing at The Teen Place Open House on December 6, 2010. From front to back: Mallory Zwicker, Brooke Allen, Taylor Piercey and Sophie Tremblay.

**Bdub Swag** have been working together since August 2010, and are interested in public performances. If you would like more information, call Mallory Zwicker at 527-1641.

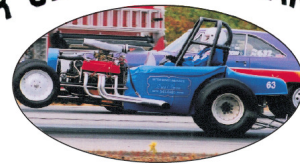
## Cathy's Beauty Salon

104 Zwicker Mill Road,  
New Germany  
Open Mon.-Wed.- Fri. - Sat.

Phone 644-2922  
Will do house calls.



## BETTER SERVICE INSURANCE LTD.



**DARYL H. BISHOP**, Broker  
63 Elm Street  
Bridgewater, NS B4V 2V5

Tel. 902-543-0485  
Fax 902-527-0199  
[beterserviceins@eastlink.ca](mailto:beterserviceins@eastlink.ca)

**RACE AT THE TRACK NOT ON THE STREET!**



## Portraits In Wood

and Stained-Glass Designs

For a unique gift-giving idea, I will turn

a photo of that special someone into a lasting heirloom.

**SINGLE PORTRAIT      DOUBLE PORTRAIT**

\$50.00

\$75.00

Contact Janis Power or Greg Selig at 644-2153;

send an email to [angelsflyhigh3@hotmail.com](mailto:angelsflyhigh3@hotmail.com);

or drop in at 36 Barss Corner Road.

*I also take orders for stained-glass pieces and have a small selection for purchasing on the spot.*



## M. Wentzell's Auto Salvage

644-2108

Watford  
RR 1 New Germany  
Nova Scotia B0R 1E0

*Quality Parts & Service at Reasonable Prices  
Expert Rust and Collision Repair  
Red Seal Certified*

## RENO MASTER

For all your indoor & outdoor renovation needs

Renovations • Landscaping • Maintenance  
Restorations • Handyman • Consulting

FREE ESTIMATES

**John Tomkins**

**902-521-0317**

## New Germany Garden Club

The garden club generally meets the fourth Wednesday each month at the Community Centre. During the fall of 2010 the club put brush, berries and ribbons in the three community planters. Watch for the blooms this spring.



Anyone with an interest in gardening is welcome to join. Just check the community website, call the Community Centre or contact our president Greg Selig for information about our next meeting .



### Annual General Meeting of New Germany Area Promotion Society

March 22nd, 7:00p.m. New Germany  
Community Centre.  
Everyone Welcome.

# Bruhm's AUTOMOTIVE Recovery



1067 Barss Corner Road  
644-2112 or Cell 521-6562  
CAA Service Provider

**Automotive & 24 Hour Towing Service**  
Celebrating 6 years of service.

Thank you for your patronage & drive safely.

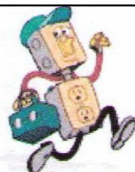
## TONY DANIELS CARPENTRY

RR # 3 New Germany  
BOR 1E0  
Additions • Renovations • Roofing • Siding  
Flooring • New Construction  
For a Job Done Right The First Time

Phone (902) 644-3089 Fax (902) 644-1220  
Free Estimates

Phone 644-2869  
Cell 521-7888

**Philip Roy**  
**Electrical Contractor**  
WIRING NEW AND OLD HOMES  
FREE ESTIMATES



Service upgrades  
Installation of Generator  
Panels

R.R. #1, BARSS CORNER  
NOVA SCOTIA, BOR 1A0

## Patty Joudrey's Education & Training Services

194 Dufferin Street,  
Bridgewater, NS  
B4V 2G7  
Phone: (902) 527-1608  
Cell (902) 541-0719  
E-mail: [pattyjoudrey@eastlink.ca](mailto:pattyjoudrey@eastlink.ca)



- W.H.M.I.S.; First Aid + CPR (All levels)
- Crisis Intervention Training
- Create & Generate Fire & Emergency Plans for Special Care Facilities
- Non Aversive Behavior and Management
- Individual Program Planning Training
- Critical Incident Stress Debriefing / Defusing
- Industrial Hearing Testing
- Certified in Construction Safety  
(Hazardous Assessments & Audits, Hazardous Identification, Lockout and Tagout, Confined Space, Fall Protection and Forklift Operator training.)

**Dedicated to Quality Education & Training.**

## Rosedale Home Expansion Update:

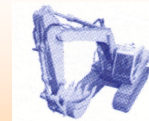
We are working very hard to ensure that we are in compliance with various Acts and Regulations. The Department of Health's licensing visit as scheduled for February the 14th. Numerous inspections are occurring daily, service connections are in progress and staff training is ongoing. Maxim Construction is working diligently to correct the remaining deficiencies and complete the remainder of Change Orders. The Occupancy Permit will be issued when power has been transferred to the new generator. We look forward to an occupancy date sometime around the first week of March. Remember to mark your calendars for the "Grand Opening " on May the 7th.

The Van Fund raiser remains ongoing and has been extremely successful to date. Many thanks to all those who have sent monetary donations and/or volunteered their valuable time for this cause. Without the Van the residents of Rosedale would not be able to attend community events or family functions; we have been extremely fortunate to have such a luxury. As I speak the residents and staff are currently planning a trip to P.E.I. this summer. We will be sure to keep you posted.

## Gerald Delong Construction & Trucking



Serving the South Shore  
For 39 years



Custom Fabrication of Steel & Alloys  
Bending 12' · Cutting · Welding  
Industrial & Custom Work

Excavations · Trucking · Recycling  
Septic Systems · Roads · Lawns  
Gravel · Stone · Topsoil

Ph. / Fax (902) 644-2523  
Cell: (902) 527-7908

Barss Corner, NS  
g.delong@ns.sympatico.ca

## Village Glassworks

4928 Highway 10  
644-3185

www.villageglassworks.ca

Stained glass lamps, mirrors, panels & suncatchers; hand crafted pewter jewellery, cards, soaps, quilting, pottery and more.



Gifts chosen with care for  
unique people.

In the community since 1983

## Pam Birdsall

MLA Lunenburg  
pambirdsallmla@bellaliant.com  
119 Pelham Street, Lunenburg, N.S. B0J 2C0  
(902) 634-9110  
1-877-634-9110 (toll free)  
Fax (902) 634-8489  
**Office Hours:**  
Mondays 1-4:30 pm  
New Germany Teen Centre  
Tues. - Fri. 9am - 4:30 pm  
119 Pelham St., Lunenburg  
Call 1-877-634-9110



## James Robar's Automotive

All Types of Repair MVI's, Tires, Undercoating

James Robar  
Owner/Mechanic

506 North River Road  
New Germany, Nova Scotia  
902-644-3300



## The LaHave River Watershed

encompasses an area of approximately 1700km<sup>2</sup>, with its origin in Annapolis County extending into both Kings and Lunenburg Counties before entering the Atlantic Ocean. It provides habitats for many fish species, as well as various plants and other wildlife. The watershed hosts a high level of residential, industrial, and recreational activity which has created pressure on the watershed and the communities are starting to realize and recognize their own harmful impacts. People are now looking for guidance and information on how to restore the watershed to what it once was and how to save the watershed for continued sustainable use by future generations.

Concerns about water quality led to the formation of the LaHave Watershed Project and advisory group. Committee members include representatives from local organisations and all levels of government. Starting in August 2007, a water quality monitoring program has been on going on the LaHave system to determine natural variability of water quality along the LaHave system and to track changes in general water quality. Over the last year, the Bluenose Coastal Action Foundation (BCAF) has continued to test and collect water samples throughout the LaHave River Watershed. The watershed is sampled at fifteen carefully selected sites (see map), that provide an accurate reflection of the trends within the watershed. The resulting data is reviewed by BCAF staff and Environment Canada to monitor for any deterioration or improvement of the water quality .

Site #	Place Name	Sample	Longitude	Latitude
1	Upper LaHave	Grab	-64.4346	44.3521
2	Dayspring	Field	-64.4905	44.3683
3	Bridgewater	Grab	-64.4918	44.3693
4	Centennial Trail	Grab	-64.5339	44.3912
5	West Branch	Grab	-64.59869	44.433
6	Northfield	Field	-64.591217	44.4473
7	Pinehurst	Grab	-64.6407	44.4943
8	New Germany	Grab	-64.71612	44.5386
9	Simpson's Corner	Grab	-64.7466	44.5513
10	Brandy Lane	Field	-64.7635	44.6085
11	Main Branch	Field	-64.7734	44.605
12	Meisners Bridge	Grab	-64.76895	44.5974
13	Falkland Ridge	Field	-64.85931	44.6939
14	Franey Corner	Grab	-64.64806	44.7282
15	Sherbrooke	Field	-64.6022	44.6063

- Field Sampling
- Grab Sampling
- Towns



**MONEY SAVING MORTGAGE ADVICE!**



When it comes to  
 mortgage financing,  
 there's value in getting a  
**FREE SECOND OPINION!**



**Todd Slauenwhite**  
 AMP | Mortgage Planner

902.530.3024

todd.slauenwhite@mtgarc.ca

www.toddslauenwhite.ca

416 King Street  
 Bridgewater





In addition to water quality monitoring, active restoration and improvements are underway. BCAF has been involved with a partnership between the Lunenburg and Queen’s Federation of Agriculture, the La-Have River Salmon Association, and the Nova Scotia Departments of Agriculture and Natural Resources to focus on the importance of riparian zones. A Riparian Zone is a transition zone between a stream or wetland and the surrounding terrestrial upland. The Riparian Zone is often referred to as the ribbon of life as it has many functions including: wildlife habitat, reduce and dissipate stream energy, water filtering capabilities, sediment control, creating primary productivity, maintaining biodiversity, and erosion control.

Over the past two years, BCAF and its partners have been working with several local beef farmers to restrict cattle access to the streams by providing fencing and alternative water sources. In the New Germany area, BCAF has been working closely with Wayne Silver of Silver’s Farm in Watford. During the summer our partnership installed over 2600ft of fencing protecting over 10,000m2 of riparian area. BCAF also assisted by providing a solar powered alternative water source. Next year we plan to continue our fencing work and use willow to improve the filtering capabilities of the riparian area. This work to protect the riparian areas in the LaHave Watershed has been funded by the NSLC Adopt-A-Stream program of the Nova Scotia Salmon Association..

Further information regarding the importance of riparian zones or Provincial Legislation concerning Agricultural or Forestry land use around streams can be directed to BCAF at 634-9977. In addition, any farmers or landowner who would like to work in partnership with BCAF, please contact Andy at 634-9978. Please visit our website at [www.coastalaction.org](http://www.coastalaction.org)



**Wade Veinot**  
**BACKHOE & SNOWPLOWING**  
 Small Backhoe - Loader- Snowplowing- Bush Hog  
 Material Delivery of up to 3 yard loads  
 PHONE: **(902) 521-4321**



**OICKLE'S**  
**TASTY BITES**  
 Box 159, New Germany, NS B0R 1E0  
 k\_boikle@ns.sympatico.ca  
*Ken & Bonnie Oickle*  
*"Try our chicken...it's oven baked!"*

**New Germany Irving & Convenience Gas Bar**

Large variety of lunches to go, hot & cold. Lunch Specials change daily i.e. Homemade Roast Beef, Ham, Sauerkraut & Pork chop dinners just to mention a few.

**Regular Daily Special** - Extra large Slice of Pizza + Can of pop \$4.43 + taxes.

**Steamed Larsen’s Hotdogs are Back**

**50lb Potatoes \$7.99**



New Germany Irving 902-644-3450    Newcombville Irving 902-543-2816  
**IRVING**  
 movies • homemade subs/sandwiches  
 coffee • lottery • grocery items

**Newcombville Irving & Convenience Gas Bar**

We have expanded to provide you with a wide variety of convenience items. Coffee – Muffins – Cookies – Sandwiches - Subs. Locally Hand Made Jewelry and Crafts.

**Ice Cream Bar:**

Ice Cream Cones - Hard Ice Cream

**Open 7 days a week at both locations.**

Monday – Saturday 6am – 9pm

Sunday 7am – 9pm

902-644-3450

# Charlie's Burgers



**Donairs now available.**

902-644-2400 [www.charliespizza.ca](http://www.charliespizza.ca)

One of the largest selections of *Ice-cream* on the South Shore.



Not just *Great Burgers.*

You've got to try our Fish & Chips.

**Charlie's Burger and Pizza  
New Germany**

**Charlie's Pizza and Convenience  
Bridgewater**

**All Specials Available at both Locations**

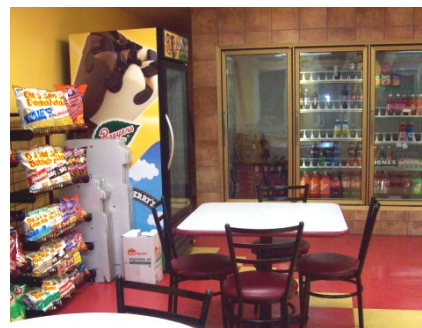
## Specials

### February - March Daily Specials

#1 9" works, 9" garlic finger \$9.99

#2 16" works, 16" garlic finger \$27.99

#3 12" works, 12" garlic finger \$18.99



#4 16" Garlic finger \$10.99

#5 Slice pizza + can of pop \$4.35

#6 4 piece Fish & Chip \$9.99

**#1 Coupon only**  
3-1/4 pounder Donair \$9.99

**# 2 Coupon only**  
12" Donair pizza \$8.99

**# 3 Coupon only**  
12 donair egg roll \$ 9.99

### Our hours of operation are:

Monday to Thursday	11:00 am to 8:00 pm
Friday	11:00 am to 9:00 pm
Saturday	Noon to 9:00 pm
Sunday	Noon to 8:00 pm

## *In This Corner Its Me & the Kids*

With Christmas and all the holiday festivities, Valentines and March Break, you would think winter would be a much anticipated season. But for many it is just the opposite. If you are feeling tired, cranky, bored and even depressed, you may be suffering from the "winter blahs".

Much of this can be attributed to the short, dark days of winter. We tend to go into hibernation mode. We go outside less because it's cold and windy but the inside air is dry and stuffy. This is not the type of atmosphere conducive to good mental health.

So how do we keep our energy and moods on the upside? Here are a few "winter blahs" busters you many want to try. Even though the weather outside may be frightful, bundle up and get out for some fresh air. Don't focus on the negative, enjoy how the crisp snow sounds underfoot, how the trees snap and crackle under the weight of the snow. Make it an adventure with your children and see how many different kinds of animal tracks you can find in the snow. Enjoy all the activities summer can't offer like skiing, snowshoeing, ice skating and snowboarding. Take the kids coasting and let your inner child free, but don't forget a thermos of hot chocolate with an extra handful of marshmallows!

If you love to garden now is the perfect time to prune ornamental and fruit trees. Get out your seed catalogs and gardening books and start planning for spring.

Let's face it, there are some days that are just too cold and miserable to go outside. Declare it a pajama day and insist your kids stay in their pj's. How about an indoor camp out? Snuggle up around the fire, tell ghost stories or just hang out and watch a movie together.

My grandmother started a tradition in our family that we continue to do each year called "The winter blues bash". My entire family gets together on a Sunday afternoon for a pot-luck meal, the difference is that you have to bring something that you have never made before. The whole family becomes your "guinea pig". We also collect the recipes and compile a recipe book for each family as a reminder of our special time together. We usually start looking at cookbooks any-time after Christmas to get ideas of what we may want to try.

These are just some of the ways you can help ward off the winter blahs, but always remember to take care of yourself! Exercise & healthy eating habits are the most important steps to beating the winter blahs.

### Recipe

Dish: \_\_\_\_\_ Serves: \_\_\_\_\_

**The ultimate comfort food – Homemade Macaroni and Cheese**

2 cups Elbow macaroni	3 tbsp. all purpose flour
2 ½ qts boiling water	½ tsp. salt
1 tbsp cooking oil	1/8 tsp. pepper
2 tsp. salt	¼ tsp. paprika
½ cup chopped onion	2 ¼ cups milk
1/3 cup butter or margarine	2 cups Grated medium Cheddar cheese
½ cup dry bread crumbs	2 tbsp. butter or margarine, melted

In large uncovered saucepan cook macaroni in boiling water, cooking oil and 2tsp. salt until tender but firm. Drain.

Saute onion in butter in large saucepan until clear and soft.

Sprinkle onion with flour, ½ tsp. salt, pepper and paprika. Mix. Stir in milk and cheese until it boils, thickens and cheese melts. Add macaroni. Stir. Turn into greased 2 quart casserole.

This may be baked uncovered at this point without the topping. To bake with the topping, mix bread crumbs with melted butter, scatter over top and bake uncovered at 350F for about 30 minutes



Donna Van't Hof  
902-521-2644

Check out our new website at [www.exitladies.com](http://www.exitladies.com)



Angie Brown  
902-541-0746



## *What and Who are Lions Clubs Members?*

Lions are groups of service-minded men and women who are interested in improving their communities. We are young people, families, Baby Boomers and seniors alike. To become a Lion is to become an active volunteer, a member of a respected international organization, a leader in your community and a friend to people in need.

There are many reasons to become a member. As a Lion, you'll:

- Help your community and gain valuable skills
- Make an impact on people's lives – locally and internationally
- Learn to be a leader – and lead a respected organization
- Network with business people in your community and around the world
- Energize your life and have fun



You'll grow personally and professionally. And you'll know that what you do is worthwhile & appreciated. Annually, some of the services provided by the New Germany and Area Lions Club include: radio bingo, free use of medical aids, free infant car seats and strollers, use of the Lions park, sponsorship of the July 1<sup>st</sup> Children's parade, a bursary to a graduate of NGRHS.

Lions focus on sight related projects and work to meet the needs of the visually impaired by providing eyeglasses and sponsoring Diabetic youth camps programs. Lions also try to meet the needs of those who suffer from the loss of homes due to fire and other related tragedies or unfortunate circumstances.

If you are interested in attending a meeting of the New Germany and Area Lions Club or want to find out more about Lions please call Charter Member Blaine Moffatt at 644-2703.

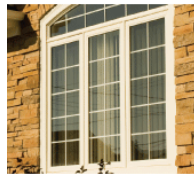


### *New Germany & Area Lenten Soup Kitchen*

Begins March 11, 2011 for 6 weeks from 11:30am – 1:15pm at the Rosedale New Horizons Seniors Club. Everyone is welcome to attend.

## **New Germany Building Supplies**

### **Winter Booking Sale Allsco Windows**



**Order In February and receive  
a 10% discount**

**Order in March and receive a  
7% discount**



**New Germany Building Supplies (2004) Ltd.**



BUILDING SUPPLIES - SICO PAINTS  
CARPETS - PLUMBING SUPPLIES  
INSULATION OF ALL TYPES, ETC.  
RR 2 New Germany, NS B0R 1E0  
4422 Highway #10

**Phone: 644-2761 or 543-4485 • Fax: 644-2886**



## **Lots of In Store Specials**

## VON Shuttle Service is "On the Move"

*& providing transportation to residents of New Germany and Area*

"On the Move", the assisted transportation program operated by VON Lunenburg County, is moving into the New Year and looking to expand its clientele in 2011.

With funding from United Way of Lunenburg County, this shuttle service is now providing transportation to residents of the New Germany Area. This new addition to the program has been running every Monday since the beginning of November providing transportation between New Germany and the South Shore Regional Hospital. Available every Monday, with a pick up at the Masonic Lodge at 9:30am and a return trip in the afternoon, booking is required one week in advance. To make a booking, please call 644-1365 on Monday between 1:00-4:00pm. Seating is often limited and all bookings are at the discretion of VON Lunenburg County. Also, please note that during the winter months, this service will be unavailable on days that schools are closed due to bad weather.



VON Volunteer George Robertson, Laurene Arenburg (our first client in the program) Lion Nancy Veinot and VON Board Member Cathy Moore

For those not familiar with the "On the Move" program, it is a community shuttle service that provides affordable transportation for individuals who are not able to access any means of transportation for day to day errands. Errands such as grocery shopping, banking, attending doctors' appointments, picking up

prescriptions and other necessary essentials of daily life. The service is free, but a donation of \$5.00 per ride is suggested to support the vehicle operation costs.

Since the launch in November this service has been under utilized. In hopes of getting feedback from area residents on how this program could better meet their needs, there will be a Community meeting on February 21st @ 7:00pm at the Rosedale New Horizons Club. Please

come out and let us know how we can better serve the residents of New Germany and area who are currently experiencing transportation barriers.

For additional information, please contact VON Lun. Co. at 624-1897, Cathy Moore at 644-2922, or Nancy Veinot at 644-3366

**Sell your house and pay yourself the commission. We help you keep your money.**

Join the PropertyGuys.com Private Sale Circle.

[www.PropertyGuys.com](http://www.PropertyGuys.com)  
**(902) 543-7721**

# Mahone Insurance Group

Home • Auto • Farm • Business • Travel

**With 5 Convenient Locations to Serve You!**

**902-543-2900                      1-877-624-6624**

821 King Street, Unit 1 Bridgewater NS  
[www.MahoneInsuranceGroup.com](http://www.MahoneInsuranceGroup.com)



## NG & Area Medical Centre Association News

**Fund Raiser for Medical Centre Equipment** The New Germany Medical Centre Board has identified the need to purchase a vital piece of equipment for the Centre - a centrifuge. A centrifuge is used by the lab technician to spin the test tubes once the blood has been taken from a patient. This process preserves the blood sample for testing. The centrifuge holds a significant cost and we would ask for your support at the Parkdale Maplewood Community Centre for a fund raising breakfast on March 12th, 2011 from 7:00 to 10:30 am. If you are unable to attend this special fundraiser but would like to make a donation toward the purchase of the centrifuge, please contact a member of the Board Executive or mail your donation to P.O. Box 128, New Germany NS B0R 1E0.

Thank you very much for your support - it is greatly appreciated and will help us to better serve the patients of the Centre. Anne Merry/President 644-3389, Joanne Muron/Vice President 521-5535, Sherman Veinot/Treasurer - 644-2495

**Association Annual Meeting** On March 1<sup>st</sup>, 2011, the Annual General Meeting of the New Germany and Area Medical Centre Association will take place. It will be held at the Centre at 100 Varner Road at 7:00 pm. Members of the community served by the Centre are invited to this meeting, particularly individuals who are interested in serving on the Board of Directors.

The Medical Centre is a significant community asset, owned and operated by the Association to provide a

facility for local medical and health services in our community. The Association needs members to serve on the Board to ensure that the Centre continues to be available so the health practitioners can continue their essential work. The Board hopes to see community members at this meeting.

### NGAPS C@P Sites

Guppy's Place Restaurant & New Germany Community Centre, during open hours.

Access is free, donations welcome.

### Shoppers Drug Mart

M.A.L. Pharmacy Ltd.  
#5068 Highway #10  
New Germany, NS  
B0R 1E0  
902-644-3137



Open  
Monday- Friday 9:00am to 6:00pm  
Saturday 9:00am to 5:00pm  
Closed Sundays & Holidays

## Welcome to HealthWATCH.

An innovative program of personalized tools and services offered by Shoppers Drug Mart® Pharmacists to help you manage your health.




**LAURA BECK PATTON**  
REGISTERED MASSAGE THERAPIST

NEW GERMANY & AREA MEDICAL CENTRE  
100 VARNER ROAD  
NEW GERMANY, N.S.  
B0R 1E0

lbeckrmt@hotmail.com  
(902) 530-6325

**Massage is available at the New Germany & Area Medical Centre on Mondays, Wednesdays and Fridays, various times available**

**(by appointment only).**

**Massage Therapy is covered by most insurance plans. Direct Online Billing with Blue Cross is available.**

**Laura Beck Patton, RMT is a member of the Massage Therapists' Association of Nova Scotia**

A	E	I	O	U	R	B	C	D	F	G	H	S	J	C
T	S	K	A	T	E	L	M	N	P	Q	K	R	S	O
A	Q	N	Z	Z	A	Y	X	W	V	C	C	E	T	A
K	R	Y	O	A	D	M	B	B	U	O	A	S	P	S
E	O	H	S	W	O	N	S	L	Y	P	R	I	H	T
A	H	I	T	X	M	Q	T	A	U	I	T	C	O	I
C	C	K	X	X	P	O	M	L	L	L	T	R	L	N
L	I	E	F	F	P	Q	B	A	T	A	P	E	P	G
A	K	I	H	Q	W	E	R	I	W	T	Y	X	I	O
S	S	K	A	S	D	F	G	D	L	H	J	E	J	L
S	S	L	E	I	G	H	R	I	D	E	S	M	N	B
L	F	E	V	I	S	I	T	F	A	M	I	L	Y	V
A	C	D	T	O	B	O	G	G	A	N	G	H	J	M
S	C	Z	V	G	P	O	J	Q	W	E	X	Z	V	M

### Winter Fun Contest

There are many things to do in our area during the winter, many of them mentioned in our Newsletter. Find at least 12 (there are 15) hidden in the puzzle and send the completed puzzle to us at the address on the next page for a chance to win a \$20.00 gift certificate from any one of our advertisers - your choice.

Name \_\_\_\_\_

Community \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

May we use your email to contact you about NGAPS events?



**W.D.G.**  
32 Years Experience  
Free Estimates • Grant Jobs

**PLUMBING & HEATING**

Plumbing Repairs • Furnace Installation  
Water Pumps • Furnace Cleaning • Frozen Pipes  
• Oil Tank Replacement • Heating Systems

Oil Burner Mechanic • Fully Licensed & Insured

Junior 644-2614 Cell: 644-7343

### Answers:

- |          |           |
|----------|-----------|
| 1. _____ | 7. _____  |
| 2. _____ | 8. _____  |
| 3. _____ | 9. _____  |
| 4. _____ | 10. _____ |
| 5. _____ | 11. _____ |
| 6. _____ | 12. _____ |

NEW GERMANY  
**FRESHMART**  
Your Neighbourhood Grocer  
4988 HWY 10 PHONE 644-3272

OPEN MON - SAT 8AM- 9PM  
SUN 10AM - 5PM  
NEW LOOK - SAME GREAT SERVICE  
AGENT FOR TOP HAT DRY CLEANERS

TRY OUR INSTORE  
FRESH BAKED WHITE BREAD  
ON US  
REDEEM THIS COUPON  
FOR A FREE LOAF  
FEBRUARY 14-18

LUNCHES  
TO GO

FRUIT  
BASKETS

QUALITY MEATS

FRESH PRODUCE

FOR THE MONTH OF FEBRUARY  
LANTIC WHITE SUGAR 2KG  
\$1.99 WITH EVERY  
ORDER \$25 AND OVER



FRESH FLOWERS AND  
BOUQUETS ARRIVING FOR  
VALENTINE'S DAY

FRESH  
BAKED  
GOODIES

SPECIAL OCCASION CAKES

SUBS  
SANDWICHES

\*\*\*WISHING EVERYONE A HAPPY VALENTINE'S DAY - FEBRUARY14\*\*\*

New Germany Area Promotion  
Society  
5284 Highway # 10, Box 28  
New Germany, NS. B0R 1E0



Maureen Risser  
Community Development Coordinator  
E-Mail: [ngaps@ns.aliantzinc.ca](mailto:ngaps@ns.aliantzinc.ca)  
Phone: (902) 644-3695

## Thanks for entering our contest!

In our Christmas Scramble Contest in the last issue, we gave you the chance to win a \$10.00 gift card from any one of our advertisers - your choice.

The draw was made on and the winner was Sharon Veinot. She chose a Gift Card from Barry's Freshmart. Congratulations Sharon. And for those of you would like to know what the message was:

"Thanks for reading, see you next year."

This issue we are offering you a chance to win a \$20.00 gift card from one of our advertisers. Complete the puzzle on page 15 and send it to us at the address on this page. The first correct answer drawn will be the winner. Deadline to enter is March 21st. The winner will be announced in the next issue of New Germany Connections.

If you want to add a few comments with your contest entry we would love to hear from you.

We had a youth writing contest last issue but unfortunately there were no entries, we will try again later.

## We're on the web!!

<http://newgermanycap.ednet.ns.ca>

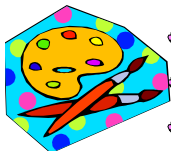
## Contest for Grades Primary to Three

Send us your art work. We want a drawing or painting of what your community looks like in **Spring**. One entry will be chosen and published in the next edition of New Germany Connections. This contest is open to all children in Grades Primary to Three who live in the NGRHS catchment area. The maximum size of your picture is 8.5 inches by 11 inches.

As well as having your picture published you will receive a gift card worth \$10. from one of our advertisers.

Please include your name, phone number and home community on a separate piece of paper. If you are our winner we will only publish your name and community.

We look forward to receiving all your wonderful pictures. Deadline March 15th



## Next Issue:

Our next issue of New Germany Connections will be in your mail box in early April. We are interested in your story ideas. Our space is limited, but we attempt to publish as many articles as we can. Contact us at the phone number or email address above. We reserve the right to edit all submissions.

We want your comments. Please contact us by email @ [ngaps@ns.aliantzinc.ca](mailto:ngaps@ns.aliantzinc.ca), phone 644-3695 or write to the address above. This is NGAPS' seventh Newsletter. Thanks to our advertisers who support this publication and we appreciate the donations we have received from readers. Your assistance enables us to continue to publish.

Thank you.

**Advertising Information:** You can advertise in this newsletter. We mail it to all the households and businesses 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](mailto:ng_cap@ns.sympatico.ca) Next issue to be published early April 2011. 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.