



# New Germany Connections

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## Winter 2015

There is finally some snow this winter. Not that it hasn't been cold, the ice on ponds and lakes has been lovely for skating by times. It had been an open winter around here, no skiing, snowshoeing or sleigh rides. That seems to be changing for the rest of winter '15. There is lots to enjoy about this time of year in the country. And there is always looking forward: maple syrup season and planning the spring planting.

## NGAPS Programs & Events

**NGAPS Regular Meeting** the first Tuesday of each month @ 7:00pm. Everyone welcome to attend. Check our web page for more details.

**Garden Club Regular Meeting** at the NGRHS Library the fourth Wednesday of the month @ 7:00pm. Please check our community website.

Watch for other upcoming events including Spring Walks @ 6:30.

## Free Advertising for Community Groups on NGAPS Community Calendar

New Germany Area Promotion Society maintains a New Germany Area Website including a Community Calendar page.

Any group or organization in our area can advertise their event on this page at no charge. Please send listings to: [ng\\_cap@ns.sympatico.ca](mailto:ng_cap@ns.sympatico.ca) or drop off to Village Glassworks during open hours.

Let's work together.

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

Also check out our Facebook page!



### Community Events

- Feb 14 Valentine's Day
- Feb 15 Winter Activity Day
- Feb 16 Snowshoe Hike
- Feb 25 Garden Club AGM
- Mar 3 NGAPS
- Mar 3 NG&AMC AGM
- Mar 14 Pork Supper
- Mar 17 St. Patrick's Day
- Mar 25 Garden Club
- Mar 28 Breakfast
- Apr 7 NGAPS AGM
- Apr 3 Good Friday
- Apr 5 Easter
- Apr 28 Food Handlers Course

**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.**

## *Varner #2 Bridge (LUN 094)*

Nova Scotia Department of Transportation and Infrastructure Renewal (NSTIR) owns Varner #2 Bridge that crosses LaHave River on Route 208 in New Germany. There is some evidence that shows the bridge could be as old as 1883 or 1899. The bridge was named after the Varner family that owned the land on either side of the bridge. The existing bridge is a single lane steel thru truss bridge and has a span length of 42.74m with a deck width of 4.3m. The bridge sits on concrete abutments. A more recently constructed bridge adjacent to Varner #2 Bridge is Katie's Bridge (LUN 406). This bridge is a 4 span timber pedestrian bridge that sits on steel piers and concrete abutments and allows for pedestrian crossing over the river. Underneath the pedestrian structure is a sanitary sewer line that is connected to the pedestrian bridge. The sewer line is owned by Municipality of the District of Lunenburg. The bridge is located on Route 208 and intersects with Zwicker Mill Road.

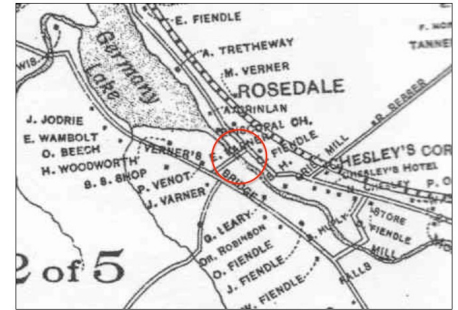


Figure 3.2-3: Ambrose Church's 1883 map of Lunenburg County shows the homes of E. Varner, P. Venot, and J. Varner were the closest structures to the bridge (red) during this period.

The decision to replace was developed through inspection history of the bridge. Inspections are conducted on yearly basis for truss bridges. Due to its condition and the age of the structure, the bridge was put on the 5 year plan to be replaced during the 2014/2015 season.

Design work on the structure started in 2013. The Consultant that was hired for design of bridge, including lighting and sanitary sewer realignment was completed by CBCL Ltd. The new structure was realigned downstream of the existing bridge improving sight lines, improving horizontal and vertical alignment and moved the intersection of Route 208 and Zwicker Mill Road farther away from the intersection of Trunk 10 and Zwicker Mill Road. This allowed for minimal impact to property owners surrounding the bridge site. The new bridge would allow for two lanes of traffic and provide a pedestrian sidewalk on the downstream side of the new structure. Because of this alignment selection, the existing bridge has been able to stay open during construction. The design of the new structure was done under Canadian Highway Bridge Design Code (CHBDC) and NSTIR Standard Specifications. The design of the new structure allows for a life span 75 years. Various design options were compared and considered by NSTIR. The selection of a steel box girder bridge was made due to the fact it was cost effective for both capital and life cycle costs, had improved aesthetics and improved hydraulic opening. This option also allowed for minimal impact to the river channel due to the increased span length. The final selection was a 53m span twin steel box girder bridge with a concrete deck and sidewalk and steel bridge rail system which allowed for nice aesthetic continuity between the girders and bridge rail. The deck was designed using glass fibre reinforced polymer which provides strength and does not have the corrosive properties found in steel, minimizing deck deterioration over the life span of the bridge. The concrete abutments were designed with galvanized steel reinforcement. The scour protection selection of R1 armour stone was used for the bridge at both abutments. The sidewalk was provided on the downstream side of the bridge to account for the high numbers of pedestrians coming from the New Germany Elementary and High Schools. Lighting was designed at either end of the new bridge to ensure the bridge is well lit given the number of pedestrians and vehicles that use the bridge in New Germany. Through coordination between NSTIR and MODL, the sanitary sewer line was realigned and designed to be connected to the new bridge using steel pipe hangars that connect through both the concrete deck and steel box girders. The pipe is protected using insulation and polyethylene jacket. The design for the bridge was completed spring 2014.

The project was tendered and awarded in the Summer 2014 to Leslie and Benn Contracting Ltd. The total cost of the bridge, lighting, and approach road work is approximately \$3.424 million including approximately \$110k for sanitary sewer re-alignment work. This was in line with original estimates for the project completed by the Department. The construction has been ongoing and currently abutments, bridge bearings, scour protection and girders have been constructed and are in place. The deck will be formed and reinforcing will be installed as weather permits this winter. The final work including the concrete deck, bridge rail, paving and removal of the existing bridge will be completed during the Spring and Summer of 2015. The bridge is expected to be open for service by summer 2015. The bridge engineer from NSTIR looking after the design was Tristan Richardson-Prager and Project Engineer looking at the construction of the bridge is Gary Rafuse.



**New Germany & Area  
Interdenominational Soup  
Kitchen Fridays  
during Lent.**



Please check our  
community website  
for updates.

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

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## Radiothon 2015

How do you raise over \$100,000 in less than 10 hours? That's the challenge of Radiothon 2015. The 5<sup>th</sup> annual Radiothon in support of the Health Services Foundation will be held on February 13<sup>th</sup> and will broadcast live on CKBW and Country 100.7, from 8am to 6pm.



This all day event is always a lot of fun and a great way to get involved with your community. The money raised this year will be used to build the Journey Room – a dedicated cancer patient resource room at South Shore Regional Hospital, where patients and family can go to rejuvenate their spirits during cancer diagnosis and treatment. This room will provide information, wig fittings, head wraps, counseling and plans are also in place to provide a number of alternative relaxation therapies like massage, yoga, Rieki, and therapeutic touch.

Radiothon encourages community members, service clubs, businesses, schools and individuals to get involved by holding a fundraiser, bidding on an auction item and calling in a pledge. Last year we raised \$103,000 for the new mobile x-ray unit, this year we hope to top the \$107,000 mark! For more information or to find out how you can get involved please contact Bernadette Jordan at 902-543-8065 or by email at [bjordan@ssdha.nshealth.ca](mailto:bjordan@ssdha.nshealth.ca)



## New Germany and Area Medical Centre

### Pap Clinic

(by appointment only)

**Jennifer Rijs, Nurse Practitioner**

Please call Centre for available date & times.

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.

Note: Current patients of New Germany Medical Centre can continue to book their Paps as regular appointments.



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## Municipal Recreation News

**Lunenburg Municipal Recreation** has opportunities for you and your family throughout the Municipality! Here are a few upcoming programs that may be of interest:

**Take the Roof Off Winter** – Saturdays 10 am – 4 pm at the MARC until February 28. Free ski and snowshoe loan, warm up room, hot chocolate.

**Winter Activity Day – #6713 Meisners Section/North River Community Hall** – Sunday, February 15, 1 – 3 pm.

**Snowshoe Hike** – Monday, February 16 (Family Day), 2 – 4 pm, River Ridge Common, 4668 Hwy #10, New Germany

**Winter Fun Contest** – email your winter fun pictures to [jrand@modl.ca](mailto:jrand@modl.ca) by Feb. 27. Prizes!

**Seniors Kitchen Parties**– 1:30–3 pm, February 18 at the Michelin Social Club. (Try Pickle Ball); March 25 & April 22, 1:30 – 3 pm HBSSC, Bridgewater. \$2 drop in.

**Sledge Hockey Development Program** – Sundays, February 22 – March 22, 6 – 7 pm, LCLC \$25 Sledges provided.

**Family Fun Day** – Monday, March 16, 10 – Noon, MARC. FREE!

**Easter Egg Hunt** – March 28, 2 – 3 pm, MARC FREE!

**Municipal Volunteer Reception – nomination deadline** – March 27

**Children's Fishing Derby** – Saturday, May 23, MARC. FREE!

**Summer Employment deadlines** – March 6, office positions, April 10, leader positions

Visit [www.modl.ca](http://www.modl.ca) for a full listing of recreation programs. Online registration is available, credit card payment only. Watch the Lighthouse Log for weekly listing of Recreation programs and events within the District of Lunenburg. If you have program ideas or suggestions, please contact Janice Rand at 541-1335.

For more information please contact the

**District of Lunenburg Recreation Department at 541-1343 or email [recreation@modl.ca](mailto:recreation@modl.ca).**

**"Like" us on Facebook!**



## Village Glassworks

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## NGAPS

### Annual General Meeting

April 7th @ 7:00pm

Check our website for details or call 902-644-2922 for more info.



Please join us!

## Lorraine's Beauty Salon

4320 Lower Branch Road  
Stanley Section, New Germany



### Family Hair Care

902-644-3373

## Postcards from New Germany #2

Check our Facebook page to vote in the second Postcards from New Germany Contest. During the month of February we will pick our five favourites from the photos submitted and you get to vote for the winner. The contest theme this time is the Christmas Tree Industry.



The prize is a \$100 gift card from any of our Newsletter advertisers and we will have the photo printed for our second NGAPS post card. It is our hope over a few years we will have a post card collection of great photos from our area.

Let us know if you have an idea for contest #3.



Postcards and NGAPS pins are available for purchase at Cathy's Beauty Salon, Village Glassworks and NGAPS events.



## YMCA Youth Leader Program Launches in New Germany!

Learn how to connect with your community and build relationships while having fun in this free program for youth ages 12-18

**Every Monday, 7:00pm - 9:00pm**

Location: **Trinity Lutheran Church Hall** (rear entrance)  
4960 Hwy 10

For more information, please contact  
YMCA Youth Coordinator, Kim Whitman-Mansfield  
at 902-530-3392 or visit [www.ymcapunenburgcounty.org](http://www.ymcapunenburgcounty.org)



In August, 2014 The Lunenburg County YMCA was notified they received a \$12,000 Regional Development Grant from the Nova Scotia Department of Health and Wellness for an expansion of their current Youth Leader Program into rural communities.

The YMCA recognizes, welcomes and celebrates the energy, talents and challenges of young people. The Youth Leader Program is a free program that provides opportunities for youth to participate in leadership training, gain new skills, learn to get along and appreciate others, gain self-confidence; volunteer with YMCA led youth programming and community events. The YMCA's resources are the vehicle for building relationships that enable young people to engage in their community and collaborate in creating communities that are vibrant, inclusive and peaceful.

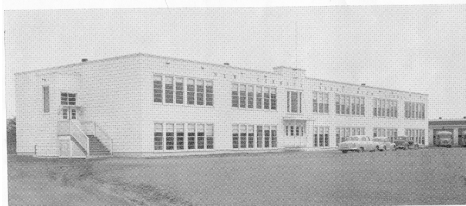
This grant enabled the Lunenburg County YMCA to launch the Youth Leader Program in the community of New Germany in January 2015. The Trinity Lutheran Church Hall has been identified as the location of the program which will be offered Monday evenings.

## NGRHS Reunion

Calling all former students, teachers, administration, office workers, counselors, bus-drivers, and custodians of New Germany Rural High.

The NGRHS Alumni Reunion is this summer on Saturday and Sunday, July 4 and July 5. This Reunion will be celebrating 60 years since its first graduation class in 1955. We can also celebrate the fact that 2015 marks the 50<sup>th</sup> year of classes in the current building.

We invite you to get involved and keep up to date with our plans and progress online at [www.ngrhsalumni.ca](http://www.ngrhsalumni.ca). We can also be found on Facebook by searching "NGRHS Reunion 2015". Any suggestions for the Reunion will be gratefully accepted and given thoughtful consideration at our planning meetings. We would like to encourage everyone to help us spread the word of our reunion. This will be a great chance to reconnect with friends and classmates you have not seen in years. **Remember, you don't have to be a graduate of New Germany Rural High to attend the reunion.** Pass the word and we will see you in July!



NEW GERMAN RURAL HIGH SCHOOL



## Volunteer Connections

Is your group or organization looking for new members or volunteers? Send us information about your needs and we will include your request in our Newsletter as space permits. A short outline of your organization's goals, the type of volunteer you are looking for, the time commitment and contacts should be included.

You can send your information to NGAPS by mail or email to the address on page 23.

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### 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)

## Recipe

### Soothing Winter Soup

2 garlic cloves, minced  
 2 carrots, peeled and cubed  
 1 cup butternut squash, peeled and cubed  
 1 small sweet potato, peeled and cubed  
 ½ yellow onion, quartered  
 2 tablespoons extra virgin olive oil  
 4 cups chicken stock, store-bought or homemade  
 2-3 cups shredded chicken or 1 lb chicken breasts  
 ¾ teaspoon dried parsley  
 1 teaspoon sea salt  
 ½ teaspoon dried thyme  
 ½ teaspoon dried rosemary  
 ¼ teaspoon dried oregano  
 ¼ teaspoon cracked pepper  
 1 cup water



Combine garlic, onion and Olive Oil in a large soup pan and sauté until tender. Add chicken stock, carrots, squash, and sweet potato, cook until tender. Then add extra water, spices and chicken. Simmer for 1-2 hours. Once cooled, puree the soup in a blender or food processor. Freezes well.

## Mader's Clover Farm Supermarket/Esso

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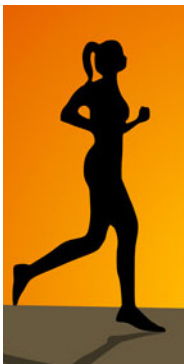


## Training for the Boston Marathon

~Janis Power

With the Boston Marathon just a few months away I am well into my training routine. As I write this I am entering week 5 of 16 weeks. My training plan was designed specifically for me, based on my particular needs and goals. I am fortunate to have my own trainer/coach whom I work with daily and who has all the expertise about how I should train. He also keeps my body healthy by doing acupuncture and soft tissue work, and provides advice on my nutrition needs. This system works well for me. All I have to do is the work that he has prescribed!

So, what does that work look like? The first few weeks are focused on building a good base. That means long, slow runs to increase endurance and time on my feet. These workouts are based on my heart rate. I wear a heart rate monitor so I can track my heart rate during my runs. Early in training the goal is to keep my heart rate in the lower zones. There is more focus on strength training in these initial weeks as well. Again, my trainer gives me a very detailed description of the type of strength work I should do based on my strengths and weakness and that are specific to running. My schedule is set up on a weekly basis, going from Monday to Sunday. Currently I run 3 days a week, bike (spin) 2 days, and rest 2 days. Each week builds on the previous week with the goal of increasing my speed and endurance.



The next phase of training will include more speed work and intensity, which translates into working at a faster speed, intervals and hill work. During this stage I wear a GPS as pace training becomes the focus. Following this work the focus will be on incorporating the increased speed with endurance. My long runs at this stage will be up to 4hrs in duration. My end goal is to be able to run the Boston Marathon (42.2 km) in a time of 3:45 – 4 hrs. My previous best time is 3:52, which I ran last year in Ottawa.

The last 2-3 weeks of training sometimes prove to be the most difficult. This is the tapering period, where the length of runs are drastically cut back to about half of what they had been. Although this is difficult and often plays with a runner's mind (we just think we need to keep running hard and long!), it is a very important part of training. It allows systems to regenerate and prepare

for the BIG race day!

The 119<sup>th</sup> Boston Marathon will be on Mon., April 20<sup>th</sup> of this year and I will be amongst the 30,000 other people who will be running it! (It will be aired on the sports channel for those who are interested in watching.) I am grateful for this opportunity of a lifetime and for the support and encouragement I have received from my family, friends and community in getting there!

Mark Furey  
MLA, Lunenburg West



425 King Street  
Bridgewater, NS, B4V 1B1

Phone: 530-3883  
markfurey.mla@eastlink.ca



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email [maplewoodfarm@gmail.com](mailto:maplewoodfarm@gmail.com).

Or drop by anytime for a visit.

(Always welcome, but please call or email first to make sure we are home.)



Sugar Shack @ Farm

## New Germany Garden Club

The Garden Club meets the fourth Wednesday of the month at 7:00pm, generally at New Germany Rural High School.

In November the club met at Rosedale Home and with the help of several residents made table arrangements for the holiday season. The community planters were dressed in their winter greenery.



Due to a storm in January our annual meeting will be held in February (25th). We will be sharing our seed catalogues and best tips for buying seeds. We will also make plans for the rest of the winter and spring meetings.

Check the community website for program details. Everyone is welcome to attend.



### The Association for the New Germany and Area Medical Centre

would like to invite members of the public to come to our annual general meeting. The meeting will be held at the centre on March 3rd at 7:00pm.

All are welcome.



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## *News from NG & Area Medical Centre*

A full time family physician will be coming to practice along side Nurse Practitioner Jennifer Riis at the New Germany and Area Medical Centre this summer.

Please do not call the medical center if you wish to become a patient but rather:

If you **DO NOT** currently have a Doctor or Nurse Practitioner or are traveling outside of the District for care, you can do **one** of the following to put yourself and/or your family members on a database.

1) Please email your name and the names of any other people in your household looking for a care provider, as well as your phone number to [healthcentre@ssdha.nshealth.ca](mailto:healthcentre@ssdha.nshealth.ca)

**OR**

2) Call **902-527-1549** and leave your name, phone number and the names of other family members living at the same address who need a healthcare provider.

Your names will be added to a database and you will be contacted **if** space becomes available. We cannot guarantee that you will be a patient or when you will be taken on as a patient.

**Please note:** Having your name on the database does not guarantee you will be a patient. You are not considered a patient of any provider or clinic until you have had an appointment with a healthcare provider.

No walk-ins please. We appreciate your patience and cooperation.



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and  
Sunday 7:00am - 9:00pm.

## *South Shore Helping Hands Project*

On January 21st the first community meeting was held. We had a very good turnout, 14 interested community members along with a representative from South Shore Health, the Mahone Bay Centre and myself (Leslie Taylor, SSHH Community Coordinator). From that we have 9 community members who have committed to come together again, forming a steering committee/working group of sorts, to develop an action plan of how best to proceed with starting a Helping Hands program for the local area. That group will be meeting soon.

~Leslie Taylor

[southshorehelpinghandsproject@gmail.com](mailto:southshorehelpinghandsproject@gmail.com)  
902-298-9671 for more information.

The Helping Hands is a program that matches volunteers with local seniors who require help with small but meaningful tasks which enable them to stay in their homes. Helping Hands currently is in place in Mahone Bay and there may be interest in extending the program to this area.

## What's at the Museum?



### Gum Box

**15.8 cm x 10.5 x 6.6 cm**

These boxes were usually made by lumbermen who spent most of the winter in the woods & would make the boxes in their spare time. They were used to hold spruce gum & often given as gifts. Many of these gum boxes became family heirlooms.

They were made from a solid piece of wood, commonly had a sliding

top and bottom, and were filled with gum. Gum boxes were small, averaging about two by three by five inches. Some had intricate carvings, often with hearts, while others consisted of simple geometric designs with chip carving around the edge. The heyday of gum boxes was from the mid 1800s until about 1920, after which time lumbermen were able to return home, rather than spend the entire winter in the woods pining for their sweethearts.

Parkdale - Maplewood Community Museum will open in May for the 2015 season.



### **Rick Perkins is seeking the Conservative Party nomination for our Riding of South Shore – St. Margaret's**

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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.**

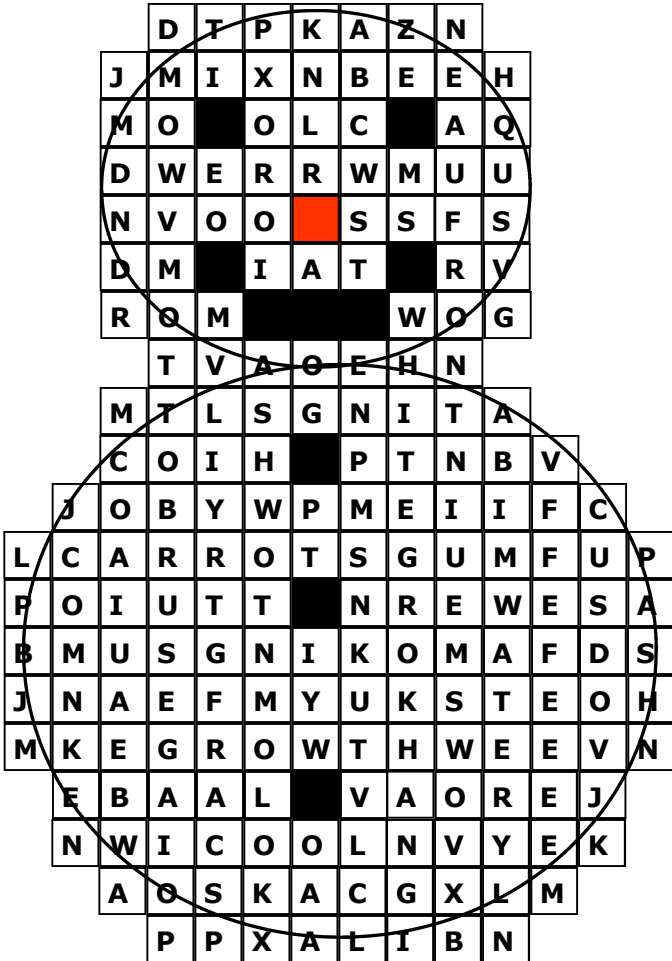
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### Training for Construction Industry

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- \* W.H.M.I.S.
- \* 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



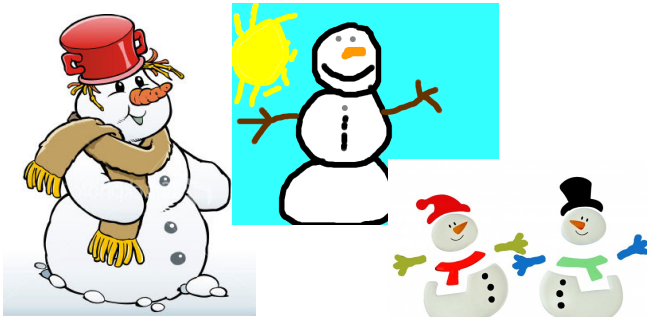
# Contest : Snowman Wisdom



1. Global \_\_\_(7)\_\_\_ isn't a good thing.
2. You can't go wrong with a hand knit \_\_\_(5)\_\_\_
3. A snowstorm is full of opportunities for \_\_\_(6)\_\_\_.
4. Sometimes it is \_(4)\_ to be too \_(4)\_ to move.
5. Not only are \_\_\_(7)\_\_\_ a tasty vegetable, they make a dandy \_(4)\_.
6. We are all mostly made up of \_\_\_(5)\_\_\_.
7. There's no \_\_\_(8)\_\_\_ when you are on a roll.
8. Don't get too much \_(3)\_\_\_.
9. Wearing \_\_\_(5)\_\_\_ is always appropriate.
10. It's okay if you're a little \_\_\_(6)\_\_\_ heavy.
11. It's fun to \_\_\_(4)\_\_\_ out in your \_\_\_(5)\_\_\_ yard.
12. When you are a snowman, \_\_\_(4)\_\_\_ is never on your side.

Answers:

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



Send your completed picture (to the address on page 23) by March 16 for a chance to win.  
Only one entry per person please.

Name \_\_\_\_\_

Community \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

If you are our winner from which advertiser would you chose your prize?

Do you have any comments about the Newsletter?

## Puzzle Maker Wanted

If you would like to create a puzzle for an issue of Connections, please get in touch, contacts on page 23. Thanks to Michelle Greek for our puzzle concept this issue.



## *From the Lions Den*

### **NEW GERMANY AND AREA LIONS CLUB**

In addition to ongoing programs, the New Germany and Area Lions Club recently assumed two new projects for the community. A Canadian Diabetes (CDA) Clothing Drop Box has been placed at the Masonic Lodge parking lot. Lion Donnie Fancy has agreed to be the Drop Box host, emptying the contents when necessary. CDA sells the entire contents of the drop boxes directly to Value Village so the more items donated to the boxes, the more income for the CDA. Donations of clothing can be dropped off at any time. In addition, household goods and small electronics are accepted as well. If you have a large amount of items to donate, call Lion Donnie (902-298-9765 or text) who will advise on when these items can be dropped off/picked up.

What can I donate? Clothesline happily accepts the following items and more... Gently used clothing - all cloth-based items (bedding, sleeping bags, belts and ties, yarn, blankets, drapes, pillows, footwear) Small household items (kitchenware, pots & pans, tools, blenders, etc.) and small electronics (cell phones, laptops, tablets, iPods, digital cameras, gaming consoles, PDAs) can be donated but should not be placed in the drop box- please call to make arrangement for dropping off items.

A second project undertaken by the club was the Salvation Army Christmas Kettle Campaign. This is a fundraising effort that gives the public an opportunity to donate whatever funds they can to support the work of the Salvation Army during the Christmas season and throughout the year. Lion Bill Alexander and Lion Helen Acker chaired this campaign which was held at the New Germany NSLC for four days and a day at the New Germany Freshmart. With the cooperation of both vendors and the generosity of the community, \$1134.84 was collected. Funds raised through donations made at Christmas kettles, together with other sources of funds, help to provide everyday needs like food, clothing and shelter and to restore

hope and dignity to those who might otherwise remain invisible in society. The funds raised stay in the community in which they were donated. Did you know? The first time a kettle was used in Canada was in St. John's, Newfoundland in 1906.

Upcoming Event:

A Roast Pork Supper fundraiser in support of the South Shore Hospital Foundation (Journey Room Project) will be held at the RC Legion on March 14th. Tickets - \$15.00 each; chaired by Lion Carla 902-644-2851

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## *Literary Night Report*

NGAPS hosted our second Literary Night in the New Germany Rural High School library in November. We had readings and discussions with authors Heather Veinotte and Rosalie Osmond. We also heard some Margaret Rutley poetry, read by her daughter local artist Mary Morey. The evening was a great treat for all readers discovering the writing talents in our area.

If you would like to be part of our third Literary Night, please get in touch. Contacts on page 23.



Thanks to Margot McDade at NGRHS for her help in coordinating the evening and for the High School for use of the library. And the biggest thanks to our authors.

## *Big Blueberries, Rhubarb and Elderberries*

~Donna Finck

The beginning of the year and it's time to get back to reality. Health pros all give the same advise; add more fruits and vegetables to your diet. These foods provide the basics for good health. I decided to ask around the community. What fruit is the easiest to grow, to harvest, to store and to prepare? Here are the results of my very unscientific survey.

Barss Corners' most knowledgeable and experienced high bush blueberry grower, Myrtle Taylor: "Anyone with a yard can grow two or three blueberry bushes. This shrub does well in our acidic soil, is a light feeder (fertilize once a year in Spring), is very easy to pick, and pick and pick again (as fruit matures over a month long period), store in plastic freezer bags, freeze and enjoy throughout the year. I don't know how long they will keep frozen. I have berries that I should get eaten up that have been in the freezer several years."



Paul MacMillian, another very experienced grower stated, "Blueberries are awesome! My little girl eats them from the bushes as they ripen." Amy Weston, co-provider -with husband David Lindsay- for a family of four said, "High bush blueberries. Hands down." In another interview Barbara Veinot added, "Not only are blueberries excellent providers they are a valuable landscaping plant. With small white flowers in summer that are a source of food for pollinators and beautiful scarlet leafage in Autumn, you can't beat them."

In conversation with Howard Gibson who also placed blueberries number one but added "...a little patch of rhubarb along with a few raspberries and I'd be happy."

Technically not a fruit but a vegetable, rhubarb has been a favorite as it's so useful in desserts and so easy to grow in our climate and soil. Late Autumn is a good time to side dress with well rotted manure. First thing in Spring it will take off. Those beautiful red and green stalks are one of the first delights of the growing season. To remove from the roots don't cut, pull and twist gently. This avoids leaving a spot for rot to take hold. Remove the leaves and lay them around the remaining plants to suppress weeds. Wipe stems with a damp cloth and they are ready for cooking. Cut them up and store them in the freezer later to become jams, jellies, muffins, pies, cakes, cordials, etc.



The third winner in the useful fruit contest is the lovely elderberry. For damp, heavy soil, full sun to part shade areas there are elderberries. The white flowers in June can be picked for making wine but left to ripen come August there will be umbriels of midnight blue fruit rich in vitamin C . Cut the bunches from the shrub, find a comfortable spot to work and remove berries from the stems, bag and freeze later to be used in pies, cakes and jams. If you get side-tracked and berries are not harvested rest assured that all the woodland creatures will step in to help you with that-furred, feathered and friends.

A few square meters of ground and a little time can bring a lot of healthy food to your table and cedar waxwings, robins, bees and butterflies into your backyard.

### *Municipality of the District of Lunenburg*



**Terry Dorey**  
Councillor - District 6

4348 Woodstock Road, RR #3, Mahone Bay, N.S. B0J 2E0  
Phone: (902) 644-2061 | [tdorey@modl.ca](mailto:tdorey@modl.ca)  
[www.modl.ca](http://www.modl.ca)

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





## *A Year on the Road*

~Catherine Voysey Fourdraine

I am updating our travel report from Tucson, Arizona. Since November, when I last wrote from Vancouver, we have been exploring California. We spent our first evening on the Pacific Coast at a KOA campground, near Castle Rock in Washington state.

Our next destination was Crescent City, California, where we camped for a week. We visited the Battery Point Lighthouse and the North Coast Marine Mammal Center, a rehabilitation center that cares for injured marine animals then releases them back into the ocean. We walked along the coast and we spent time with the redwoods, the only conifer that grows from both seed and from stump or root sprouts. They live for hundreds of years and are some of the largest trees in the world. One of our hikes was amongst one of the largest remaining stands of old growth coast redwood forest in the world. I also am learning about the native culture in California. Before the Europeans arrived, an estimated 300,000 to a million indigenous people from more than 500 nations lived in what is now California.

Our next stop was Petaluma, an eight hour drive from Crescent City. Petaluma was known as the "egg basket of the world". It was the site of the only known poultry drugstore and where Lyman Bruce invented the egg incubator in 1879. Current industries are dairy farms, olive groves, vineyards and fruit and vegetable farms. From the Petaluma Historical Museum and from a documentary



*Catherine with Coast Redwood Tree in Redwood National Park*



*Catherine with Snoopy in Santa Rosa*

"America's Wine: The Legacy of Prohibition", we learned about the impact of prohibition on local grape growers and wine makers. We followed the history lesson with a visit to the Francis Ford Coppola Winery. We went on two self-guided walking tours to see different styles of architecture in Petaluma. We visited the ranch of General Vallejo in Petaluma, his winter home in Sonoma and the Sonoma mission. From 1697 to 1834, 50 missions were built in California by the Spanish government to help claim the land for Spain. Native Americans were taught the Spanish language, farming and ranching methods, and craft skills. Many Native Americans died from disease and injury. At the Sonoma Mission, a plaque lists the names of the approximately 1000 men, women and children who died while at the mission from 1823-1833. In San Francisco, we visited the de Young museum, an art museum, and went on some guided walking tours of the Castro District, Golden Gate Park, and Art Deco architecture. We visited Santa Rosa, home of Charles Schulz where Peanut characters greet you on street corners.

Three hours away is Pescadero, where we stayed for two weeks. The campground is across the highway from the ocean. What a treat to listen to the waves from our trailer! Many of the hiking trails were walking distance. We explored the arboretum in Santa Cruz and learned about the flora in California and some plants and trees that have been imported from other countries. At the Año Nuevo State Park, we watched the elephant seals that gather on the mainland during the winter. Our camping neighbors invited us to share an American Thanksgiving dinner with them at their home. At a local pub, San Jose Shark fans gave us their tickets to see a game they could not attend, no charge, "pay it forward".

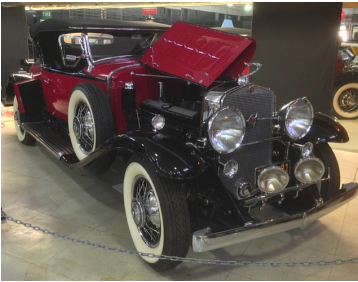
From Pescadero, we traveled six hours to Avila Beach. It was one of the most scenic drives of our trip. We visited Pismo Beach, San Luis Obispo and Morro Bay. For the first time during our trip, we lost power one evening due to a windstorm. A street fair we planned to attend in San Luis Obispo was cancelled. The next morning, our lane was full of water and our site was covered with pine needles and branches. Many tree limbs in the campground were broken off. One tree snapped and crashed into the roof of a mobile home.



*Jonathan & Catherine with pelican on Pismo Beach pier*



Then we stayed for a week at a KOA located between the towns of Santa Paula and Ojai (pronounced Oh Hi). We explored each of those towns, as well as Santa Paula and Ventura. In Ventura, we visited the Museum of Ventura County. In 2010, the museum commissioned George Stuart, artist and historian, to create the Lone Woman of San Nicolas Island. *Island of the Blue Dolphins* by Scott O'Dell is inspired by her story. We do not know her Native name. She was given a Spanish name by a priest at the Santa Barbara Mission. She was the last surviving member of her tribe, the Nicoleno. She lived alone on the island from 1835 to 1853 when she was discovered by a fur trapper, George Nidever. She died seven weeks later from dysentery at the Santa Barbara Mission, where she is buried. We also drove into Los Angeles, an hour and half drive to explore Sunset Boulevard and the coast of Malibu Beach.



1931 Cadillac in San Diego  
Automotive Museum

We spent the Christmas holiday in San Diego. We enjoyed a Christmas potluck dinner with our camping neighbors at picnic tables. My mom joined us in San Diego on the 27<sup>th</sup>. She brought some of her Christmas baking, a taste of home. During our visit with her, we explored the San Diego Zoo, went on a harbor cruise, visited the USS Midway, an aircraft carrier, now a museum, went to a car and a photography museum, and strolled the neighborhoods of Little Italy and the Gaslamp Quarter.



Catherine and Jean in  
San Diego

Indio was our final California destination. It is a four hour drive from San Diego. Many retirees spend their winters in this area of California. Indio is a 45 minute drive from Palm Springs. We went on a self-guided walking tour of the celebrity homes and visited the art museum and architecture museum. Desert Modernism describes the style of homes built in Palm Springs during the 1950's and 1960's. Joshua Tree National Park is a half hour drive from the Indio campground. We went on many hikes, fascinated by the desert landscape. The terrain is so different from our woodland home.

We are visiting Tucson, Arizona for two weeks. Jonathan's parents flew in from Phoenix and are staying at a nearby "casita" (cottage). Sonja brought some of her Christmas baking, also—fruitcake and ginger snaps! It is their first trip to a warm climate. Their fascination with the desert environment of palm trees and cacti reminds us of our first experiences with the desert in Colorado. We recently celebrated six months on the road, and are looking forward to exploring New Mexico in February.



Catherine & Jonathan's campsite in Tucson, Arizona

## Events @ New Germany Legion Branch 102

**Breakfasts** - March 28th and May 30th.  
7:00 to 11:00 a.m. Sausages, bacon, eggs,  
hash browns, baked beans, toast & jam,  
juice. \$7.00 - age 5 to 12 \$3.50. Belgian  
waffle with strawberries and cream, \$3.00.

**Food Handler's course** - April 28th  
*Certification course* from 9:00 a.m. till 4:00  
p.m., cost \$26.22  
*Short course* from 7:00 p.m. till 9:00 p.m.,  
no charge. Register before April 21st, with  
Fran at 902-644-3833.

**Spring Craft Show**, May 9th - 10:00 a.m.  
till 2:00 p.m. Spaces \$10.00, tables pro-  
vided while they last. Contact Fran at 902-  
644-3833 before May 2.

Info at 902-644-2320

Come out & support your local Legion.

## *Early Years Centre for NGES*

In the 2013/14 school year the Nova Scotia Department of Education and Early Childhood Development implemented four Early Years Centres. Four additional sites are being announced in 2014/15 including one for New Germany Elementary School, the first for the South Shore Regional School Board.

From the NGES website we learn that "early Years Centres use elementary schools as platforms for collaborative and integrated service delivery from various areas of practice (Family Resource Centres, Early Intervention Programs, Child Care) and help to bridge the gap for families between birth and formal schooling and maximizes the potential of existing infrastructure and resources. With the addition of these four Early Years Centres in AVRSB, CCRSB, CSAP and SSRSB, every school board in the province will have access to an Early Years Centre. On January 19, 2015 the official opening of an Early Years Centre at New Germany Elementary School was announced by Suzanne Lohnes-Croft, MLA for Lunenburg County, at a gathering in Mrs. Snyder's grade primary classroom at New Germany Elementary School. This is a very exciting development for the children and their families in the New Germany and surrounding area."

The development of the Early Years Centres in Nova Scotia is supported by a five-year funding commitment of \$500,000 from the Margaret and Wallace McCain Family Foundation. The mission of the foundation is "to champion effective early childhood education programs that provide equal opportunities for all children, support families, align with the school system and operate within a public, provincial or territorial framework".

Renovations will start soon as well as the hiring of two early childhood educators. The Centre will be available to about 20 children, four years old and younger. For more information contact the New Germany Elementary School or SSRSB Early Years Program.

### *Municipality of the District of Lunenburg*



**Carolyn Bolivar-Getson**

Councillor - District 9

5105 Hwy 325, Baker Settlement, N.S. B4V 7E8  
Phone: (902) 685-2416 | [cbolivar-getson@modl.ca](mailto:cbolivar-getson@modl.ca)  
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## **Cathy's Beauty Salon**

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# Looking Back: Pictures from Christmas Festival @ NGES



**South Shore Public  
Library  
Mobile  
Library**

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



Read this newsletter in colour on the web @

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

Also available at New Germany Freshmart, Mader's Clover Farm Supermarket, Village Glassworks, Borden's in the Woods, Tammy's Country Stop and other locations.

## Christmas House Tour Report

~Michelle Greek

This past Christmas season, New Germany Area Promotion Society organized Christmas House Tours, held on Sunday, November 30th. Tickets were \$10 each with proceeds split among NGAPS and the breakfast programs at NGES and NGRHS. Ticket holders were invited into homes of the four generous homeowners, Donna & Randy Demone, the Joudrey Family, Jackie & Peter MacDonald and Roger & Carla Carver, between 2 and 7pm, to see their stunning holiday decor and to enjoy tasty holiday refreshments.

The Demone's cozy log home decorations began at the mailbox on the Osborne Road where a pair of red skates were hung. Garland was strung along their fence and an inviting Christmas display sat on the front porch. Guests were in awe as the door opened and one could see the spacious log home decked out for Christmas. The views of the LaHave River from inside the home were exquisite. Donna offered guests tasty kettle corn and punch as they gazed about the festive trimmed home.

Along School Street is the welcoming home of the Joudrey Family. Avan and Lisa's decor was traditional aided with the use of plenty of natural brush. Downstairs, hot cocoa and homemade shortbread cookies were served to guests in the light and fun family space. Who knew snowmen liked to take baths?

At the MacDonald farm there were dozens of white sheep donning bright red velvet bows pranced around the property. Inside seemed like an endless maze as you could tour throughout the large, comfy home. When you eventually made your exit through the back door, Jackie's Christmas elves were serving hot cider and cookies on the back deck.

The Carver house is one of New Germany's biggest Christmas attractions. Roger and Carla joyfully invited ticket holders in to their Christmas Wonderland to see the thousands of lights up close. Even Santa and Mrs. Claus came to be a part of the House Tours! Mr. and Mrs. Claus had a visit in the Carver's Christmas Wonderland and invited children see Santa.

As guests finished their tour of the houses, their tickets were submitted into a draw for one of three locally grown Christmas trees and one locally made wreath. Donations of the trees were made by Arnold Demone, Matt Wright and Jeff Langille. The wreath was donated by Angie Bruhm. Winners were Allister Daniels, Madison Hayward, Rosamond Langille and Cathy MacKinlay.

NGAPS is hoping to organize Christmas House Tours for the 2015 Holiday Season. Please contact us if you would like to be a part of this joyful occasion next time. We will be seeking hosts, servers, greeters and organizers. The planning starts soon!



## Breakfast Programs at our Schools

When NGAPS and the home owners, who volunteered to open their homes for the first Christmas House Tours, began to plan for the event, the topic of where should the profits go arose. It was readily agreed to support the breakfast programs at both our local schools as well as NGAPS projects.

*The following is a note from NGES:*

At the New Germany Elementary School breakfast has been provided for over 10 years for any student wishing to take part. Currently there are 180 students attending the school. There are many generous and dedicated volunteers consisting of parents, grandparents, and community members who go to school early in the morning, before students arrive at school, to prepare breakfast. On a daily basis toast and peanut butter or butter, and fresh fruit is served. Some mornings there are additional items available such as raisins, dry cereal, boiled eggs, cheese, juice, yogurt, etc. A carton of milk is also available to each student every morning due to a very kind donation from Sweeney's Funeral Home and Len's Plumbing and Heating. Funding is received from the South Shore Regional School Board, Provincial Breakfast Programs, school fundraising, and generous donations from community members, organizations and businesses. Recently the New Germany Area Promotion Society provided NGES with \$360 for their Breakfast Program. The staff and students at New Germany Elementary School would like to take this opportunity to thank the NGAPS and other businesses and community members for their very generous continued support.

*And a message from NGRHS:*

Every morning starting from 8:30 am NGRHS is fortunate to be able to offer breakfast to any member of our school community who may not have had breakfast for that day. The program is looked after by staff members and is available for everyone in the cafeteria before going to class each day. The funding comes from grants obtained in partnership with the school, South Shore Regional School Board and the Department of Education and Early Childhood Development as well as local businesses and other community members. The program helps feed on average between 25-40 students on a daily basis.

Thanks again for your support of this important program.

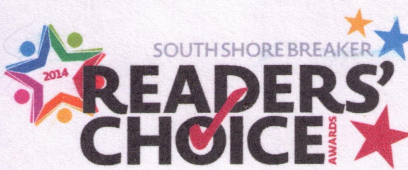


NGAPS Vice-President Greg Selig presenting cheques to Carol Hughes (left) NGES and Marlene Blezy, (below) NGRHS.



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# Looking Back: Pictures from our first Countryside Christmas



The preschoolers and their folks met at New Germany Elementary School to celebrate the holidays. Everyone gathered for snacks and many were too busy to look at the camera!

The Better Together Family Resource Centre hosts Parent and Tot (ages 0 - 6) at NGES every Wednesday morning 10 to 11:30 during the school year. Phone 902-543-3009 for more info.



The first NGAPS Market @ the NGES Christmas Festival



We gathered for the lighting of the community Christmas tree and enjoyed some songs, refreshments and conversations.



# The Almost Back Page

## Info about this Newsletter

New Germany Area Promotion Society  
New Germany, NS. B0R 1E0

E-Mail: [ng\\_cap@ns.sympatico.ca](mailto:ng_cap@ns.sympatico.ca)  
Phone: (902) 644-2922



### Next Issue:

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

### Thanks for entering our contest!

In the November issue of the Newsletter, we gave you the chance to win a \$20.00 gift card from any one of our advertisers - your choice. The draw was made and the winner was Madison Hayward. She chose a Gift Card from Robar's Irving. Congratulations Madison.

Enter our contest on page 13 and send your answer to the address above. You may be our next winner!

### NGAPS Meeting

NGAPS holds our regular monthly meetings the first Tuesday of the month @ 7:00pm. Everyone with an interest in our community is welcome to join.

Please check website for location or call 902-644-2922 for more information.

**This Newsletter was put together entirely by NGAPS volunteers. Ads were paid for by the advertiser. Please support our local businesses, because without them there would be no publication.**

NGAPS publishes New Germany Connections 5 times a year - mid February, mid April, mid June, early September and early November. Watch for yours with your flyers. 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.



### New Germany Area Website and Facebook too!

Check out our community website for information about the events in our area.

**Listings of community events and local business** are **FREE**. Please email [ng\\_cap@ns.sympatico.ca](mailto:ng_cap@ns.sympatico.ca). We are always looking for updates. If you see that something has changed, send us that too. Thanks for the support.

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

**And we have a Facebook page.** Visit us for up to date details of NGAPS and other area events.

**Advertising Information:** You can advertise in this newsletter. We deliver 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 mid April. 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.

## The Get Up and Go

a Q&A with folks who are making it happen

Not yet 30 years old, Ashton Rodenhiser has already made a name for herself as a successful community arts coordinator. Her initiatives include Bridgewater's annual Afterglow, an art-in-the-street festival, and most recently, Art Happening, a permanent creative drop-in space on King Street. I talked to Ashton about bringing art to the community, as well as her new business, Mind's Eye: Creative Consultation and Graphic Facilitation, which she runs from her home in Upper Northfield.

Tell me a bit about how you came to start your new business.

After getting my Early Childhood Education (ECE) degree from NSCC, I worked at a Family Resource Centre in Dartmouth for about four years. As part of my job, I facilitated a lot of workshops and playgroups. When I moved back to the South Shore I did some childcare work, but I had a hard time finding the work that I really wanted to do. I enjoy working in ECE but what I really liked about that work was facilitation. I was introduced to Graphic Facilitation in 2013. I took a few courses in Halifax from *See Meaning* and I thought, this is perfect for me: graphics and facilitation was a good coming-together of my skills.

My first graphic facilitation was with the project Kinship II (2013-2014). When we would have conversations I would put up a piece of paper and record the conversation. I just dove right in, using what I'd learned. Our group developed a play with Reid Campbell around the idea of pluralism, about going beyond tolerance and understanding people on a deeper level. We toured the play in local schools in May 2014. The Kinship program was a very positive experience, so I thought maybe I could do this kind of facilitation as a business.

What exactly is graphic facilitation?

In my work I use graphics to help people understand a workshop or seminar better. I do murals to live-record seminars or workshops. I redesign handouts and/or workshop materials. I might also be asked to facilitate or be a co-facilitator. Sometimes people compare the work to doodling, but you have to learn to listen to people really carefully and there's a lot of skill involved in organizing the content.

Most people are visual learners and graphic facilitation helps people stay focused. It's meant to keep people engaged because when they say something, they can see their words appear in the graphic. It also helps with accountability because it records the conversation; people are more likely to follow through on what they said they were going to do. It can take you back to really specific moments in the conversation so it's a valuable tool for remembering. After the meeting I make a good copy of the graphic and email it to the group.

Being an entrepreneur in this kind of business is challenging because what I am doing is really unique and not everyone's going to get it right away. Sometimes you have to convince people, explain why the work is important. It's a matter of getting people to think ahead and put it in their budget. At first, I did do some free work to practice my skills. Once people experience it, they see the value of it. Some of the graphic facilitation businesses in Halifax are doing really well: that helps spread the word about the value of the service.

You do a lot of community engagement in the arts. What do you think art brings to a community?

I feel that art can play a huge role in revitalizing communities. A lot of people aren't exposed to art on a regular basis. So the idea behind Afterglow was to bring exposure to different art forms and artists who live in the community. What I keep coming back to is that you can't appreciate the art or culture that we have in the community unless you experience it yourself. There aren't a lot of opportunities for people to engage with art in a really accessible way—where you don't need to know anything about art. At Afterglow people can just saunter along the street and experience what they want to experience. The festival is very broad and open and accessible.

With Afterglow we heard from people that they wanted more of this than just one night of the year. So we looked into what they are doing with Art Hives in Montreal and from that we developed Art Happening. The idea is that anyone can come in to the space and be exposed to different types of creativity.

For more information about Ashton's business and to see examples of graphic facilitation, visit <http://www.mindseyecreative.ca/>. To see what's going on at Art Happening and get involved, check out [www.ArtHappeningBridgewater.ca](http://www.ArtHappeningBridgewater.ca).

~ Ashton was interviewed by Alison Smith

