#### June 2010 Volume 2, Issue 3



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#### **Community Events**

Saturdays from June 9 to August 21 Farmers' Market •June 10 Jr. Prom NGRHS •June 22 NGAPS meeting •June 23 Garden Club •June 24 Sr. Prom NGRHS •June 28 Graduation NGRHS •July 1 Canada Day •July 3/ 4 NGRHS Reunion •July 5 - 16 Swim Lessons •July 14 Tea & Sale @ Museum •July 28 NGAPS meeting •July 29 Garden Club •Aug. 24 NGAPS meeting •Aug. 25 Garden Club •Aug. 27 Farmers' Market •Sept. 4 Farmers' Market Sept. 11 Farmers' Market Sept 11 Blueberry Festival @ Museum

#### New Germany Area Promotion Society



## *June 2010*

According to Gershwin & Heyward "Summertime, and the living is easy..."

Your summer might include swimming, baseball, gardening, books, running, celebrations or any number of other activities offered in this area and we have information in this Newsletter for you. Our aim is to connect you with the amenities in your area. Like building muscle, our community becomes stronger when we use and support what the area offers.

## Programs at New Germany Community Centre

New Germany Area Promotion Society will make every effort to coordinate a program that may be of interest to you.

Friday Evenings "Youth Activity Evening" Grade 7 – 12. 7:00 pm – 9:30 pm at the Community Centre. Snacks & Activities, Movies, Wii, Air Hockey, Guitar Hero, crafts, etc.

New Germany Farmers' Market - Location: Anglican Church Hall 8:30am – 12:00noon, Saturdays.

June 22nd @ 7:00pm Regular Monthly Meeting of NGAPS. Everyone welcome.

June 23rd @ 7:00pm Garden Club Meeting. Everyone welcome.

July 14th Boater Safety Course 5:30pm - 9:30pm

July 20th Craft Craze 1:00pm – 4:00pm Ages 5 – 12.

ATV Safety Course Ages 12 – 18. Please call for more info.

Interested in a Food Handlers Education program? Please call the Centre.

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

P90X Workout Program. If you are interested please call to make arrangements.

**Community Centre is available for rent, please inquire**. The Community Centre also has a LCD projector to help facilitate your meeting.

For more information about any of these programs or events call the Centre at 644-3695. Check the community events page on our web site for updates. <u>http://newgermanycap.ednet.ns.ca</u>

(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.



# Canada Day in New Germany Program of Events 2010

7:00 - 10:00 am Canada Day Breakfast at St. John's Anglican Church Hall, 5311 Hwy 10, New 🕷 Germany, featuring bacon, eggs, hash browns, baked beans and toast. Sponsored by St. John's Anglican Church. Adults \$6.00, Children 5-12 \$4.00, Under 5 years free.

9:30 am Children's Parade sponsored by the New Germany & Area Lions Club at the Royal Canadian Legion Grounds. Theme: Rock 'n Roll. No live animals or motorized vehicles. To pre-register call Pat Wentzell 644-3280.

1:00 pm Canada Day Ox Pull at the rear of the Legion Grounds. Sponsored by Blue Wave Energy. Weigh-ins from 10:00 - noon.

2:00 pm Annual Street Parade leaves New Germany Elementary School and proceeds through the village. Judging begins at 1:00 pm. Trophies sponsored by the RBC-Royal Bank, New Germany. To pre-register your entry and class, call Marilyn Ramey 644-3483. (Classes include: youth, marching, organizational, novelty, small business, commercial and antique vehicle.)

4:00 - 6:00 pm New Germany Volunteer Fire Department Bean and Salad Supper at the RC Legion Hall. Adults: \$8.00, Children 5-12: \$4.00, Under 5 years free.

5:00 pm ATV pulls at the New Germany Ball Field Parking Lot organized by Central Nova ATV Club. Trophies sponsored by Stan's Backhoe & Plowing Services. To register call Scott Wilson 543-8166.

5:00 pm Opening ceremonies with Legion Colour Party, followed by live musical entertainment including:

New Germany Cloggers

Vallev Blue

The Riverside Ramblers

The 4 G's and Me

New Found Country

Ken Best and the Silverado Band



Glow Products will be sold after 4:00 pm. Canada Day t-shirts, concession stands and games of chance also available on the grounds. New this year "Wooden Nickels" - one side says New Ger-, many Canada Day, New Germany, NS with a picture of the Canada flag....the backside has a pic- 🕷 ture of oxen with the words, "Pulling Together, New Germany, NS".

10:30 pm **Display of Fireworks** provided by the Canada Day committee.

Heritage

A big Thanks to our many volunteers, to Silvers' Garage (2008) Ltd. for their sponsorship of this page, to Municipality of the District of Lunenburg and Canadian Heritage for funding.





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# New Germany Canada Day

In 1951, almost 60 years ago, the New Germany Volunteer Fire Department held a Dominion Day Garden Party with a country store, chocolate wheel, and bingo. There were suppers, a parade with 85 entries and an evening band concert. According to a report in the Bridgewater Bulletin the garden party was "A Great Success" and over \$600.00 was raised.



In 1982 Dominion Day was renamed by the Canadian government to Canada Day and in that year the New Germany Day committee organized a parade, garden party and other special events to celebrate July 1st. In the early 80's profits from the New Germany Day celebrations went toward community projects such as the newly opened Rosedale Home and the Legion fire pond.

By 1990 New Germany Canada Day celebrations had attracted the attention of then editor of the Bridgewater Bulletin, Jim Newell. In his editorial of July 11<sup>th</sup> entitled "Applause" he said that "the people who live there (New Germany) continue to prove they understand the meaning of community." Based on what he saw when he attended the Canada Day celebrations that year, he praised the crowds, the fireworks and the cooperation of community organizations. His conclusion was "New Germany and the people who live there (are) positive examples of good community life."

In 2010 the New Germany Canada Day committee is again working to present a community festival on July 1<sup>st</sup>. There have been years that the community did not come together in celebration on either Dominion Day or Canada Day but we have had a party every year since 1986, 25 years and counting.





# Teen Place Youth Health Centre Update

**Summer Hours**: July and August - Most Thursdays, 11- 5:30 ( call 644-3430 for info)

Youth Drop Ins on Thursdays from 3-5.

Friday Night Program 7-9:30. Closed Exhibition Week



Teen Place will be having an entry in the Canada Day Parade, so if you would like to help, let us know. Teen Place Youth Nights Fridays 7-9:30

Every week join our fearless leaders Tanya Snyder, Erin Silver, Christa Parnell, Justin Mailman and Danielle Joudrey for games, snacks, fitness, crafts, art, computer use, Wii bowling and so much more. Open to youth from grade seven and up. We are also happy to welcome

our new leader - Andrew Veinot from Springfield. Call 644-3695 for weekly updates or check us out on the web

http://newgermanycap@ednet.ns.ca

Teen Place – a friendly, confidential place for teens to discuss any health issues or problems, a place to get free condoms and free pregnancy tests and information on bullying, addictions, sexual health, anxiety, nutrition......



## MODL Parks

**Indian Falls** was designated as a Municipal Park to commemorate the Municipality of the District of Lunenburg's 125<sup>th</sup> anniversary in 2004. Known for having some of the area's best salmon fishing, Indian Falls also offers a picnic area, on-site privies, walking trails, rock beach and look off points. Between April and November the park is open from 8:00 a.m. until dusk.

Mushamush Beach Park is located on Mushamush Lake in Sweetland. Between May and October, the park is open from 9:00 a.m. until dusk for swimming, picnicking or a leisurely walk. The beach is equipped with accessible picnic tables, on-site privies and has

a special ramp available for wheelchair water access. There is also a small play area on-site for children.

From www.modl.ca



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## **Municipal Recreation News - Summer 2010**

**Mayors Walk-** Thursday, June 17, Noon. Meet at the inside parking area at Miller Point Peace Park. **FREE!** 

Miller Point Peace Park Day- Sunday, June 20, 2-4 p.m. Family activities, wagon rides, nature walks, and BBQ. FREE!

**Summer Swim Program** - Lake William Picnic Grounds – July 5–16 and Lake Mushamush–August 2–13, Bronze Medallion and Bronze Cross Courses will also be offered at both locations.

**Cornwall Summer Fun Fest** (Ages 7-12)- Friday, July 16, 1-4 p.m. Cornwall Community Hall. **\$5 10th Annual Sand Castle Competition-** Saturday, July 17, 2-4 p.m. Rissers Beach Provincial Park, Registration on site. **FREE!** 

Craft Craze (Ages 5-12)- Tuesday, July 20, 9 a.m. -12 p.m. New Germany Community Centre. **\$5** Paintball Palooza (Ages 10-14)- Friday, July 23 1-3 p.m. Splatter Island Paintball Upper Branch. **\$10** + **\$12 for 500 paintballs, or bring your own.** 

**No Girls Allowed Camp** (Ages 7-12)- Monday, July 6 – Tuesday, July 7. Boy Scout Camp, Lake Mushamush. **\$25** 

**Camp Survivor** (Ages 7-12)- Tuesday, July 20 – Thursday, July 22. Boy Scout Camp, Lake Mushamush. **\$55** 

Nanook Adventure Camp (Ages 13-15)- Tuesday, August 3- Friday, August 6. Boy Scout Camp, Lake Mushamush. **\$75** 

**Camp Milkoose** (Ages 7-12)- August 23 –25. Lutheran Church Camp Mushamush, Cornwall. **\$85 For more information contact Lunenburg Municipal Recreation at 530-3285 or go online** <u>www.modl.ca</u>



## New Germany Irving & Convenience Gas Bar

Why not try our chicken? It is oven baked. Snack packs - Family packs available daily. Also we provide a wide variety of grab and go meals. Pizza – Meatballs – Chicken Wings – Mashed potato bowls – Taters – Fried rice and much more. All items are made fresh daily. **Ice cap is back & a new flavor cappacino cinnabun** 



## 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- Flurries- Shakes- Sundaes-Banana Splits - Dipped Ice Cream

**Open 7 days a week** Monday – Saturday 6am – 9pm Sunday 7am – 9pm 902-644-3450

## Swimming Lessons on Lake William

Children and adults have been learning to swim in the New Germany area for almost fifty years. The New Germany Red Cross first offered lessons at the foot of the New Germany Lake. By the early seventies the lessons moved to the Baptist Picnic Grounds on Lake William. Enrollment fluctuated over the years from just under two hundred to fewer than fifty. With changes to the Red Cross provincial structure control of the Red Cross lessons was passed over to the Lunenburg Municipal Recreation Department. Even with the reduced numbers it is reassuring to know that boys and girls of all ages are learning to swim and be safe around the water.

Over the years the Red Cross organized program employed many instructors who had been swimmers in the program. Having local swimmers



teaching programs the Red Cross knew their experience on the waterfront would help them provide a welcoming atmosphere for new swimmers. During the eighties the program ranged from one instructor to as many as four to provide instructional time for those enrolled.

The Municipality has been a part of the Lake William Swim Program for many years. Traditionally classes have been offered for all ages, preschools to seniors for the first two weeks of July! For 2010, classes will run from July 5 to the 16, Monday to Friday. If there is sufficient interest, we can return for another week of swimming lessons August 16 – 20.

There will be a couple familiar faces this summer – Kelsey Murphy is now our Aquatic Manager; Steven Rodenhizer is a returning instructor; Jasmine Ali and Rebecca Bell are two new instructors. In Red Cross Swim Kids, children learn about water safety and swimming skills. It is sure to be a great time for everyone involved. Wonder who will get the pie in the face this year?

For information or to register for the Lake William Swim Program, call Lunenburg Municipal Recreation's summer office at 530-3285 or register online at <u>www.modl.ca</u>

# Bruhm's AUTOMOTIVE Recovery



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# New Germany and Area Lions Club

The New Germany and Area Lions Club have the following medical aids available to loan out to residents of our communities:

- wheel chairs
- walkers
- hospital beds
- commodes

All items are available for use, free of charge. Users must arrange pick up and delivery. We request that all items are cleaned before being returned. Phone Bill at 644-2217.

Park Sign: The Lions Club Park sign is primarily used for promoting Lions Club activities but may also be rented for advertising community events. Phone Nancy at 644-3366





## Premier's Power of Positive Change Awards

Congratulation to Tucker Mertens, Grade 9, New Germany Rural High School, who was one of ten Nova Scotia students to receive the Premier's Power of Positive Change Award. Premier Darrell Dexter and Education Minister Marilyn More presented the awards at Province House on June 3rd. Tucker bicycled across the country to raise funds



and awareness for Amnesty International. He has been active in his local 4H club and church group. He is part of a Social Justice group at his school, organizing a diversity day. Tucker started his own initiative called 1000 Paper Cranes – 1 Prayer for Justice, a fundraiser to raise awareness of injustice in the world. More information at www.gov.ns.ca



**Blood Work** 

Every Wednesday: 7:30am-11:00am

Cost: \$10.00. House Calls are \$20.00

including collection and transport.

Call 624-0567

Blood work is for people who have a doctor's referral. It can save people a

trip to a hospital lab.

# *New Germany & Area Medical Centre Services*

#### Foot Clinic

Foot Clinic is for anyone having difficulty cutting their own nails or who have medical conditions such as diabetes. Available every second Thursday. For appointment call VON @ 624-8031

#### Massage Therapist

Laura Beck – by appointment only @ 530-6325

#### Shoppers Drug Mart

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### NGAPS C@P Sites

NGAPS sponsors 3 C@P sites funded by Industry Can-ada and NS Department of Economic & Rural Development. Computers can be found at Guppy's Place Restaurant, Parkdale — Maplewood Community Museum, and the New Germany Community These Centre. computers are available durina open hours at each site. Access is free but donations are welcome.



## Progress Update New Germany Collaborative Practice

Dear Resident,

It has been a very busy and exciting year at the New Germany and Area Medical Centre.

Last June, Nurse Practitioner Rob Snelling starting working at the centre. That was followed by the successful recruitment of Dr. Kory Jollymore. He started seeing patients in September. Together they are now seeing more than 1400 patients from the New Germany area. These are mostly patients who didn't have a doctor or other health care provider.

Mr. Snelling and Dr. Jollymore appreciate the warm welcome they have received from the community. They plan to continue to grow and expand their practice over the next few months. They are seeing a few new patients every week, but this takes time. The first few appointments with a new patient take longer because they need to get to know you and understand as much about your health as possible.

There are now about 250 people on a waiting list. They are being added to the practice in the order they contacted the Medical Centre. We are hopeful that these patients will all be added by early Fall. No new names will be added to the waiting list until then. This is necessary to ensure a balanced approach between taking as many patients as possible and making sure existing patients have good access. We don't want to create really long wait times for patients who expect and deserve to be able to get an appointment when they need it.

In the meantime, we will continue to work together and with the community to bring other health services to the Medical Centre. We appreciate your support and patience as we work to improve access to care and respond to the health needs of the community.

Todd Leader Director, Primary Health Care South Shore Health

# New Germany Garden Club

The New Germany Garden Club continues to meet monthly at the New Germany Community Centre. Now that we are entering the height of gardening season there will probably be some garden tours rather than indoor meetings.



The Garden Club unveiled the Welcome to New Germany sign last October. Did you see the display of tulips and daffodils blooming this spring? We would like to add a planter or two as well and would appreciate help with that project. Please contact Greg Selig if you would like to build a sign planter.

We recently had a plant sale at the New Germany Farmers' Market (thanks for everyone's support). At our May meeting Sandra Amos of Maple Grove Greenhouses showed us some of this season's new flowering plants. Our other neighbourhood projects include a garden clean



up at the New Germany & Area Medical Centre and placing a community planter at each of the New Germany Volunteer Fire Department, New Germany Community Centre and Barry's Freshmart. John Parnell and Bruce Penny did the heavy lifting moving these concrete con-

tainers in place. Garden Club members will be filling them with flowers and tending them during the summer season.

We will again be selling bulbs; tulips, daffodils, and we are adding crocus and garlic this year. Please order with any garden club member or watch for the bulbs at the Farmers' Market. Anyone who is interested in joining the Garden Club is welcome. Generally we meet the fourth Wednesday of each month but check at the Community Centre for more information.



## **Blackie's Future**

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    http://chenderson.ltlowe.ca
    - Newcombville Irving Convenience & Gas Bar 543-2816
  - Giggling Granny's Used Books Internet Café & Gifts 682-3205 www.gigglinggrannys.ca

# New Germany Farmers' Market











Markets 2010: June 19, 26 July 3, 10, 17, 24, 31 August 7, 14, 21, 27 September 4, 11, 18, 25 October 2, 16, 30 November 13, 27 December 4, 18



@ St. John's Anglican Church Hall, 5311 Hwy 10.

8:30a.m.-12:00p.m.



Plants, Meats, Fresh Vegetables, Fish,

Crafts, Breads, Cookies, Flowers, Christmas Trees and much more.

By participating in our farmers' market you support your local community, the environment and will enjoy fresh, seasonal foods. Good reasons to "Buy Local".

For more information about the Farmers' Market or to be a vendor at the market please call Greg Selig @ 644-2153 or Wayne Silver @ 644-3889.

10' X 20' Tent available for rent, \$20.00 per day. Delivery may cost extra.



## Cathy's Beauty Salon

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

Phone 644-2922 Will do house calls.



See you at the Market!

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# Parkdale Maplewood Museum

The Parkdale-Maplewood Museum is open for the season. Our June hours are Monday-Friday, 9am - 5pm. July and August Monday to Saturday. Sundays by appointment.

We have lots of interesting exhibits including some of the best entries from the Heritage Fair held earlier at New Germany Elementary School. Birthday parties

with a heritage theme including crafts, dress-up clothes and old fashioned games are offered with prior notice and a small charge for materials. Our gardens are available for picnics, family gatherings and photo ops.

We will be hosting a "Christmas in July Tea and Bake Sale" on July 14, 11:30 - 1:30. Come and do your Christmas shopping early in Aunt Dinah's Gift Shop which is well stocked with books, local crafts, original jewellry and quilts. Kids Kamp for kids 5 to 8 years is from 1:00 pm to 4:00 pm on Wednesday, July 21st with registration by July 5th.





The 27th Heritage Blueberry Festival is coming September 11th. Call the Museum at 644-2893 for more information.



# South Shore Public Libraries read, discover, learn and

## The new Mobile Library is on the road, pro-

moting the South Shore Public Libraries' mission to

share to people of all

ages. Library cards are free, and are available to everyone living in Lunenburg and Queens Counties. Visitors to the area are welcome to join too.

The Mobile Library stops weekly in 6 communities and visits an additional 12 communities every three weeks throughout Lunenburg and Queens Counties.

The Mobile Library carries approximately 5,000 books, magazines, DVDs and audiobooks. The public also has access to a regional collection of 92,806 items and to the collections of other libraries in the province and in the country via Interlibrary Loan as well as thousands of e-resources through the Library's website, southshorepubliclibraries.ca. In 2008/09, 48,430 materials were borrowed from the Mobile Library. That's an approximate value of \$1.2 million.

Replacing a mobile takes approximately two years, from planning and approval from the Library Board to receiving the finished product and loading of the vehicle. Staff drew up specifications and tender documents in February 2008. The tender was awarded in June 2008 for the supply of the vehicle which arrived in Silver's lot in February/March 2009. The retrofitting began in late May 2009. Tri-Star received the vehicle in August to prepare the remaining components and the shelving. SSPL took final delivery of the vehicle on March 25, 2010. The new vehicle, a 2010 International was loaded and on the road for March 30, when our 1995 Mobile was gracefully retired.



DESTINATION JUNGLE

Kids - Join the Library's Summer Reading Program at the Mobile Library. Destination Jungle will begin in July. Sign up and get a log book with puzzles, activities and a place to record the books you read during the summer. Read your way to a poster, stickers and a chance to win a prize. THE MOBILE LIBRARY STOPS IN NEW GERMANY EVERY TUESDAY FROM 3:00 - 6:00 P.M. @

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## **RUNNING – tips and general information**

#### **RUNNERS AND MOTORISTS – SHARING THE ROADS**

We are beginning to see more runners/joggers on the roads in our community. This means that motorists have to share the roads with those who are out on foot. To make this a safer and more enjoyable experience for both groups of people here are a few things to keep in mind:

Runners should always wear reflective clothing if they are running in the dark.

• The shoulder of the road is not always even and sometimes the gravel is too loose for runners to get good footing, which is why you might see runners on the pavement when there appears to be ample room on the side of the road. Therefore, if you see a runner on the edge of the pavement and there is no traffic coming in the opposite direction, they always appreciate being given some extra room when it is possible to give it. If drivers are unable to give the extra space, runners need to step to the shoulder until they pass. Cooperation from both groups is crucial in keeping everyone safe!

• Occasionally runners will be seen using the wrong side of the road. This is not because they do not know better! Those who are training for long running events will run 40 or more kms a week! The sides of our roads are slopped to allow for drainage. Running on a slant for that many kms will cause injuries to a runner, such as stress fractures in their ankles and problems with their knees and hips. Therefore, in an effort to reduce the chance of this, runners will vary the side of the road that they run on. They are particular about their running surface for a reason! Injuries are not fun!

Runners need always to be aware that vehicles take priority on the roads. However, if drivers and runners respect and understand each other the roads can be safe for all to use!

#### **GENERAL TIPS FOR RUNNERS:**

**Footwear** – Runners put 3-5 times their body weight on their feet. Worn out or improperly fit shoes spell disaster! You will run yourself very quickly into an injury! Cross trainers won't do! Runners need running shoes that are properly fit to their feet. Having the proper support will help in preventing stress fractures, shin splints, and other muscle, joint, tendon and bone injuries. It is worth the investment to purchase proper running shoes.

**Clothing** - no cotton! Cotton holds onto sweat and causes chaffing. Instead, choose clothing made from technical fibres that will wick moisture away from your skin. Also, technical fibre socks keep your feet drier and help to prevent blisters.

**Stretching and Warm-up/Cool-down** – these are two different things, but equally important. Taking a few minutes to do a warm-up (easy jog, stationary bike, walk, jump rope) will prepare your muscles so they can work more efficiently and will lower the risk of injury. Cooling down after a run has similar benefits. It is important to do some stretching after both your warm-up and cool- down. Move slowly and gradually into each position and hold for 2 sec before relaxing again. Remember to never stretch a muscle to the point of pain and never stretch cold, tight muscles!

**Nutrition Tips** – Hydration is important before, during, and after running. It is easier to *stay* hydrated than to *recover* from dehydration. Chocolate milk is a great recovery drink after a long run. Those running half and full marathon distances (21.1 to 42.2km) can burn up to a days worth of calories! Athletes need carbohydrates, protein and fat in their diets. Carbohydrates provide quick energy for your muscles and brain. Protein is needed to help the body build and repair muscles and other tissues. Fat provides energy and helps your body absorb fat-soluble vitamins. A snack consisting of a carbohydrate and protein is good for both before a run for extra energy and after a run to help your muscles recover.

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#### **RUNNING ROUTES IN THE NEW GERMANY AREA**

Runners have the opportunity to run many different routes in our area. This is a blessing as it is great to add variety in order to help with the boredom that comes from running the same route over and over again. The route which circles our community (Route 10, thru the village, over the bridge, School street, over the other bridge, back up to the #10 gives you a mix of hills with a few flat areas and covers about 3.5 kms.). If you want more of a challenge, the hilly Barss Corner Road is a great route to take. Simpson's Corner and Stanley Section also offer a variety with a little less intensity on the hills. Running hills helps to develop endurance and strength. If you are serious into training for an upcoming event, the Osborne hill will give you the greatest challenge! Route #10, either going towards Bridgewater or towards Springfield, offers a route that is great for those long, easy, relaxed runs. Also, consider running the track when you are feeling like having a softer surface to run on. These flatter routes are good for adding distance to your runs.

If you are interested in running a certain distance, it is best to drive from your starting place (usually your driveway) to the half-way point of the distance that you want to cover. This allows you to start from your home and end your run there, ready to grab a drink and jump into the shower! Ahhh!

Running can be an enjoyable and safe activity for all ages and fitness levels. The more serious you become the more knowledge you will need in order to keep yourself injury free and to make the most out of the activity. This article covers only the minimal information first time runners and others might find useful.

#### Happy Running Folks!

Interested in a Running Clinic? Call the Community Centre (644- 3695) for more information.

# South Shore Annapolis Valley Recreational Trail

On June 5th, International Trails Day, the 65 km of trail between New Germany and the Annapolis Valley was officially opened. This section is part of the 122 km trail which begins at the Goose Chase Road in New Germany to the Town of Bridgetown in the Annapolis Valley and Caledonia in the Region of Queens. It is a multi use trail with access including hikers, bicycles, ATV's, snowmobiles, skiers, and horses. Parking is available at various access points along the trail, including at the new Cherryfield Station.

The South Shore Annapolis Valley Trail Association has been working on this section for many years and will continue to maintain it. As well the Crossburn Snowmobile Club grooms the trail in the winter. The Association will now focus on the section between New Germany and Caledonia. For more information about the Association see their page on Facebook.



Borden's In The Woods Convenience Wilson's Gas Bar, Groceries, Laundromat & C@P Site Open 7 days a week 7am-9pm East Dalhousie Rd. 547-2741





See this newsletter in colour on the web @ http://newgermanycap.ednet.ns.ca

## New Germany Legion hosts Call to Remembrance

NG Legion Branch 102 was proud to host the Zone 13 Call to Remembrance competition April 6. In an impressive finish Liverpool defeated the host New Germany team to capture the Gold Medal. New Germany's team members Matthew Fancey, Alana Mosher, James Eichel and Wesley Eichel, along with alternates Avery Jenkins and Michael LaPointe and Coaches Steven McGill and Michael Wilson were disappointed with the loss after beating the same team in the semi-finals.

"It was a heartbreaker," said John Ryan, who has been the Call to Remembrance coordinator for New Germany Legion branch since 1997. However he was impressed by all the enthusiastic competitors. "The teams all worked very hard. They're an amazing group of kids."

In total, five teams - one from New Germany and two each from Bridgewater and Liverpool - competed to represent Zone 13 at the provincial championships in May. Each team consists of 4 members and at



## My office can assist you with any questions or concerns you may have on these and other issues:

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129 Aberdeen Rd., Suite 201, Bridgewater, NS B4V 2S7 Toll-Free: 1-888-816-4446 Local: (902) 527-5655 keddyg@ns.sympatico.ca www.geraldkeddymp.ca least one alternate from Grades 7, 8 and 9. Teams spend several hours a week practicing for the competition in addition to individual preparation.

"It's impressive and it's encouraging to see youth devote so much time to learning about Canada's military history," said Mr. Ryan, who spent 37 years in the military. "It teaches them about the wars and what their forefathers went through and what created this free country that we have. It is a wonderful program."

The Nova Scotia/Nunavut Command of the Royal Canadian Legion endorsed Call to Remembrance as a provincial program in 1996. Since then, hundreds of Nova Scotia youth have participated in the quiz program on Canadian military history.

NGRHS has entered at least one team every year since the inception of the program in 1996. They have won Gold twice and silver three times in Zone Competition with a best provincial showing of bronze.

The New Germany Legion Branch 102 is grateful for the support of the Ladies Auxiliary & other community organizations who contributed to making this year's event a success including Holland's Carriers & Michelin.



#### New Germany Connections

### Seniors Police Academy Workshop

On June 14th a group of 18 local 55+'s graduated from a seven week program designed to give them an opportunity to learn hands-on about crime prevention and safety in their homes and communities. Each week there was a guest presenter speaking on a variety of topics. The program took place at the New Germany Community Centre.





# New Germany Area on Internet

New Germany and Area has an extensive web site as part of C@P (Community Access Program). Our site includes Community events, local businesses, information about 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. As well, 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

Check out the New Germany area on the internet @ <u>http://newgermanycap.ednet.ns.ca</u> List your event on the website, see what is going on in the neighbourhood, and let people from "away" know what's going on in our community.

# New Germany Building Supplies

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# Baseball, Softball, Lob Ball

In our area there are three ball fields, Barss Corner, New Germany and Springfield.

At the **Barss Corner** field the Lob Ball League plays Monday, Tuesday, & Wednesday nights, weather permitting at 6:30. Field bookings can be made by calling Eric at 644-3403. Rentals are \$12/evening & \$50/weekend. Local youth groups are free when the field is available.

The summer schedule at the **Springfield Ball Field** is underway. All games start at 6:30p.m.

June	July	August	
17 Barss Corner VS Old Timers	08 Barss Corner VS Old Timers	05 Suspects VS Old Timers	
24 Suspects VS Old Timers	15 Suspects VS Old Timers	12 New Comers VS Old Timers	
28 New Comers VS Old Timers	22 New Comers VS Old Timers	19 Barss Corner VS Old Timers	
	29 Barss Corner VS Old Timers	26 Suspects VS Old Timers	

The Youth summer softball program at the **New Germany** field is being partnered with the Municipality of the District of Lunenburg Recreation Department. The following is a message from MODL recreation:

"We can send 2 staff out on Thursday nights, and depending on the registration, we may need a parent volunteer to help us out (to keep our leader:child ratio). We would need a minimum of 10 kids and a maximum of 30 for the group. As for age groups, we are more than happy to work with the 4-12 yr olds but are looking at getting someone more skilled to help out with the 13 & 14 yr olds. The price would be \$30, and games (if any) would be played on Tuesdays or Fridays when they have the field."

Contact MODL for registration and program information. They hope to start the program on June 24th. Courtney Whynot Sports Manager Lunenburg Municipal Recreation Department 530-3264 www.modl.ca



# **Charlie's Burgers**

# We're Expanding! Donairs now available.

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# **Specials**

#1 Cheese Burger Platter	\$4.99	#2 Three Cheese Dog	\$4.99
#3 Five pc. Fish & Chips	\$13.99	#4 Large Home Fries	\$2.99
#5 Ten pc. Scallops & Chips	\$7.99	#6 Digby clams	\$8.99

Canada Day Special Charlie's Pizza Slice & can of pop \$4.99

## Beginning in July our hours of operation are:

Monday to Thursday Sunday

11:30 am to 9:00 pm Friday & Saturday 11:30 am to 10:00 pm 11:30 am to 9:00 pm



Installation of Generator

Panels

# It takes a County to raise a community

The United Way of Lunenburg County believes that we are stronger when we work and pull together. Using a tried, true, tested and respected payroll deduction program, we raise money with the support of the local business community and then reinvest that money into programs and services that will make a meaningful and measurable difference in the lives of Lunenburg County residents. In this new age of government cutbacks, our belief is that we can wait for something to happen or we can make it happen. We choose to make things happen.

Great communities like New Germany and area have been the recipients of United Way of Lunenburg County funding for many years now. The problem is you may not know it.

The United Way has funded such school programs as Buster the Bus School Bus Safety Program and Commercial Toaster for New Germany Rural High School "Grab and Go" Program. We have also funded SSPL's Tale Spinners Early Literacy Program which was offered this past spring at the New Germany Community Centre.

New Germany and Area Food Bank and the North River Community Rink project recently received grants to aid them in their projects.

Many of the United Way of Lunenburg County funded programs that are benefiting the residents of the New Germany area are also benefiting other people throughout Lunenburg County. Some programs are just specific to New Germany. These programs are paid for by the payroll deduction donations of participating employees at over 50 participating Lunenburg County companies.

For additional information about the United Way of Lunenburg County or to launch your own payroll deduction workplace payroll deduction please contact our coordinator Michael Graves at <u>of-</u><u>fice@lunenburgcounty.unitedway.ca</u> or call 530-3072. More information about United Way of Lunenburg County funded programs can be found on our website at <u>www.lunenburgcounty.unitedway.ca</u>



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

Jeff Langille



# Lieutenant Governor's Education Metals

On May 26th the Honourable Mayann E. Francis visited New Germany Rural High School to

present the Lieutenant Governor's Education Metals. These medals are presented annually to one boy and one girl from Grade 11 in each school. The nomi-

nated students have demonstrated qualities of leadership and service in their school and community while maintaining a commendable academic standing. New Germany hosted the event for the South Shore Regional School Board.

Congratulations to Olivia Emino and Alex Knickle who were the recipients from NGRHS. As well, Pinehurst resident Adam Mertens, represented Parkview Education Centre.



# South Shore Health

It's Tick Season...

**Public Health Update** 

Blacklegged ticks (BLT's) are the primary source for cases of human Lyme disease. People may be exposed to BLT's that are often present in long grass or shrubbery. The risk of infection is very low if the tick is removed within 24 hours of attachment. Human cases of Lyme disease rarely cause death.

Helpful hints to decrease the risk of BLT encounters

- •Cover skin when walking, working, or playing in areas where ticks are found.
- •Wear enclosed shoes, tucking shirt in pants and pant legs in socks
- •Walk on well-traveled paths, avoiding high grass and vegetation
- •Use an insect repellent (DEET) following label directions carefully
- •Check yourself, children and pets after walking in grassy or wooded areas, particularly where BLT's have become common. Check clothing and inspect skin including arm pits, groin and scalp.
- •Remove ticks as soon as they are found. Carefully grasp ticks with tweezers as close to the skin as possible and pull the tick straight out. Clean the area where the tick was attached to the skin
- •See a health care professional if symptoms of Lyme disease or other tick borne disease develops after exposure to a BLT
- •Use simple landscaping techniques to reduce the number of BLT's around homes and parks.

Remember 'Enjoy the Outdoors safely', for more information please visit www.gov.ns.ca/hpp/cdpc/lyme.asp or call your local Public Health Office

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

# *Congratulation to the NGRHS Grads of 2010.*

Graduation, with about 50



grads, will take place June 28th at the school.



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## In This Corner Its Me & the Kids

Okay, so when did I become so uncool? I told my oldest child, who is just finishing grade primary, that she only has one more month of school! I was very excited, thinking of the days we'd spend swimming at the lake, picnics and lazy summer afternoons. I tried to ignore the disappointment in her eyes, but was totally crushed when she said "but Mom...what am I gonna do with YOU all summer. I'll be soooo bored!." Ouch! Wasn't it only 10 months ago we were preparing for her first day of school and she looked at me with big brown teary eyes and said "but Mom, I don't want to go to school, I'll have more fun at home with you". Don't get me wrong, I'm thankful she loves school, and I hope it continues for the next 13 years, but I must admit, I'm a little crushed she thinks I'm sooo boring.

So I sat down to think of some summer activities for the kids to do and possibly try to reclaim some "coolness", if in fact I had any to begin with. There are many great and inexpensive things to see and do in our area. Let us not lose sight of the reason we live and work in such a beautiful part of Nova Scotia. Take the time this summer to enjoy this beauty with your family. Don't get caught up in the idea that you need to schedule every moment of your child's time with structured activities.

My fondest summertime memories are the most carefree moments spent swimming at the lake with my friends and riding our bicycles to the Dairy Kone for an ice cream. So before those days of "Mommy, I'm bored", a little pre-planning might help. Sit down with your kids before summer break and help them make a list of fun things they can do without parental help (If you're lucky, they may even list some household chores... toilet scrubbing anyone?) Put each activity on a separate piece of paper in a jar. When they come to you with "I'm bored!." Get out the jar and have them choose two or three papers and have them decide which activity they would like to do.

Try hosting a summer party with a few of their friends. It doesn't take a lot of planning to entertain children outside in the fresh air. Ask them to bring their swim suits and towels as water games are a must. One of my children's favorites is the fill the bucket race. There is also water balloons, sprinklers, wading



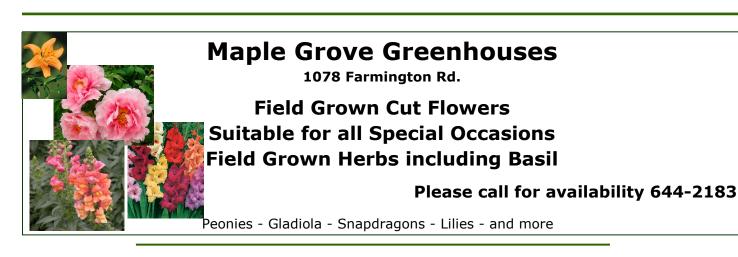
Indian Falls Park Photo from *lunenburgregion.ca* 

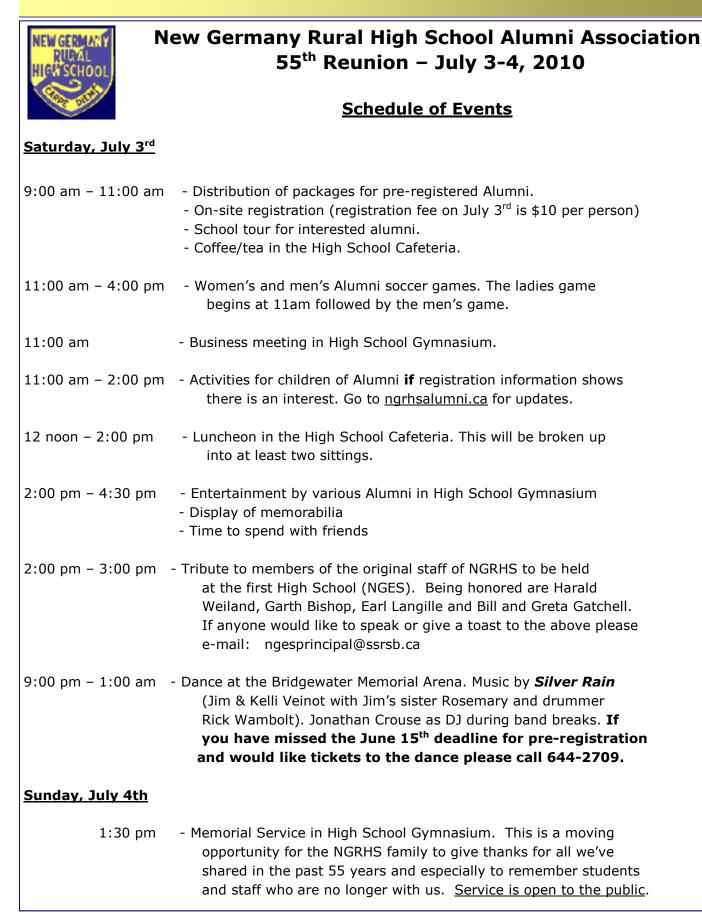
pools and the old fashioned favorite, a tarp placed on a hill with a squeeze of sunlight soap and the water hose. A homemade slip and slide!

There are many affordable activities you can do right in your own community like spending a Sunday afternoon at Indian Falls with a picnic lunch. We also have beautiful well kept trails to enjoy walking or by ATV, bicycle or horseback.

Make this a summer to remember with your kids, and keep in mind, it's the little moments and time spent together that make the fondest memories.

Have a great Summer everyone!





#### New Germany Connections

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



*Maureen Risser Community Development Coordinator E-Mail: <u>ngaps@ns.aliantzinc.ca</u> Phone: (902) 644-3695* 

#### We're on the web!! http://newgermanycap.ednet.ns.ca

#### NGAPS is having a 50/ 50 draw!

Money raised will help to pay the expenses of the next New Germany Connections Newsletter.

> Please consider supporting this Newsletter by buying a ticket.

Tickets are available at the Community Centre or from NGAPS supporters.

#### We really want to hear from you!

We are giving you a chance to win a \$20.00 gift card from any one of our advertisers - your choice.

Just send us a comment, suggestion or a donation and we will enter your name in our draw. If entering by email please put Contest in the subject line. If entering by mail please put Contest on the envelope.

Rules: Only one entry per email address. Sorry we cannot take contest entries by phone. Contest entries must include a comment or suggestion about the Newsletter or donation to the Newsletter. Draw date August 31st.

Looking forward to hearing from you.

**Next Issue:** As we finish this fourth issue of New Germany Connections we are already looking forward to our September publication.

For many groups, September is the beginning of their year. We are inviting all volunteer groups who work with children and youth in this area to submit a brief information piece about their organization and we will publish it for **free** in the next New Germany Connections.

Families in the area will be able to use this information to find activities which will interest their children. Please contact us by phone, email or mail at the addresses above.

## **Over to You: Send Us Your Comments**

We want your opinion. Please contact us by email @ <u>ngaps@ns.aliantzinc.ca</u>, phone 644-3695 or write to the address above.

NGAPS thanks you for reading the fourth issue of New Germany Connections. The local business community continues to support this Newsletter, but we would like the help of our readers. Please consider sustaining this Newsletter by sending a donation; your financial support is your vote for continuing publication. The costs involved include printing, distribution and layout with the revenue from advertising only covering a portion of these expenses.

Thank you for you donations and comments.

**Advertising Information:** You can advertise in this newsletter. We will be mailing 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  $1' \times 7''$  or  $3.5'' \times 2''$ . depending upon space and layout. Price per single ad is \$20.00. Multiple ad sizes are available.

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

New Germany Connections is also available on the community web site, in colour, with all ads included. **Community events and local businesses are listed on the web site for free.** Please contact ng\_cap@ns.sympatico.ca Next issue to be published by mid September 2010. 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.

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