### June 2015 Volume 7 Issue 3



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#### **Community Events**

•June 20 Penny Auction •June 20 Paddling NG Lake •June 24 WNES Graduation •June 24 Garden Club •June 25 NGES Graduation •June 29 NGRHS Graduation •July 1 Canada Day •July 4/5 NGRHS Reunion •July 6 Dog Walk •July 6 - 17 Swim Lessons •July 20 Slime Time •July 27 Trail Blazers •Aug 11 Master Chef •Aug 18 Artists & Architects •Sept 7 Labour Day •Sept 12 Blueberry Festival

### New Germany Area Promotion Society



## *Summer 2015*

In just one morning, on just one small stretch of road you can see volunteers in action. Lions working at a storage shed at the Lodge, folks opening the Food Bank, cars turning into Rosedale to visit the elders, and firefighters always on call. On July 1st you will see our community volunteers really in action, as they are the heart of the day. So this summer, if you are bored or at loose ends, get involved. You are only limited by your imagination!

# NGAPS Programs & Events

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

 $\frac{3}{15}$  **Garden Club Regular Meeting** the fourth Wednesday of the month @ 7:00pm. Summer meetings are often garden tours.

New Germany Health and Wellness Expo October 29th (page 15).

Countryside Christmas November 28th to December 6th (page 21).

Is your community group organizing an event, a fundraiser or celebrating a special occasion? Did you advertise on the

## NGAPS Community Calendar?

It's FREE!

New Germany Area Promotion Society maintains a New Germany Area Website in<mark>cluding a Community Calendar page</mark>.

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 or drop off to Village Glassworks during open hours.

http://newgermanycap.ednet.ns.ca



Also check out our Facebook page!

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 2015

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 \$8.00, Children 5-12 \$5.00, 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: Down on the Farm. No live animals or motorized vehicles. To pre-register call Pat Wentzell 644-3280. Prizes for all entries.



**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. For more info contact David Zwicker 644-3020.

2:00 pm Annual Street Parade Annual Street Parade leaves New Germany Elementary School and

proceeds through the village. Judging begins at 1:00 pm. Prizes sponsored by the RBC-Royal Bank, New Germany. To preregister your entry and class, call Christine Zinck 523-4373 (Classes include: youth, marching, organizational, novelty, business, and antique vehicle). All entries are welcome.



4:00 pm Bean, Ham and Salad Supper at the RC Legion Hall organized by the New Germany and Area Lions Club.

4:00 pm Garden Party following the parade, train rides, bounce around and other concession stands offering curly fries, pizza, donuts, ice cream, cotton candy, glow products and other sought after items @ New Germany Legion Grounds.

5:00 pm Opening Ceremonies including Canada Day birthday cake followed by an evening of live musical entertainment including: Judy and Paul Robar, Christina and the Mountainettes, Ivan and Nancy, Rob and Katrina, Vaughn Dumphrey, Silver Tones, Yesterday.

7:00 pm Presentation of Prizes to parade finalists.

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

Heritage





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# *What's at the Museum?*



Hat Mould D. 31.3 cm H 10.5 cm

A hat mould is a wooden block carved into the shape of a hat

by a craftsman known as a **block shaper**. It s used by hat makers or milliners to produce a hat. Today there are only a handful of block shapers left. This hat mould was used by Mrs. Jacob Wentzel.

Parkdale - Maplewood Community Museum is open for the 2015 season. Check their website for events.

http://parkdale.ednet.ns.ca

Admission is free, donations are always welcome.

# Free Little Library coming to Barss Corner

Looking for something to read? This summer you will be able to use the Little Library located by Mader's Store.

Take a book, leave a book (if you can), return the book or pass it on to someone who will enjoy it. The philosophy of the Little Library is to share books and encourage reading. These little librar-

ies are popping up all over the world. Google "little libraries" for more information.

Watch for yours in Barss Corner.







## 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 www.modl.ca



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## NGRHS Reunion 2015 Contact Information And Registration Form

SECTION ONE Contact Information	First Name and Middle Initial or Name:	Last Name/Maiden Name: <sup>1</sup>	Married Name: <sup>2</sup>	
contact mormation				
Street Number & Name:	RR # or PO Box #:	Post office or Community:	Prov/State & Postal Code:	
Country - If not Canada:	Telephone Number:	Email Address: <sup>5</sup>		

SECTION TV	VO 'class of'. Others give	What were your responsibilities at NGRHS? Check the ones that apply. As a student give 'class of'. Others give the years you worked at NGRHS				
NGRHS Histo	Student:	Class of <sup>3</sup>				
Custodian	Years:	Bus Driver	Years:			
Office Worker	Years:	Counselor	Years:			
Resource	Years:	Principal	Years:			
Vice-Principal	Years:	Teacher	Years:			

Registration	Cost per Person	Number	Total Cost	Payment Method: Click the button that applies
Registration Fee	\$5	14	5	Paying by bank-to-bank transfer for Total amount. (Email or mail this completed form.)
Guest Fee (max of 1) <sup>6</sup>	\$5			O Paying by <b>cheque</b> or <b>money order</b> for the <b>Total</b> amount. (Please enclose with this form.)
Lunch Tickets (300 tickets)	\$15			I will be bringing school age children with me. Select One: $0 \odot 1 \bigcirc 2 \bigcirc 3 \bigcirc 3+\bigcirc$
Dance Tickets (600 Tickets)	\$10			Name of Guest: ( for name tag )
Membership/ Bursary \$10 for five years(\$2 per year)	\$10			
		Total:		

#### HINTS:

1 Last name that you had while attending school or working.

2 Last Name you use now other than in previous slot.

3 The year you graduated with Grade 12 or the year you would have graduated if you had continued to graduation. This helps group together people with their former classmates.

4 Each former student or employee should fill out this form . We would like to have your NGRHS history and contact info.

5 Your email is the quickest and cheapest way to contact you.

6 A guest is anyone other than a former student or former or current employee.

Mail to: NGRHS Alumni Association PO BOX 121, New Germany NS BOR 1E0

Email to: alumni@ngrhsalumni.ca

This page is sponsored by Suzanne Lohnes Croft, MLA for the Lunenburg Constituency.

Page 5

## New Germany Rural High School Alumni Association 50th and 60th Reunion - July 4-5, 2015 **Schedule of Events**

Saturday - July 4

9:00 am - 11:00 am	<ul> <li>Distribution of packages for pre-registered Alumni.</li> <li>On-site Registration.</li> </ul>
	School tour for interested alumni.
	Coffee/tea in the High School cafeteria.
10:00 am	Softball Game
11:00 am	<ul> <li>Alumni Association Business Meeting.</li> </ul>
11:00 am - 2:00 pm	<ul> <li>Lunenburg Municipal Recreation Department will provide crafts and activities for children if pre-registration information shows there is interest.</li> </ul>
11:00 pm - 12:00 pm	Tribute to members of the staff of NGRHS at the first High School (now NGES).
10.00	Display of 50's - 60's memorabilia.
12:00 pm - 2:00 pm	<ul> <li>Luncheon - pulled pork on a bun if pre-registration information shows there is enough interest.</li> </ul>
1:00 pm - 4:00 pm	<ul> <li>Women's and men's soccer games.</li> </ul>
2:30 pm - 4:30 pm	Coffee House
	<ul> <li>Entertainment by various Alumni.</li> </ul>
	Display of memorabilia
	Time to spend with friends
9:00 pm - 1:00 am	<ul> <li>Dance at the NGRHS Gymnasium. Licensed venue!</li> <li>DJ</li> </ul>
Sunday - July 5	

## S

1:30 pm

Memorial Service in High School Gymnasium

For further details and/or revisions please check our website at www.ngrhsalumni.ca

The schedule is sponsored by Suzanne Lohnes Croft, MLA for the Lunenburg Constituency. Phone: 902-531-3095, E-mail: lunenburgmla@eastlink.ca, http://suzannelohnescroft.com/

### Did you go to school at New Germany Rural High? Did you ever work at NGRHS - teacher, custodian, office worker, bus driver, or administration?

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.

You can find up to date information online at www.ngrhsalumni.ca. We can also be found on Facebook by searching "NGRHS Reunion 2015".

There will be many opportunities 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. Registration on the previous page. Spread the word and we will see you in July!



## **Municipal Recreation News Summer 2015**

The District of Lunenburg Recreation Department will be in full swing this summer with its theme "Up, Up and Away!"



-Red Cross Swim Program: July 6 – 17, Mon. – Fri., Lake William Picnic Grounds, Barss Corner. -Heartland Tour Activity Day: (Ages 3-12) Thursday, July 9, 1 - 4 pm; Kinsmen Field, Bridgewater FREE! -Mountain Biking Camps: (Ages 8 - 12), Mon.-Fri., July 20 - 24 &/or August 17 - 21, Mahone Bay Centre -Goop's & Goo's Slim Time: (Ages 6 – 12) Mon., July 20, 1 – 3pm, Anglican Church Hall, New Germany \$7 -Trail Blazers: (Ages 6 – 12) Monday, July 27, 2 – 4 pm, West Northfield Elementary \$5 -Master Chef: (Ages 6-12) - Wed., August 11, 11am - 2 pm, Anglican Church Hall, New Germany \$7 -Artists & Architects: (Ages 6 – 12) Tues. August 18, 1 – 3 pm, Anglican Church Hall, New Germany \$7 -Sandcastle Competition: Saturday, July 18, 11 am – 5 pm; Rissers Beach Provincial Park FREE! -Bus Trip to Oaklawn Farm Zoo: Wednesday, August 5, 8:45 am - 4 pm \$35



-Bus Trip to MicMac Mall for Teens: Tuesday, August 18, 8:45 am - 3:30 pm \$20 -Bus Trip to Discovery Centre & Dartmouth Sportsplex: (Ages 6-12) - Monday, August 10, 8:45 am - 5:45 pm \$50

-X MARCs the spot! A pirate adventure for PRO Kids: Fri., August 14, 5- 8:30 pm, MARC, Dayspring \$5 pp

Check out our camps, sports and weekly special events for youth at various locations throughout the District. Watch for our weekly column in the LighthouseNow Log. Ask us about P.R.O. Kids funding!

For more information or to register for any of our programs, contact our summer office at 530-3285. You can also register online at www.modl.ca! "Like" District of Lunenburg Recreation on Facebook!



4928 highway 10 New Germany 902-644-3185 villageglassworks.ca FB: VillageGlassworksNS



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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!

Free advertising

for your community event, fundraiser or special occasion on the NGAPS community website.

> Send details by email ng\_cap@ns.sympatico.ca

Lorraine's Beauty Salon

4320 Lower Branch Road Stanley Section, New Germany

902-644-3373

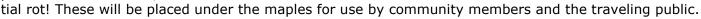


# Main Street Maples Project

During the 3<sup>rd</sup> week of May, all businesses and families living along Main Street, across from the maples, were given a letter of intent from NGAPS. This letter was asking them to help us keep the area around the maples clean and neat. They could do the work themselves or donate monies to help cover the cost of maintaining the area.

As of June 1<sup>st</sup> a number of families/businesses had agreed to help us and we scheduled a meeting for the early part of June to discuss whatever plans were needed to make the project move forward.

Three picnic tables have been purchased to replace the current ones, all of which have substan-



A new sign "Welcome to New Germany" is being researched. Hopefully, that will be in place sometime this summer!

Some new maple trees have been offered for planting and we are encouraging others to plant shrubs or flowers to help enhance the entire strip!

A clean-up of the area to remove downed branches has been completed by Bruce Penney. A financial donation has been received from Ruth and Hiram Carver. A Municipal Grant has been applied for by Councilor Cathy Moore on behalf of NGAPS. New Germany And Area Lions have provided two picnic tables and the waste sorting station.

Others have started mowing sections of grass either across from their homes or directly in front of their homes.

We are hoping more people will join us as we try to make New Germany an appealing place to live in, drive through, or even stop for a visit. If you want to get involved please contact:

Greg Selig Chair, Main Street Maples Project gdselig@ns.sympatico.ca 902-644-2153 Facebook





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.



425 King Street Phor Bridgewater, NS, B4V 1B1 mark

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



# Graduation

Congratulations to all the grads at our local schools.



West Northfield Elementary School Grade 6 closing is on June 24th at 6:30.

New Germany Elementary Grade 6 closing is on June 25th, 6:30 in the gymnasium.

New Germany Rural High School celebrates with its Grade 12 graduates on June 29th at 7:00pm in the gym. There will be 51 grads!

# **Congratulations**

The Lieutenant Governor metals recognize two Grade 11 students from each High School in the province for their dedication to academics and positive community involvement. Congratulations to Kaylee Hyson and Nolan Barkhouse who represented New Germany Rural High School.



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Advisor

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Email: carol.ann.demone@sunlife.com

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# New Germany Elementary School Early Years Centre

is made up of an Early Learning Program for children four years old, a Family Resources Room and a licensed daycare program.

Children in the *Early Learning Program* at New Germany Elementary School will be a part of a program that will promote play that puts them in charge of their learning much like the Reggio Emilia *Emergent Curriculum* approach. Children will be building on and creating new knowledge through exploration and discovery of the world around them using many materials and guided by their interests. Our goal will be to develop the skills and qualities of the whole child and prepare them to walk through life with their heads held high.

Educators will possess Early Childhood Educator qualifications to insure expertise in care for the child. We will strive to build strong positive relationships between home, school and the community and create a positive learning and living space for everyone. The program will follow the school calendar including holidays and closures and with the intention that children attend five days a week.

The *Family Resources Room* will provide services to families in the community by increasing accessibility through housing them in a familiar setting. We will have a schedule of events, services and workshops based on the needs of the community. We will provide a wide range of new programs and services to our families and community member as well as pre-existing programs such as those offered through the Better Together Family Resource Centre.

The *Early Years Centre* will host a satellite site of Small World Learning Centre for children 18-36 months. We are very excited for our community partnership and pre registration forms are available through New Germany Elementary or Small World by contacting Donna Stapleton, Executive Director 902-543-7343 or smallworld@ns.aliantzinc.ca

Our goal for the Early Years Centre is for it to become a community meeting space where families can come and feel welcomed, supported and heard. Along with services and resources we plan to have fun too! We will join the school and community in activities as well as plan our own fun and special events.

For more information you can visit us at our Facebook page or contact us at ngelc@gnspes.ca or 902-644-5020.



"Dedicated to Quality Education & Training, With a Human Touch"

# Bostonians Chant, "Go New Germany, Canada!"

As I ran the Boston Marathon course, lined with an estimated 1 million spectators, I heard over and over again, "Go New Germany, Canada"! (I wore a customized race shirt that said New Germany, Canada on it). Every time I heard it I got goosebumps and another shot of adrenaline that would keep me fired up and energized enough to reach the finish line in a personal best time! This despite the reports that said Boston was a tough course plus the fact that I ran into a headwind between 30 – 50km for the entire course with temperatures between 5 – 8 degrees and rain that sometimes came down hard. Crossing the finish line after running 42.2km I amazingly didn't feel tired! My body no doubt was, but my brain wasn't acknowledging it. Hearing this chant and the cheering from the crowds kept me on a high for the entire run. I felt proud every time I heard it and thought of all the people at home who were running with me. It was, without doubt, an experience I will never forget. One I have never had before, and one I will never have again! I finished in 3:48:45 which qualifies me to go again! How awesome that would be!

So,...to recap my day, April 20<sup>th</sup>, when I felt the most happiness I have ever felt in my life (after the birth of my girls),.....I will attempt with my words to share the feelings I felt. The joy, contentment, and pride in my heart,....

The day began early. Up, dressed, had breakfast, gear in tow, I boarded the limousine service that was provided by the Boston Athletic Association for the event. It took me from the hotel to a school near the start line where I waited with thousands of other runners to board a bus which then took me to an area where tents were set up to provide shelter while runners waited and where there were so many portapotties they would have easily lined the loop of New Germany on both sides! From there I walked 2-3kms to the start line. There was an endless parade of runners both in front of and behind me. It seemed we walked and walked and walked. It rained as we walked. It was cold, but I was not too bothered by it. I was just so thrilled to be there! Getting into my walking groove it took me a second to realize that I had walked over the start line and it was time to run! So off I went! Wow! I am actually running in the Boston Marathon! I was not nervous or worried about being in this strange city with millions of people around without Greg and the others who had come with me. I was not anxious nor did I question whether or not I could finish the run! I just ran and felt like I was where I was meant to be, doing what I was meant to do! I felt like a different person. I was not my typical quiet self! I raised my arms in pride many, many times as I heard "Go New Germany Canada Go" over and over again! As I look back at the photos I laugh as I think that I must have thought I was Rocky running along with my arms in the air, responding with, "Yes! New Germany Canada!" Those of you who know me know that I am a quiet kind of gal, but that day I yelled loud and many times! I'm sure I was still not heard because of the amazing energy and volume of noise coming from the crowds. This energy carried me through the 42.2km without even a hint of exhaustion. You're probably wondering how that might even be possible! Truth be told, I believe this is the power of positive energy and running the Boston Marathon was absolutely nothing but positive en-

ergy times a million! That's just how awesome and amazing it was! I would have loved for others to experience it with me in person, but believe me when I say that people at home were definitely with me in spirit. Cheering me on and thinking of me on that day. I felt you all in my heart and I am so grateful for all of the support. New Germany made its mark at the 2015 Boston Marathon! Remembering that it is the most prestigious and oldest marathon in the world makes me feel very proud that I was fortunate enough to be the one who put New Germany on the list of Boston Marathon participants in its 119<sup>th</sup> year! 97 countries were represented that day with almost 30,000 runners! Wow!

Thank-you to all the folks who supported me in doing this! I was so proud to hear "New Germany, Canada" chanted over and over again as I ran! Someday I hope to return and you all would be welcome to tag along! ~Janis Power



# Gerald Keddy, MP South Shore—St. Margaret's

## Main Constituency Office:

129 Aberdeen Rd., Suite 106 Bridgewater, NS B4V 2S7 Tel: 902-527-5655 Toll-Free: 1-888-816-4446 gerald.keddy.c1@parl.gc.ca • www.geraldkeddymp.ca



# Thank you for your support!

As you are all aware, I will be retiring, as Member of Parliament for South Shore - St. Margaret's, when the federal election is called this Fall. As such, I wanted to take this opportunity to let you know that I have appreciated and respected your support over the last 18 years.

A political career can be trying at the best of times and there is never a shortage of critics. The support from my family, friends, community members and of course my staff has made it all possible.

I leave politics proud to have served and humbled to have been able to assist on some important issues/projects. Whether it was helping locate a constituent after the Tsunami in South East Asia, helping negotiate Crown Share, which brought \$630 million directly to Nova Scotia, or supplying a Canadian flag to a local non-profit association, every issue was and is important.

Locally, my Private Member's Bill on Capital Gains Deferral for Woodlot Owners - later made into legislation - will have a positive impact on woodlot management throughout the riding. I was also proud to announce our Government's investment into Dalhousie University's Agricultural Campus' "Needle Retention Research Program."

Federal dollars have also supported large and small projects in the New Germany area including sewer system improvements, Canada Day celebrations, Parkdale-Maplewood Community Museum, Rosedale New Horizons, South Shore - Annapolis Valley Recreation Trail and the New Germany Legion.

I look forward to the future and will always look back on my political career thankful of your ongoing support.

Sincerely,

need beda

Gerald Keddy, MP South Shore - St. Margaret's

# New Germany Garden Club

Have you ever noticed the planters in the village in front of the Post Office, Fire Hall and Freshmart? These planters are maintained by the New Germany Garden Club. Each spring they are cleaned up, soil enhanced and summer annuals planted. If you take a closer look, you will see that there are also perennials in them. The perennials present are astilbe and lamiastrum. The astilbe is the tall center plant that has lovely feathery flowers in summer and the lamiastrum is the ivy that drapes over the sides. Throughout the summer members of the Garden Club take turns watering, fertilizing, and maintaining the planters. In the fall, the planters are again cleaned up and spring



bulbs planted. In December, the planters are filled for winter appeal. Club members gather up plant seed heads, dried flowers, colourful branches, and evergreens to fill the planters. Creating and maintaining these planters to help beautify our village is one way the New Germany Garden Club is able to contribute to the village.



# **Contest : Summer Fun -** If you were to match your community with summer fun

what would it be? Here are some of our suggestions.

В	С									
	C	А	S	V	Ν	Μ	Μ	Е	Т	1
Ζ	А	Ι	0	Ρ	Ι	U	U	S	Е	2
Х	Ν	S	А	W	Е	Κ	J	L	U	(*) 4
А	А	W	Е	S	Е	Κ	D	Ι	Μ	5
Х	D	Ι	U	В	Х	D	Ζ	А	S	6
V	А	М	А	В	А	0	0	R	Т	7
В	D	М	W	Ρ	Ι	L	L	Т	R	8
А	А	Ι	F	Е	Е	Ν	L	Ρ	Α	1
Q	Υ	Ν	С	М	Μ	Κ	U	J	W	1
U	U	G	0	S	С	V	Ρ	Х	В	4
К	F	Ν	Ν	Е	Ν	0	Х	С	Е	1
L	U	Ι	С	Ι	D	V	0	Ι	R	
0	F	D	Е	R	Н	Y	А	L	R	
0	G	А	R	R	С	S	Ι	0	Y	
Р	Н	Е	Т	Е	Е	Х	Ι	Т	Υ	
Ι	L	R	L	В	Е	Е	Ν	F	Α	

. Barss Corner - There's a field (of dreams?)(8)

- . Upper Branch Yolk them up and let's have an...(6).
- . Maplewood You can travel to the past here. (6)
- . East Dalhousie What's better than a (10) supper?
- New Germany So much to do and all in one day...(9).
- . Newburne There's (7) that need picking!
- 7. Wentzell Lake Chose your boat and go for a (6).
- 3. Scarsdale Let's get wet! (8)
- 9. New Canada Dig some worms and let's go...(7).
- 10. Springfield Summer (7) in a hammock at the cottage.
- 11. Union Square Maybe there will be a summer (7) in the hall?
- 12. Hike the (6) through many of our communities!

#### Answers:

7
8
9
10
11
12

Send your answers (to the address on page 23) by August 15th for a chance to win. Email entries also accepted, please put contest in the subject line. Only one entry per person please.

## LANGILLE'S CARPENTER SHOP

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Jeff Langille

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 www.modl.ca 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?

Answers to the April contest: eggs, turkey burger, maple syrup, blueberries, sauerkraut, hot chocolate, sausages, marshmallows, slushies, lettuce, Nanaimo bars.



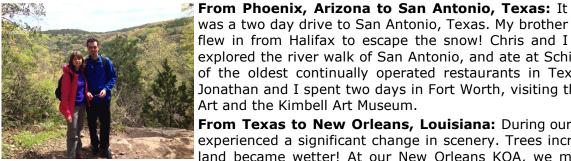
# A Year on the Road

~Catherine Voysey Fourdraine

The Road Ravers have returned home! Here's our travel report from our last seven weeks on the road.

In Pichacho Peak, Arizona, we stored our trailer. Then, we flew from Phoenix to Honolulu, Hawaii for a two week visit. We stayed at a hotel in Waikiki Beach, a neighborhood of Honolulu. We hiked, soaked in the sun and experienced Polynesian culture. We visited the island of Hawaii, commonly called the Big Island, the largest island in the Hawaiian archipelago. Hawaii has an active volcano which we saw as we flew into the airport. Our bus tour included a stop at the Hawaii Volcanoes National Park, where we saw steam vents from the calderas. We strolled along Punaluu Black Sand Beach where the sand is black from volcanic activity. We visited the Macadamian Nut factory and Big Island Candies and took in the scenery of the island's ranchlands and rainforests.





Catherine & her brother Chris: San Antonio, Texas

🌌 From Phoenix, Arizona to San Antonio, Texas: It was a two day drive to San Antonio, Texas. My brother

Catherine & Jonathan: Honolulu Hike

explored the river walk of San Antonio, and ate at Schilo's Delicatessen, one of the oldest continually operated restaurants in Texas. After Chris' visit, Jonathan and I spent two days in Fort Worth, visiting the Museum of Modern Art and the Kimbell Art Museum.

From Texas to New Orleans, Louisiana: During our eleven hour drive, we experienced a significant change in scenery. Trees increased in size and the land became wetter! At our New Orleans KOA, we met a couple from Ot-

tawa. Together, we went on a riverboat cruise and visited the Chalmette Battlefield, site of the Battle of New Orleans in 1814–1815. It was the

last battle of the War of 1812 and it ended England's efforts to regain control of the American Colonies. We went on a swamp tour in the Jean Lafitte National Historic Park. The captain of our airboat has ancestors from Nova Scotia. We spent several days exploring downtown New Orleans. New Orleans' French history makes it unique amongst American cities. A visit to New Orleans Museum of Art would be our last Road Rave visit to an art museum.



River Cruise: New Orleans, Louisiana



Sun Studio: Memphis, Tennessee

From Louisiana to Marion, Arkansas: The

campground in Marion is a twenty minute drive to Memphis, Tennessee. We spent several days exploring Memphis: Sun Studios, Graceland, Gibson Guitar Factory, Rock n' Soul Museum, the Peabody Hotel for the marching ducks, Beale Street where B.B. King played, and the Civil Rights

Museum. The Civil Rights Museum is built around the former Lorraine Motel, where Rev. Martin Luther King, Jr. was assassinated on April 4, 1968.

From Arkansas to Pigeon Forge, Tennessee: The campground in Pigeon Forge is a short drive to Smoky Mountains National Park. We spent several days hiking in the park including a 8 mile stretch of the Appalachian Trail. Each April, there is a popular

car show in Pigeon Forge, which we discovered during our visit! Car enthusiasts reserve a space on the sidewalks to view the vintage cars as they drive by.



Great Smoky Mountains National Park: Pigeon Forge, Tennessee

From Tennessee to Harrisburg, Pennsylvania: We drove for 10 hours through Tennessee, Virginia, West Virginia, Maryland and into Pennsylvania, where we spent the night.



Catherine and her aunt: Mass. Audubon Ipswich River Wildlife Sanctuary

**From Harrisburg, Pennsylvania to Ipswich, Massachusetts:** A 7 hour drive through Pennsylvania, New Jersey, New York and Connecticut into Massachusetts. Our road rave began with Catherine's aunt and uncle in July 2014 and now, our return visit, in April 2015, marks its' end. During our visit, we hiked, visited a meadery, and explored some neighborhoods in Boston. At Sullivan's, Jonathan and I had our first taste of lobster since leaving Nova Scotia last summer.(Sullivan's lobster is from Maine.) We walked through Fort Independence Park and watched the planes begin their descent into Logan's Airport. We drove around the University of Massachusetts and discovered the intense security was due to a visit from the Prime

Minister of Japan at the JFK Presidential Library and Museum. From Ipswich, Massachusetts

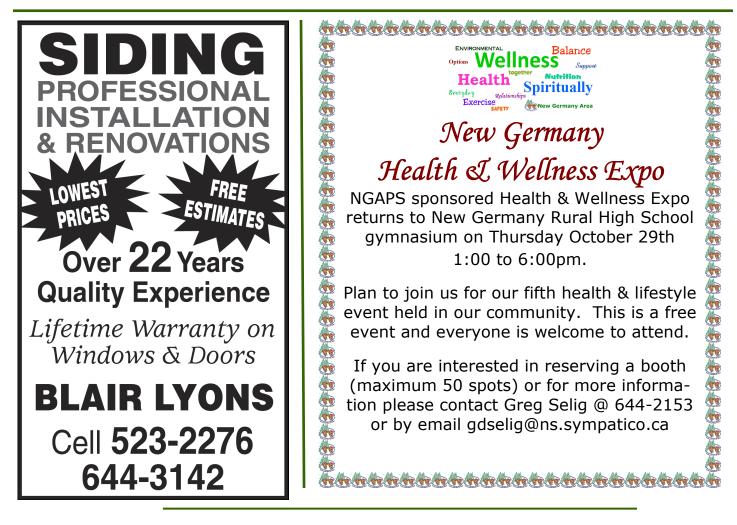
to Salisbury, New Brunswick: A six hour drive to our overnight stop in Salisbury. It was still "winter" in New Brunswick with temperatures hovering near zero, frozen lakes and snowbanks--our first glimpse of snow since San Antonio, New Mexico. From Salisbury, New Brunswick to New Germany, Nova Scotia: The Cobequid Pass was the snowiest stretch of our road rave. Nova Scotia greeted us with snow as well so we would not feel left out! 22, 000 kilometers of travel through 34 states, and 292 days on the road... Now, reflecting on our travels and our return,

there is really no place like home where we have our roots and our connec-



Tripper, our Road Rave mascot

tions. And scenery... we have experienced incredible moments of nature's grandeur in each state we visited, but Nova Scotia continues to sparkle. We are blessed to have this opportunity for travel but we feel even more blessed to be home with our friends and family!





## From the Lions Den

In May the New Germany and Area Lions Club celebrated 30 years since receiving their charter. King Lion Nancy Veinot closed the evening with the following remarks. Fellow Lions and Guests

Tonight we gathered to celebrate the accomplishments of the New Germany and Area Lions Club on our 30<sup>th</sup> anniversary. We are a service organization that began with a group of local men primarily businessmen – much like the original Lions Club started by Lions' Founder Melvin Jones in Chicago back in 1917.

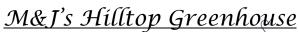
In the early years this club held bingos, variety shows, breakfasts, roast beef suppers and Hawaiian Ham suppers. The apple sales campaign was a major fundraiser for many years – selling and delivering as many as 600 bushels in one fall. We Lions helped seniors by having wood chopping parties and we made calls to remind folks to attend the blood donor clinics. The club gave many \$25.00 and \$50.00 donations and were extremely proud when a \$500.00 cheque could be written There were many Health & Welfare needs at the time; dentures being one of the common requests.

Now many years later, radio bingo has replaced the hall bingo. Salad plates, apples pies, roast pork suppers along with duck races have become the new fundraisers. Ticket raffles come and go. Chase the Ace was tried and tossed. We maintain a park area and we do Adopt-A-Highway. Today we are no longer a male club. Fifty percent of the roster is made up of women, many holding leadership positions. The Club has its' own generation of children ages 4 – 6 who have benefitted from our 3 year Baby Car Seat and Stroller Program. We provide kiddie train rides at many fundraising events and we participate in many parades. We continue to support locally but are also global with our donations for providing assistance for humanitarian causes. Our donation figures have grown substantially.

In thirty years, we, the New Germany and Area Lions have touched every small community within our geographical boundaries and beyond. Schools, nursery schools, playgrounds, churches, rinks, community halls, medical centres, hospitals, sports teams, Cubs, Scouts, Brownies, 4-H, athletes, and scholars provide the most visible evidence of our funding. However, the best kept secrets of our service and donations lie in the small corners of desperation – families struggling to pay bills after illness, injuries or loss of jobs, trying to keep the heat on in their homes, to find money for medications, to help that child with a rare genetic condition, to purchase a backpack feeding tube that supplies nutrition to a toddler, and families who lost their homes to fire, are all examples of why we are proud to be Lions – providing service to others.

Much of the club's success is attributed to our members' firm belief in the Lions Code of Ethics - to give freely of your time and means. However, we would not be here today if it was not for strong community support, which continues to grow based on our reputation of service to others.

The Charter Members collectively led us to this celebration. Let us applaud them. If it were not for their time, service and commitment to an organization that would benefit the community, who would fund



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Annuals, Perennials, Containers, Vegetable transplants, Plant pots Hanging Baskets, Planted pots.

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Open for the gardening season. Come and see what we offer!

these worthy causes? Thank you.

- King Lion Nancy Veinot

The Lions Club is doing a walk for **Service Dogs Fund Raiser** on July 6th at 6:30 p.m. Meet at N.G.E.S. Registration at 6:30 walk at 7:00. Donations accepted. Sponsor sheets are available from Lion Kelly Hansen at 902-644-7711.



Read this newsletter in colour on the web @ http://newgermanycap.ednet.ns.ca Also available at New Germany Freshmart, Mader's Clover Farm Supermarket, Village Glassworks, Bordens in the

Woods, Tammy's Country Stop and other locations.

## The One Room School in Pinehurst

#### ~Ron Wile

The first school in Pinehurst was built in 1872 on land that later became the northern part of the cemetery. It operated until 1876 when it was moved to the present site, which was nearer to the center of the school section. In 1882, at the cost of \$400. this school was replaced by the larger, present one.

The new school was a typical one-room country school with a front entry providing space for the sink and water cooler, separate coat hooks for boys and girls and two doors leading into the classroom. Inside, a large central wood stove stood



at the back of the room near the woodshed door. Three rows of wide desks with hinged bench seat, each seating two students, faced the teacher's desk at the front. Chalkboards, a library cabinet and a Map of the World took up most of the space along the right side and front wall. Four windows on the left side of the room provided lighting. Pencil sharpeners were attached to the windowsills.

There was no well or indoor washrooms. Students carried drinking water in a pail from the neighbouring Eisnor family well. Two outhouses were located at the back of the property.

Playgrounds consisted of a small field used for games such as softball and hopscotch, and the woods behind the school.

In 1941 a flagpole was erected in the front yard. Students raised and lowed the flag each day.

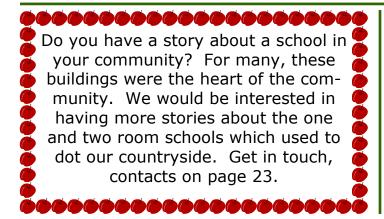
One teacher taught 20 - 30 students including all grades from primary to 10. Students wanting to take grades 11 or 12 went to Bridgewater High School or Lunenburg Academy.

New Germany Rural High School opened in September 1954 and grades 7 to 12 were bussed to this new, large multi-room facility. The Pinehurst School continued on for the remaining grades until 1962 when the West Northfield Elementary School was built.

Seabreeze Campers purchased the school property in 1965 and has used the building as a clubhouse since then. Regular maintenance has preserved the original wood shingles, trim boards and windows. A new steel roof was installed in 2011. Inside electrical lighting and heaters were installed and the wood-shed became a kitchen. During 2011 the partition and brick chimney separating the front entry from the main room were removed, thus completing the transition from an entryway and school classroom to a single, larger meeting room with stacking chairs for seating.

Several changes are noticeable around the property. Gone is the large maple tree close to the school, the big pine near the Eisnor property line and the flagpole. However there are two interesting, tall pine trees along the front edge of the parking lot. These were planted there more than 50 years ago during a spring clean up - "arbor day".

In June 2012 there was a reunion of the Pinehurst School students and staff including an open house at the school.

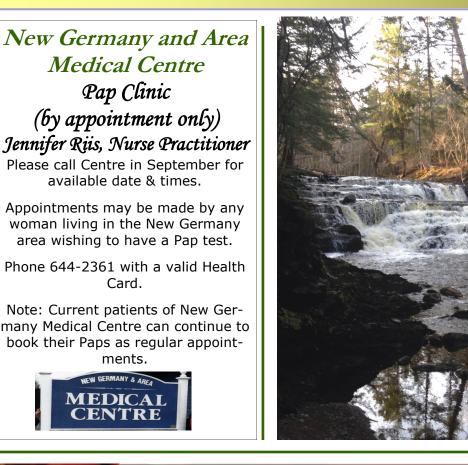


## Cathy's Beauty Salon

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

Phone 644-2922 Will do house calls.





Our Spring walks included a side trip to the falls just off the South Shore Annapolis Valley Trail. The water was in full force, heading for the LaHave River.



# Come in for a Charlie Burger or Pizza.

- ▶ 5 piece fish & chips for **\$14.99**
- ► Lots of delicious donairs.
- ▶ 12" 3 regular toppings pizza **\$10.00** tax in.
- ▶ 16" 3 regular toppings pizza, 16" garlic fingers **\$26.99** + tax.
- ▶ 16" works and 16" garlic fingers **\$31.99** + tax.

We also have hard ice cream.

5157 highway 10.....644-2400

# The Blueberry Lady of Barss Corner

#### ~Donna Finck

In my community of Barss Corner there is an annual ritual: picking blueberries at Myrtle Taylor's Farm. It all started in 1955. Myrtle's husband R. McLearn Taylor, known to everyone as McLearn, became one of several farmers involved in the "active breeding program" at the Kentville Research Station under the direction of Ernest Eaton. The Nova Scotia Dept. Of Agriculture planted eight rows with eighty blueberry bushes each row at the Taylor Farm. The Department was trialling two high bush blueberry cultivars that were bred in New Jersey by the U.S. Dept. Of Agriculture. These came to Kentville for further testing and were named Earliblue and Blueray. Blueberry Acres farm in Canning and another farm near Comeauville on the French shore were also involved in the trials. At that time high bush blueberries were relatively unknown. The small wild blueberries native to the province grew well almost everywhere and were being grown commercially and for home consumption. "No one else around here at that time was growing the high bush berries." said Myrtle.



McLearn died in March 1974 and Myrtle had to decide what she would do with the blueberry business. It wasn't making a lot of money but she hated

to see it abandoned. She had helped with the maintenance before but now she had to learn all the ins and outs of the business herself. She decided to do it. The Dept. of Agriculture came for several years to spray the berries for a blight called 'mummy berry'. The spraying became her responsibility after a few years. She was given a video tape with instructions on how to prune properly and that is how she learned to prune. The shrubs were perfectly happy with N.S. acid soil but had to be fertilized each Spring with 8-8-8 and magnesium. When they matured in August and September it was time to harvest and bring them to market therefore people had to be hired to pick and markets had to be found. Myrtle said she had many fine young men and women from around the community who came to work for her maintaining and harvesting blueberries over the years.

Myrtle is living proof of the goodness of blueberries. At ninety-nine years of age she may be the oldest blueberry producer in Nova Scotia. Now days she alternates between her lawn tractor and her car to get down to the bushes during the harvest. She has good help but takes a turn at picking berries and handling the money. "I enjoy seeing the people." says Myrtle. "I look forward to it."

Picking time gets advertised about the same as it does for the birds- by word of mouth. People come in from all over because these are the sweetest, most delicious berries you can imagine. At present those blueberry bushes stand 8' to 10' tall and are about the same diameter. Myrtle's assessment of the cultivars planted all those years ago: "Earliblue grows small berries and comes first, as the name implies. Blueray has bigger berries, ripens a little later and makes up a majority of the 360 shrubs still producing today."

Myrtle says she feels a certain expectation from the community to keep the u-pick going and no doubt she does. A friend of mine, distraught over the thought of going to someone else for blueberries, ex-

plained it perfectly. "I don't want other blueberries! I want Myrtle's blueberries!" No doubt many others around here feel the same way. Myrtle responded, "I don't know how much longer I can do this but who knows?"

It would appear that there has been a fine balance struck between Myrtle, the blueberries and all of those who enjoy the pleasure of blueberries fresh off the bushes. Thank you to the pioneers at the N.S. Dept. of Agriculture for their work developing the plants and introducing them to all of us. Big thank you and hats off to you, Myrtle, for all these years of yummy fruit that adds so much to life in our community.

Day Lily Sale

July 29 - August 2 \$5.00 each Barbara Veinot 157 Simpsons Corner 644-2451

#### Volume 7, Issue 3

# Connections Reflections with:

Hendrika Van't Hof Feindel

After 58 years in Canada she is still known as that Dutch lady.

Hendrika has lived in Barss Corner for 50 years. She is the mother of six, grandmother to 14 and great grandmother to 12. At the age of 84 her life is busy and full.

Her story is interesting. Born in the village if Amersfoort, Holland in 1931 she was the only girl in a family with 8 brothers.

She had a happy childhood. Hendrika attended a two room school, an hours walk from her home. She especially liked arithmetic and remembers she did not have homework. She attended a sewing school where she was taught by nuns.

Sewing has been a life long love as she continues to spend many hours with some type of needle in her hands.

When Hendrika talks about her childhood she remembers everyone owning a bike. Bikes were used for transportation as well as for fun outings.

In the daytime everyone wore wooden shoes, even in winter. They were warmer and cheaper than leather footwear which was reserved for Sundays. Leather footwear came into daily use when Hendrika was in her mid-teens.

St. Nicholas left gifts, a big cookie and candies on December 5<sup>th</sup>. The 25<sup>th</sup> of December was a time for church and family dinner. Her brothers raised meat rabbits to be sold at Christmas. Holiday outings involved bike riding and a visit to the zoo.

Hendrika lived in Holland during the occupation of World War II. Her school was closed for two years because of the bombings. The first couple of years things were fairly normal for the family but then food became scarce. Her brothers had to stay home because the Germans would force them into service. She, at the age of nine, would be the one to go on her bike for milk for the family. She was too young to be afraid and the Germans were not a threat to a child of that age.

At the age of seventeen Hendrika met Marinus Van't Hof who would become her husband for 27 years.

As was the custom of the time, their wedding was an all day celebration. Hendrika and Marinus were married in the courthouse in the morning. They had a light luncheon for the family. The church ceremony was held in the afternoon followed by a dinner celebration and a dance.

Marinus wanted to farm so they immigrated to Canada in 1953. At that time they had one child, a three year old daughter.

They lived in the Annapolis Valley where Marinus worked on a farm for 2 years before buying his own pig farm. Four more children were born during their years in the Valley.

An opportunity to own a 200 acre dairy farm brought the family to Barss Corner. Life was busy for Hendrika. Her sixth child was born during this time. Along with the household duties, which included daily bread making, Hendrika also helped with the care and milking of 25 to 35 cows and the feeding of the broiler hens. This was a very happy time with lots of laughter and socializing.

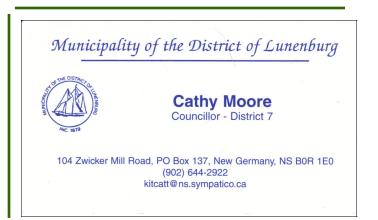
When Marinus became ill, Hendrika's brother Hank came to Canada to help with the farm work. He found love and became a Canadian citizen.

Unfortunately because of illness Marinus had to sell the farm.

After being a widow for several years Hendrika married Robert Feindel.

Hendrika still lives in Barss Corner where she keeps busy with her church and her family. She continues to garden, knit, crochet, sew, and quilt. She loves to swim and chat over a cup of tea. She will tell you it has been a good life.

~Hendrika was interviewed by Peggy Smith



# Countryside Christmas 2015

Six months have jingled by since New Germany Area Promotion Society hosted the first Countryside Christmas. Before we know it, it will be time for NGAPS's second Countryside Christmas, deck your calendars **November 28th until December 6th 2015.** 

NGAPS brought Countryside Christmas to life last year to ignite the community and holiday spirits, that was definitely accomplished during the nine days of Countryside Christmas. As we begin to get ready for this year's festive excitement, we are seeking like-minded individuals who would like to take part in the Countryside Christmas preparation.

Countryside Christmas takes place in the NGAPS territory. We will advertise your holiday event if it happens during Nov 28-Dec 6 2015 and if its anywhere between Cookville to Springfield, Nineveh to Upper Cornwall. We will promote events on our community website, through social media, in New Germany Con-



nections, throughout the area on our Countryside Christmas posters and by other means.

Last year, there were nearly thirty jolly activities filling the 9 days of 2014's Countryside Christmas. NGAPS hosted Christmas House Tours, a family movie night and the annual tree lighting with carol singing; Rosedale Home for Special Care held a Christmas Tea; there was a jam session in North River; an exercise class with the Morning Glories; a pot luck supper and card party in Simpson's Corner; a Christmas Tea at the Anglican Hall; a Christmas concert and a Christmas show in Parkdale/Maplewood; the Pinehurst Hall held a candlelight breakfast, a merchandise bingo and a penny auction; NGES hosted a Christmas Festival and market; NGRHS held their Night of the Arts; Better Together held a young children's Christmas party, and many other events were put on by others.

We would love to see a growth in local businesses involved this year, offering Countryside Christmas specials, open houses, sales, events or whatever other holiday-themed activity that can be created. Some of the business events involved last year were: a homemade ice cream demo at Mader's Store; an open house at Village Glassworks; tastings at NSLC; customer appreciation day with Santa visits and live entertainment at the Freshmart.

Keep in mind the free advertising we will give businesses for your support of Countryside Christmas!

The Christmas House Tours were a highlight for many people last year. A limited number of tickets were available for the House Tours. We had four festive and gracious hosts open up their beautifully decorated homes (and one Santa's Village) for our community. We are looking for 3 -5 hosts for this year's Christmas House Tours.

Many organizations took part during the 2014 festival. Several groups held events to raise money to support their organization or hall, while NGAPS provided free advertising. A portion of the funds raised for the events that NGAPS hosted were donated to the New Germany Schools breakfast programs.

Are you wondering what you can expect this year for the second Countryside Christmas? We are hoping for lots of community spirit and even more events! Let us know of your Countryside Christmas function; if you would like to be a host for the Christmas House Tours or if you want to help with the planning of Countryside Christmas. The more the merrier! Get in touch, our contacts are on page 23. ~ Michelle Greek



# Postcards from New Germany #3

It's time for the 3rd NGAPS Postcard Contest!

New Germany Connections

## The theme is Canada Day - Past or Present

Send us your photos of New Germany Area Canada Day - Past or Present and your photo could be the next postcard in our postcard collection. We are looking for photos that capture the excitement and spirit of our area on Canada Day. It could be a photo from 1960's or a shot from July 1, 2015. The winner will receive a \$100 gift certificate from one of our 2015 Newsletter advertisers. Plus, the best picture will be featured on a postcard available throughout the community!

Email all submissions to ng\_cap@ns.sympatico.ca between June 15th and July 15th. Or take your photograph to Village Glassworks during business hours, where it will be scanned and returned to you.

All submissions must be original. Images must be from New Germany or the surrounding area. If your photograph is chosen as our winner a waiver form is required to be signed.

NGAPS will decide on the finalists before uploading the images to the NGAPS Facebook page, where anyone can vote for their favourite. The photograph with the most Likes will be the winner.

All entries must be submitted on or by July 15th; limit of 6 entries per person.

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





#### Page 23

# The Almost Back Page Info about this Newsletter

*New Germany Area Promotion Society New Germany, NS. BOR 1E0* 

*E-Mail: ng\_cap@ns.sympatico.ca Phone: (902) 644-2922* 



## Next Issue:

Will be early September. 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 April 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 Linda Foster. She chose a gift certificate from New Germany Freshmart. Congratulations Linda.

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. 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 <u>Facebook page</u>. 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  $3.5" \times 2"$  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 mid September. 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 local folks who are making things happen

For this installment, I spoke to Julie Veinot, who is the Executive Director of Sexual Health Centre Lunenburg County. You may have heard her on CBC radio recently, or read her new column, *Healthy Sexuality*, in the South Shore Breaker.

#### Some would say that our culture's already sex-obsessed. Why do we need to talk about sex more than we already do?

That's a good question, because we really are... If you watch videos, or movies, or even look at clothing—we're a hypersexualized culture. The problem is we don't often see sex in a healthy manner. But it's really important to question the way sexuality is portrayed in our world. Is this how we want to see ourselves? Is this how we want to live? Is this how we want our children to experience life?

# Over the past couple of years, there have been some high profile sexual assault cases in the media that have raised awareness about the importance of understanding what is and isn't consent. As a parent, I wonder about how early I can talk to my kids about consent, and how do I do it in a way that doesn't freak them out?

Conversations about consent can really start as young as you want. Even talking to kids about which times it is appropriate for someone to touch them and that it's okay to tell them that they don't want to be touched. It really is a fundamental human right to have control over our own bodies. You can talk to your kids about having power over their bodies really early on, without referring to sex. For example, even when they are 2, and you go to the doctor, you can teach them that the doctor only touches them when the parent is in the room and because they are sick. You want your kids to be able to say, 'don't touch me, I don't like this.'

It's important to remind your kids that everyone has the right to decide what happens to their body. Tell them that not everyone wants to be touched all the time, so they should ask before they give someone a hug or kiss. This can start when they are young. As they get older, they should be reminded that people can't give permission for any kind of intimate activity if they are drunk or if they are in a situation where they might be scared to say no. They should always ask for an enthusiastic yes, and not wait for a hesitant no.

# As a parent, I also find it difficult to know how to talk to my kids about technology and sex! Of course, when we were young we didn't have ipods or a 'share' button. How do you talk to young people about sexting [sharing sexual photos of themselves]?

Again, it goes back to consent. Nothing should ever be done with another person unless you both want to do it. And technology brings in two things: one is that it is permanent. So, it's important to talk to kids about long-term consequences, even if they are consenting to [sharing photos]. For example, you might have a partner who, down the road, pops up with this picture, and you're trying to get a job as a teacher... is that something that you want circulating in the community? It is now illegal to share intimate photos without permission, but that doesn't stop the photo from being seen or costing you a job. The other issue around technology is that, under 18, child pornography laws could come into play. Police aren't eager to intervene when it's between two consenting youth who are within an appropriate age relationship, but it's still a risk. It is an adult activity that might be best for later on. It goes back to being in charge of your body and making healthy decisions about it.

It's important to talk to youth about any kind of sexual activity, so that they are not pressured into doing something they're not ready for. Another important piece is to be that kind of parent that a kid can come to if they do get into trouble, or to help them solve a problem before it gets out of hand.



#### That's the magic question! How do you be that parent?

[Laughs] It's easy for me to say because I don't have children! But it can be as simple as opening up lines of communication and saying, "I'm here to answer any questions you may have." And it may not come for a year; it may not come for 5 years... Interestingly enough, kids want to hear from their parents about sex. Surveys are showing that kids really value what their parents think about this sort of thing. So, even though they

might go, "ew, gross!!" when parents talk about sex, it's also important for parents to say, "if you have any questions, I'll do my best to answer them." And if they have a question you can't answer, it's a matter of saying, "let's look this up and try to find out together" and go from there. A few tips: when you're driving in the car, because you have something else to focus on, you can have that awkward conversation without having to stare at each other across the table. Or fishing, or gardening... Even when you watch TV, if there's some kind of relationship issue, you can say something like "I don't think that's a great idea..." Parents often expect a lot of themselves— to have 'a conversation' that covers everything in one big talk—but dropping hints that you are open to talking about it, and having smaller conversations, takes some of the pressure off everyone.

#### ~Julie was interviewed by Alison Smith

For more information about the services provided by Sexual Health Centre Lunenburg County, visit http://www.sexualhealthlunenburg.com/ or call (902) 527-2868.