



# New Germany Connections

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## Autumn to Winter 2013

The flower of this season is the brilliant red poppy. Soon the colour will be green with a constant parade of trucks carrying Christmas trees from our corner of the world to all over the world! There are many events happening this season, some old favourites and some new. We hope you will be able to participate and support your community. Enjoy the season and we will talk again in 2014.

## NGAPS Programs & Events

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

**Garden Club Regular Meeting** at the NGRHS Library the fourth Wednesday of the month @ 7:00pm. Garden Club will occasionally have an off site meeting. Please check our community web site.

**Literary Night in New Germany** at NGRHS Library, November 13th, 7:00pm with Laura Best and Alison Smith. Everyone welcome to attend. More info page 17.

**Christmas Tree Lighting & NGAPS Open House** at Lion's Park & St. John's Hall, December 5th @ 6:30. Everyone welcome. See page 24



## Community Events

- Nov 11 Remembrance Day
- Nov 13 Literary Night
- Nov 23 Christmas Tea
- Nov 24 New Germany Christmas Festival
- Nov 27 Garden Club
- Dec 3 NGAPS Meeting
- Dec 4 Concert @ NGRHS
- Dec 5 Christmas Tea
- Dec 5 Tree Lighting & NGAPS Open House
- Dec 24 Christmas Eve services
- Dec 25 Christmas Day
- Jan 1 New Year 2014
- Jan 16 Pap Clinic
- Jan 22 Garden Club

## Free Advertising for Community Groups on NGAPS Community Calendar



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

Any group or organization in our area can advertise their event on this page at no charge. Please send listings to:

ng\_cap@ns.sympatico.ca or drop off to Village Glassworks during open hours.

The more listings we have, the more views the page will have and the greater the interest will be in everyone's event. Let's work together.

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

Also check out our Facebook page!



## *Remembrance Day*



### Remembrance Day Service – Parkdale Cenotaph located in front of Parkdale/Maplewood Emmanuel Baptist Church

Gathering at the Cenotaph

10:30 am "O Canada", placing of Wreaths, Crosses and Sprays;

11:00 am Two Minute Silence followed by the Last Post (trumpeter) and a Prayer by our Baptist Minister;

Those in attendance enter the church and remain standing;

Military and RCMP Veterans, and serving Military and RCMP are piped into the church for the service.

Luncheon follows the service in the Community Hall (all in attendance are invited).

## **The Royal Canadian Legion, Branch 102 New Germany**

### **Week of Remembrance Events 2013**

#### **Sunday- November 10<sup>th</sup> – Service of Remembrance in Springfield**

1030 Hours Legion members gather

1100 Hours Service of Remembrance

Legion and Ladies Auxiliary Color Parties

All welcome

#### **Thursday Nov 7<sup>th</sup>- Service, West Northfield Elementary School**

0930 Hours Legion members gather at the school

All Legion & Auxiliary members welcome

#### **Friday-Nov. 8<sup>th</sup> Service, New Germany Rural High School**

1300 Hours Legion members gather at the school

All Legion & Auxiliary members welcome

#### **Friday Nov 8<sup>th</sup> Service New Germany Elementary School**

0930 Hours Legion members gather at the school

All Legion & Auxiliary members welcome

#### **Monday - November 11<sup>th</sup>**

1030 Hours Parade participants gather at the New Germany Fire Hall

1045 Hours Form up Parade and March off

1100 Hours Service of Remembrance at the Cenotaph, Epworth United Church

Service in the church for adults

Service and refreshments at St. John's in the Wilderness for youth and families

1200 Hours Form up Parade and March back to the Fire Hall

There will be a lunch provided at the Legion for participants 19 years of age and over

Afternoon Friendship, Camaraderie and entertainment in the Legion clubrooms

1700 Hours Social Hour

1800 Hours Banquet

**Tickets must be presented at the door.**

**Dress code as per Legion By-Laws**

*Ever wonder how the money collected in our area for poppies, wreaths and crosses is spent? Here is the Poppy Campaign Financial Report for the New Germany Legion.*

In Canada, the Poppy has stood as a visual symbol of our Remembrance since 1921. However, its presence over the graves of soldiers, and in the fields of honour, was noted as early as the 19th century after the Napoleonic Wars. The reason for its adoption over 100 years later in Canada was due to, in no small part, Lieutenant-Colonel John McCrae and his now famous poem, "In Flanders Fields".

The lapel Poppies that are worn in Canada today were first made, beginning in 1922, by disabled Veterans under the sponsorship of the Department of Soldiers Civil Re-establishment. Until 1996, Poppy material was made at the "Vetcraft" sheltered workshops run by Veterans Affairs Canada in Montreal and Toronto. The work provided a small source of income for disabled Veterans and their families, allowing them to take an active part in maintaining the tradition of Remembrance.

When it no longer became practical for Veterans Affairs Canada to maintain the "Vetcraft" operations, The Legion volunteered to take on the continuing responsibility for the production of Poppies. In so doing, Dominion Command has awarded a production contract to a Canadian company to produce the Poppies. All operations are conducted under strict Legion control and oversight.

~From [www.legion.ca](http://www.legion.ca)



NEW GERMANY POPPY CAMPAIGN FINANCIAL REPORT  
FOR THE PERIOD OCT. 1, 2012 - SEPT. 30, 2013

Opening Balance	\$2,537.21
Income from Campaign	<u>\$5,499.03</u>
TOTAL	\$8,036.24

CAMPAIGN EXPENSES:

Poppies, wreaths, crosses & Promotional material	1113.40
Office expense	48.00

DISBURSEMENTS:

Veterans Nov. 11 meals	240.00
Bursaries	1500.00
NS/NU Command Benevolent "Fund	600.00
Youth Education Program	<u>460.00</u>
	\$3,961.40

Closing Balance **\$4,074.84**

\* Another successful campaign thanks to New Germany & Area residents and volunteers.

Submitted By: Aart Veldhoven, Treasurer

Note: Cheques were sent on Oct. 2:

Fisherman's Memorial Hospital	600.00
2 Bursaries	<u>1000.00</u>
	\$1,600.00

Oct. 3, 2013 Balance \$2,474.84

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Honour Our Veterans - November 11th.

### NGAPS Volunteer Opportunity Ad Manager Wanted

NGAPS requires an Ad Manager to contact our existing and new advertisers prior to each issue, working with the Volunteer Newsletter Editor so we can continue to produce the quality Newsletter you expect.

If you want to see this Newsletter succeed and you enjoy meeting and talking to people this is the opportunity for you. Get in touch by email at [ng\\_cap@ns.sympatico.ca](mailto:ng_cap@ns.sympatico.ca) or by phone 644-3185



### 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 644-2922 for more information.

## Reconnecting...

In our June issue of Connections we started a new feature where we catch up with former residents of this area. In this issue we reconnect with Jenna Nodding (page 14).

Do you know someone we might feature? Please get in touch (contact information on page 24).

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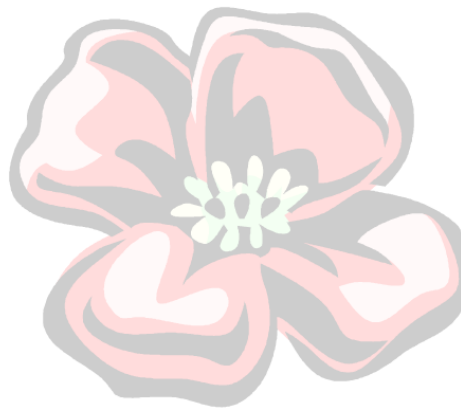
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## Lest we forget

On this Remembrance Day,  
I encourage everyone to take the  
time to remember those who have  
fallen in the service of our country  
and those who continue to serve  
with courage and compassion.



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### Lunenburg Municipal Recreation News

MODL Recreation has opportunities for you and your family throughout the Municipality! Here are a few that may be of interest:

Empowering You! Self Defense for Women - Thursday, November 7, 7 - 9 p.m., MARC, Dayspring \$12; Beginner Wood Carving - Saturday, November 16, 2:00 - 5:00 p.m., MARC, Dayspring; Seniors Kitchen Parties - Wednesdays until November 27, 1:30 - 3 p.m., HB Studios Sports Centre, Bridgewater. Field games, card games, social. \$2 drop in. Music every other week.

Red Cross Babysitter Course - Saturday, November 30, 9 a.m. - 4 p.m., MARC, Dayspring \$30; Family Christmas Party - Sunday, December 15, 3:00 - 5:00 p.m., MARC, Dayspring FREE!

Chair Yoga - Fridays, 10:30 - 11:30 a.m., November 22 - December 20, Mahone Bay Centre \$25; Community Use of Schools - funds are available through the SSRSB to allow the community more access to New Germany schools, depending on availability. Please contact the appropriate Principal for information.

Municipal Matters Community Events listing deadline November 22. Call in your event to be included. Community organizations may also submit events for listing on the Community Calendar on the new Municipal website!

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

District of Lunenburg Recreation Department 541-1343 or [recreation@modl.ca](mailto:recreation@modl.ca) [www.modl.ca](http://www.modl.ca)

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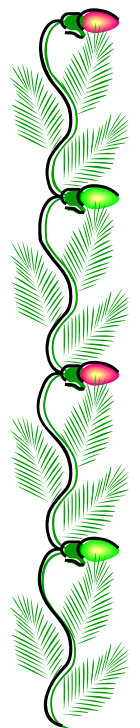
*Freshmart has been in its present location for over 20 years ... under New Ownership for 18 months*

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- Local Suppliers & Producers

- |                                |                |
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| - Maplewood Maple Syrup Farm   | - Webbers Food |
| - Bob & Boys Farm Market       | - Lowes Meats  |
| - Krispi Kraut Lanticloch Farm | - Mersey Point |
| - Dutchman Country Bake Shop   | Fish Products  |

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Holiday light exchange - New Germany Christmas Festival Nov. 24th at NGES



## New Germany and Area Medical Centre

### Blood Collection Services

In addition to Wednesday mornings (8:00 to 10:00am), collection will also take place on Mondays (except holidays) from 7:00 to 9:00 am beginning November 18th. Blood collection is for people who have a doctor's referral and need blood work done.

### Pap Clinic (by appointment only)

Jennifer Riis, Nurse Practitioner

Thursday January 16th

Time: 9:30 - 12:30 & 1:30 - 6:30

Appointments may be made by any woman living in the New Germany area wishing to have a Pap test.

Phone 644-2361 with a valid Health Card.

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

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Drop in during our Open House on November 30th & enjoy refreshments and a 20% discount on all pewter & soaps.



Read this newsletter in colour on the web @

<http://newgermanyap.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.

### You are invited to **Discovery Toys Christmas Open House @ Village Glassworks**

November 30th, 10am to 5 pm

Enter our free draw for a \$15.00 Discovery Toy Gift Certificate Refreshments. A selection of toys, book & games available or order for Christmas delivery.



**Like us on Facebook: Discovery Toys with Michelle Greek**



When you buy any one of our toys, books or games, you can be confident you're turning playtime into learning time.

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For information about any of our products and shopping:

contact Michelle Greek via Facebook

email: 72greek@gmail.com; phone: 644-2303





## From the Lions Den

### International Peace Poster Contest

The New Germany and Area Lions Club is sponsoring the Grade 6 students at NGES to compete in the International Peace Poster Contest. This art contest for kids encourages young people worldwide to express their visions of peace. For 25 years, more than eight million children from nearly 100 countries have participated in the contest.

The theme of the 2013-14 Peace Poster Contest is "Our World, Our Future."

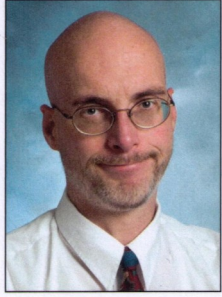
### Playground at APSEA

APSEA is the Atlantic Provinces Special Education Authority - our school for the blind and visually impaired, deaf and hard of hearing - once known as the School for the Blind. District Governor Scott MacKenzie is asking all clubs within the province to help make a dream come true for the students at APSEA. They have been without a play area for several years and Lions have been asked to raise 1/3 of the cost of Phase II or about \$35,000.00. Members of the New Germany and Area Lions Club will be looking for a project to raise funds to support this great cause. Please continue to support us in our projects. Thank you.



"Blindness separates people from things; deafness separates people from people." - Helen Keller

"Kindness is a language which the deaf can hear and the blind can see." - Mark Twain





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*Municipality of the District of Lunenburg*



**Cathy Moore**  
Councillor - District 7

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kitcatt@ns.sympatico.ca


*Merry Christmas & Happy New Year*

## *Connections Reflections with:*



Minnie Rachel (Mauger) Pineo

was born on August 20th, 1918 in Petites, a little place – an island off the south of Newfoundland. Her parents were Edward and Mary (Strickland) Major. Minnie was one of six girls and six boys. Like many others, her father fished for cod.

The family did not have much. There was no hot or cold water – not even a hand pump. The only way off the island was to row a boat. Although Minnie worked hard, she enjoyed her years. However, it was seldom she could get anywhere because of the wind and the lippy water.

At Christmas time they would receive a chocolate bar or an orange. She said that she was so proud of it she didn't like to eat it.

By the time she was 7 or 8 she was baking bread because her mother was so busy having children. Minnie couldn't go to school too much because she was needed at home to help with the work. By age 12 she was out of school. Minnie helped her mother and sisters wash clothes on a washboard and laid them on the grass to dry. There were too many rocks to have a clothes line.

They picked bake apples, partridge berries, blueberries and marsh berries. At that time, moose were referred to as deer. The family had good meats to eat but did not have fruit. Sometimes when she and her siblings wanted a peppermint or a candy, they would take a piece of dry fish to her Uncle Jack's store and exchange. Growing up the only time she and her brothers and sisters saw money was for the collection plate – fifteen cents.

When Minnie was 15 years old she left Newfoundland with sixty cents in her pocket. She took the ferry from Port aux Basques to North Sydney and then travelled by train to Halifax. She required surgery for her appendix. Dr. Killam performed the surgery. While recuperating, she found herself a job doing housework for a family in Cambridge working for \$1 a month. She lived with the family for eight years.

Minnie had a few family members living in Nova Scotia and one day when she went by train to Halifax to visit her sister she met her future husband. She said it was love at first sight!

There were no lights at her home in NL when she left but later the government installed a generator to supply lights. She remembers when salmon cost 10 cents a pound. Her grandmother delivered all of her Mom's kids as well as all of the other children in Petites, including twins. There was no doctor, no pills or anything available in Petites. Her Granny took roots out of the garden for medicinal purposes.

Two pieces of advice that Minnie's mother passed on to her and she has lived by are, "Work will never kill you" and "You can be poor but you also can be clean". Minnie recalls scrubbing the floor with a brush and soap every other day. The floor was boards with a few mats scattered around.

Minnie's mother was a religious woman who prayed at all meals. Her mother read the Bible but never ever went to school. She read the Bible from Genesis to Revelations. Minnie's father would fill in for the minister when he could not get there due to rough weather conditions. The family attended the United Church which still stands on the island although the government removed all residents from there more than ten years ago. Each family had their own pew.

Minnie and her husband lived on Buckingham Street in Halifax for fifteen years. He worked for the Ship-yards. Minnie found it noisy, dirty and the rent was expensive. Eventually they moved to Terrance Bay. They had four children – Harry, Barb, Sandra and John. Sometimes they attended hockey games at the rink.

Later in life, Minnie moved to Nictaux to live in a granny suite at Sandra's. She lived there 18 years. She now lives at Riverside Apartments in New Germany and recently celebrated her 95th birthday.

Minnie believes hard work and eating well attributes to a long life. She eats gallons of honey. The only time she was ever in the hospital was for her appendix and giving birth.

Minnie enjoys reading the newspaper, doing lexicons and crosswords as well as attending card parties and bingos.

---





### Public Health Update

**Join us for Parent and Tot and Baby Group**  
Wednesdays at the New Germany Anglican Church Hall  
from 10:00- 11:30am.

This is a free program for Parents and Caregivers with  
Infants and Children aged 0-6, brought to you in part-  
nership by South Shore Family Resource Association  
and Public Health Services.

Hope to see you there :)

#### Get your Flu Shot

The seasonal influenza vaccine is free for all Nova Sco-  
tians and is the best way to prevent against the flu. A  
schedule of local

immunization clinics can be found here:

[http://www.southshorehealth.ca/news/latest-  
news/888-flu-clinic-schedule](http://www.southshorehealth.ca/news/latest-news/888-flu-clinic-schedule)

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

### Municipality of the District of Lunenburg



**Carolyn Bolivar-Getson**  
Councillor - District 9

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# New Germany Runners

Are you a running enthusiast or "wanna be running enthusiast"?



Some folks in the New Germany area have recently started a facebook page (search "New Germany Runners"). It is an informal page where we can share activities, ideas, questions, etc., related to running. You may be new to running and need help getting started. There might be an upcoming event that you would like to share with others, or you might be interested in organizing a run in our area. Perhaps you would like to get together with others to do some training (ie. speed work), or to go on your long runs with you, or to car pool with you to an upcoming event.

Post your achievements on a recent race and find support in the encouragement of others. Post a picture to inspire others.

We also share information/advice/tips that we may find in magazines, internet searches, and through our own experiences. You may have an injury that you are not sure how to deal with.

Whether you are a newbie or a more experienced runner, join our running community! Find us on facebook,..... "New Germany Runners",.....

..... "a page devoted to promoting and providing information about the running community in the New Germany area."

**HAPPY RUNNING!**



*Check out the Shore South Annapolis Valley Trail, a great off road run in our area.*



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## *New Germany Garden Club*

October 2nd the New Germany Garden Club met at N.G.R.H.S. This is the first business meeting we have had since May. In June we met to transplant impatiens and Wave petunias into the planters that we have placed around the community. At the October meeting we set a date to remove the spent blooms in the planters and to replace them with branches of fir and pine, Canada holly and hydrangea for seasonal interest. Oh, how nice the planters looked this year. The one that had been at the Community Centre is now in front of the N.G. post office. The others remain at the fire hall, the Freshmart, and at the 'Welcome to New Germany' sign. All of the transplants for these were generously donated by Barbara Veinot- a most generous gift!



In August Sue Gilmore, garden club member, invited us to tour her gardens. Sue is a very enthusiastic and knowledgeable gardener. Her gardens are complex and fascinating with bulbs, perennials, annuals, shrubs and trees from all over the world, some common to us and others very rare. Her gardens are a blending of native and exotic species.

The Garden Club bulb sale that happened in Sept. and Oct. did well. We found 1,300 new homes for daffodils and hyacinths. Mid-May 2014 will be something to see and smell around here when all of these bulbs are in bloom. Thank you to everyone for buying bulbs and helping the garden club.

October 23rd we met to prepare for the Health and Wellness Expo. 'Windlestraws' (an old word for dried grasses and seed heads of plants) were bundled. These windlestraws add interest to dried flower arrangements. We took

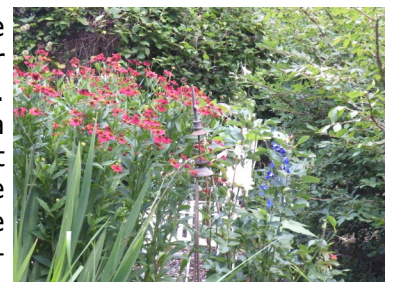
them, along with cones, acorns and gourds to sell at the table we shared with the New Germany Area Promotion Society. There are many interesting people with all kinds of talents living and working locally. This event gives everyone a chance to visit around table to table and find out what is available to them and to make personal contact with the people offering these services.

Our November meeting is set aside to learn how to make something to decorate for the holiday season. This year we are using candle wax, cold water and ice cubes to make a centerpiece candle.

January will begin our program series. Lynn, our president, is a very keen gardener and she is blind. What a unique perspective she has on gardening. She is presenting a program that she has titled 'Gardening in the Dark'. She will tell us how she gardens, as well as how we can accommodate her and others with impaired vision through thoughtful garden designs that make access to the garden easier. How do you identify plants when you cannot see them? Hmmm. I'm sure Lynn will have some advise to give.

By our name, New Germany Garden Club, one would presume that we are exclusive to New Germany. Wrong! We're gardeners from all over who share an interest in gardening and meet in New Germany. All are welcome to join us.

A gardening tip given here with the thought that "Good advice bares repeating." Soil should never be left uncovered. Old vegetable plants should be removed to the compost pile. They may have insects or disease and the compost pile is the place for them. Once the old veggie plants are removed tuck your garden in for Winter with a cover of leaves. Spread out on the garden, they protect the soil from erosion. Leaves will break down and feed worms and soil organisms. Leaves act as a barrier to weeds that germinate despite cooler temperatures. To collect leaves use an old tarp, place it next to a pile of leaves, rake them onto the tarp, drag it to the garden and dump it. Solve two problems at once. The leaves are off the lawn-(one) and the leaves are a blanket of goodness covering the garden-(two) You are another step closer to being ready for Spring. Happy gardening!



## Walks @ 6:00 Report

NGAPS recently sponsored four Walks at 6:00. Each walk was about an hour long, included a combination of trail and road and suitable for strollers. This is the fourth session we have organized, two Spring walks and two Autumn walks for a total of 16 walking adventures.

Did you participate in any of these walks? Did you want to join us, but it just didn't work out? We are interested in continuing this program but would like your comments. There is contact information on page 24.

We would be happy to bring the program to your community, but we need your help. We need a route that is about 45 minutes to an hour, friendly for strollers and avoids speeding traffic. If you are willing to lead such an adventure, we would be happy to include it in the Spring session 2014.

Here are a few pictures from our Autumn evening walks.




**South Shore Public Library  
Mobile Library**  
is at New Germany Fresh-  
mart every Tuesday from 3:00p.m. to  
6:00p.m. A library card is free and so is using  
the library.

**Cathy's Beauty Salon**  
104 Zwicker Mill Road,  
New Germany  
Open Mon.-Wed.- Fri. - Sat.  
Phone 644-2922  
Will do house calls.



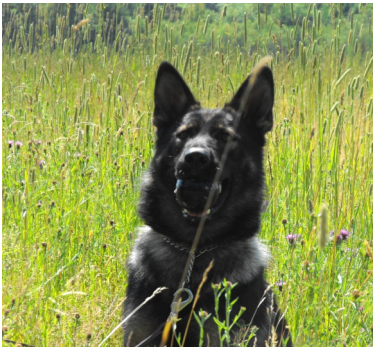

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galowe@bwr.eastlink.ca

## Search & Rescue Dogs

Sherry and Creig Veinot have been involved in search and rescue for 25 years. Their enthusiasm for their work is infectious.



*Miss Reba is a Czechoslovakian Shepherd and loves to work.*



*Dax is a German Shepherd. Both dogs are certified in the RCMP Civilian Search and Rescue Dog Program.*

The German Shepherds that Creig trains come from the RCMP breeding program. These puppies start being evaluated and trained from three months of age. They are assessed for their prey drive and motivation. In their early days they are exposed to different environmental stimulation such as noise.

At 6 months they are started on a short tracking course. As training progresses, the dogs learn article searching. By the time they are a year old they are certified to work search and rescue.

A very important component of a successful search and rescue team is the bond between owner and dog. While the team works together, they are expected to maintain their certification. The dog must practice at least two to three times a week. The handler gets re-certified annually.

When the dog is working, they need to be confident in different environments. These environments can include: woods, open areas, dirt roads, pavement, climbing stairs and getting into elevators. During their search the canines cannot become distracted by other scents.

When the dog is performing article sniffing, their nose must be into the wind so that they can pick up the scent. When they are tracking, their noses are usually on the ground. When the dog finds something they indicate by their body language or barking.

These highly trained handlers and dogs perform an important service to our community. I would like to thank Sherry and Creig for their contribution.

~ Lynn Raloff



### Barss Corner (Mader's) Clover Farm Supermarket/Esso

1383 Barss Corner Road, Nova Scotia, B0R 1A0  
Phone: 902-644-2440 Fax: 902-644-2447



**We recommend a good rural life diet should include  
a serving of Mader's "No Fillers Added All Pork  
Sausage" twice a month.  
Made Fresh 3 Times A Week!**

**Mader's redeems the Superstore/Esso gasoline savings  
coupons and still has a full-serve gas pump.**

## Reconnecting

*Jenna Nodding grew up in Branch LaHave where she still has family. She won awards in soccer, basketball and track and field while in high school. After graduating from New Germany Rural High in 2003, she attended the University of Calgary for her undergraduate and completed her masters at Queens. When not hiking, biking, skiing, mountain or rock climbing, Jenna works as a physiotherapist. In the Spring and Summer of this year Jenna hiked the Appalachian Trail.*

Imagine you're dropped off in the middle of the woods with six random strangers and the closest town is over an hour away. Last night's storm has left fresh snow and ice on the ground beneath your feet. Your breath condenses in the cool morning air. You take in a cool deep breath and look on in disbelief as you know that you have over 2000 miles ahead of you. Before your nerves start to talk you down, you do the only thing you can in a moment like this, you put one foot in front of the other and start walking.



This is what I experienced on March 27, 2013 as I started my hike from Springer Mountain, Georgia to Mt Katahdin, Maine. I followed the Appalachian Trail as it snakes its way along the ridge line of the Appalachian Mountains for 2186 miles or 3498 km (Roughly the same distance from New Germany, NS to Winnipeg, MB). The trail has few trail markers and travels, for the most part, entirely through wilderness.

Most thru-hikers walk northward (as I did) from Georgia to Maine, and generally start out in early spring and follow the warm weather as it moves north. Before I left on my solo journey I had my hands full with logistics. To ensure I had a healthy balanced diet I had to cook, dehydrate, vacuum seal, and pack 150 suppers; develop an anticipated itinerary; pack every piece of gear that I would need for a five month journey; and organize my caseload at work so that another physiotherapist could take over my clients. In the end I packed 12 boxes, each with approximately two weeks' worth of food and extra supplies that I would need. Luckily, one of my friends graciously offered to be my support crew and they mailed my boxes to various towns along the trail. The one thing that I did not anticipate and could not plan for was the open, honest and genuine hospitality of the surrounding communities. The term "trail magic" has been coined for instances when someone helps out a hiker, it could be anything from giving a hiker food, a roof over their head, or a ride into town. My first exposure to trail magic left me feeling confused and uncertain of their intentions. Why was this random person set up at a secluded road crossing handing out potable water, hot dogs, and chili? But the reality of it was these "trail angels" had no hidden objective. Like their mythical counterparts each trail angel was there for the sole reason of providing us with a random act of kindness. I came across many acts of trail magic, everything from bottled water, to a couple giving away \$800 dollar's worth of groceries. It was truly amazing how much delight a small unselfish act brought to the hikers.

On the trail, I developed a renewed appreciation for all the small things in life. Having a shower, an ice cold glass of water, clean clothes, and fresh food was like being a kid and told Christmas morning that you are going to Disney Land. I learned to appreciate my life back in Canada and gained a better understanding of where my true values lay. I no longer wish to buy a fancy house filled with lots of shiny objects. Instead I wish to be close to those in my community and continue to foster our relationships. Everything that I needed for my five month journey fit into a 44L backpack. Upon my return to the real world I find myself continuing with this lifestyle, leaving 90% of my belongings in storage, wondering what I am going to do with it.

The outdoors can be a nurturing place; Mother Nature can give you clarity and a sense of connectedness. I hope that all of you have the opportunity to experience this, whether it be going for a walk in the evening, sitting by a stream, or exploring where those old railway beds go. Get outdoors and see what there is to be seen.

### Municipality of the District of Lunenburg



**Terry Dorey**  
Councillor - District 6

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

## *Where there's a Will... There's a Workout*

For a number of years, there has been a place to exercise in New Germany. A small but dedicated group of ladies have taken advantage of this opportunity - first at a privately run circuit, then at the Community Centre under the auspices of New Germany Area Promotion Society using the same weight-training equipment. When the Centre no longer had a full time employee, this group ran the program themselves for over a year.

This last March, it looked as though the death knell had sounded for this group - their location was closed and was due to be demolished over the summer. This left the group with very few options for a location to have an exercise program and no equipment.

But, these women are nothing if not resourceful. Over the summer, one of the members approached the New Germany Legion and was able to arrange the rental of space three mornings a week. A small television was found and everyone searched their closets for exercise CDs.

The group meets Tuesdays, Wednesdays and Fridays at 8:30. The program runs about 50 minutes and the cost is currently \$20.00 a month. It's an opportunity to get moving and socialize and if you are interested, drop in on any of the mornings to find out more. Brings your sneakers and your good humour - it's fun!

### *Volunteer Connections*

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

You can send your information to NGAPS by mail or email to the address on page 24



### **New Germany & Area Lions Club**

*Serving our communities  
since 1985*

## **WORKPLACE SAFETY TRAINING**



**Patty Joudrey's Education & Training Services**  
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(902)527-1608 or (902)541-0719 cellular  
[www.pattyjoudrey.com](http://www.pattyjoudrey.com)

email: [pattyjoudrey@eastlink.ca](mailto:pattyjoudrey@eastlink.ca)



### Training for Healthcare Providers

- \* First Aid + CPR
- \* Critical Incident Stress Debriefing/Defusing
- \* W.H.M.I.S.
- \* Non-Aversive Behavior Management
- \* Individual Program Planning (I.P.P.)
- \* Crisis Intervention Training
- \* Medication Awareness
- \* Basic Principles & Practices of Personal Care
- \* Create Fire & Emergency Plans for Special Care Centres & Other Businesses
- \* Will do Specialized Training for Specialized Groups

### Training for Construction Industry

- \* First Aid + CPR
- \* W.H.M.I.S.
- \* Principles of Loss Control
- \* Accident & Incident Investigations
- \* Hazardous Identification & Control
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- \* Industrial Hearing Testing
- \* Fall Protection
- \* Confined Space
- \* Lockout/Tagout
- \* Forklift



**My training centre also provides one-on-one training, small groups and large groups.**

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

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

## *New Germany Health and Wellness Expo 2013*



On Thursday, Oct 24<sup>th</sup>, the 3<sup>rd</sup> annual Health and Wellness Expo was held at New Germany Rural High School. This year the Expo was dedicated to the life and memory of Tina Illingworth and as a result a number of booths and presentations revolved around ending family and domestic violence.

With 54 booths set up in the gymnasium, presentations in the library and a kickboxing demo on the stage there was a definite buzz through the school. The students were a key part in this Expo, as they had a chance to participate in all of the activities. The O2 classes also were involved in setting up and tearing down after the Expo was over. Thanks goes to all staff and students who helped make the day such a great success!

This year we had over 27 sponsors who donated time, space, and money to help cover the cost of having this Expo. Special thanks to New Germany Rural High School; New Germany Area Promotion Society; Lunenburg County Community Health Board; Freshmart, New Germany; and, Shoppers Drug Mart, New Germany for being the main financial backers of this Expo. Your contributions to the success of the Expo are greatly appreciated.

If anyone has a suggestion as to how we can have an even bigger and better Expo next year please contact me at [gdselig@ns.sympatico.ca](mailto:gdselig@ns.sympatico.ca)







New Germany Area Promotion Society in partnership with New Germany Rural High School presents:

# Literary Night in New Germany

## November 13th 7:00pm at NGRHS Library

Readings and discussions with young adult author Laura Best and poet Alison Smith.

Refreshments, books for sale and signing.



### Our Authors

Laura Best recently published her second young adult novel, *Flying with a Broken Wing* (Nimbus, 2013). Her first novel, *Bitter, Sweet* (Nimbus) was published in the fall of 2009

Alison Smith was short listed for the 2013 CBC Poetry Award, one of 5 poets chosen from across Canada. Her poetry collections include *The Wedding House* (Gaspereau Press, 2001) and *Six Mats and One Year* (GP 2003) as well as one chapbook, *Fishwork, Dear* (GP 2009).

### Open Mic

As part of the Literary Night we are having an "Open Mic". Are you a poet or lyricist? Or a writer of stories, plays or novels? If you would like to share an excerpt from your writing get in touch with Mrs. McDade in NGRHS library or email [ng\\_cap@ns.sympatico](mailto:ng_cap@ns.sympatico) to book a spot. Reading or recitations should be no longer than 10 minutes.



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and

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**Happy Holidays from  
Shannon and all her staff  
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New Germany, Nova Scotia B0R 1E0  
Email: [guppysplace@gmail.com](mailto:guppysplace@gmail.com)



## *New Germany Christmas Festival*



**A Rocking and  
Rolling Community Celebration!  
Music by “Weather Advisory”**

**Sunday, November 24, 2013  
1:00 – 4:00 p.m.**

### **New Germany Elementary School**

**\* Monetary and non-perishable items gratefully accepted for the  
New Germany Food Bank.**

- **Entertainment** – 1 – 4 p.m., “Weather Advisory”
- **Efficiency NS LED Holiday Light Exchange**
- 1 – 2:30 p.m. or while supplies last. Bring **two** traditional sets of lights in exchange for **one** set of energy efficient LED lights. **Buy a flashing red nose in support of local Olympians**
- **Face Painting/cookie decorating and lots more!**
- **Santa’s Village** 2 – 4 p.m., Canada Post on site! Bring your letters for Santa.
- **Canteen**
- **Lion’s Club Train**
- **Mini Trees** for children
- **Tree Lighting** 4:00 p.m.
- **Live Nativity Scene** 4:00 p.m.



Sponsored by the Municipality of the District of Lunenburg in partnership with New Germany Elementary Home & School and community organizations.

For information contact Cathy Moore 644-2922  
or Jennifer Hayward 644-2558.

*Following your fun in New Germany, why not go to Town to join in festivities in Bridgewater! 5 – 7:30 p.m. -Food Vendors, Light Exchange, parade (6 p.m.), fireworks!  
Whimsical Children’s Store – December 7, 10 a.m. – 2 p.m. at the Michelin Social Club*

## 100 Years of 4-H in Canada

Many of us in the New Germany Area are familiar with the local 4H clubs but know little about what it is. The 4 Hs stand for head, heart, hands and health. The goal of 4H is to develop citizenship, leadership, responsibility and life skills in youth. There are clubs in over 80 countries worldwide. Recently Bridgewater enthusiastically hosted this year's 4H Provincial Show as 4H celebrated it's 100th year.

Twelve year old twins, Joshua and Jacob Foster of Maplewood are members of the Livewires 4H club of Parkdale/Maplewood and participated in the Provincial Show. Both boys are in grade 7 at NGRHS. Joshua and Jacob joined 4H at the Cloverbud level (ages 7-9) before starting as a Livewire when they turned 10 (up to age 21). Their parents, who are 4H leaders encouraged them to participate in the wonderful program.

To earn a spot to compete in the Provincial Show you first have to enter your project in the Bridgewater Exhibition. If your project is declared a winner at exhibition you receive the honour to move on and compete at the Provincial Show with the best of Nova Scotia. Joshua entered the woodworking competition and received 5th place at the Provincial Show. Jacob entered his recycling project in the Provincial Show and placed 6th. Jacob and Joshua both also participated in the Tug of War Competition.

Jacob has completed three other projects this year: dog obedience, crafts and the great outdoors. Joshua's other completed projects this year include: woodworking, poultry and crafts.

Jacob and Joshua have a few things to say about 4H.

### What is 4H?

**Jacob-** "4H is a group that is all over Canada. We celebrated 100 years of 4H this year. I am in Livewires 4H in Maplewood. We have over 30 kids in our club. We have lots of projects that you can take, with animals or without."

What is the Tug of War Competition at the Provincial Show?

**Jacob-** "We practice tug of war from May – October each week at Jonathan Crouse's house. There are kids from all clubs who go. We are all good friends and act like a big family. We compete at exhibition and the Lunenburg County team goes to pro show to pull. You need 10 people on the rope. 4 are girls. Our weight cant be anymore than 1325 lbs. Pulls are 5 minutes. You get tired but its fun."

**Joshua-** " I have been on Lunenburg County tug of war for 2 years. Each county has a team that competes at Pro show and other pulls like at Exhibition. I have made a lot of friends from being in Tug of War. The kids on my team are from all over Lunenburg County. We have a lot of fun. We have to weigh 1325 lbs and the pulls are 5 minutes. The teams compete against each other."

What will your next 4H project be?

**Jacob-** " This year in 4H I will take beef, welding and photography."

**Joshua-** " This 4H year I will be taking poultry, market turkey, woodworking and the heritage projects."

Congratulations to Joshua Foster and Jacob Foster for representing Lunenburg County and the Parkdale/Maplewood Livewires Club so proudly at this year's Provincial 4H Show



*Lunenburg County Tug of War Team . Both boys are in the front row, Joshua is first and Jacob is last.*

## *The Christmas Season in Our Local Churches.*

New Germany Connections contacted the local churches and offered them the opportunity to let you know about the special services and events they are having this Christmas season. We are pleased to share with you the following information.



### **UNITED BAPTIST CHURCH EAST DALHOUSIE**

- November 24th @ 7:00pm Christmas Service. Lunch and a social time will follow.

### **SPRINGFIELD BAPTIST CHURCH**

- November 23rd Annual Christmas Tea, Craft and Bake Sale, 2:00pm to 4:00pm at the Springfield Baptist Church
- December 24th Christmas Eve Service @ 7:00pm.

### **NORTHFIELD LUTHERAN PARISH**

- December 24th Christmas Eve Service, Candlelight & Communion at Mount Calvary Upper Northfield @ 5:00pm.
- December 24th Christmas Eve Service at Saint James' Branch LaHave @ 6:00pm.
- December 24th Christmas Eve Service at Saint Andrew's West Northfield @ 7:00pm.
- December 25th Christmas Day Community Service at Saint Andrew's, West Northfield at 2:00pm

### **LUTHERAN CHURCHES - NEW GERMANY, NORTH RIVER and NEWBURNE**

- December 24th Christmas Eve Service, North River Lutheran Church @7:00pm.
- December 24th Christmas Concert at St. Matthew's, Newburne @ 7:00pm.
- December 24th Christmas Eve Service, Trinity Lutheran, New Germany will be held at 9:00pm.

### **ANGLICAN PARISH of NEW GERMANY**

- December 5th Christmas Tea - 2:00pm to 4:00pm. St. John's Anglican Church Hall, Snow day December 6th. Tea, sweets, sandwiches, takes-outs and grabs. \$5.00 per person.
- For times and location of Christmas Eve and Christmas Day services please check their website at <http://www.ngangparish.com>

### **UNITED CHURCHES - NEW GERMANY PASTORAL CHARGE**

- December 24th Christmas Eve Service, Emmanuel United, Hemford @ 8:00pm
- December 24th Christmas Eve Service, Epworth United, New Germany @ 6:30pm

### **NEW WEST PINE UNITED CHURCH**

- December 8th Advent 2 - "Cloth for the Cradle" - Preparing our hearts and lives for the coming of the Christ child @ 10:00am
- December 22nd Advent 4 - "Colours of the Season" worship service including an inter-generational Christmas pageant @ 10:00am
- December 24th Eve of Christmas Candlelight Service @ 7:00pm
- December 29th Songs of Epiphany @ 10:00 am

### **ST. CYPRIAN'S ANGLICAN CHURCH, EAST DALHOUSIE**

- December 24th Christmas Eve Service @ 4:00p.m.



### **BARSS CORNER & PARKDALE MAPLEWOOD BAPTIST CHURCHES**

- December 6th Tree Trimming Party for all ages, Barss Corner Baptist Church, @ 6:30pm
- December 15th Sunday School Concert, Barss Corner Baptist Church @ 6:30pm
- December 22nd Musical Christmas Concert Emmanuel Baptist (Parkdale-Maplewood) @ 4 pm. Many talented musicians from the church will be playing as part of The Shepherds Play.
- December 24th Christmas Eve service at Emmanuel Baptist (Parkdale-Maplewood)@ 6 pm
- December 24th Christmas Eve service at Barss Corner Baptist @ 7 pm

## *Sending Christmas to Japan*



Wayne Wile is operating the loader truck to lift the tree from the wagon, while Colin and Donnie Bassett guide the top to Sterling Robar in the container.



Colin Bassett is on the wagon, Sterling Robar and Matt Wright are in the foreground guiding the butt, and Donnie Bassett is in the tractor.

Loaded in Stanburne on September 27th, the 40-foot fir was sent as the annual gift from the city of Halifax to its twin city Hakadote – located on Hokkaido, the most northerly of Japan's four main islands. Westwood Shipping Lines donated container transport for the tree, which was to travel by truck to Montreal and by rail to Vancouver before starting its ocean voyage.

## *Recipe*

Is your house crazy on Christmas morning? Not a lot of time to prepare a healthy breakfast? Try this tasty breakfast casserole in the crock pot. It cooks while you sleep!

### **Ingredients:**

- 1 bag 26 oz. frozen hash browns
- 12 eggs
- 1 cup milk
- 1 tablespoon ground mustard
- 1 16 oz. roll sausage  
maple, sage or regular sausage.
- Salt and pepper
- 16 oz. bag shredded cheddar cheese

### **Directions:**

1. Spray crock pot and evenly spread hash browns at the bottom.
2. Crack 12 eggs in a large bowl.
3. Mix well (and slowly) using a whisk.
4. Add the milk.
5. Go ahead and sprinkle in the ground mustard.
6. Add plenty of salt and lots of fresh pepper. Mix well and set aside.
7. Cook the sausage on high heat, drain and set aside.
8. Add sausage on top of hash browns.
9. Is this enough cheese? Maybe? Probably. Throw the whole big bag in there.
10. Mix well.
11. Pour the egg mixture over everything in the crock pot. Using a wooden spoon, even everything out so it's spread evenly.
12. Turn the crock pot on low for 6-8 hours.

Some fun variations of this recipe. Before cooking (during prep) you can add: chunks of sourdough bread, diced chilies, salsa or diced green onions

The readers of **New Germany Connections** have been very generous in their comments. We thought we would share a few:

"It is all very interesting. Keep up the good work."

"Informative & interesting."

"Love it!"

"Love to read it. Great job."

"I enjoy every issue. Love the stories about the older people."

"It is my first time reading it. I like knowing what is specifically going on in New Germany."

"Like the *Reconnecting* article very much"

"I love the game in them."

"Keep up the good work"

"I do enjoy reading it. It has a lot of great information."

"Like the *Reconnecting* and *Reflections* columns. Good work."

Thanks for your comments.

We enjoy receiving them.

Keep in touch and let us know what you would like to see in the newsletter. If you would like to be part of it, let us know

## Storing Food for Winter

It's mid-September when acorns begin to mature on oak trees. They have been growing on the branches since Spring. Oaks are self-pollinating. They have both male and female blossoms. When the male parts release the pollen into the air it floats around on the breeze and inevitably some lands on the female flowers. Four months later little acorns begin falling out of the branches.



Bluejays are quit stunning to see with their colours of white, blue and black arranged in a complicated pattern on wings and body. The outfit is topped off with a snappy crest of blue.

I was sitting near by the upstairs window shelling scarlet runner beans when Mr. Bluejay caught my attention. This large, good looking guy flew passed the window and landed on the front steps below.

"Now, what's he up to?" I thought to myself.

He held something in his beak. He cocked his head first one way and then the other. When he had satisfied himself that no one was watching he stuffed the object he held in amongst the ground cover plants growing from a crack in the concrete step. Quickly, with his beak, he gathered up a fallen Maple leaf and placed it over the top of all. Then off he flew.

What had he left under that leaf? I had to know. Down I went and out the front door onto the porch. Moving the leaf aside and parting the plant leaves I found a large lime green English acorn. Some cold wintery day he'll show up here looking for a lunch. I put the leaf back in place and went back to shelling beans upstairs.

That Bluejay and I live in the same shared space. I travel below while he wings his way around. What does he see from up there? Will he remember where he hid the acorn? Maybe. Maybe not. I'll have to wait and see.



# MORTGAGE EXPERTS IN THE HOUSE.



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## Contest *A time to pause...*

\_\_\_\_\_ (8) \_\_\_\_\_ 11th is a day in which we honour our

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

\_\_\_\_\_ (8) \_\_\_\_\_. The \_\_\_\_ (5) \_\_\_\_ became the \_\_\_\_ (6) \_\_\_\_ of \_\_\_\_ (11) \_\_\_\_ Day after John McCrae wrote the poem, In \_\_\_\_ (8) \_\_\_\_ \_\_\_\_ (6) \_\_\_\_\_. We meet at the \_\_\_\_ (9) \_\_\_\_ in New Germany. The \_\_\_\_ (6) \_\_\_\_ of \_\_\_\_ (7) \_\_\_\_ is at the \_\_\_\_ (8) \_\_\_\_ hour of the eleventh day of the eleventh \_\_\_\_ (5) \_\_\_\_.

Name \_\_\_\_\_

Community \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

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

Yes \_\_\_ No \_\_\_

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

Do you have any comments about the Newsletter?

Answers:

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

## Puzzle Maker Wanted

Do you enjoy puzzles? How about creating puzzles? In each issue of New Germany Connections we have been including a custom created puzzle. If you would like to contribute a puzzle for an issue of Connections, please get in touch, contacts on next page.

Thanks to our guest puzzle maker this issue, Michelle Greek.

Send your answers (to the address on page 24) by December 5th for a chance to win.

(We will also accept email entries, please put "contest" in the subject line.)

Only one entry per person please.

Answers for September's contest:

Turkey, potatoes, vegetables, gravy, apple, pumpkin, cream, table, family community, thankful



**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.**

New Germany Area Promotion  
Society  
Box 28  
New Germany, NS. B0R 1E0



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

**We're on the web!!**

**<http://newgermanyconnection.ca>**

### *Thanks for entering our contest!*

In the September 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 Madelaine DeMone. She chose a Gift Card from Charlies. Congratulations Madelaine.

Enter our contest on page 23 and send your answer to the address above. You may be our next winner!

### *Next Issue:*

Will be mid February 2014. We would like to hear your story ideas. Please contact us at the address or phone number on this page.

**This Newsletter was put together entirely by NGAPS volunteers. Ads were paid for by the advertiser. We appreciate the support of local businesses for this Newsletter 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.



## *Christmas Tree Lighting @ Lion's Park & NGAPS Open House @ St. John's Church Hall*

You are invited to attend the lighting of the MODL Christmas tree at the Lion's Park on December 5th at 6:30p.m.

Join us for a few Christmas songs around the tree and then come to the St. John's Hall for a hot drink and Christmas refreshments at NGAPS's Christmas Open House until 8:00p.m.

Enjoy the songs,  
conversations and the holiday cheer.



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