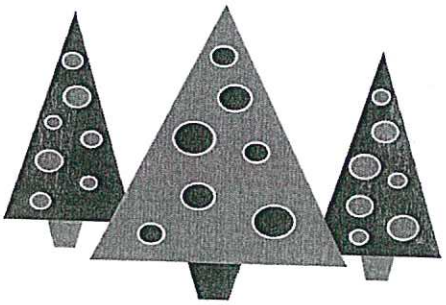
The Flyer



Wednesday November 24th, 2021

The deadline for receiving items for the January Flyer is **Wednesday, January 19th 2021 at 4:00 pm** with delivery coming on Wednesday January 26th 2021, please be reminded there is no December flyer.

Please send items to: **The Flyer: P.O. Box 55, New Ross, NS, B0J 2M0**

or e-mail – nrfrclaura@gmail.com <---- New Email Address <------

***Follow us on Facebook!** https://www.facebook.com/nrfrc/

You can now make payments by e-transfer to: newrossflyer@gmail.com

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28th NEW ROSS Christmas FESTIVAL

Friday to Sunday December 3rd to 5th 2021

****

NEW ROSS FAMILY RESOURCE CENTRE
4691 Highway 12, PO Box 106, New Ross, (902) 689-2414,
E-mail: nrfrcnewross@hotmail.com

The New Ross Family Resource centre is open, please follow our covid-19 protocol that is posted on our door if you stop by. Hand sanitizer is available and please wear a mask before coming to the office.

OUR OFFICE FALL HOURS: M-Th 9-4, Fridays by chance or appointment

Centre Coordinator Katie Cox will be staying on as a coordinator for a few more months until we hire a full-time coordinator, please call the office 689-2414 or message Katie @ nrfrckatie@gmail.com

Office Administrator: Laura Broome is: **nrfrclaura@gmail.com**

ON SITE BLOOD COLLECTION **has resumed on THURSDAYS and will continue on every second THURSDAY. You must call Colleen Hull at 624-0406 to book your appointment**. All Covid protocols will be observed, masks must be worn and hand sanitize when you enter the building. Please call 902 689-2414 for more information on this service.

Dates: December 9th and 23rd January 6th and 20th February 3rd and 17th

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NEW! Free Counseling for Women in New Ross

Information from Nicole Robson about her counselling services:

My name is Nicole Robson and I am the Outreach Coordinator at Second Story Women's Centre. I am happy to say that due to the support of the New Ross Family Resource Centre I will be able to offer some one-on-one counselling support every two weeks in New Ross, starting in October. Second Story offers support through a trauma informed approach, and I have worked with people dealing with anxiety, depression, trauma, and grief and loss. I like to work from a strength-based approach, and use tools such as mindfulness, and grounding techniques. If you have any questions or would like to schedule an appointment, I can be reached at 902-541-0343.

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The NS Heating rebate forms are now available at the New Ross Family Resource Centre, or pick up at the Post Office. We are also available to help you complete the form. The Heating Assistance Rebate program helps low-income Nova Scotians with the cost of home heating by offering rebates from $100 to $200. Applications are accepted until March 31, 2022.
For more information about this program or to apply online please visit:
https://beta.novascotia.ca/apply-heating-assistance-rebate-heating-assistance-rebate-program

Julia Sanders RMT

* Registered Massage Therapist
* Craniosacral Therapist

Afternoon and evening appointments available.

Phone: (902) 689-2849
E-mail: juliasandersrmt@hotmail.com

4905 Highway 12, New Ross

Season's Greetings from the staff at New Ross Family Resource Centre & The Flyer, may your holidays be filled with joy!

NOVA SCOTIA **WORKS** Offers employment services at the New Ross Family Resource Centre the 1st Thursday of every month. Drop-ins welcome!

Contact Jessica Lecky @ 902-858-5627 or 902-275-8178 cell or jlecky@empsolutions.ca for more information on how Employment Solutions can help you with your employment needs. Nova Scotia Works Employment Services Centre offers an integrated bundle of employment services to help Nova Scotian's understand, prepare for, and meet the needs of the provincial labor market both for job seekers as well as employers.

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The Flyer acknowledges donations received during this issue:

Royal Canadian Legion Branch #79 Chester Theatre Council George & Brenda Knickle
Forties Community Centre (Octoberfest) New Ross Dart League Mona Keddy
Julia Sanders George Broome New Ross Regional Development Society
Please remember to include your contact info with your add (name and phone #)
Suggested donations for flyer ads: Full page ad: $30. ½ page ad: $15. 1/3 page ad $10.
You can now make payments by e-transfer @ newrossflyer@gmail.com

Thank you for your continued support

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The family of the late Myrna Keddy would like to thank family, friends and neighbours for their care and condolences before, during and after Myrna's death. Thank you to Serenity Funeral Home, The Forties Community Centre and the New Ross Anglican Church Guild for their part in the service and / or reception. We appreciate the donations made on Mom's behalf, the cards and the gifts of food. This support will remain an integral part of our memory of this time. Thank you! ~ Mona, Daisy and Donna Keddy ~

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THANK YOU

The family of the late Marlene Leopold wishes to express our sincere appreciation to the many relatives and friends for the visits, phone calls, cards, donations of food and memorial donations during the loss of our loved one. A heartfelt thank you to our special angel, Melanie Spence, Palliative Care Nurse, who speedily arranged a bed for Marlene at Fisherman's Memorial Hospital. Thank you to Davis Funeral Home for their professionalism, and to Rev. Lynn Uzans and Rusty Broome for conducting the graveside committal service. Our family takes comfort in knowing that Marlene touched the lives of so many people and her presence amongst us will be missed.

~ Husband Arnold and Family; Brother George and Family ~

As most of you know, on February 11th, 2021 I was diagnosed with the dreaded C word

"cancer", the one word that we all hate. It was in my large bowel, I was to have it operated on March 26th. One week before, the surgeon called me and said he couldn't operate because the cancer was in my blood and I would have to have chemo, hoping that would shrink the cancer in my bowel and that he sent my information to Halifax. On March 23rd I was off to Halifax to see my oncologist: Dr. Mahmoud Elsawy. He told me I had aggressive diffuse large B-Cell lymphoma. The aggressive means it's treatable and curable. I had a bone marrow biopsy, a wall motion scan (heart scan), many pet scans, many CT scans and six treatments of chemotherapy from Apr 6th to July 23rd . I had 2 blood transfusions and 1 platelet transfusion along with needles in my stomach for 7 days after the last 4 chemo treatments, which the VONs gave to me. I had many stays at the Valley Regional Hospital because the chemo knocked me down and the Doctors had to build me back up in time for the next one.

On Sept 23rd I saw Dr. Elsawy again. He told me that the cancer in my bowel and blood was gone but (there's always a but) I had lesions in my back. So then there was an MRI, more pet scans and more bloodwork.

On Nov 15th I got a phone call from Dr Elsawy telling me that the lesions in my back were all gone except for one, and that it's in my spine. They could do a biopsy but where it's at they don't want to. So in the next month I have to have another scan, more bloodwork and see a radiologist. It's been a very long and rough battle, but I fought it every step of the way, and am still fighting!

I had some emotional moments but not from the cancer but from what everyone has done for me. It has been very overwhelming! I was told by my very great neighbor to swallow my pride and let everyone do things for me, and so that's what I did. So now I have to say thank you to a whole lot of people! From the bottom of my heart THANK YOU, I will always be grateful!

- Thanks to Michael for making me meals, taking me for bloodwork and to the hospital every time I needed to go, coming to the hospital to visit me when he was allowed and most of all for being my Rock and helping me over the humps.
- Thanks to Robert for going out and buying me a vehicle because I needed reliable transportation.
- Thanks to Vicki for driving me to all my appointments in Halifax and chemo treatments in Bridgewater and for being my support person and being by my side for the bone marrow biopsy and my first chemo treatment.
- Thanks to Timmy for coming back and cutting some firewood for winter and also thanks to Timmy, Eddy and Michael for cutting, splitting and piling it.
- Thanks to Timmy, Shelly and Jennamae for the warm blanket and slippers
- Thanks to Jennamae for shaving my head. You did a great job!
- Thanks to Kaylee Atwood for the puzzle books, pens and mini mars bars.
- Thanks to Ethel for the Ensure and everything else.
- Thanks to Katrina Levy for the night shirt, the stuffed rabbit and other stuff.
- Thanks to the Legion for the blanket and money.
- Thanks to Gail Larder, Donna & Glenn Turner, Mary Herget and Cecila Connors for all the baked goods and everything.

- Thanks to everyone who gave me cards with money in them and for the phone calls and visits to see how I was doing.
- And last but definitely not least, a HUGE Thank You to Zeno, Kimberly, Shelly and all my coworkers at New Ross Clover Farm for taking donations for me and (of course) Thank you to all of you who donated.

I hope I didn't miss anyone, but if I did Thank you! It's so great to live in such a wonderful community where everyone is so caring and giving and I'm so proud to call New Ross my Hometown.

~ Forever Grateful,
Connie Schaeffer~

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Walk-in Clinic Schedule for December 2021
902-273-2098

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 **9:00 am-1:00 pm** **4:30 pm -8:30 pm**	3	4 **9:00 am-1:00 pm**
5	6	7	8	9 **4:30 pm -8:30 pm**	10	11
12	13	14	15	16 **9:00 am-1:00 pm** **4:30 pm -8:30 pm**	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

PLEASE do not come to the second floor walk-in clinic if you do not have an appointment.

Call 1-902-273-2098 to make a same day appointment; pre-booking is no longer available

Phone will be answered 1 hour before each shift

You must wear a mask – please bring one with you.

Admin office 902-275-3847 lburch@ourhealthcentre.ca **Walk-in clinic 902-273-2098**

Address: 3769 Hwy #3 PO Box 74 Chester NS B0J 1J0

Facebook: www.facebook.com/OurHealthcentre.ca **Website: www.ourhealthcentre.ca** **Instagram: ourhealthcentre** **Twitter: @OurHealthCentre**

Come Join Baby Group and Playgroup!

Playgroup/baby group will be held on December 6th and 13th from 10:00 AM to 11:30 AM at the Family Resource Centre until we break for Christmas. Stay tuned on our Facebook page for our start-up in January! This program is designed for families with young children and includes toys, crafts, reading, music, a light snack, and an opportunity for conversation. If you and your family would like to attend, **please register by contacting Janice or Katie at 902-689-2414 or nrfrcjanice@gmail.com, nrfrckatie@gmail.com.**

* Masks are required at this time and numbers are limited as per current COVID-19 requirements.

Our office is open for you.

Wheelchair accessible. Hours: M-F 10 a.m. to 4 p.m.

Office Phone: 902.275.2501
Email: BarkhouseMLA@gmail.com
Facebook: @BarkhouseMLA
Instagram: @mlabarkhouse
Twitter: @BarkhouseMLA

Office Location:
3, 4080 Highway 3
Chester, NS B0J 1J0

Danielle Barkhouse
MLA Chester-St. Margaret's

Chromebook Rentals at the New Ross Family Resource Centre!

Thanks to the Mental Health Foundation of Nova Scotia the Resource Centre has **3 Chromebooks** available for community members to rent out to help access online mental health supports, attend virtual health appointments, and to help decrease overall feelings of social isolation during these more challenging times.

Chromebooks come with a keyboard, a camera, microphone, and more. Stop by to see Katie Monday to Wednesday to sign out a Chromebook and or to get help with any virtual teaching needed. Confidential office space can also be provided if needed for you to attend virtual appointments.

Employment Solutions Society

Intro to Computers Classes
January 2022

Join us here at the Centre in January for an intro to computers 6-week session. You will learn about computers and Windows, keyboarding, using the Internet, Email, Word processing, and get an intro to Excel. This is a hands-on program for learners with limited or no computer training! **To Register:** Call 902-543-2479 ext. 29

Dates and times to be determined – call the Resource Centre for more information

A Message From Your Community Development Coordinator

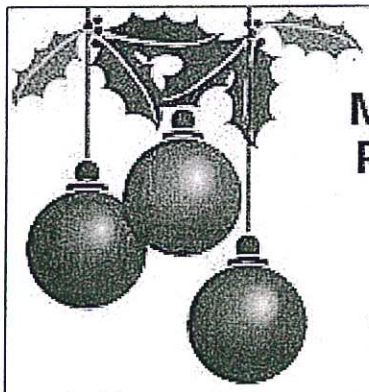
THE MUNICIPALITY OF
CHESTER

Nadine Hackney
Community Development Coordinator,
Recreation and Parks

Cell: 902-275-8503
E-mail: nhackney@chester.ca
Web: www.chester.ca

Season's Greetings!

The snow has started falling and all of us in the Recreation department are getting excited for the opportunities this weather brings! I hope you have time over the holidays to enjoy snowshoeing, hiking, skiing, skating, making snowmen and everything else! Keep an eye out for our Explore Life Brochure coming out on Tuesday January 11th which will be filled with fun indoor and outdoor activities for the season.



Think about the Municipality of Chester PRO Kids program this Christmas!

Need a unique gift idea?
We have just what you need...

Municipality of Chester License Plates make a great Christmas Gift, and you will be supporting PRO Kids at the same time. Only $20.

Consider a donation to PRO Kids in lieu of a Christmas Present. Official Donation receipts will be given for all donations over $10.

For more information call the Recreation Department at 902-275-3490.

Community Schools are OPEN!

All of our Community Schools (ACES, CAMS, CDS, Forest Heights, and NRCS) are open for bookings! Reach out to us if you would like space for meetings, parties, sporting events, festivals, and anything you might think of. Call Nadine at (902) 275-8503 or e-mail nhackney@chester.ca. Chat soon!

FAMILY GAMES NIGHT

Thursdays
6:00pm - 7:30pm
Chester Area
Middle School (CAMS)
Starting November 4th!

Chess, Cards,
Chutes & Ladders,
Scrabble, Sorry!, plus
any game you'd like
to bring and share!

Games night will be FREE for anyone under 18, and by donation for adults 18+

For any questions please contact Municipality of Chester Recreation & Parks - (902)275-3490

A Bus for US

Connecting Lunenburg County & the South Shore to Halifax & beyond.

UPDATED BUS SCHEDULE

Connect to Maritime Bus' one-trip-in, one-trip-out South Shore/Halifax **4 days per week (Sunday, Monday, Wednesday & Friday)** using local services like VON "ON the Move", Queens Transit, Bridgewater Senior Wheels, Bridgewater Transit & Chester Community Wheels.

Schedules can change, please check to ensure times, etc., are up-to-date. Listed pricing includes all fees and taxes.

For more info: www.maritimebus.com or 1-800-575-1807

Bus schedule effective July 19, 2021

Departs South Shore & arrives in Halifax @ 10:20am

LUNENBURG

LEAVE Lunenburg Esso ..... 8:30 am

Sample fare (Same day return)

Price: $51.46

BRIDGEWATER

LEAVE Bridgewater Mall ..... 8:50 am

LEAVE Bridgewater Esso ..... 8:55 am

Sample fare (Same day return)

Price: $51.46

MAHONE BAY

LEAVE Lutheran Church Parking Lot... 9:10 am

Mahone Bay is a **flag stop**. Purchase tickets at least 3 hours before departure time.

Sample fare (Same day return)

Price: $41.80

CHESTER BASIN

LEAVE Exit 9 carpool ..... 9:20 am

Chester Basin/Exit 9 is a **flag stop**. Purchase tickets at least 3 hours before departure time.

Sample fare (Same day return)

Price: $30.76

HUBBARDS

LEAVE Hubbards Mall..... 9:30 am

Hubbards is a **flag stop**. Purchase tickets at least 3 hours before departure time.

Sample fare (Same day return)

Price: $30.76

Stops in Halifax

Young & Robie, Halifax Infirmary, Scotia Bank Centre (**flag stops** that require 3 hours notice)

Maritime Bus Terminal (Westin Hotel)

Departs Halifax @ 3:55pm

ARRIVE Hubbards Mall..... 4:45 pm

ARRIVE Chester Basin (Exit 9 carpool). 4:55 pm

ARRIVE Mahone Bay..... 5:05 pm

ARRIVE Bridgewater Esso..... 5:20 pm

ARRIVE Bridgewater Mall ..... 5:25 pm

ARRIVE Lunenburg Esso ..... 5:45 pm

Airport Connection

to Stanfield International Airport

See departure times from your community.

ARRIVE Maritime Bus Terminal ....10:20 am

LEAVE for airport..... 10:55 am

ARRIVE airport..... 11:40 am

LEAVE airport... 9:40 am, 12:35 pm, 2:15 pm

LEAVE for South Shore ..... 3:55 pm

Sample fare (One way) from Bridgewater.

Price: $38.46

Catch a bus to the airport, or connect to 30 communities in Nova Scotia, 6 communities on PEI and 42 communities in New Brunswick.

Local Services

NOTE: Mahone Bay Lutheran Church Parking Lot is a **flag stop**. Purchase tickets at least 3 hours before departure time.

LUNENBURG TO BRIDGEWATER & MAHONE BAY

LEAVE Lunenburg Esso .....9:00 am

ARRIVE Bridgewater Mall ..... 9:18 am

ARRIVE Bridgewater Esso..... 9:23 am

ARRIVE Lutheran Church Parking Lot .. 9:38 am

MAHONE BAY & BRIDGEWATER TO LUNENBURG

LEAVE Lutheran Church Parking Lot.... 5:05 pm

LEAVE Bridgewater Esso..... 5:20 pm

LEAVE Bridgewater Mall ..... 5.25 pm

ARRIVE Lunenburg Esso ..... 5:45 pm

BRIDGEWATER TO MAHONE BAY

LEAVE Bridgewater Mall ..... 9:18 am

LEAVE Bridgewater Esso..... 9:23 am

ARRIVE Lutheran Church Parking Lot .. 9:38 am

MAHONE BAY TO BRIDGEWATER

LEAVE Mahone Bay..... 5:05 pm

ARRIVE Bridgewater Esso..... 5:20 pm

ARRIVE Bridgewater Mall ..... 5:25 pm

Can't make the trip yourself but have something to send? Shipping service is available: fast, reliable and affordable.

United Way Lunenburg County

The United Way of Lunenburg County is one of the groups that helped bring this service to Lunenburg County. It's a way to reduce social isolation and helps connect people to the services and support networks that they need.

It's the Bus for Us. Be a rider and help support us.

George & Brenda's

700 Highway 12, Blue Mountain, NS
902-681-3171

❄ Custom ❄ Gift Baskets Available

Everything Listed is still only $5.00 each, except for the 1 litre Sauerkraut at $6.00 each

❄ *We require 7 days advance notice to prepare all Gift Baskets* ❄

Jams and Jellies

All 250ml except 190ml Wine Jelly & Habanero Pepper Jelly

Raspberry Jam, Black Currant Jam, Wild Blueberry Jam, Wild Blackberry Jam, Strawberry Jam, Strawberry-Rhubarb Jam, Bumbleberry Jam, Mild Red Pepper Jelly, Habanero Pepper Jelly, Black Currant Jelly, and Merlot Wine Jelly.

Pickles & Sauerkraut

All 500ml except for the 750ml and 1 liter Sauerkraut

Dill Pickles, Sliced Dills, Dill Pickle Coins, Pickled Beets, Mustard Pickles, Brenda's Gourmet Relish, Yum Yum Pickles, Chow Chow, Dilled Carrots, Bread & Butter Pickles, 750ml Sauerkraut, and 1 liter Sauerkraut.

Our Spices

NO SALT SPICES: Brenda's All Purpose Seasoning, Taco & Nacho Seasoning, Garlic Scape Powder, Chicken Spice, Greek Seasoning, Guajillo Mexican Seasoning, George's Garlic Chipotle, and Taste of India Seasoning.

NEW NO SALT SPICES: George's Mild Paprika, Sweet Smoked Paprika, Our Ground Garlic Powder, Smoked Jalapeno Slices, Hot Garlic/Chilli Powder, Hot Chicken & Rib Spice, Hot Thai Chilli Peppers, Red Flame Cayenne Peppers

SPICES: Lemon Pepper, Green Garlic Powder, Indian Seasoning, George's Chilli Powder, George's *Hot* Garlic Chipotle, and Dill Salt

700 Highway 12, Blue Mountain
902-681-3171 or bgknickle@hotmail.com
All orders are pick-up from our address

Forties Community Centre

Where old Friends Meet!

Thank-you to our Community and our volunteers. Without your support we could not continue. We are proud to offer the Centre for community use and to serve you. These last 2 years have not been easy. May you all be blessed with a Merry Christmas and Happy New Year!

Chili or Soup
Eat In or Take-out,
Saturday Dec 4th

12-pm -2 pm 3- 4 30pm

Chili/roll or Soup/roll

dessert/tea/coffee

adults $10.00, 5-12 $ 6.00, under 5 $3.00

Turkey Dinner and Supper
Eat in or take out
Sunday
December 5th.

12-2 and 3-4:30 pm
Turkey dinner, with all the trimmings
Adults $ 15.00, 12 and under $ 7.00,
under 5- $ 3.00

Breakfast with Santa
Sunday, December, 19th
8-11 am

Forties Community Centre
Eggs, sausage, pancakes, hash browns,
toast, juice, tea & coffee
Adults $ 10.00, 5-12 $ 5.00, and under 5 free
Santa will be here to meet with the children!

Hall Bookings

To book the Forties Community Centre, please call Ervin Broome. If he is not home, please leaving a message and he will call you back. 902-689-2782

31
DEC

NEW YEAR'S EVE
DANCE

NEW ROSS LEGION

9PM - 1AM

Limited Tickets on Sale until December 20th at the Legion Bar. ADVANCE TICKETS ONLY!! Proof of Double Vaccination and Picture ID will be checked at door. All Covid Rules in Effect at that time will be strictly followed.

$10 / PERSON • MUSIC BY B&S DJ

HOSTED BY THE NEW ROSS DART LEAGUE

ROSS FARM
A LIVING HERITAGE FARM
A PART of THE NOVA SCOTIA MUSEUM

Christmas In the Country

Dec 4th & 5th

Bring the family for one of our favourite annual events! This year treats and refreshments will be enjoyed in the Hearth Room of the Learning Centre instead of Rosebank Cottage due to spacing limitations. Enjoy a walk around the farm while you keep an eye out for our family of gnomes hiding all throughout the property, find them all for a little treat at the giftshop on your way out. During your visit stop into the farm workshop to yarn with the woodworker and see what he's working on that day and also have a visit with the farmer in the Ross Barn to learn about our many heritage farm animals and is a chance for the kids to see them up close! If weather permits wagon rides will be taking place and you can hop on for a tour with our friendly teamster and Canadian horses and learn about the history of the farm and much more! We put in a request and Father Christmas has promised us that he will be taking time out of this busy schedule for this very special event and will be here both days! As always, the site will be decorated for your enjoyment and a photo area will be set up for families to take pictures.

Timeslots 9:00am – 12:00pm and 1:30pm – 4:30pm, Dec 4th & 5th

This event is by booking only with a maximum number of 150 individuals per timeslot. You can follow the link on our website at https://rossfarm.novascotia.ca to book online or call 902-689-2210

Craft Fair

Sun Dec 5th

On Sunday, Dec 5th we will be hosting a small craft fair in the Learning Centre from 10:00-3:00 with approx. 12 vendors. (Pre-booking is not required to attend the craft fair and there is no admission charge to shop.)

Proof of vaccination will be required to attend both the Christmas in the Country event as well as the craft fair.

New Ross Legion Events

Guests must be signed in by a Member. Under aged guests must be accompanied by a guardian. Membership is easy and inexpensive. Come take a look!

Coffee Social every Monday from 9 – 11. Come enjoy a coffee, tea, baked goods and good conversation. Free will offering. Current Covid restrictions followed.

CHRISTMAS FESTIVAL TAKEOUT SUPPER: FRIDAY DECEMBER 3RD, PICK UP 4-6 HAM, BAKED BEANS, SCALLOP POTATOES, HOMEMADE BROWN BREAD ROLL and COOKIE. PRICE $15.00 CALL JANET 902-275-8585 TO PRE-ORDER BY NOVEMBER 30.

HAL BRUCE DANCE: DECEMBER 4, 2021 9-1. TICKETS ON SALE AT THE LEGION AND GINA'S HAIR SALON AND SPA. PRICES $20.00 PP. ADVANCE $25.00 AT DOOR. MUST BE DOUBLE VACINATED TO PURCHASE TICKET AND ENTER DANCE. NOVA SCOTIA HEALTH RESTRICTIONS IN EFFECT AT THAT TIME WILL BE FOLLOWED.

SWEETS FOR THE HOLIDAY TAKE OUT BAKE SALE: Pickup December 18TH, 1-3 Pre-order ONLY by December 11.Call Jennie Graves 902-877-4222 to place order. CASH & EMAIL TRANSFER PAYMENT IS AVAILABLE: RCL79@BELLALIANT.COM

ITEMS: Bundt Size Cakes- $20.00 (Cherry Bundt and 7-up Pound)
Light fruit cake- $25.00 Dark Fruit Cake- $30.00
Assorted Baked Goods with Variety of Squares, Cookies and Candy.
Small Tray (16 items) -$20.00 Large Tray (32 items) - $30.00

NEW YEARS DAY LEVEE: 1-4 WELCOME THE NEW YEAR WITH FRIENDS AT YOUR LEGION. ENJOY FOOD, DRINK, ENTERTAINMENT AND THE BEST PEOPLE YOU'LL EVER MEET AVAILABLE AT YOUR LEGION. It's gonna be better than 2020 & 2021!

JANUARY TAKEOUT SUPPER: LASAGNA, CEASER SALAD, GARLIC BREAD AND APPLE CRISP, PICK UP SATURDAY JANUARY 15, 2022 4-6 pm $15.00 DEADLINE TO PRE-ORDER JANUARY 12. CALL JANET 902-275-8585.

FEBRUARY TAKEOUT SUPPER: ROAST BEEF, MASHED POTATOES, GRAVY, CARROTS, ROLL AND BROWNIE. PICK UP SATURDAY FEBUARY 12, 2022 4-6 pm. $15.00 DEADLINE TO PRE-ORDER FEBRUARY 9.

Remembrance Day 2021

On behalf of our Legion, Veterans and our membership we would like to thank everyone that made a donation or purchased a wreaths or cross during this year's Poppy Campaign. It was truly inspiring to see the support the Legion received from our community during these trying times.

Our community stood tall to ensure that we honoured our Fallen and to show our appreciation to the men and women in uniform during our Remembrance Day ceremony. There are so many people that made this year's ceremony a success, but first and foremost is our community as a whole. Our community has a long standing history of military service in times of war and that history was in the forefront during these times of hesitation of what the future will whole for us all. Like so many of our fallen and men and women in uniform our community demonstrated determination and valour, ensuring that we upheld the Legion's motto "Lest We Forget" proving they are more than just words, rather they are heart felt and hold true value to all Canadians young and old.

We would like to give Honourable Mention to the following business and individuals within our community and Legion for their tireless support to the Poppy Campaign:

Boys & Their Toys Auto Service..... .....Muwin Estate Wines Ltd
Danny Hiltz Excavating.....New Ross Credit Union
Elliott L.E. Lumber Ltd.....G&C Hughes Enterprises Ltd
Gina's Hairstyling.....Harley Bear Convenience Store
New Ross Clover Farms.....Russell's Service Station
New Ross Home Hardware Building Centre.....Scotian Ironworks
Russell G Dorey Enterprise Ltd.....Peasant's Pantry
Sanders Supplies..... T&D Nursery
Vittles Restaurant.....Hiltz Sidney C Dozing & Trucking Ltd

Invited Guest:
MLA Chester/St Margret's Bay.....Danielle Barkhouse
Liberal Association..... Jacob Killawee
Chester Municipality.....Tina Connors
Our Legion Reverend.....Rick Small
Military.....Major Adam Veyt
Company Sgt Major Jeff Parker
Cenotaph Honour Guard.....Delta Company Personal

Legion Members:
Cheryl Scott.....Reading of the names
Jennie & Gary Graves.....Poppy Campaign Finance Committee
Janet Walker.....Ways and Means
Christine Bland.....Piper
John Langevin..... MC
Roland Walker.....Sound
Aaron Warren.....Trumpet
George Broome.....New Ross Choir
Martin Walker.....Artillery
Food.....Jean Elliott, Jennie Graves, Bev Kloppenburg
Janet Walker, Darlene Broome, John Langevin,
Karen Levy, Wendy Fuller, Mary Williams, Rita Seaboyer

If I have missed anyone please except my sincere apology and thanks for all your assistance.

Respectfully,
Roland Walker
President
New Ross Royal Canadian Legion
Branch 079

What we do:

- Provide FREE 50 minute therapeutic appointments forindividuals struggling with mild to moderate mental health concerns who are not currently connected to a therapist.
- Provide a safe, supportive, and non-judgemental space for individuals who are struggling.
- Connect individuals to local community organizations, resources and supports.
- Offer resources and strategies to effectively manage and cope with concerns such as anxiety, depression, grief and addiction.
- Offer virtual or telephone appointments for individuals who are not able to attend the clinic in person.
- Refer to community partners and agencies bestsuited to provide support on an ongoing basis.
- Provide psycho-education related to mental health care and treatment.

What we don't do:

- We are **NOT** an emergency service. If you are experiencing a mental health crisis you will be redirected to the nearest emergency room. If you are experiencing a mental health crisis DO NOT report to our clinic; please call 911 or report to your local emergency room.
- We do **NOT** provide prescriptions and medications are **NOT** kept on site.
- We do **NOT** provide long term therapeutic care for individuals. If follow up care is required, you will be assisted in accessing local resources and supports.
- We do **NOT** offer regular pre-booked appointments. Individuals wanting to access the walk-in clinic will be required to call one hour prior to the first appointment at 4:00 pm to reserve an appointment time.

Hours of Operation: Tuesday evenings from 4:00-9:00 pm

To book: call Erin on Tuesdays starting at 3:00

1-902-273-2098

With thanks to BELL Let`s talk Community Fund for supporting this important service!

3769 Highway # 3 Chester NS B0J1J0 902 -275-3847 www.ourhealthcentre.