The Flyer

February 2023 Edition

PO Box 55, New Ross, NS, B0J 2M0 **E-mail Ads and Notices to: nrfrclaura@gmail.com** The <u>deadline</u> for receiving items for the **March Flyer is** <u>Wednesday, February 15th at</u> <u>4 pm</u> with delivery coming on Wednesday February 22nd, 2023.

Suggested donations for flyer ads:

Payments by cheque, cash, or E-transfer to newrossflyer@gmail.comFull page ad \$30½ page ad \$15I/3-page ad \$10Please remember to include your contact info with your ad (name and phone #)

The Flyer acknowledges the following recent donations:

New Ross United Baptist ChurchValerie WhiteAlice Meister & FamilyNew Ross Regional Development SocietyRoss Farm Museum

Thank you all for your continued support!



Did you know...

That there used to be 2 gas and service stations in New Ross? The Irving was located in the now empty parking lot across from where Vittles is today. Built in the 1960s it remained until some time in the 1990s before being torn down.

NEW ROSS FAMILY RESOURCE CENTRE

4691 Highway 12, PO Box 106, New Ross
(902) 689-2414
*Follow us on Facebook!
https://www.facebook.com/nrfrc/
OFFICE HOURS: M-Th 8-4, Fridays by chance or appointment.
Masks are optional, hand sanitizer is recommended and if you are unwell, stay home.
Executive Director: Karen Jodrey, nrfrckaren@gmail.com



If you have any ideas for family programs or services please contact Karen Office Administrator: Laura Broome, nrfrclaura@gmail.com Family & After School Program Co. ordinator: Janice Cornelius, prfrcianice

Family & After School Program Co-ordinator: Janice Cornelius, nrfrcjanice@gmail.com

ON SITE BLOOD COLLECTION every second THURSDAY.

You must **call Colleen Hull at <u>624-0406</u> to book your appointment! BLOOD COLLECTION FEE \$15 For in Centre Collection.**

Some of you may have heard that Coleen is retiring and she in fact is, in April 2023 but she will continue to provide the blood collection at the Resource Centre. We are very blessed to have Coleen provide such an important service for our community. We wish her a wonderful retirement!

Upcoming Dates: February 2^{nd} & 16^{th} March 2^{nd} , 16^{th} & 30^{th} April 13^{th} & 27^{th}



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. 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, please call: 902-541-0343

Rising Costs Taking a Toll on you this Winter?

If you find yourself struggling this winter with the rising costs of food and/or heating and you could use some help please reach out to Karen at the Resource Centre to see if there is help available.

At Home Learning Kits

Openings for January, February & March

AT HOME LEARNING OPPORTUNITIES (AGES 1–5 YEARS OLD)

Once a month we will create a learning/play package for you to pick up at the Centre. These may include activities for your child, family activities (such as cooking), and may have an online component (such as a read-a-loud book).

> Contact us if you would like more information or have any questions.





Registration is required: nrfrckaren@gmail.com



902-689-2414

Let's Make Homemade Cheese

Workshop 1: Green Onion, Garlic & Chive Workshop 2: Blackberry Ripple

This workshop is "child friendly", in fact we want you to bring a child with you - yours or a neighbors! (Note: Child must be able to sit still and follow directions for the entire workshop, 8+ is the recommended age).

What you will learn:

- Participants will learn to make fresh cheese, stepby-step with only natural ingredients and in a very simple manner.
- Each pair will get to take a sample to enjoy at home.

Wednesday, February 1 & Wednesday February 15th, 1pm - 4pm

You must Pre-Register by email or phone. nrfrckaren@hotmail.com/902-689-2414



Youth Transitions Program

You're closer to reaching your potential than you think.

UPCOMING DROP-IN DATES

January 16th | 2:25-5pm New Ross Family Resource Centre

January 30th | 2:25-5pm New Ross Family Resource Centre

February 13th | 2:25-5pm New Ross Family Resource Centre

February 27th | 2:25-5pm New Ross Family Resource Centre Join us for snacks, workshops, board games and more!

YMCA staff will be on site to chat with youth during drop-ins.



Signing up for YTP Teens aged 12–19 can sign up for YTP through selfreferral by contacting our YMCA Youth Transitions Program team at:

Josh Goode - 902-298-4261 or

Josh.goode@ns.ymca.ca

Emily Irvine - 902-298-5512 or

Emily.irvine@ns.ymca.ca



With Thanks



The family of Karl Meister would like to express our deepest thanks to the community – both in New Ross and beyond – for your support and thoughts during our recent loss.

In particular, we want to thank those who visited Karl in the hospital, who called him or one of us to check in on his health, or those who simply sent a Facebook message during his illnesses or after his passing.

To everyone who dropped off food over the past weeks and months, we appreciate your thoughtfulness in doing this.

We also want to express our gratitude to the doctors and nurses at South Shore Regional Hospital who made his final months comfortable. In a very difficult time for these professionals, they went above and beyond to make Karl happy. After his passing, White Funeral Home in Kentville did a wonderful job caring for both Karl and us.

To everyone who attended his funeral, you could see how much that moment meant to him, given the care and consideration he put into its planning. Thank you for being there to give him a proper send off.

Thank you to Rev. Rick Small for officiating, to Colette Gates and the choir members for the music, and the Christ Church Guild for organizing the wonderful reception afterwards.

And finally, thank you to everyone who donated in Karl's name. There were too many to thank individually, but it was wonderful to see organizations like the Parkinson Society of Nova Scotia, the Canadian Cancer Society, Amnesty International, the Canadian Bible Society, the New Ross Baptist Church Cemetery and Jumpstart receive money in honour of Karl.

Karl loved his community. And you showed love in return as his health declined. That truly meant a lot to Karl and to us as his family.



Alice, David and Sean



Thank you to the New Ross Historical Society for choosing the theme "New Ross Women ~ Noteworthy Contributions" for the 2023 New Ross Calendar.

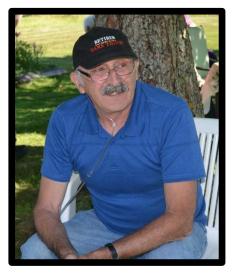
It is an honour to be included in the calendar and I want to thank the Society on behalf of all women included in the calendar for this special recognition.

Women in New Ross continue to give to the community everyday and when it is recognized it means a great deal.

~ Valerie White

Community Spotlight

For some people Volunteering is about giving But for the likes of you It is a way of living... Thank You



In the first community spotlight, highlighting people of New Ross who have made an impact on the Community, I would like to honor Grant Reeves for all his endless volunteer work

he has done throughout the years. I knew Grant as my 4H horse leader and through the light horse show at the Fair. Grant has always been a kind, generous person, always willing to share a laugh. Many of you may have seen Grant the last few years around the fairgrounds with his oxygen tank and yet the decline of his lungs did not stop him from helping where needed. And then he was one of the few that successfully received a double lung transplant and now he has a new lease on life. Still helping, still volunteering, still shining! On behalf of the Community Grant, Thank you for ALL you have done and continue to do! Grant started his involvement in Community groups by becoming involved with minor hockey and 4H when his boys were young. He helped with the 4H light horse program from 1977 until 1982 when he became the leader, which he remained for 10 years. Many past 4H members have fond memories of meetings at his house or adventures with him to judging events and the smell of his cherry tobacco in his pipe. Grant remained the 4H horse leader until around 1995 but that did not end his involvement with 4H or the horse world. Over the years he held such positions as South Shore Director on the 4H Council (91), Chair of the small livestock committee for NS 4H Council (92), Member of the SS Exhibition Committee (94&95), Co-General 4H leader (95), Clerk for the light horse classes at the SS Exhibition (97&99) and assisted with the 4H Provincial Show held in Bridgewater. In 1991 Grant received the outstanding



leadership award presented by the Lunenburg County 4H Council.

Grant wasn't only involved in the 4H program, he joined the New Ross Farmers Association



in 1980 and has been instrumental in developing the light horse show at the Fair. In 2013/2014 he prepared a grant application and coordinated construction of a new riding ring, which included other improvements to the Fairgrounds including improved drainage and creation of new camping spaces where the old riding ring was located. In 2015 he created a Facebook account for the Fair and also received a volunteer award from the Municipality of the District of Chester Council. Grant held the president position with the farmers association from 2015-2020 helping with grant applications and supervising summer students. In 2019 he

assisted with grant applications and coordinated construction of a new multi purpose arena which is used for ox and horse pulls at the fair and a community skating rink in the winter.

Besides his work with 4H and the Farmers Association, Grant was an assistant coach, coach and manager for Chester Minor Hockey for over 6 years. He was a scout leader for 1 year in the 80s and helped with Legion Bingo. Grant has spent hundreds of hours working on projects for the Fairgrounds. His heart lies in the Light Horse show which was started in approximately 1977 in nothing more than a roped off area on the property adjoining the fairgrounds and 6-7 entries. The horse show then moved to a small area down by the oxen barn. Then the first official ring was built parallel to highway 12.



Grant has always held a special interest in horses. And in growing the horse show at the Fair into what it has become today. Even by offering his own horses to those that wanted to show. Grant with lots of help from Janet helped the show grow from under 10 entries a year to anywhere from 30-50 entries per year coming from all over. Grant has always made sure the Fair's light horse show was an affordable and good place for young riders and horses to gain experience. He was always willing to lend a hand even when that meant helping carry a stubborn pony and it's rider over the bridge in a trail class. Grant always had a great sense of humor and loads of patience.

> In the mid 1970s Grant's lung function.





collapsed and lost some of its He continued to volunteer and support the Community. In 2006 The COPD

and the emphysema were getting worse and he went on disability at that time. In December of 2010 he was admitted to hospital with pneumonia and was put on oxygen which he ended up on for years. It became a common sight to see Grant going with his oxygen tank and then eventually as his lung function continue to deteriorate, he could be spotted sporting around on "blueberry" his motorized scooter. From May to August of 2020 Grant ended up in and out of hospital due to collapsed lungs multiple times. It was then that a lung transplant was suggested.

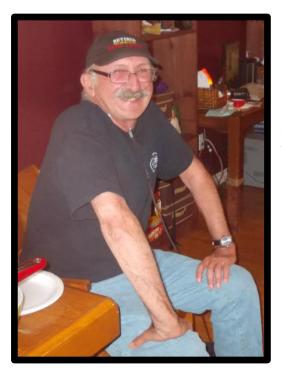
Now most would be home resting after receiving news of this nature but not Grant! Ι

remember him announcing the horse show in August of 2021 less than a month before embarking on his journey to Toronto to await On September 2nd after months of tests and a transplant. appointments Grant and Janet headed to Toronto, not knowing if or when they would return.

Once in Toronto there was a lot of waiting, some sight seeing, appointments, card games and visits with friends they met awaiting transplants as well. March 29, 2022 the call came that a



suitable set of lungs were going to be available. And on March 31st Grant had a double lung transplant which took about 12 hours. He did really well but did experience Afib which happens in about ¹/₄ to 1/3 of lung transplant patients. There was covid to contend with and 3 weeks



after the transplant 18 days of Rehab. May 9th Grant was able to leave Rehab and return to the apartment he and Janet had been staying in.

More appointments, rehab, and weekly bloodwork and tests then on June 30th Grant and Janet were finally able to board a plane headed for home. And once home sure enough Grant was back in action with a new lease on life and attended a Farmers Association meeting the week after arriving home!!

Grant recovered well even with a bout with Covid in September 2022. He was able to start working in his Christmas trees again that fall, shearing and cutting them, something he hadn't been able to do for at least 15 years!



Grant has had an incredible impact on the youth of this Community as well as in the development of the Community as a whole. He continuous to have a smile and a good sense of humor. He has made a remarkable recovery and even throughout his journey he still continued to volunteer and to see him going now without his oxygen tank and his scooter is remarkable. Thank you Grant for all you have done and continue to do for New Ross!







"Volunteers do not necessarily have the TIME; they just have the HEART." ~ Elizabeth Andrew

Community News

New Ross Historical Society

The New Ross historical Society has quarters at The Learning Centre, Ross Farm Museum. Microfilms, genealogies, historical publications, Maps and folders containing historical information pertaining to New Ross and beyond are housed there. The Historical Society meets monthly at 7pm on the 4th Wednesday of every month at the Ross Farm Museum. **Everyone is Welcome**!!

Here's how you can contact this great organization: PO Box 35 New Ross, NS Canada B0J 2M0 newrosshistorical@gmail.com or Follow us on Facebook!

All New Ross Historical Society publications can be purchased through the Pedlar's Shop.





Arm Wrestling Practices Sunday February 5th & 19th 1-3 FREE Everyone Welcome Upstairs at the New Ross Family Resource Centre



Caregivers and Community Partners;

Caregivers Nova Scotia, in partnership with the NS Centre on Aging, invites family/friend caregivers to visit <u>www.NSCaregivingProject.ca</u> to share your experiences via an online survey.

If you are a caregiver who provides care to someone with a physical or mental disability, chronic illness or disease, older or frail, or palliative, we want to hear from you. We are looking for caregivers who care for children with complex needs, sibling caregivers, caregivers supporting parents or spouses, caregivers caring for someone living in Long Term care, and more! Sharing your experiences will help us understand the needs and ways to better support caregivers in Nova Scotia.

understand the needs and ways to better support caregivers in Nova Scotia

All survey participants will be entered into a draw to win a gift card.

For more information, email CaregivingProject@msvu.ca or call 1-877-302-4440 for more details.









Walk-in "With Appointment" Clinic Schedule for FEBRUARY 2023 902-273-2098

Check out All the other amazing programs & services at OHC, www.ourhealthcentre.ca or drop into OHC and pick up a copy of the monthly newsletter , The BUZZ

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Schedule Is Subject to Change		1 CLOSED	2 <mark>9:30 am to</mark> <mark>2:30 pm</mark>	3 CLOSED	4 <mark>9:00 am to</mark> 1:00 pm
5 CLOSED	6 <mark>10:00 am to</mark> <mark>2:00pm</mark>	7 10:00 am to 2:00 pm 5:00 pm to 9:00 pm	8 <mark>10:00 am to</mark> <mark>2:00pm</mark>	9 <mark>9:30 am to</mark> <mark>2:30 pm</mark>	10 CLOSED	11 <mark>Closed</mark>
12 CLOSED	13 <mark>10:00 am to</mark> <mark>2:00pm</mark>	14 10:00 am to 2:00 pm 5:00 pm to 9:00 pm	15 <mark>10:00 am to</mark> <mark>2:00 pm</mark>	16 <mark>9:30 am to</mark> <mark>2:30 pm</mark>	17 <mark>Closed</mark>	18 CLOSED
19 CLOSED	20 <mark>10:00 am to</mark> <mark>2:00pm</mark>	21 <mark>5:00 pm to</mark> <mark>9:00 pm</mark>	22 <mark>10:00 am to</mark> <mark>2:00 pm</mark>	23 <mark>9:30 am to</mark> <mark>2:30 pm</mark>	24 <mark>Closed</mark>	25 <mark>9:00 am to</mark> <mark>1:00 pm</mark>
26 CLOSED	27 <mark>10:00 am to 2:00pm</mark>	28 10:00 am to 2:00 pm 5:00 pm to 9:00 pm				
		shift to mak longer avai	ust have an appointment to come to the 2 nd floor			

Admin office 902-275-3847lburch@ourhealthcentre.caWalk-in clinic 902-273-2098Address:3769 Hwy #3 PO Box 74 Chester NS B0J 1J0

Forties Community Centre

~ Where Old Friends Meet! ~



1787 Forties Road Phone: 902-689-2000 Centre Or 902-689-2612 Or 902-689-2147 **Email:** fortiescc@gmail.com **Rental Info & Bookings**: Ervin Broome 902-689-2782 **Follow us on Facebook!**

Crib Tournament February 5th, 2023

Doors open 12 noon Registration starts 12:30 Play starts 1pm \$ 20.00 / team For more information call 689-2147 Canteen, wheelchair accessible (ground level) Tournaments are the 1st Sunday of each month





Card Parties - Tuesdays, starting Jan 3rd @ 7pm \$3/person. Lunch provided. 50:50 draw. For information, call 902-644-3359



Upcoming Yard Sale

The Forties Community Centre is now accepting donations for a spring yard sale.

Date to be announced soon. No Fridges or TVs

Drop off by pre-arrangement only.

To set a time to drop off donations call: 902-689-2000

"It is not more bigness that should be our goal. We must attempt, rather, to bring people back to the warmth of community, to the worth of individual effort and responsibility, and of individuals working together as a community, to better their lives and their children's future." ~ Robert F Kennedy



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! Open Monday, Thursday & Friday at 4pm



FRIDAY NIGHT LIVE STARTS AT 8:30pmCover charge: \$5.00 MemberBring your Dancing Shoes!!\$7.00 Non-member

FEB 3: THE UPBEATS FEB 10: CROSSOVER BAND FEB 17: CARLA MAGEE & TONY DUNCAN FEB 24: FOG

Coffee Social: Every Monday 9-11AM. Join us for coffee, tea, baked goods and good conversation. Everyone Welcome to attend. Free will offering.

The winner of the free 2024 membership which was drawn at the New Year's Levee is Aleaka Crooks. Congratulations!

2023 Memberships dues are now being accepted at the New Ross Legion Branch 79. The renewal fee is \$45 and may be either paid online at www.Legion.ca or at the bar.

New Ross Legion is hosting **Zone Open Dart Tournament Feb 4&5**. Come check out some great dart playing and the legion will be open these 2 days for the general public as well.



Pancake Supper : Shrove Tuesday February 21, 2023 4:30-6:30 Pancakes, Sausages, strawberries, tea and coffee \$8.00 a plate. Children under 5 Free.

New Ross Legion Renaissance Sports Day:

February 25, 2023. 9:30am – 4:00pm Registration will be at 9:30am with games commencing at 10:00am. Games will end at 4:00pm. Pool, Darts, Shuffleboard and Crokinole. 2 Person Team \$5.00 per person. To register call the Legion at 902-689-2650 or Cory 902-299-0144. Bar and Canteen will be available. Open to everyone to play.



Update from Tina Connors Councillor – New Ross (District 6)

A quick reminder that the Municipal Tax Exemption deadline is March 31. Contact me with any questions.

Another quick reminder... the **annual** deadline for *Small Capital Grant and Major Project Grant* – available to non-profit groups - is January 31.

Comfort Centres: During times of emergency situations, such as severe winter storms, high intensity rain fall, or extended power outages, Comfort Centres have been established throughout the province by communities for communities. These Centres are intended to be a location where community



members can gather, be warm and safe, be a place of information, have a hot drink and maybe even something to eat! In New Ross the Comfort Centre is the *fire hall*. Thank you New Ross Volunteer Fire Department.

Volunteer Award Program: Plans are in the works for National Volunteer Week 2023, and volunteer nominations are open! Nomination categories include: Individual; Youth; and Family. Contact the Recreation Office - 902-275-3490 / recreation@chester.ca - with any questions, including nomination guidelines & form. Deadline is March 10.

Annual Grants to Organizations: For the fiscal year April 1, 2022 to March 31, 2023: *Council* \$23,750; *Tourism* \$8,000; *Recreation* \$20,000; *Budgeted Line Items* - \$113,190 [*includes, for example: Church Memorial Park; Community Wheels; Seniors Safety Program]; *Economic Development* - \$150,000; *Major Project* - \$439,000; *District Council Grant* - \$70,000 [*to date, \$45,850 allocated].

Did You Know: *South Shore Connect* is an online directory of sport, recreation, and active living opportunities across the South Shore (Lunenburg, Queens, Shelburne, and Yarmouth counties). The goal of this initiative is to share information and build community, and to make it easy and convenient for everyone - residents and visitors - to find out what's going on around them. Check it out when you get chance... southshoreconnect.ca! The site is available for all groups and organizations to list their programs, events and activities, community halls/facilities and community infrastructure (e.g. trails; tennis courts; outdoor rinks).

2022-2023 Committees: Annual Council appointments, for me, include: Equity, Diversity and Inclusion Advisory Committee; RCMP Advisory Board; Community Use of Schools Committee: Aspotogan Community Elementary School and Forest Heights Community School; Building Code & Unsightly Premises; Lunenburg County Seniors Safety Advisory Partnership; South Shore Regional Library Board; and Sherbrooke Lake Park Advisory Committee.

Winter = skating, right? Sure hope so.... the **New Ross Rink** is ready for action, and all we ask is for Mother Nature's cooperation! A BIG shout-out to all involved, and fingers crossed for cold temps!

See you soon,

Tina C.

Business Section





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





A service tailored to serve YOU!

Where would YOU like to go? A job interview, shopping, social visit, school, an appointment, out for fun, need a break from winter driving –**We can help with that.** Fares? Pay us what you can afford. Book in advance and we'll be at your door. Call for our **DAY-TO-DAY SERVICE.**

Where would YOU like to go? Do you need assistance getting there? We can help with that. We have accessible vehicles for those with limited mobility and/or seniors. Book in advance and we'll be at your door. Call for our **ACCESSIBLE SERVICE.**

Where would YOU like to go? Planning an event or a group outing? We can help with that. Perfect for any time a group may want to travel to a destination together. It's a safe, enjoyable way to reach where you need to go. Call for our CHARTER SERVICE.

For more details on all our services, please contact us at 902-273-2440, email <u>commwheels@sswap.ca</u> or visit <u>www.communitywheels.ca</u>

Friendly, affordable, dependable and door-to-door. 23 Collicutt Road Chester NS B0J 1J0

We are a registered charity! No. 814171427RR0001 Please support our day-to-day service!





Afternoon and evening appointments available.

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

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www.newrosscreditunion.ca

~ 2022 RRSP Contribution Deadline is March 1, 2023 ~



What a flower filled year we are planning at Foraged Florals!

Early Bird Floral CSA registration starts now. Our CSA runs from June 3rd to September 9th, 14 weeks in total. What sets our CSA apart?

• We add in the design. You get an arrangement for the price of a bouquet.

• Limited number of CSA's available.

• Environmentally friendly - no single use plastic & you supply the vase.

For details go to foragedfloralsnewross.ca/shop or call us at 902-209-3638. Give a FLORAL CSA as a gift for a season's worth of floral cheer!

We are taking bookings for the 2023 & 2024 wedding season. The early stage of planning a wedding is the best time to talk to a floral designer. Call us for a free consultation at 902-209-3638.



2023 WORKSHOPS

We are putting the final touches on our workshop series and have some exciting collaborations in the works. Follow us on Facebook @foragedfloralsnewross for announcements.

SINCE 1939 WINTER 2023 CHESTER PLAYHOUSE ** PLAYHOUSE WITHOUT WALLS

Award-winning Director, Actor & Teacher

ONLINE VIA ZOOM

TUESDAY FEBRUARY 21 7:00PM

IN CONVERSATION:

NN-MARIE

WARM YOUR SPIRITS WITH LIVE ENTERTAINMENT!



STAND-UP COMEDY WITH HOST JOE HARFOUCHE & FRIENDS! JOCE REYOME TERRA SPENCE AN EVENING TWO SOU SONGWRI

CHESTER BASIN LEGION

SATURDAY MARCH 4 7:30PM

HALF PRICE YOUTH TICKETS AFFORDABLE COMMUNITY TICKETS AVAILABLE FOR INFO & TICKETS VISIT CHESTERPLAYHOUSE.CA OR CALL (902) 275-3933



Canadă

CHESTER LEGION

FRIDAY MARCH 24 7:30PM