The Flyer

Wednesday December 21, 2022

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 January Flyer is <u>Wednesday, January 18th at</u> <u>4 pm</u> with delivery coming on Wednesday January 25th, 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 Consolidated SchoolJanet LarderForaged FloralsNew Ross Regional Development SocietyHaldon & Vienna Reeves

Thank you all for your continued support!



Please contact me (nrfrclaura@gmail.com) if you would like to see your photography highlighted in one of the upcoming flyers. Also looking for "Did you know..." submissions.

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, 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 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: January 5th & 19th February 2nd & 16th March 2nd, 16th & 30th



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.

NEW ROSS FAMILY RESOURCE CENTRE will be closed for the Holidays from December 21st, 2022 – January 4th, 2023

Playgroup with Janice. Free, every Monday 10:00am – 11:30am, when there is school, for families with children birth to age 5. Includes free play, art activities, reading, music, a healthy snack and an opportunity for the adults to connect. Starting back on January 9th 2023.

Walking Club with Karen. Free, every Tuesday, at 10:00am. Meet in the parking lot and walk up and around Ruby's Trail. At the lookoff we will have a break and quick reflection. Starting back on January 10th, 2023.

AMP-ed UP!! An anger management program for those to gain knowledge and help manage challenging situations. It will cover topics such as the cycle of anger, triggers & cues, how anger affects our body and impacts our relationships. We will also discuss the role communication plays in healthy relationships. This program will begin on Monday, January 9th and run for 6 weeks, from 6-8pm. You must call or email to register.

Yoga with Mona. Wednesdays, starting January 4th to March 8th, 6:30pm – 7:45pm. 10 week session for adults. Fee: \$120.00. Yoga brings together movement of body, awareness of breath and mental concentrations to enhance well-being. Registration is limited and you must pre-register.

4 Week Canning Course with Liz Young. FREE - Tuesday's in January, starting on the 10th, 17th, 24th, 31st from 1:00pm – 4:00pm. During the 4 week course participants will learn the basics of food preparation for canning to preserve fruits and vegetables of the season. It will also include an explanation of appropriate cleaning, sanitizing, and sterilization of surfaces, utensils equipment, and jars. Each week will include a demonstration, recipes, hands-on preparation and taking home samples of the items made. Week 1 – Spirited Fruit, Week 2 – Pickling, Week 3 – Chutney, Week 4 – Marmalade. Pre-Registration is required and seats are limited! Call 902-689-2414 or email: nrfrckaren@gmail.com.

Community Cupboard. Our 'Community Cupboard' is a place where everyone and anyone can access non-perishable food and hygiene products. It's also a place where anyone can donate those same items. It's open whenever our office is open, Monday – Thursday, 8:00am – 4:00pm. We can not guarantee anything being 'in stock' or know when/if it will be back. Come help yourself and us, by using this free food service.

Parenting Journey Program: Parenting Journey is a FREE, voluntary program that helps to strengthen relationships between children, parents/caregivers, family members and their community. Parents/Caregivers are welcome to refer, or any service provider can assist with a referral. For more information, please contact the Better Together Family Resource Centre's Parenting Journey Coordinator, Emma Reeves at 902-543-3119.

I would like to take the time to wish everyone a Healthy & Happy Holiday Season. We had a great turn out at our Open House & Christmas Festival event. It was so nice to see so many smiling faces. As we head into a season that may not bring everyone joy, remember to be kind, and help out your neighbors and friends when you can.

~ Karen Jodrey, Executive Director, 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.

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.







With Thanks



The New Ross Wrist Rollers Arm Wrestling Group would like to thank all those that came out to our practices over the last few months to see what this sport has to offer. A HUGE thank you to Angela, Rob and Hunter McNamara for all their help and support. Also thanks to Rick Pinkney, President of the NS Arm Wrestling Assoc.

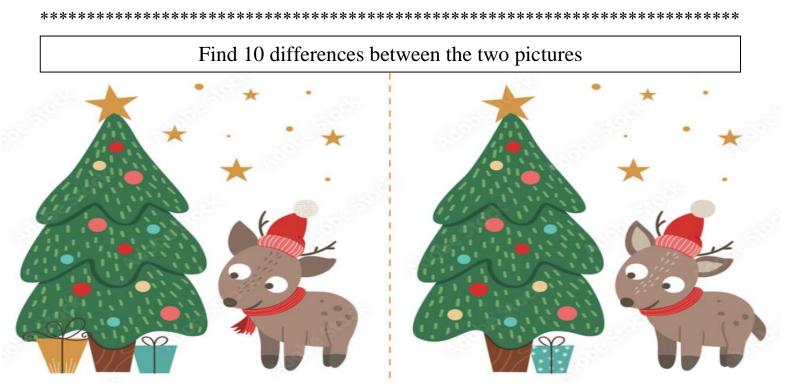
We were successful in securing a grant and have purchased our first arm wrestling table for our group and will be adding another in the new year along with a table for children to use! This is a family friendly sport and it's free! We meet every second Sunday from 1-3 and everyone is welcome! Check out "

January 8th and 15th 1-3pm

Thank you from the cafeteria at the New Ross Consolidated School.

Thank you to the following people: The Catholic Church for their generous donation from the booth at the fair. This money has gone towards Toonie Tuesdays for students at NRCS Cafeteria. Wendy Moore for organizing the Craft Fair in October and donating the table rentals to the Turkey dinner. Ross Farm for the delicious summer savory for the dressing. Lastly, all my dedicated girls who once again came through to help feed all students and staff. Have a Merry Christmas and a healthy New Year.

Miss Margaret NRCS Café



Community News

New Ross Historical Society

The new Historical Society calendars are now available for purchase! Be sure to grab yours before they sell out!

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!



Rink Update!!



Our New Rink is Here and Set up at the Fairgrounds!!

Thank you to everyone that had a part in this effort. From everyone that bought a ticket on the fund-raising sculpture to those that contributed via the Credit Union. A very large thank you goes out to our beloved Fire department who not only provided the bridge financing but also the ice

helped to set it up and maintaining the ice.

We have records of all contributors and will be making public a list of all those who wish to be acknowledged. This community has every right to stand up and recognized for working together to make this project a reality.

THANK YOU NEW ROSS!

Now let's pray we get colder weather to set the ice so we can all enjoy the new rink!



Walk-in "With Appointment" Clinic Schedule for JANUARY 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
1 CLOSED	2 CLOSED	3 <mark>10:00 am to</mark> <mark>3:00 pm</mark>	4 10:00 am to 3:00 pm 5:00 pm to 9:00pm	5 <mark>9:30 am to</mark> <mark>1:00 pm</mark>	6 CLOSED	7 <mark>9:00 am to</mark> <mark>1:00 pm</mark>
8 CLOSED	9 CLOSED	10 10:00 am to 3:00 pm 5:00 pm to 9:00 pm	11 10:00 am to 3:00pm 5:00 pm to 9:00 pm	12 <mark>9:30 am to</mark> <mark>1:00 pm</mark>	13 CLOSED	14 CLOSED
15 CLOSED	16 <mark>CLOSED</mark>	17 <mark>5:00 pm to</mark> <mark>9:00 pm</mark>	18 <mark>5:00 pm to</mark> <mark>9:00 pm</mark>	19 <mark>9:30 am to</mark> <mark>1:00 pm</mark>	20 CLOSED	21 <mark>9:00 am to</mark> <mark>1:00 pm</mark>
22 CLOSED	23 CLOSED	24 <mark>5:00 pm to</mark> 9:00 pm	25 <mark>5:00 pm to</mark> <mark>9:00 pm</mark>	26 <mark>9:30 am to</mark> <mark>1:00 pm</mark>	27 CLOSED	28 CLOSED
29 CLOSED	30 CLOSED	31 <mark>5:00 pm to</mark> <mark>9:00 pm</mark>		**Schedule Is Subject to Change**		
		Call 1-902-273-2098 starting 30 MINUTES before each shift to make a same day appointment pre-booking is no longer available. You must have an appointment to come to the 2 nd floor walk-in clinic. You must wear a mask – please bring one with				

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



~ A WINDOW INTO THE PAST ~

Ross Farm Museum is opened Winter Hours Jan 4th to April 30th Wednesday to Sunday from 9:30AM - 4:30PM Closed Mondays and Tuesdays

January Events

Winter Frolic

Sat. & Sun. Jan 14th &15th

Winter is fun at Ross Farm Museum, this weekend join us for a sleigh ride, and enjoy a delicious cup of hot chocolate made over an open fire. Visit the farm workshop and sample some homemade ice cream. Bring your toboggan; we have a fabulous coasting hill. We also have snowshoes available for you to borrow, or you can bring your own skis and snowshoes.

The Old Spinning Wheel

Sat. & Sun. Jan 21st & 22nd Visit Rosebank Cottage this weekend. Staff will be on hand to demonstrate carding and spinning woolen fibers into yarn.

Toboggan Making Demonstration

Sat. & Sun. Jan 28th & 29th This weekend our interpreters will be demonstrating how to make a wooden toboggan.

We will offer 2 **Hook-ins** for January. They will be held on January 8th and January 22nd in the Hearth room from 1-4 PM. Tea & coffee will be available in the gift shop. Cost \$3.00

The Board of Trustees and Staff of Ross Farm Museum would like to take this opportunity to wish everyone a joyous and safe holiday season and all the best in 2023

Ross Farm Museum will be opened until December 18th, we will be closed from Dec 19th until Jan 4th for the holiday season.

Admission:Adult \$10Senior (65+) \$8Students (with Student Card) \$85 & Under FreeFamily (max 2 adults) \$25

Child (6-17 years) \$4

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 January 1st, 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

Merry Christmas to all the volunteers and all the people who support the Forties Community Center.

Special thanks go to all the volunteers who gave their time to help during the Christmas Festival. There were so many compliments on the food, the service, how well organized the dinners were, what a wonderful hall and fantastic bathrooms (lol), how friendly and helpful all the volunteers were, it gave a very good feeling. The turkey dinners required more than 80 individual volunteers for the planning, the ordering and picking up of the food, preparation of the hall, preparation of the food, the actual cooking and serving of the food, clearing and resetting of the tables and all the clean up of the hall after the event. Without the contribution of each volunteer this event would not happen.

The Forties Community Centre would like to send Best wishes for a Merry Christmas and Happy New Year to All.



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

JAN 6: CARLA MAGEE & TONY DUNCAN JAN 13: BUZZON with ERIC KEDDY JAN 20: DANNY BANFIELD JAN 27: "JIMMY BUFFETT NIGHT" with STEVE COCHRANE, AARON WARREN & SCOTT REDDEN FEB 3: THE UPBEATS

Coffee Social: Every Monday 9-11AM resuming January 9th, 2023. Join us for coffee, tea, baked goods and good conversation. Everyone Welcome to attend. Free will offering.

New Year's Day Levee: Jan 1st, 2023 1:00pm Join us to ring in the New Year with Music, Food, Moose Milk, Friends and Good Conversation at your Legion! Music with Ricky Naugler, Wayne & Paul Forward from 2-5pm.

Annual General Meeting and Election of Officers- January 18 at 730. All members are encouraged to attend.

6TH ANNUAL JIMMY BUFFETT NIGHT WITH STEVE, AARON & SCOTT! JAN.27, 2023 8:30-11:30 Melt the winter away with tropical drinks and Caribbean music. Surfs up so wear your coolest summer wear to the hottest place in town. Come see New Ross's only Tikki 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.

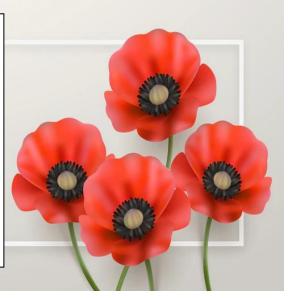
2023 Membership dues are now being accepted at New Ross Legion Branch 79. The renewal fee is \$45 and may be either paid online at <u>www.legion.ca</u> or at the bar. All branch 79 members whose 2023 dues are paid prior to December 31st will have their names entered for a free 2024 Branch 79 membership. The draw will be held at the Levee. The winner's name will be announced on the branch website and in the New Ross Flyer.

This year the New Ross Legion undertook a remembrance banner campaign and it wasn't long and the following banners started to pop up on telephone poles throughout the community. It was a wonderful addition to the Remembrance day service! It was heart-stirring to see them posted and if you are like me you may have had a hard time seeing them while driving by. The following pages are of the current banners. (My apologies if I have missed anyone.)

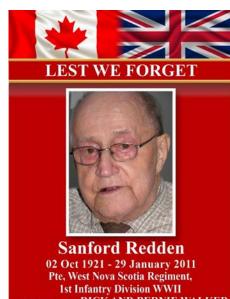
If you would like to purchase a banner in memory of a loved one you can still do so by contacting the Legion. Or if you are able to help in the displaying of or the taking down of the banners that would be greatly appreciated as it is a lot of work and time. Thank you to everyone that worked hard on making this project happen.



In this season of remembrance and reflection let's not forget those that served for our freedoms and continue to protect and serve. Those that are no longer with us and those that are not able to be with us to celebrate this time of year.

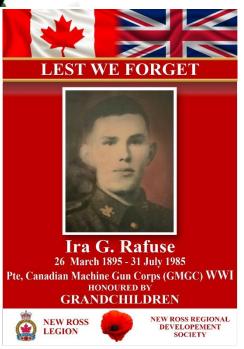


Lest We Forget



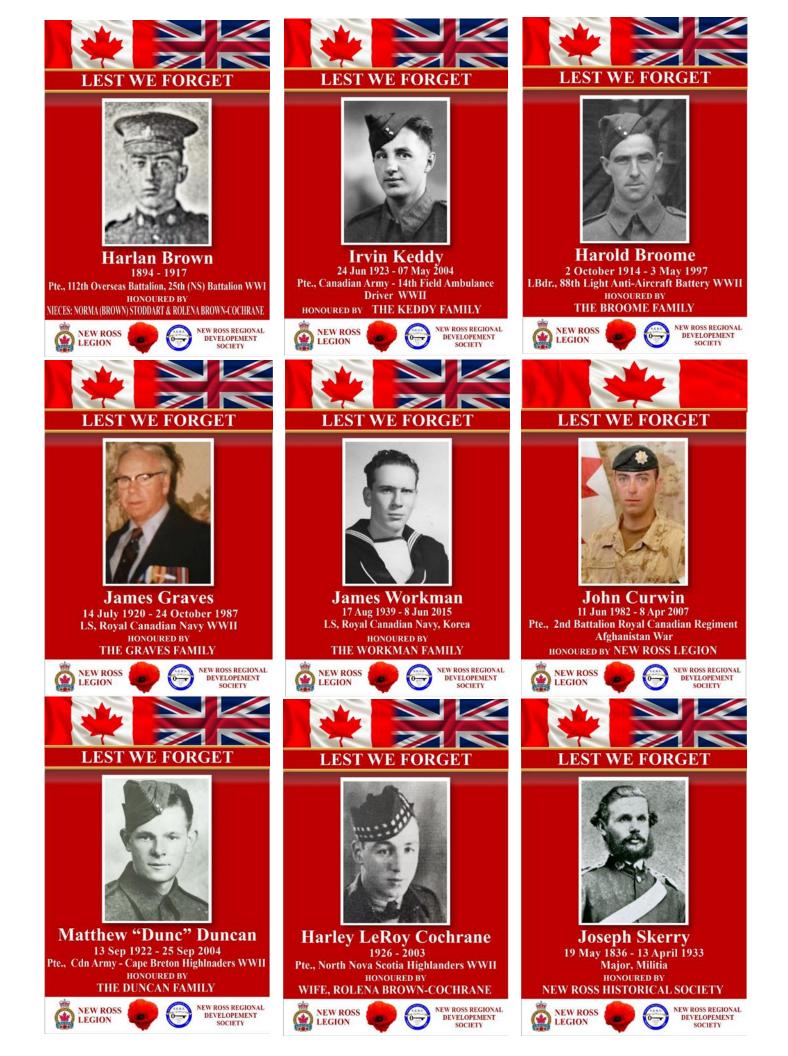
HONOURED BY RICK AND BERNIE WALKER

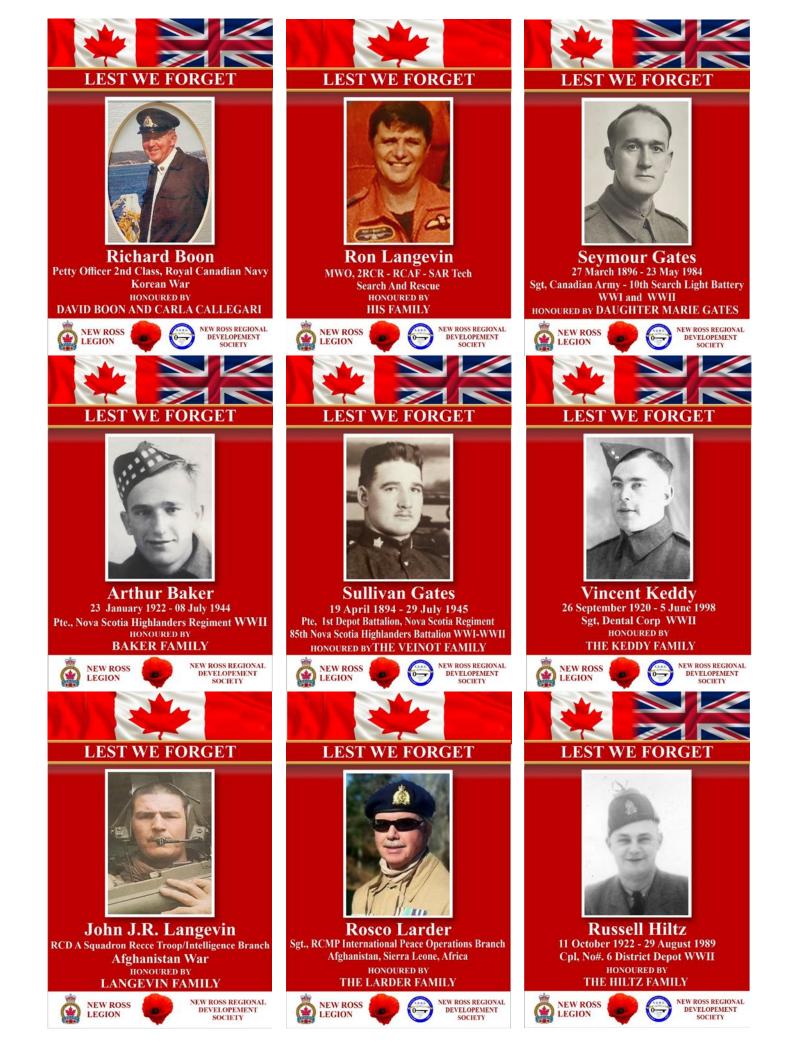












NEW ROSS REGIONAL DEVELOPMENT SOCIETY

As 2021 comes to a close, we hope that everyone will have a wonderful Christmas and an enjoyable holiday season.



Our 29th New Ross Christmas Festival went off without a hitch and was enjoyable for all who attended and volunteered. The weather could not have been better; well, a light dusting of snow might have

added to the ambience. The good weather allowed visitors from all over, to take advantage of the many activities. All the venues were abuzz as families took part in the festivities.

We would like to express our sincere thanks and appreciation to all the organizers and volunteers who contributed to the success of our beloved festival. It is through your commitment and efforts that we were able to deliver the best Festival experience for our visitors. The many visitors who come to New Ross for this wonderful event, appreciate your efforts!

Here are some interesting Festival stats:

- People at the Tree Lighting 250 +
- Suppers served at the Legion 85
- Breakfasts served at the Fire Department 252
- Turkey Dinners served at the Forties Community Centre 1428
- Visitors at the Festival Craft Fair 736
- Food donations 24 bags and over \$1500 was raised by the Food Bank drive and the Ecumenical service donated \$315.75 to the Community Cupboard
- Visitors at the Family Resource Centre 90
- Attendees at the festival Christmas concert 77
- Attendees at the NEW event Celebration on the Hill 90-100
- Visitors to Ross Farm over 1300
- Craft Fair at the Legion 20 vendors
- Saturday night Hal Bruce dance 89 tickets sold

Number of carolers throughout the community – too many to count

Percentage of people enjoying themselves – 100%

Trees, Trees, Trees – the tree farms/u-picks were extremely busy on this festival weekend, making everyone's holiday tree dreams come true!

TURKEY DINNER RAFFLE - This year we raffled off a turkey dinner in a basket and raised over \$600. Congratulations to the winner of the turkey dinner, Phyllis Price.

Thank you to the countless volunteers who donated many hours of their time, making this a most wonderful Festival.

Christmas Wreaths donated by:

Neil and Marie Meister J&M Reeves Christmas Greens Scotian Ironworks Darrel Baker Merlin & Sarah Gates Carson Broome & Tina Connors Colton & Alyssa Reeves Evergreen Wreaths Christ Church Margeson & Joanne Reeves Gina's Hairstyling Debbie & Mary Reeves McInnis Lake Forestry New Ross Legion Br #79 Brenda & Vernon Keddy Mike & Judy O'Leary Phil Edwards & Patti McNeil Rubia Hutt Miles & Della Russell Canada Post staff, New Ross

Tree donated by NRRDS and Ross Farm Museum.

The wreaths were decorated and hung by Margeson and Joanne Reeves; Tree was cut and placed by Margeson and Colton with the help of Troy McDow (Out on a Limb Tree Removal) and crew: Matthew Gates and Javin McDow.

Happy New Year, everybody!

-Your Christmas Festival Committee 2022

Business Section



Our office is open for you.

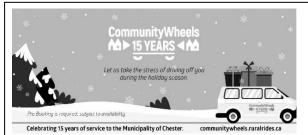
Wheelchair accessible. Hours: M-F 10 a.m. to 4 p.m. Office Phone: 902.275.2501 Email: BarkhouseMLA@gmail.com Facebook: @BarkhouseMLA Instagram: @mlabarkhouse Twitter: @BarkhouseMLA

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

Danielle Barkhouse

MLA Chester-St. Margaret's





A service tailored to serve YOU!

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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>

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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

4905 Highway 12, New Ross



We believe in people

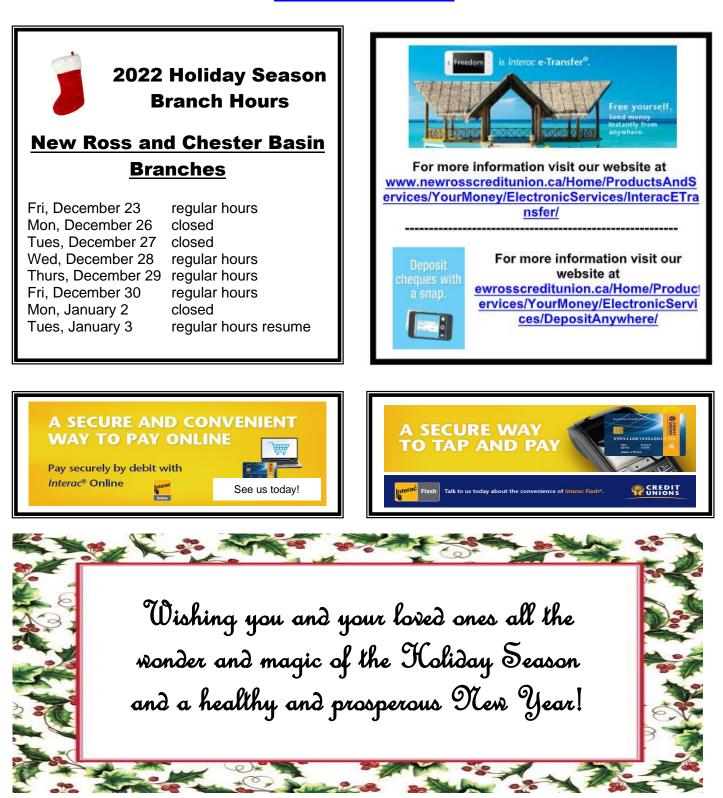
over profits.

It's what has kept credit unions in business for over 100 years.

CREDIT UNIONS

56 Forties Rd, PO Box 32 New Ross, NS B0J 2M0 Phone: (902)689-2949, Fax: (902)689-2597 50 Highway 12, PO Box 69 Chester Basin, NS B0J 1K0 Phone: (902)275-3509, Fax: (902)275-2590

www.newrosscreditunion.ca



PLAYHOUSE WITHOUT WALLS WINTER 2023

FEBRUARY 11TH

SINCE **U**1939

PLAYHOUSE

CHEST



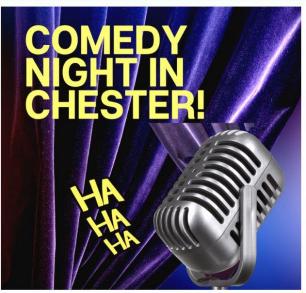
MARCH 4TH

FEBRUARY 21ST





MARCH 24TH







FOR INFO & TICKETS VISIT CHESTERPLAYHOUSE.CA OR CALL THE BOX OFFICE AT (902) 275-3933

