

# The Flyer

January 2024 Edition

PO Box 55, New Ross, NS, B0J 2M0

E-mail Ads and Notices to: [nrfrclaura@gmail.com](mailto:nrfrclaura@gmail.com)

The deadline for receiving items for the **February Flyer** is **Wednesday, January 24 at 4 pm** with delivery coming on Wednesday January 31<sup>st</sup>, 2024.

Suggested donations for flyer ads:

Payments by cheque, cash, or E-transfer to [newrossflyer@gmail.com](mailto:newrossflyer@gmail.com)

Full page ad \$30                      ½ page ad \$15                      1/3-page ad \$10

Please remember to include your contact info with your ad (name and phone #)

**The Flyer acknowledges the following recent donations:**

Foraged Florals

St. James Anglican Cemetery Committee

Julia Sanders

Ken Mason

Angie Veinott

New Ross Regional Development Society

St. James Anglican Cemetery Committee

*Thank you all for your continued support!*

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This photo is from the **New Ross Historical Society's** FB page. This is Charing Cross sometime between 1905 and 1916. The Historical Society meets monthly at 7pm on the 4<sup>th</sup> Wednesday of every month at the Ross Farm Museum. Everyone is welcome! They have so much amazing history of New Ross!

# NEW ROSS FAMILY RESOURCE CENTRE

4691 Highway 12, PO Box 106, New Ross  
(902) 689-2414

\*Follow us on Facebook!

<https://www.facebook.com/nrfrfc/>

**OFFICE HOURS: M-Th 9-4, Fridays by chance.**

**Executive Director:** Lindsay Lenihan,  
nrfrdirector@gmail.com

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

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



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**ON SITE BLOOD COLLECTION** every second THURSDAY.

You must **call Colleen Hull at 624-0406 to book your appointment!**

**BLOOD COLLECTION FEE \$15 For in Centre Collection.**

**Upcoming Dates:** January 4<sup>th</sup> & 18<sup>th</sup>      February 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup>      March 14<sup>th</sup> & 28<sup>th</sup>

These dates are subject to change pending weather conditions or lack of appointments. If you have an appointment and the clinic is cancelled, you will be notified by Colleen and it will be posted on the Resource Centre Facebook page.

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## *New Ross Family Resource Centre*

### *Programming:*

**Play Group:** Free. Every Tuesday 10 – 11:30 am when there is school starting January 9th. For families with children from birth to age 5. Includes free play, art activities, reading, music, a healthy snack, and an opportunity for the adults to connect.

**Self-Regulation Program:** Free. Tuesdays starting January 16. This 6-week program used the AMPed Up! Anger Management Program Guidelines for parents that emphasizes understanding emotions, enhancing communication, and stress management skills. You will gain the ability to better regulate your emotions and productively manage your feelings. In-person or virtual. Time will be decided among those who register. Call 902-689-2414 or email NRFRJJanice@gmail.com to register. Childcare is available if attending in person.

**Parent Support Group:** Free. **\*\*Note Change in Day of Week\*\*** Thursdays 10 am – 12 noon starting January 4th. Come join Lindsay for a hot beverage, a light snack, and a conversation with others about the joys and trials of parenthood. Confidentiality forms



are required. Call 902-689-2414 or email [NRFRCDirector@gmail.com](mailto:NRFRCDirector@gmail.com) to register. Drop-ins are welcome as well! Children are welcome or childcare is available.

**New Ross After School Program:** Monday – Friday, 2:25 – 6:00 pm throughout the school year. Contact Janice at 902-277-1823 or [NRFRCJanice@gmail.com](mailto:NRFRCJanice@gmail.com) for more information and availability.

**\*new\* Dinner's Ready!:** Free. This program will provide ready-to-eat hot meals for families (with children 19 or younger) in our area one day per week. Families who register will be able to pick up their meals on the designated day (dates TBD). Call 902-689-2414 or email [NRFRCdirector@gmail.com](mailto:NRFRCdirector@gmail.com) to register. The form for registration can also be found on our Facebook Page!

**\*new\* Slow Cooker Program:** Free. Join us on Facebook for a virtual cooking class! Meals will run bi-weekly and start mid-January. Sign up for the ones that interest you! All supplies will be provided. Call 902-689-2414 or email [NRFRCdirector@gmail.com](mailto:NRFRCdirector@gmail.com) to register. The form for registration can also be found on our Facebook Page!

**Nobody's Perfect Parenting Program:** Free. Wednesdays 10-11:30 pm starting January 23rd. This six-week program is community-based for parents and designed to promote positive parenting. Together, with the guidance of trained facilitators, you will discover positive ways to interact with your children. Information and support are provided about topics such as child development, safety, and behaviour. It is facilitated in a group setting that is welcoming, safe, and inclusive. Childcare is available. Call 902-689-2414 or email [NRFRClaura@gmail.com](mailto:NRFRClaura@gmail.com) to register. The form for registration can also be found on our Facebook Page!

**\*new\* Teen Program:** If you are a female-identifying teenager, you are welcome to join Janice on Thursday, January 11<sup>th</sup> from 6:30-8:00 with the focus being on mental health and self-care. This is a safe place to relax, chat, and have a snack. As a group, we will decide on self-care activities we wish to do. Drop-ins welcome!

**\*new\* RISE | Accountability Group:** Free. New Year, New You? This is the time of year when many of us set New Year's Resolutions for ourselves. Do you find yourself setting goals and struggling to follow through with them? Join us on January 22<sup>nd</sup> from 10-11:30 am for a RISE (Refresh, Inspire, Support, Empower) info session where you learn how to create SMART goals, set yourself up for success, and common things that may hold you back (and how to keep going!) Following the info session will be optional weekly get-togethers and an ongoing virtual chat to encourage and uplift each other on our respective journeys! Call 902-689-2414 or email [NRFRCdirector@gmail.com](mailto:NRFRCdirector@gmail.com) to register! Childcare is available.

**At Home Learning Kits:** Free. A learning/play kit which includes activities for children (ages 1-5 years old), family activities (such as cooking) or an online component (such as

a read-aloud book). These are prepared monthly and pre-registration is required. Call 902-689-2414 or email [NRFRCJanice@gmail.com](mailto:NRFRCJanice@gmail.com) to register!

**Community Cupboard:** Free. Donated goods are welcome for anyone to take during our regular business hours. Take what you need or leave what you can.

**Mona Thomarar:** Monday, January 8<sup>th</sup>, 15<sup>th</sup> 1-4pm. Thursday, January 25<sup>th</sup> 1-4pm. Monday, January 29<sup>th</sup> 10-4pm. Mona can help you apply for grants, print documents, or help you put together a personalized budget!

**\*new\* Senior Food Box Program:** Free. Thanks to a grant from Community Links , we will be able to provide 20 food boxes once a month to seniors within our community. This program will run January, February, March and April. If you are 55+, have no children in the home and would like to register for this free food box please reach out to Laura by calling 689-2414 or by emailing [nfrclaura@gmail.com](mailto:nfrclaura@gmail.com)

### *More Programs in Partnership:*

**Safety Response First Aid Training:** \$110+tax. Saturday, January 13<sup>th</sup>, 8:30 – 4:30. Emergency First Aid Level C CPR/AED. Certificate valid for 3 years. Call 902-689-2414 or email [NRFRCdirector@gmail.com](mailto:NRFRCdirector@gmail.com) to register.

**Yoga with Mona:** \$120 per 10-week session. Yoga with Mona has been so popular that we are booking a second evening! Beginner Yoga will start on Tuesday, January 9<sup>th</sup> and Experienced Yoga will begin on Wednesday, January 10<sup>th</sup>. Both class times are 6:30-7:45. Call 902-689-2414 or email [NRFRCJanice@gmail.com](mailto:NRFRCJanice@gmail.com) to register.

**Combo Dance Classes:** ~~\$130+tax.~~ \$65+tax.\* Miss Brooklyn from Fire in Motion Dance Company is returning to New Ross every Friday from 2:30-5:30 to teach dance! She will have two dance styles in each 12-week session. Contact Brooklyn at [fmdancecompany@gmail.com](mailto:fmdancecompany@gmail.com) or Lindsay at [NRFRCDirector@gmail.com](mailto:NRFRCDirector@gmail.com) to register. To apply for ProKids please visit [www.chester.ca/prokids](http://www.chester.ca/prokids)

Ages 4-6 Combo Class – 2:30-3:30 pm

Ages 7-8 Combo Class – 3:30-4:30 pm

Ages 9+ Combo Class – 4:30- 5:30 pm

**\* Thanks to a Recreation Grant from the Municipality of Chester we can offer half-priced dance this session!**

**Free Meals for Families:** We could not be happier with how well this program was received! In partnership with the Forties Community Centre, we were able to provide more than 375 meals to families last year! This program is currently closed but we will continue to look for funding opportunities to bring it back!

# 2024 January

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 PARENT SUPPORT GROUP 10:00-12:00	5	6
7 ARM WRESTLING 2:00-4:00	8 MONA 1:00-4:00	9 PLAY GROUP 10:00-11:30  YOGA 6:30-7:45	10  YOGA 6:30-7:45	11 PARENT SUPPORT GROUP 10:00-12:00  TEEN TALK 6:30-8:00	12  DANCE 2:30-5:30	13  FIRST AID 8:30-4:30
14 ARM WRESTLING 2:00-4:00	15 MONA 1:00-4:00	16 PLAY GROUP 10:00-11:30  SELF- REGULATION TBD  YOGA 6:30-7:45	17  YOGA 6:30-7:45	18 PARENT SUPPORT GROUP 10:00-12:00	19  DANCE 2:30-5:30	20
21 ARM WRESTLING 2:00-4:00	22 RISE 10-11:30	23 PLAY GROUP 10:00-11:30  SELF- REGULATION TBD  YOGA 6:30-7:45	24 NOBODY'S PERFECT 10:00-11:30  YOGA 6:30-7:45	25 PARENT SUPPORT GROUP 10:00-12:00  MONA 1:00-4:00	26  DANCE 2:30-5:30	27
28 ARM WRESTLING 2:00-4:00	29 MONA 10:00-4:00	30 PLAY GROUP 10:00-11:30  SELF- REGULATION TBD  YOGA 6:30-7:45	31 NOBODY'S PERFECT 10:00-11:30  YOGA 6:30-7:45			

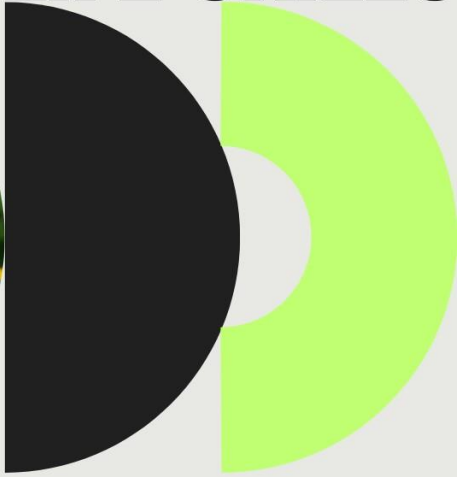


Are you interested in learning skills to protect yourself from harm? Join Mike Thursdays in February from 3:30-5 to learn basic self defence moves. Will be a continuation of the class offered fall 2023 but beginners are welcome! Cost \$80 for 4 weeks. Pre-register now!! Financial assistance possible, please contact the Centre!



**JOIN MIKE FOR THIS FREE 4 WEEK CLASS STARTING THURSDAY FEB 1ST 2:30-3:30 TO LEARN HOW TO BE MORE CONFIDENT**

# ANTI-BULLYING CONFIDENCE LIFE SKILLS



**PRE-REGISTER NOW:**

902-689-2414  
NRFRCLAURA@GMAIL.COM

NEW ROSS FAMILY RESOURCE CENTRE



## NEW ROSS WRIST ROLLERS



Join the Wrist Rollers every Sunday in January from 2-4 upstairs in the New Ross Family Resource Centre. There will be a youth arm wrestling tournament January 20<sup>th</sup> in Dartmouth for any youth interested. Everyone is welcome to attend a practice!

Free! All Ages Welcome!

NEW ROSS FAMILY RESOURCE  
CENTRE PRESENTS

# EMERGENCY PREPAREDNESS COURSE

SATURDAY JANUARY 27TH 10-12

**REGISTER NOW**

**FREE**





BACK IN NEW ROSS THIS JANUARY

# **FIRE IN MOTION DANCE COMPANY**



Classes start January 12th 2024

**Don't miss out on this  
awesome opportunity!**

Our classes are held from 2:30 pm to 5:30 pm  
depending on age at the  
New Ross Family Resource Centre!  
Invite your friends and sign up today!



# SENIOR'S FOOD BOX

JANUARY, FEBRUARY,  
MARCH & APRIL

Through a Community Links grant we are able to offer 20 food boxes for seniors in our Community. Must be 55+ and not have children in the home.

Limited to 20 participants

To register please call Laura at 902-689-2414 or by email: [nrfrclaura@gmail.com](mailto:nrfrclaura@gmail.com)



## Emergency First Aid Level C CPR/AED

Safety Response First Aid Training

New Ross Family  
Resource Centre

January 13th  
8:30 am - 4:30 pm

Fee: \$110 + tax

Roger Owens



## LOOKING FOR FLYER CONTRIBUTIONS!!

Do you have photos of New Ross you'd like to have published in the Flyer?

Do you have stories about New Ross or cool "did you know" tidbits that you'd like to share?

Are you interested in being a community reporter?

The Flyer is looking for people interested in helping make the Flyer bigger and better!  
Contact us today!

# TIPS FOR LIVING A HAPPIER LIFE



## Practice gratitude and positive thinking

Cultivating gratitude and positive thinking can significantly impact your overall happiness. Take time each day to reflect on the things you are grateful for and focus on the positive aspects of your life. This mindset shift can enhance your overall well-being and increase your happiness.

## Engage in activities that bring you joy

Make time for activities that bring you joy and allow you to express your passions. Engaging in hobbies, pursuing creative outlets, or participating in sports or physical activities that you enjoy can boost your mood and overall happiness. Prioritize activities that align with your interests and provide a sense of fulfillment.

## Nurture meaningful relationships

Building and maintaining healthy relationships is vital for a happier life. Invest time and effort in nurturing relationships with family, friends, and loved ones. Engage in open and honest communication, actively listen, and show support. Meaningful connections provide a sense of belonging and fulfillment.



## Take care of your physical well-being

Your physical health has a significant impact on your mental well-being and overall happiness. Focus on adopting a balanced and healthy lifestyle by eating nutritious meals, staying physically active, and getting enough sleep. Taking care of your body supports a positive mindset and promotes a happier life.



## Practice self-care and mindfulness

Make self-care a priority in your daily life. Engage in activities that promote relaxation and reduce stress, such as meditation, deep breathing exercises, or journaling. Take regular breaks from work or study to recharge and focus on your well-being. Practicing mindfulness helps you stay present, manage stress, and appreciate the small joys in life.





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# Community Spotlight

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\*\*\* My apologies but due to the holidays and illness there will be no community spotlight this edition, but this feature will return in the next Flyer. If you have an individual or business you would like to see featured, please contact me by email: [nrfrclaura@gmail.com](mailto:nrfrclaura@gmail.com)

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**The Anglican Parish of New Ross**  
**Welcomes YOU!**

Service of Holy Eucharist - January 07, 2024:  
 9:00 AM @ St. Augustine's, The Forties  
 11:00AM @ Christ Church, New Ross  
 2:00PM @ St Cyprian's, East Dalhousie

January 11, 2024: MUSIC JAM @ 7PM, Christ Church, New Ross

Service of Morning Prayer - January 14, 2024:  
 9:00 AM @ St. Augustine's, The Forties  
 11:00AM @ Christ Church, New Ross  
 2:00PM @ St Cyprian's, East Dalhousie

Service of Holy Eucharist - January 21, 2024:  
 9:00 AM @ St. Augustine's, The Forties  
 11:00AM @ Christ Church, New Ross  
 2:00PM @ St Cyprian's, East Dalhousie

Service of Holy Eucharist - January 28, 2024:  
 10:00AM: Cafe Church @ The New Ross Legion

**HAPPY**  
**New Year**  
**2024**

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# Community News

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## St. James Anglican Cemetery, Aldersville Parking Lot Update

Work on the parking lot improvements will take place in the Spring (weather permitting).

In Sept/ October a *Call for Invitation to Bid* took place. Quotes were received from three contractors. The Committee appreciates their interest and the time taken to meet on-site and prepare detailed submissions/ work plans.

Sincerely, St. James Anglican Cemetery Committee



## NEW ROSS REGIONAL DEVELOPMENT SOCIETY

### 30<sup>th</sup> CHRISTMAS FESTIVAL CELEBRATION



As 2023 comes to a close, we hope that everyone had a wonderful Christmas and an enjoyable holiday season.

This was a special year as it was our 30<sup>th</sup> New Ross Christmas Festival and it went off without a hitch. Everyone who attended and volunteered, enjoyed their weekend. This year, Twig and his chalet on Ruby’s trail were a wonderful addition. Children and children at heart, enjoyed the visit to the chalet. As a result, New Ross benefited from a lot of extra media coverage.

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 – 60



- Breakfasts served at the Fire Department – 320
- Turkey Dinners served at the Forties Community Centre – 1479
- Visitors at the Festival Craft Fair –
- Food donations – over 400lbs of food and \$500 was raised by the Food Bank drive
- Visitors at the Family Resource Centre – 164
- Attendees at the festival Christmas concert – 90
- Attendees at the NEW event - Celebration on the Hill – over 150
- Visitors to Ross Farm – over 1000
- Craft Fair at the Legion – 20 vendors
- Saturday night Hal Bruce dance – 90 tickets sold

Number of carollers 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 stunning, homemade quilt and raised over \$600. Congratulations to the winner of the quilt, Anne from Halifax.

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

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Thank you to all who donated to our Christmas Wreaths:

- |                              |                                  |
|------------------------------|----------------------------------|
| Neil and Marie Meister       | McInnis Lake Forestry            |
| Mason & Sons                 | Myles and Della Russell          |
| Rubia Hutt                   | Colton & Alyssa Reeves           |
| Mike and Judy O’Leary        | Christ Church                    |
| J&M Reeves Christmas Greens  | Evergreen Wreaths                |
| Scotian Ironworks            | Debbie & Mary Reeves             |
| Merlin and Sarah Gates       | Darrell Baker                    |
| Carson Broome & Tina Connors | Royal Canadian Legion Branch #79 |
| Phil Edwards & Patti McNeil  |                                  |

Our beautiful tree was donated by Carson Broome.

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

Happy New Year, everyone!

From your Christmas Festival Committee 2023

# OHC Same Day Clinic Schedule for JANUARY 2024 902-273-2098

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<sup>nd</sup> floor walk-in clinic.

Tuesday	Wednesday	Thursday	Friday	Saturday
2 5pm to 9pm	3 5pm to 9pm	4 9:30 am to 1pm 5pm to 9pm	5 CLOSED	6 9am to 1pm
9 5pm to 9pm	10 5pm to 9pm	11 9:30 am to 1pm 5pm to 9pm	12 CLOSED	13 9am to 1pm
16 5pm to 9pm	17 5pm to 9pm	18 9:30 am to 1pm 5pm to 9pm	19 CLOSED	20 9am to 1pm
23 5pm to 9pm	24 5pm to 9pm	25 9:30 am to 1pm 5pm to 9pm	26 CLOSED	27 9am to 1pm
30 5pm to 9pm	31 5pm to 9pm			

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

**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

# FORTIES COMMUNITY CENTRE UPCOMING SUPPERS

2024

APRIL

14

Baked beans, potato scallop  
and ham 4-6pm

MAY

12

Mother's Day Chicken 4-6pm

JUNE

16

Father's Day Roast Beef 4-6pm

JULY

14

Meatloaf 4-6pm

AUGUST

11

Blueberry Supper Ham &  
Hodgepodge 4-6pm

SEPTEMBER

8

Roast Pork Supper 4-6pm

OCTOBER

14

Thanksgiving Day  
Turkey Dinner / Supper  
12-2 & 3-4:30pm

OCTOBER

27

Roast Beef Supper 4-6pm

DECEMBER

7 & 8

New Ross Christmas Festival  
Turkey Dinner / Supper  
12-2 3-4:30pm

DECEMBER

15

Breakfast with Santa  
8-11am

We are on Facebook  
Call 902-689-2612 or 902-689-2000  
1787 Forties Road New Ross  
fortiescc@gmail.com



# 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 8:30pm**

Bring your Dancing Shoes!!

Cover charge: \$5.00 Member

\$7.00 Non-member

**JAN 5: HOURGLASS**

**JAN 12: TBA**

**JAN 19: 3AM**

**JAN 26: FOG**

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

**ZONE 13 CRIBBAGE PROVINCIAL QUALIFYING MEET:** At the New Ross Legion Saturday January 13<sup>th</sup>. Pre-game register 9:30. Register at the Legion 902-689-2650 or by calling Roland 902-798-7260. Member must be in good standing for 2024. Top 10 teams move on to Provincials in Middleton on Saturday May 11.

**Annual General Meeting- January 17, 2024 7:30-** All members are encouraged to attend as this is the Election of Officers.

**7TH ANNUAL JIMMY BUFFETT NIGHT** Friday, February 2 8:30-11:30pm

WITH STEVE COCHRANE, AARON WARREN & SCOTT REDDEN! 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! Everyone Welcome!!

\$5.00 member \$7.00 non-member.



**Valentine's Chinese Supper Eat in or Take Out:**

Saturday Feb. 10, 4:00-6:00 pm

2 egg rolls, rice, chicken balls, stir fry vegetables and brownie for dessert

Adults \$17.00 Call Janet 902-275-8585 before Feb. 7 to preorder.

**HAPPY NEW YEAR AND THANK YOU FOR YOUR CONTINUED SUPPORT.**



## *New Ross Heritage Matters Weekly Social*



Welcoming all fibre artists including knitters and crocheters, quilters, rug hookers, and felters to join the **new** Wednesday afternoon social group at the New Ross Royal Legion. Enjoy coffee, tea and treats and great conversation.

Cost \$5 weekly facility fee. Starting Wednesday, Jan 24 to June 26, 2023; 1-4 pm

To register: please contact Ellen Tancock 902-222-9133, [gogirl665@gmail.com](mailto:gogirl665@gmail.com)  
OR Cathy Michael 416-347-0550, [camichael2622gmail.com](mailto:camichael2622gmail.com).



### **Beginner Rug Hooking Workshop Wednesday, Jan 24 and January 31<sup>st</sup>, 1-4 pm**

Come join us for an interesting, fun filled class exploring the wonders of beautiful wool. We will be rug hooking with the flowing tendrils of sheep fleece for the pictorial of this beautiful Ross Farm. What will we learn? We will discuss, the history of rug hooking, equipment required, types of backings, discuss the various forms of wool, patterns, and how to hook many beautiful pictures. Each student will be provided with a complete kit, with all wool that is required all cut up and ready to use, a pattern ready on backing, the instruction sheet, as well as a hook and hoop.

Cost \$120 includes the kit, hoop and hook, 2x 3-hour sessions of instruction with a certified instructor from the Rug Hooking Guild of Nova Scotia, PLUS \$5 weekly facility fee. So, come on out and let's have a wonderful time learning rug hooking together, here at the Royal Legion.

Please note, once the class is finished Jan 31, continue to come each Wednesday 1-4 pm to the New Ross Heritage Matters, our new weekly fibre group here at the New Ross Royal Legion.

**To register:** please contact Ellen Tancock 902-222-9133, [gogirl665@gmail.com](mailto:gogirl665@gmail.com) OR Cathy Michael 416-347-0550, [camichael262@gmail.com](mailto:camichael262@gmail.com) .

# 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 7<sup>th</sup> 2024

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 1<sup>st</sup> Sunday of each month



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

**The Forties Community Centre would like to wish everyone all the best in 2024 and would like to thank everyone for the world of support we have received this past year. It takes an enormous amount of energy from our volunteers to put on the suppers we have, from peeling vegetables and cooking food in advance to dipping, serving, waiting tables and clean up. We appreciate each and everyone of you who have helped out in any way over the past year!! Thank you to all those that come from far and wide to enjoy our home cooked meals and hospitality. We look forward to seeing everyone in 2024!**

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# Business Section

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## Mason & Sons Carpentry



All Carpentry Services including work done through grants.  
Specializing in custom cabinets, trim work and finish carpentry.  
Over 75 years experience in the industry.

**Ken Mason**  
**902-299-7600**



## ALL NOVA ELECTRIC

**Commercial/Residential**  
**Serving All Nova Scotia**

**Licensed & Insured**

- New Construction
- Service & Repair
- Renovations
- Lighting Retrofits
- Voice / Data
- Efficiency N.S. Partner

# 902-389-9000

Jasonelectrical@eastlink.ca

## Danielle Barkhouse

MLA Chester-St. Margaret's

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

**Hours:**  
Mon-Fri 10am - 4pm  
Wheelchair accessible

**Office Phone:** 902-275-2501

**Email:**  
BarkhouseMLA@gmail.com  
**Facebook:** @BarkhoueMLA







## ENJOY A WEEKLY FLORAL ARRANGEMENT JUNE TO SEPTEMBER



At Foraged Florals, as part of our sustainability plan, we design the arrangement in your favorite vessels. We eliminate the floral foam, plastic wrap, and single use vase. You simply receive and enjoy it or give it as a gift to a friend on their special occasion.

A weekly floral CSA subscription is a beautiful way to support local agriculture. By purchasing at the beginning of the season, you provide a local business the capital to kick start the season. This ensures you receive fresh seasonal flowers at their peak.

We grow and collect from the wild - solidago, Queen Anne's lace, lupine, lilac, day lilies. We are forever experimenting with annuals like cosmos, snapdragons, nigella, bells of Ireland, penstemon, lisianthus (a personal favorite), delphiniums, craspedia and clematis.

Heritage flowers like mayflower, lilac, peonies, narcissus, roses and honeysuckle have the iconic fragrances you can enjoy every week. For more information on our floral CSA subscription, visit our website [ForagedFloralsNewRoss.ca](https://ForagedFloralsNewRoss.ca).

## The Benefits of Early Wedding Planning

Are you starting to plan your dream wedding? Don't forget about the flowers! Consulting a floral designer in the early stages of your wedding planning process can help you create a cohesive and memorable wedding aesthetic. Call us for a free wedding flower consultation at **902-209-3638**.

