The Flyer

Wednesday April 27, 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 June Flyer is <u>Wednesday, May 18th at 4:00 pm</u> with delivery coming on Wednesday May 25th, 2022.

Suggested donations for flyer ads:

Payments by cheque, cash or E-transfer to 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 (April & May)

Denise Dodge-Baker

Julia Saunders

Spark & Ignite Products

Joette Russell

Christina Caldwell

Geraldine Legge-Stevens

Diane Webber

Danielle Barkhouse

Municipality of the District of Chester

Ultimate Income Tax Inc. (Gary & Jennie Graves)

New Ross Country Market (April & May)

Thank you all for your continued support

 \sim If you have any suggestions for upcoming features in The Flyer please let us know! \sim

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.

Please wear a mask before coming to the office, hand sanitizer is available.

Executive Director: Karen Snair, 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



NOVA SCOTIA **WORKS** A one-stop job search and career advice resource, helping Nova Scotians reach their employment goals, offering employment services at the New Ross Family Resource Centre. Contact Jessica Lecky @ 902-858-5627 or 902-275-8178 cell or <u>jlecky@empsolutions.ca</u> for more information on how Employment Solutions can help you with your employment needs.

New Ross Family Resource Centre

<u>Current Programs</u> that you can register for: 902-689-2414 or <u>nrfrckaren@gmail.com</u>.

Baby & Play Group with Janice: FREE, every Monday, 10:00 – 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 parents/guardians to connect.

Walking Club with Karen: FREE, every Tuesday, 10:00am, childcare can be provided (please register for this). Meet in the parking lot and walk up and around Ruby's Trails. At the lookoff we will have a break and quick reflection.

Wild Flower Arrangement Workshop with Susan Larder: FREE, last Wednesday of every month (monthly registration is required), 2:00 – 4:00pm. All ages workshop (under 16, must be accompanied by an adult), each workshop will include education, wild flower assortment, and a vase. Participants should consider bringing an apron or wear clothing that can get dirty.

New Ross Food Boxes: This program runs April – November and runs once per month. A large box filled with local produce for families residing in New Ross. We have capacity for 60 families. Each family is responsible to have their food picked up on the day and time specified. Suggested donation of \$25/box. You MUST be registered prior to the ordering of food to be included in the program for that month.

<u>Upcoming Programs</u> that you can register for: 902-689-2414 or <u>nrfrckaren@gmail.com</u>

Girl Talk: FREE, Starting Mondays in April (4th, 11th, 25th and May 2nd), 2:30 - 5:00pm. For girls, aged 10-12, gives them an opportunity to discuss issues relevant to them including friendship, valuing their "uniqueness" and self-esteem. Each week will be based on a new topic with discussion, activities, healthy snack, craft & FUN! Please contact Janice at nrfrcjanice@gmail.com to register. <a href="mailto:Registration is open until April 1, 2022.

Empower: FREE, Wednesday May 11th & 25th from 10:00am – 12:00 pm. A ladies support group, where everyone is welcome. Come share your journey, feel supported, have access to resources, make connections and gain friendship. A warm beverage will be provided.

NRFRC AGM Meeting will be held on Monday, May 30^{th} at 6:30pm, followed by our regular meeting at 7:00pm. All are welcome!

ON SITE BLOOD COLLECTION has resumed on THURSDAYS and will continue every second THURSDAY. You must call Colleen Hull at 624-0406 to book your appointment.

Dates: May 12 & 26 June 9 & 23 July 7 & 21

Volunteers are not paid - not because they are worthless but because they are priceless!

Volunteers do not necessarily have the time; they just have the heart!

Free Counseling for Women in New Ross

Information from Nicole Robson about her counselling services:

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, I can be reached at 902-541-0343. Upcoming dates: May 5th & 19th June 2nd, 16th & 30th

Community News

Become a Host Family to an International Student!

Are you ready to open your heart and home to this fulfilling life-changing experience?

NS International Student Program is looking for families in the SSRCE, particularly the New Ross and Chester area to host international students while they attend school in the Chester/Forest Heights area. Students range from 12-18 years old and can stay anywhere from one month to one year. Here are a few points of interest if you would like to be a volunteer host family parent:

- Volunteer host families receive \$675 per month to cover the cost of food and occasional travel for their international host son or daughter.
- We will attempt to match students with host families having children of the same age or grade level, however all families are welcome to participate in the program.
- Students must have their own room.
- Ongoing support is always just a phone call away and is provided through the Homestay Coordinator to each family.
- All the students will have a comprehensive student Health Insurance Plan in place.

We hope your family will join us for this exciting experience.

If you would like more information or to be registered as a Host Family, I will arrange a meeting with you and discuss further details of the program. Please contact at:

Steven McGill, SSRCE-ISP Director Cell Phone: 902-521-8092 Email: mcgills@ssrce.ca

New Ross Country Market

The AGM for the New Ross Country Market was held on April 19, 2022. A decision was made to permanently close the market and dissolve the organization. In accordance with government requirements after all our financial obligations are met and paperwork is filed, our remaining physical assets will be transferred to the New Ross Farmers Association.

The New Ross Country Market would sincerely like to each and every one of you for supporting the market over the many years of our existence. Although we can not possibly name everyone we need to thank, heartfelt thanks to our amazing volunteers, the New Ross Farmers Association, the Municipality of Chester, community businesses and organizations, local and travelling talents, those who provided wonderful demonstrations, the vast variety of vendors over the years, our customers, our friends and families and all the wonderful people we have met and who became friends over a hot cup of coffee and a chat.

We will take many great, interesting and most definitely unique memories with us. Thank you all for supporting us and allowing us to be part of the social fabric of our community.

New Ross Trails Society



We would like to thank everyone who expressed interest in the benches. All six were spoken for in no time! We have just received the benches and are coordinating a volunteer "workday" so we can place them along the trails as well as install the signs for the Popner Hill Trail.

Our annual general meeting is scheduled for Tuesday May 17 at 7 pm. If you would like to join, please reach out to one of our NRTS volunteers: Sheena

Isenor, Christina Caldwell, Charlotte Russell, Tina Connors, Errol Webber, Marty Murphy, Peter Cullen, Gord Tate.

If you are interested in volunteering or joining our group, don't hesitate to get in touch! Keep up to date with what's going on and check out our Facebook page @newrosstrailssociety

~Happy Trails~



~ Saturday May 7th ~ 10am—3pm

There will be a yard sale May 7th at the former home of Bea Larder, 4529 Highway 12 from 10-3. Many Trinkets and Treasures from the estate. Please park in the garage parking lot not the house driveway. Please bring your own bags for purchases.



Walk-in Clinic Schedule for MAY 2022

902-273-2098

Schedule Is Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	5:00 pm to 9:00pm	5 9:00 am to 1:00 pm 5:00 pm to 8:00 pm (Telehealth Only 5-8)	9:00 am to 2:00 pm	7 CLOSED
8 CLOSED	9 CLOSED	CLOSED	11	12	9:00 am to 2:00 pm	14
			5:00 pm to 9:00pm	9:00 am to 1:00 pm		9:00 am to 1:00 pm
				5:00 pm to 8:00 pm (Telehealth Only 5-8)		
CLOSED 15	16 CLOSED	CLOSED 17	18	19	9:00 am to 2:00 pm	CLOSED 21
			5:00 pm to 9:00pm	9:00 am to 1:00 pm 5:00 pm to 8:00 pm (Telehealth Only 5-8)		
22 CLOSED	CLOSED 23	24 CLOSED	25 5:00 pm to 9:00pm	26 9:00 am to 1:00 pm 5:00 pm to 8:00 pm (Telehealth Only 5-8)	9:00 am to 2:00 pm	9:00 am to 1:00 pm
29 CLOSED	CLOSED 30	CLOSED 31				

PLEASE do not come to 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

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

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 BoJ 1Jo

Commissioners for Fire Protection for the District of New Ross (District 6)

May 10, 2022

New Ross Fire Station

4929 Hwy 12, New Ross

8:00 pm

The Commissioners for Fire Protection for the District of New Ross and Surrounding Area (District 6 in the Municipality of Chester) will be reporting on the provision of fire protection in said district for the past fiscal year and setting the budget and area rate for the 2022 – 2023 fiscal year.

All those on the tax roll for District 6 are invited to attend.

Other relevant, potential topics for discussion must be submitted in writing and received no later than May 5, 2022. Please address these to:

Cameron Broome

PO Box 150

New Ross, NS B0J2M0

Or email: firecommission@newrossfire.ca



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



FRIDAY NIGHT LIVE is Back STARTS AT 8:30 pm

Cover charge \$4.00 member \$5.00 non-member. Bring your dancing shoes!

MAY 6: GYPSY MINSTRELS

MAY 27: STEVE DICKS & DANNY PINK



CHASE THE ACE is on again with the Jackpot growing. Tickets can be purchased at Harley Bears, Clover Farm, Home Hardware, Vittles, Gina's and the Legion and are only \$2.00 each. Draws are held Monday at 8:30. You do not have to be at draw to win. Someone at the Legion will draw for you.

a look!

Coffee Social on Mondays from 9:00-11:00. Come join us every Monday morning for coffee, tea, baked good and great conversations!

DANCE: APRIL 30th 9:00-1:00 at the Legion. MUSIC BY "*B&S DJ SERVICE*" \$5.00 advance \$7.00 door. Door prizes. Pick up tickets at the Legion.



The New Ross Legion will coordinate placement of Veteran Banners this November throughout our community. All interested families are encouraged to contact us to purchase a banner for a family veteran member. Example on left.

Forties Community Centre

~ Where Old Friends Meet! ~



1787 Forties Road Phone:

902-689-2000 Centre Or 902-689-2612

Email: fortiescc@gmail.com

Rental Info & Bookings: Ervin Broome 902-689-2782

Follow us on Facebook!

Crib Tournament Sunday, May 4th

Doors open 12 noon Registration starts 12:30
Play starts 1pm \$ 20.00 / team
For more information call 689-2147
Canteen, wheelchair accessible, everyone welcome!
Tournaments are resumed for 1st Sunday of each month except December (because of the Christmas Festival)

Mother's Day Supper

Sunday, May 8th 4-6pm

Roast Chicken
Breast Dinner with
Dessert, tea & coffee

Adults — \$15.00 under 12 — \$7.00 under 5 —\$3

EAT IN OR TAKE OUT

Fully accessible

PUB Night

Saturday, May 14th

Band -The Non Refundables

8:30pm-11:30pm \$5.00 admission Bar will be Open (Cash Only)

A great evening of Irish, Newfoundland & Rock & Roll Music

If your birthday is in MAY get in free!

Father's Day Supper

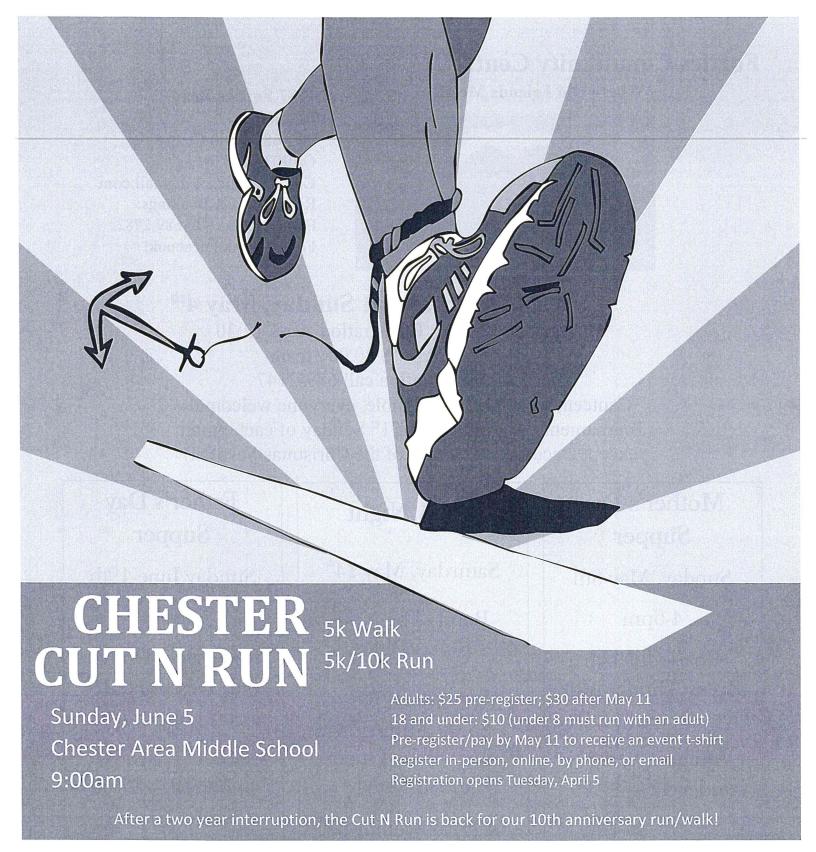
Sunday June 19th 4-6pm

Roast Beef Dinner with Dessert, tea & coffee

Adults — \$15.00 under 12 — \$7.00 under 5 —\$3

EAT IN or TAKE OUT

Fully accessible













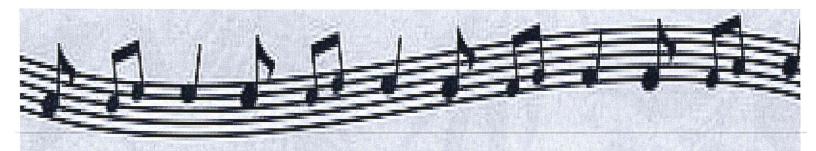












FORTIES COMMUNITY CENTRE PRESENTS LIVE ON STAGE

Fraser Newcombe & His Lobster Guitar



Award Winner & Critically Acclaimed Canadian Singer Songwriter

May 28th 7 pm

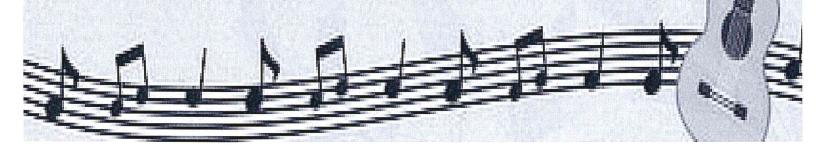
ADMISSION \$12

Concession

50/50

Forties Community Centre 1787 Forties Road, New Ross

For Information contact the center: 902-473-9238





May Events

Mother's Day

Sun., May 8th

Join us for tea and cake in Rosebank Cottage. Free admission for Mothers.

Woolly Weekend

Sat, & Sun May 21st & 22nd

Spring is here and the sheep at Ross Farm Museum are ready for their annual shearing. There will be demonstrations in sheep shearing, natural dying & spinning wool. Learn about the importance of sheep to early settlers and about the work involved to produce yarn and how woolen yarn was used to make material for the clothing necessary for the cold winter days.

Favorite Rhubarb Recipes from Rosebank Cottage

Sat. & Sun., May 28th & 29th

Ever wonder what to do with all the rhubarb from your garden? This weekend staff at Rosebank Cottage will be sharing some of their favorite rhubarb recipes with visitors.

Make a bucket! Basic coopering workshop at Ross Farm Museum!

Description: Come to Ross Farm Museum to learn about basic coopering and make your own bucket. Taught by Ross Farm coopers, students will begin in the woods, identifying the types and qualities of trees to make barrel and bucket staves. They will then see the process of milling the lumber into bucket components and be taught how to joint and fabricate their own bucket using hand tools. It should be a fun learning event that takes you from forest to product.

When: April 30 9:00 – 4:30. Lunch break from 12:00-1:00

Price: \$150.00

Maximum 6 participants – no minimum age, no experience required.

Please wear green tag, CSA approved steel toe boots. Please sign the waiver on the booking system, or in person on arrival at Ross Farm Museum. Participants are covered under Ross Farm Museum's insurance.

Minimum age 16 years old.

Please book online at: **rossfarm.novascotia.ca** or call 902-689-2210 to register by April 28, 2022. Payment must be received by April 28 to reserve a spot.

Individuals' preference for masking and social distancing will be respected. This event will take place both outdoors and indoors. Plan on being outdoors or in unheated buildings for at least two hours. The event will be postponed to May 14th in the event of cancellation due to weather or other unforeseen occurrence.

Check out newross.ca for all things New Ross. It has a directory of local businesses and a calendar with events happening in our Community, For updates or additions contact Sheena Broome at sobroome@hotmail.com

Business Section

ULTIMATE INCOME TAX INC. (OWNERS GARY & JENNIE GRAVES)

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HAVE YOUR PERSONAL TAX RETURN PREPARED BY A PROFESSIONAL WITH OVER 40 YEARS OF EXPERIENCE

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Bring a copy of this ad and receive a 15% discount off regular rates for your first year's tax return

Sparke & Ignite Products

Fire Starters for

1. Brush Fires (safer and easy to use)

2. BBQ/Campfires/Wood Stoves

3. Custom Cut Kindling (14/16/18/20 inches)

The fire starters ignite from the top and the bottom. They are clean burning (for first 15 minutes) and environmentally

minutes) and environmentally friendly.



Wendy MacKenzie

902-691-3121

sparkandignite22@gmail.com

Find us on Facebook!

Danielle Barkhouse

MLA for Chester-St.Margaret's **Our office is open for you.**

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

#3, 4080 Highway 3 Chester, NS B0J1J0
BarkhouseMLA@gmail.com

902.275.2501 Toll Free: 1.833.275.2501



Did you know...

For anyone that has grown up in New Ross you are very familiar with a popular spot known to locals as "Barry's Garage". Located in the heart of our Community Russell's Service Station has served gas to residents, visitors and anyone travelling along Highway 12 since 1967 and had previously also provided mechanic services. "Barry's" has become to many a place to catch up with friends and have a chat, or get assistance with a flat tire, to fill up your tank or just get "20 bucks" or a "pack of smokes". This garage is a key piece in this Community and with Barry at the helm we are all in good hands.

Barry always has gone above and beyond to help anyone out and we are so very fortunate to have him and his garage in our Community. Many teenage boys have had the benefit of finding their first employment at "Barry's". And some know the kindness shown when gas was needed and the garage happened to be closed but Barry would make sure there was gas to be had. Or the times when debit cards were forgotten and credit was extended until the card could be retrieved.

Thank you Barry for all that you do for our Community!





* Registered Massage Therapist* Craniosacral Therapist

Afternoon and evening appointments available.

Phone: (902) 689-2849

E-mail: juliasandersrmt@hotmail.com

4905 Highway 12, New Ross



Bar M Ranch

David Meister & Christina Caldwell 379 Glengarry Road, New Ross, NS BOJ 2MO 902-277-1780 (Dave) or 902-277-1782 (Christina)

We've spent the winter planning for the year ahead. After putting most of our events on hold for the last couple years, we're planning to make use of our post and beam

pavilion and host more on-farm events this year. We hope these events are of interest to both folks here in New Ross and also attract people to our community. Online registration and payment will be available on our website for each event. Although we're still working on fine-tuning details and dates, here's what we have planned so far:

Forest Bathing Wellness Walk (April 24) – Join us in the forest here on the farm with Wil Bruner, Certified Forest Therapy Guide and founder of Soft Pine Wellness for a 2-hour forest bathing and wellness walk experience. To read more about forest bathing and Soft Pine Wellness, check out their website (www.softpinewellness.ca) or reach out to us directly. Cost is \$40 plus tax per person, or \$70 plus tax per pair/couple. Deadline to register is April 21.

Dahlia Tuber Planting Demo (May 14) – If you're interested in growing dahlias, Christina has a limited number of surplus (no-name) tubers to share. She'll provide some details on planting and growing and dahlias supply 2 free tubers per participant. Stay tuned for registration details on this **free** event.

Herb Planter Workshop (May 28)- Plant your own take-home herb garden in a large planter. Participants will learn about growing and caring for herbs in containers, harvesting and preserving herbs. All supplies and take-home information provided. Limited to 10 people. Cost is \$45 plus tax per person.

Plant & Seedling Sale (late May/early June)- Each year, Christina grows a couple dozen varieties of tomatoes/peppers/herbs and sells "extras". This is an easy way to include new varieties in your garden.

U-Pick Lilacs (June) – Date to be determined based on weather and bloom time. Pick your own bouquet of lovely smelling purple lilacs to take home. Pruners to cut your blooms and glass jar/water provided.

Photography Day (July) – A day where we invite photographers of all skill levels, including inspiring/amateur photographers to the farm to take photos and socialize. This is a <u>free</u> event.

(Guided) Garden U-Pick (August/September) - Inspired by our garden tours offered during Open Farm Day each year, we're offering (by appointment only) a guided garden tour where participants get to pick (or get us to pick for you) a basket of produce, herbs and flowers that you would like to take home.

Open Farm Day (September 18) – Hold the date for this <u>free</u> event.

Bouquet Making Workshop (September 10 and 17) – Join us and our friends from Foraged Florals for a 2-hour flower experience and bouquet making workshop featuring Christina's farm-grown dahlias.

Christmas Tree U-Pick (December) – we will be hosting our annual Christmas Tree U-pick.

We'd appreciate it if you check out our website (www.barmranch.ca), Facebook page (@barmranchNS), Instagram (@christinacaldwell902 and @barmranch_ns) or farm blog (www.barmranchmeister.blogspot.com) to stay up to date and help spread the word about our small farm. Feel free to reach out to either of us at any time.



NEW ROSS

56 Forties Rd, PO Box 32 New Ross, NS B0J 2M0 Phone: (902)689-2949, Fax: (902)689-2597

We believe in people

over profits.

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



50 Highway 12, PO Box 69 Chester Basin, NS B0J 1K0 Phone: (902)275-3509, Fax: (902)275-2590

www.newrosscreditunion.ca



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PLEASE NOTE: Having a debit card allows you to pay all bills that can be paid in branch at either of our ATMs

Control of your accounts is never further than your pocket with a Credit Union DEBIT CARD



Both branches will be CLOSED on Monday, May 23rd for Victoria Day

Sign up for CRA direct deposit. A fast, convenient and secure way to get your CRA payments directly into your account.

Please visit our website for more details! www.newrosscreditunion.ca

NOTICE

Annual General Meeting

Please watch for details in the coming weeks regarding a date for our 2022 AGM.



For more information visit our website at www.newrosscreditunion.ca/Home/ProductsAnd Services/YourMoney/ElectronicServices/InteracE Transfer/



For more information visit our website at www.newrosscreditunion.ca/Home/ProductsAnd Services/YourMoney/ElectronicServices/Deposit Anywhere/

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Foraged Florals

Learning and supporting the earth together.

MAY

WORKSHOPS



Mother's Day Gift

Celebrate your mother with roses! Since Victorian times roses have symbolized love, honour, beauty, wisdom, devotion, and timelessness. Express your creativity with your own floral arrangement featuring this time honoured flower to celebrate your mother.

Pre-registration required by May 2 for ordering flowers.

May 7

1 PM - 5 PM

\$75 plus tax

Rustic Trellis

Trellis have a multidude of uses. You can place the plant pot and trellis into your planter to facilitate a climber or place it in your garden to create a screen. Anytime you go veritically, you save space and invite the birds. All materials supplied. Add an extra \$10 for fairy lights.

May 14

1 PM - 3 PM

\$25 plus tax



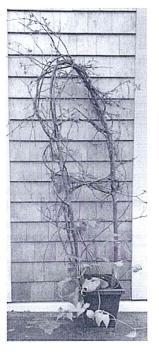
Minature Glass Dome

Glass domes create a perfect micro climate. Participants will transplant three minature plants creating a micro climate for this in door garden. Working with minatures is like a meditation – it becomes a daily practice of observance.

May 21

1 PM - 3 PM

\$20 plus tax



CONTACT INFO

902-209-3638

foragedfloralsnewross@gmail.com FB @foragedfloralsnewross Enrolment varies for each workshop. These small classes allow for more personalized instructor time. Pre-registration recommended. **Workshop location is 5491 Hwy 12, Harriston**, NS. Call or go to our website to pre-register: **foragedfloralsnewross.ca**.