

The Flyer

February 2024 Edition

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

E-mail Ads and Notices to: nrfrclaura@gmail.com

The deadline for receiving items for the **March Flyer** is **Wednesday, February 21st at 4 pm** with delivery coming on Wednesday February 28th, 2024.

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:

New Ross Credit Union

Hilda Cornelius

Foraged Florals

Thank you all for your continued support!



LINDSAY LENIHAN BIRTH AND POSTPARTUM SUPPORT

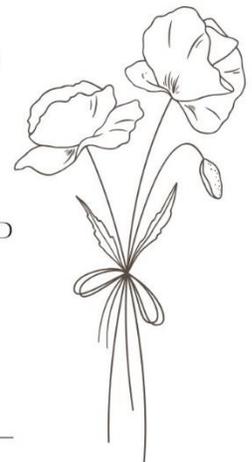
LINDSAY HAS COMPLETED HER BIRTH AND POSTPARTUM TRAINING AND IS READY TO HELP EXPECTANT AND NEW PARENTS!

LINDSAY CAN HELP PREPARE YOU PRENATALLY FOR THE ARRIVAL OF YOUR CHILD, INCLUDING PROVIDING INFORMATION RELATED TO PREGNANCY SYMPTOMS AND HELPING YOU CREATE A BIRTH PLAN. SHE CAN HELP YOU CRAFT SOOTHING MEASURES FOR BIRTH AND PREPARE YOUR PARTNER FOR THEIR ROLE IN THE BIRTH ROOM.

AFTER THE ARRIVAL OF YOUR BABY, LINDSAY CAN OFFER POSTPARTUM SUPPORT INCLUDING LACTATION SUPPORT, TIPS AND TRICKS, AND HELP AROUND THE HOUSE.

FOR THE MEANTIME LINDSAY IS ACCEPTING LIMITED CLIENTS, SO IF YOU ARE CURRENTLY EXPECTING AND INTERESTED IN RECEIVING SUPPORT, CONTACT HER TODAY!

[NRFRCDIRECTOR@GMAIL.COM](mailto:nrfrcdirector@gmail.com) OR 902 689 2414



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



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: February 1st, 15th & 29th March 14th & 28th April 11th & 25th

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.

Money Matters with Mona

Mona is a resident of New Ross that has several years experience in the banking world. She has become a wonderful asset to our Centre and is available to help fill out grant forms, complete simple income tax returns, and help with personal budgeting.

Mona's Hours:

Mon Feb 5th 1-4

Mon Feb 12th 1-4

Thurs Feb 22nd 1-4

Mon Feb 26th 10-4

February 12th will be focused on Budgeting. Bring in information regarding income sources and monthly bills and get help setting up a budget. If that date doesn't work for you, other dates are also options.

Heat Pump rebates through NS gov't deadline is March 31st, Salvation Army Heat rebate - until funds run out. Also, good time to start gathering up personal Income tax papers for 2023 submission (Notice of Assessment from last year and all T4's).

Please call and set up a time to chat with Mona.

New Ross Family Resource Centre

Programming:



For Parents and Families – always free. Childcare available

Play Group: Every Tuesday 10 – 11:30 am when there is school. 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: Next round starts March 19th. 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 NRFRCJanice@gmail.com to register.

Parent Support Group: Thursdays 10 am – 12 noon. 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 to register. Drop-ins are welcome as well! Children are welcome to attend.

Dinner's Ready!: 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 Wednesdays. Call 902-689-2414 or email NRFRCdirector@gmail.com to register. The form for registration can also be found on our Facebook Page!

Slow Cooker Program: Join us on Facebook for a virtual cooking class! Meals will continue to run biweekly. Supply pick-up dates are February 12th and 26th from 2-4 pm. Registration is now closed and class is full.

Nobody's Perfect Parenting Program: Tuesdays 1:30-3:00 pm starting February 20th. 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. Call 902-689-2414 or email NRFRClaura@gmail.com to register. The form for registration can also be found on our Facebook Page!

RISE | Accountability Group: 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 March 4th 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 to register!

At Home Learning Kits: 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 to register!

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

For Children & Youth

Girls on Fire: If you are a female-identifying teenager, you are welcome to join Janice 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. Register by emailing NRFRCJanice@gmail.com Drop-ins welcome! Date TBD, check Facebook for updates!

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 for more information and availability.

For Everyone

Mona Thomar: Mona can help you apply for your Heat Pump rebate through NS gov't deadline March 31st, Salvation Army Heat rebate - until funds run out. Also, now good time to start gathering up personal Income tax papers for 2023 submission (Notice of Assessment from last year and all T4's). Monday February 5th, and Thursday February 22nd 1-4 pm, and Monday, February 26th 10-4 pm.

Mona is also able to assist anyone needing help with personal budget questions. Bring in information regarding income sources and monthly bills. We will dedicate Feb 12th 1-4 pm for this topic. If that date doesn't work for you, other dates are also options. Please call and set up a time to chat with Mona.

More Programs in Partnership:

Yoga with Mona: \$120 per 10-week session. Yoga with Mona has been so popular that we are booking a second evening! The next rounds of yoga will start March 26th for Beginner Yoga and March 27th for Experienced Yoga. Start dates may be pushed a week or

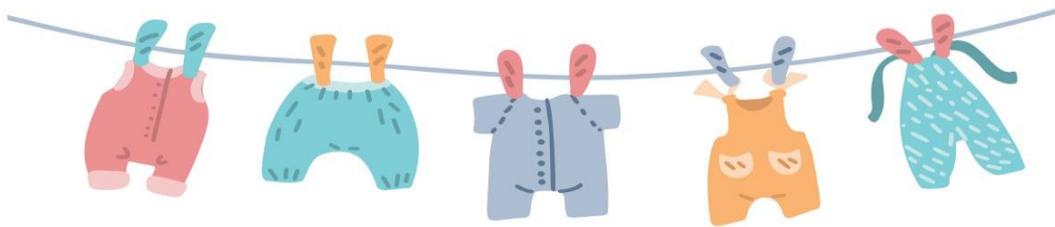
two to accommodate any closure days over the winter. Both class times are 6:30-7:45. Call 902-689-2414 or email NRFRCJanice@gmail.com to register.

Combo Dance Classes: Miss Brooklyn is having a great time teaching your kids new dances! Please remember that for drop off and pick up, parents and dancers are expected to enter through the downstairs door, go up the steps and to the left to enter the dance room! Please do not use the daycare entrance upstairs, or wait for your dancers in the daycare hall.

Recital Date is set for April 6th, 2024 at 1 pm !

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

DO YOU HAVE CLOTHING TO DONATE?



The New Ross Family Resource Centre is working on a project and will be looking for clothing donations from size premie up to adults. If you are cleaning out your clothing and would hold on to your donation for a few more weeks, we would gladly accept your donation when we are ready!

We will be looking for good, used clothing. No undergarments. All clothing must be washed.

More details to come!

2024 February

SUN	MON	TUE	WED	THU	FRI	SAT
				1 PARENT SUPPORT GROUP 10:00 - 12:00	2 DANCE 2:30 - 4:30	3
4 ROOM RENTAL ARM WRESTLING 2:00 - 4:00	5 MONA 1:00 - 4:00	6 PLAY GROUP 10:00 - 11:30 SELF-REGULATION YOGA 6:30 - 7:45	7 DINNER'S READY! 2:30 - 5:30 YOGA 6:30 - 7:45	8 PARENT SUPPORT GROUP 10:00 - 12:00 SELF CONFIDENCE 2:30 - 3:30 SELF DEFENCE 3:30 - 5:00	9 DANCE 2:30 - 4:30	10
11 ARM WRESTLING 2:00 - 4:00	12 MONA 1:00 - 4:00 SLOW COOKER SUPPLY PICK UP 2:00 - 4:00	13 SLOW COOKER VIRTUALLY 6:30 PLAY GROUP 10:00 - 11:30 SELF-REGULATION YOGA 6:30 - 7:45	14 DINNER'S READY! 2:30 - 5:30 YOGA 6:30 - 7:45	15 PARENT SUPPORT GROUP 10:00 - 12:00 SELF CONFIDENCE 2:30 - 3:30 SELF DEFENCE 3:30 - 5:00	16 DANCE 2:30 - 4:30	17 ROOM RENTAL
18 ARM WRESTLING 2:00 - 4:00	19	20 PLAY GROUP 10:00 - 11:30 NOBODY'S PERFECT 1:30 - 3:00 SELF-REGULATION YOGA 6:30 - 7:45	21 DINNER'S READY! 2:30 - 5:30 YOGA 6:30 - 7:45	22 PARENT SUPPORT GROUP 10:00 - 12:00 MONA 1:00 - 4:00 SELF CONFIDENCE 2:30 - 3:30 SELF DEFENCE 3:30 - 5:00	23 DANCE 2:30 - 4:30	24 EMERGENCY PREPAREDNESS 1:00 - 3:00
25 ARM WRESTLING 2:00 - 4:00	26 MONA 10:00 - 4:00 SLOW COOKER SUPPLY PICK UP 2:00 - 4:00	27 SLOW COOKER VIRTUALLY 6:30 PLAY GROUP 10:00 - 11:30 NOBODY'S PERFECT 1:30 - 3:00 SELF-REGULATION YOGA 6:30 - 7:45	28 DINNER'S READY! 2:30 - 5:30 YOGA 6:30 - 7:45	29 PARENT SUPPORT GROUP 10:00 - 12:00		

Self Defence



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



With Thanks

*Thank you for Prayers, Visits, Cards, Food, Meals, a Miniature Decorated Christmas Tree, Gifts and Treats while I was at the Valley Regional Hospital. A visit from Rev. Dawn-Lea Greer with her Blessing. Philip from NS Provincial Housing; the staff from EHS; the Doctors & Nursing Staff at the Valley Regional Hospital; students from Horton School; Christ Church Guild for the beautiful package of treats; New Ross Family Resource Centre for the wonderful box of Goodies and to Paula and my son Barry for the Walker. If I missed you, I am sorry! Everything is appreciated.
God Bless & Happy New Year to You.*

~ Hilda Cornelius

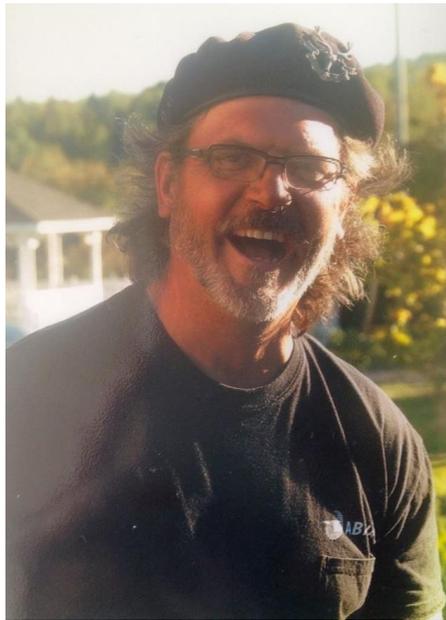
"At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."
Albert Schweitzer

The New Ross Family Resource Centre would like to thank our wonderful volunteer knitters Joyce Hiltz and Alice Hiltz that have been busy knitting hats and mittens for children in our after school program and daycare that need warm dry mittens and hats. Especially important with the colder weather we are getting lately.

If you would like to take part in this program we do have yarn available at the centre for you to use. Stop by M-Th 9-4 to see what is available. We appreciate all donations of mittens and hats.



Community Spotlight



This month’s spotlight is on Scott Hamlin who has put New Ross on the map with his artistic creations and through his passionate involvement in community groups has helped shape New Ross into the wonderful community it is! He is a friendly face ready to help wherever and whenever he can. I am thankful for Kathy and Scott’s help in preparing this feature.

Childhood

Scott was born in Halifax and when he was young the family moved several times as his father, George’s, career developed. They lived in Amherst, St.John,Yarmouth, Moncton and Kentville till they finally settled in their permanent home in Forties in 1979. In Scott’s early teens he would work on his Uncle Hencie Hiltz’s farm during summer break. This was the start of his interest in farming. He was also very active in hockey & eventually played at the “A” division level. Both of these experiences instilled in Scott the basic lesson that if you work really hard, you will have success. This turned out to be an ongoing belief for Scott and was put to the ultimate test when Scott was 17.

The Accident

Scott had a life altering car accident when he was 17 that left him with a broken neck, and a traumatic brain injury. His left side was paralyzed. He was in a coma for 28 days. The outpouring of support from family and the community was overwhelming. It would be an understatement to say he had a long road of recovery and rehabilitation ahead of him but he INSISTS that it was harder on other people, especially his family, than it was on him. Scott spent 5 months in the hospital and the NS Rehabilitation Centre. His doctor, Dr. Arthur Shears, told Scott that in his career he had never seen anyone recover to that extent from such serious injuries.

Scott is keenly aware of how fortunate and blessed he is to have the life he has. It turned out the accident changed the trajectory of his life in many unexpected ways. As mentioned before, Scott had always wanted to be a farmer. This led him to Agricultural College where he completed a diploma in Farming Technology. He then worked at Bonnie Lea Farm, which is where he met his future wife Kathy, who worked there as a counsellor. They got married in 1989.



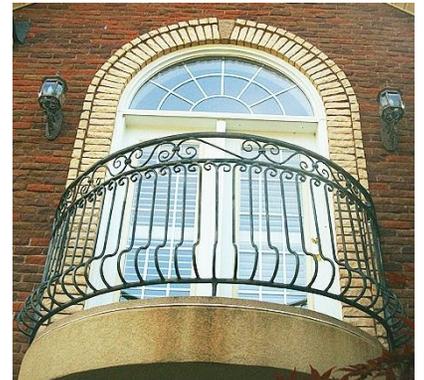
Blacksmithing

Scott was introduced to blacksmithing when he was employed at Ross Farm Museum in the late 1980s. He wanted to learn more. In 1990 he apprenticed for six months with six experienced master blacksmiths to develop and hone his skills. Since then, he has been building his business and skill level, constantly evolving, and growing his artistic abilities. He has been operating the business “Scotian Ironworks” for more than 30 years.

He attended the Halifax Farmer’s Market for 28 years and left when COVID hit. Scott has also participated in more than 10 art shows during his career. Now Scott’s focus is creating one-of-a-kind pieces that often reflect themes of nature, family history or can be spiritual or whimsical.

The scope of his work ranges from client to client. His unique work is now in homes mostly in N.S. but also as far away as Europe and the Bahamas! He has even done some pieces which appeared in a television series called Chapelwaite (based on a Stephen King novel).

He takes particular pride in his larger, more complex and challenging works including an Eagle Sculpture, Olive Tree Crucifix and an Archway at the New Ross Lion’s Park entrance. Suffice it to say, this choice of career has not always been easy many years of struggles, injuries and definitely some “lean” times. But... “do what you love and love what you do” has led him to where he is now, and he loves it!





Community Work

Scott has also been very passionate about promoting the growth of blacksmithing. He was a founding director of the Maritime Blacksmithing Association in 2003 and continues his involvement and is currently Vice-president. Their biggest project was CanIron V in Annapolis Royal, which was an international gathering of blacksmiths.

He has demonstrated at many MBA events over the years, sharing his skills and love of this historic trade and has hosted an "Open Shop" event during the New Ross Christmas Festival for the last 25+ years. Over

the years, Scott has been generously creating and donating ironwork pieces for charitable organizations and fundraising efforts such as UNICEF, Hope for Wildlife, Ross Farm Museum Learning Centre project, NRRDS silent auction, New Ross Rink, Easter Seals and many other local events and charities.

Scott has been a member of the New Ross Farmer's Association for several years, most recently involved with the Rink Committee. He has been President of the New Ross Regional Development Society for the last few years. It's fair to say Scott is a big promoter of New Ross and works hard to help develop economic and community growth in the area.



In his younger years Scott was involved in the Church through the Alpha program, was a Sunday School teacher and a Warden/ Caretaker for a time. Recently Scott has become a Lay Minister and was inspired and guided by his mother, Peggy Hamlin, who was also a Lay Minister. He participated in various training with ministers and mentors. He plays an active role in church services and still considers himself to be very much "in training". As Scott says, through his career and volunteer work he is "Giving back because of what I have received."

Scott's biggest source of pride is the life he and Kathy have created together. We would both say our biggest achievement in life are our two kids-Rhea, who is the manager for the "Just Us" cafes in Grand Pre and Wolfville and Joshua, who is studying to be a doctor. We couldn't be prouder of them!



Scott often keeps an open mind attitude with trying new things whether it be with his blacksmithing or in other parts of life. He always says "why not try it" and jumps in! He does a lot of little extras around the community such as shovelling off the bandstand and church areas. Just because he wants the community to look "welcoming". He's been known to visit the neighbourhood businesses to show what he's working on with the ironwork (often a large piece) in tow!



Community News

Community Meeting

Thursday, February 29 (Snow Date – March 7)

Doors open: 6 pm

Panel Discussion and Q&A: 6:30 – 8 pm

Ross Farm Learning Centre – Hearth Room

The New Ross Community Care Centre Society have hit the ground running this year as we continue to work on cost estimates, site planning and funding options for the affordable housing development. We have scheduled a community meeting to share our progress, discuss the opportunities for community support (both financial and in-kind) and address any questions you may have about the community housing development.



Do you have your mug yet? They are available at \$15 each. Aside from being a good size (because we all know the morning mug has to be the ‘right’ size), a ‘Home in the heart of New Ross’ mug is a visible reminder of the NRCCC’s goal to build affordable homes for our community members. It’s also a great gift for those whose heart is here even if they are unable to be here. The mugs are \$15 each and can be purchased at All Is New Again Frenchy’s (45 Forties Road).

Sincerely,
The NRCCC Board

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!

“Try Sledge Hockey” Night
with members of the South Shore Ice Storm @ New Ross outdoor rink.
Drop-in, Feb 8th, 6-8pm

Bring a helmet and hockey gloves (or heavy gloves) if you have them

Hotdogs and hot chocolate on site by Handy Hands 4H!






OHC Same Day Clinic Schedule for FEBRUARY 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 2nd floor walk-in clinic.

Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 am to 1pm 5pm to 9pm	2 CLOSED	3 9am to 1pm
6 5pm to 9pm	7 5pm to 9pm	8 9:30 am to 1pm 5pm to 9pm	9 CLOSED	10 9am to 1pm
13 5pm to 9pm	14 5pm to 9pm	15 9:30 am to 1pm 5pm to 9pm	16 CLOSED	17 9am to 1pm
20 5pm to 9pm	21 5pm to 9pm	22 9:30 am to 1pm 5pm to 9pm	23 CLOSED	24 9am to 1pm
27 5pm to 9pm	28 5pm to 9pm	29 9:30 am to 1pm 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

4	5							
		2		7		6	3	
							2	8
			9	5				
	8	6				2		
	2		6			7	5	
						4	7	6
	7			4	5			
		8			9			

Sudoku

The rules for sudoku are simple. A 9×9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically.

To challenge you more, there are 3×3 squares marked out in the grid, and each of these squares can't have any repeat numbers either.

H ME IN THE HEART OF NEW ROSS

Community Meeting

Join us for a community open house to learn more about the New Ross Rural Housing Development project.

Date: Thursday, February 29, 2024
(Snow Date: March 7)

Time: Doors open — 6pm
Panel Discussion — 6:30 — 8pm

Location: Ross Farm Learning Centre — Hearth Room

Learn about our rural model for aging in place, a housing development for all ages at all stages of life. We will be there to share our progress to date and answer any questions you may have. All welcome. Light refreshments will be served.

As people move through their lives, their houses may change, but the feeling of security that home brings is a constant for most. Home is the place where they belong, the place where they are most comfortable, and the place where they feel safe. The NRCCC vision is to be inclusive to all citizens that may require affordable housing.

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

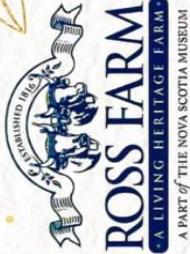
DECEMBER
7 & 8

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



PRESENTS

Beginner Crochet Workshop



FEBRUARY

4

AT 10 AM

4568 Highway 12, New
Ross, NS B0J 2M0

REGISTRATION FEE: \$85

Crochet is a process of creating textiles by using a crochet hook to interlock loops of yarn, thread, or strands of other materials.

To register, please call
(902) 689-2210

*Limited spaces available

Beginner Crochet Workshop

Instructor: Frances Keddy

The word "crochet" comes from the word *croc/croche*, the French word for hook. It may also be connected to the Norse word *krokr*, which also means hook. Crochet can be traced to the 15th - 17th century and is claimed to originate from many countries: France, South Africa, England, Italy, Arabia, and China. Some claim that crochet started in the Middle East and was picked up/traded along the vast trade routes that crossed the continents. The true origin of crochet is unknown.

Once a necessity to create fish nets, animal traps and clothing, crochet progressed from a course type of lace making to making fine lace, material, doilies and clothing to an intricate artform. It is considered one of the most popular hobbies and is even used in therapy to help reduce stress and anxiety!

This 4-hour workshop is designed for someone who would like to learn the art of crochet. In this workshop you will be instructed in how to make the basic crochet stitches (single crochet, double crochet, half double crochet, and triple crochet stitches), taught the terms used in crocheting and instructed in how to read a simple crochet pattern containing some of the various acronyms and symbols found on crochet patterns.

To provide participants with one-on-one attention, this workshop is limited to 5 persons.

Place: Ross Farm Museum Learning Centre Hearth Room

Date: Sunday, February 4th **Weather Date:** Sunday, February 18th

Time: 10:00am - 12:00pm / *break for lunch* / resume 1:00pm - 3:00pm

Lunch will not be provided

Price: \$85.00 (including HST)

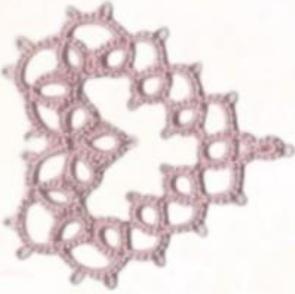
* Price includes yarn to practice the stitches with, one crochet hook, one dishcloth pattern, and enough crochet yarn to complete the dishcloth. Payments may be made by cash, credit, or debit.

To register, please call Ross Farm Museum (902) 689-2210



PRESENTS

Beginner Tattling Workshop



FEBRUARY | **12** | AT 10 AM

4568 Highway 12, New
Ross, NS B0J 2M0

REGISTRATION FEE: \$85

Tattling is a technique for handcrafting a particularly durable Lace from a series of Knots and Loops.

Join this workshop to learn the technique and how to create a tatted heart ♥

**To register, please call
(902) 689-2210**

*Limited spaces available

Beginner Tattling Workshop

Instructor: Gail Larder

Tattling (frivolet in France, knotting in England, tatting in America) is a form of lace making. It is believed to have originated thousands of years ago from the work of sailors and fisherman who worked with various knots to create their nets and decorative ropework. This knowledge was handed down to weavers who used a finer thread to make lace. The art of tatting became popular in the 19th century.

This handmade form of lace was made by using a shuttle and was used as an adornment for caps, aprons, linens, nightgowns, children's clothing, handkerchiefs, etc. (By the early 1900's needle tatting appears). FYI: In 1845 in Cork, Ireland, nuns created lace through crochet, knitting, and tatting. They sold their beautiful laces and gave the money to the poor.

This 4-hour workshop is designed for someone who would like to learn the art of shuttle tattling. In this workshop you will be instructed in how to make the basic tattling stitches, taught the terms used when tatting and instructed in how to read a simple tattling pattern containing some of the various acronyms and symbols found in tattling pattern instructions.

To provide participants with one-on-one attention, this workshop is limited to 5 persons.

Place: Ross Farm Museum Learning Centre Hearth Room

Date: Monday, February 12th **Weather Date:** Saturday, February 17th

Time: 10:00am - 12:00pm / *break for lunch* / resume 1:00pm - 3:00pm
Lunch will not be provided

Price: \$85.00 (including HST)

* Price includes yarn to practice the stitches with, one tattling shuttle, heart ornament pattern, and enough thread to complete the heart with plenty left over to start a new project at home.

Payments may be made by cash, credit, or debit.

To register, please call Ross Farm Museum (902) 689-2210

Upcoming Events



February 3 & 4

Winter Frolic

February 10 & 11

Toboggan Making Demonstration

February 17 & 18

Winter Frolic

February 24 & 25

Snowshoe Making Demonstration

March 2 & 3

Heritage Skills

Watch for a list of upcoming March Break Events!

Winter Hours

Winter Hours Open Thursday - Monday

(Closed Tuesday & Wednesday)

9:30 AM until 4:30 PM

Admission

Adult \$10.00

Senior (65+) \$8.00

Students (with Student Card) \$8.00

Child (6-17 years) \$4.00

5 & Under Free

Family (max. 2 adults) \$25.00

Ross Farm Season Pass- Family \$48.00, Adult \$25.00

Winter Frolic

Saturday & Sunday, February 3rd & 4th

Come experience Winter at Ross Farm Museum!

Visit the farm workshop and sample some homemade ice cream. Enjoy a horse-drawn sleigh ride, experience snowshoeing, or even bring your own sledging equipment and join the fun on our visitor favorite hill located by the Larder Barn. (depending on snow conditions)

During your visit you will have the chance to warm up and satisfy your taste buds with a cup of hot chocolate. Visit the buildings on site to engage your mind with various games such as: checkers, tic tac toe, cards.

Toboggan Making Demonstration

Saturday & Sunday, February 10th & 11th

This weekend our interpreters will be demonstrating how to make a wooden toboggan in the Workshop.

While you're here, make sure to stop by Rosebank Cottage to see what the interpreters are cooking in the open hearth. Make your visit the perfect time to warm up and enjoy a tasty sample.

Winter Frolic

Saturday & Sunday, February 17th & 18th

Come experience Winter at Ross Farm Museum!

Visit the farm workshop and sample some homemade ice cream. Enjoy a horse-drawn sleigh ride, experience snowshoeing, or even bring your own sledging equipment and join the fun on our visitor favorite hill located by the Larder Barn. (depending on snow conditions)

During your visit you will have the chance to warm up and satisfy your taste buds with a cup of hot chocolate. Visit the buildings on site to engage your mind with various games such as: checkers, tic tac toe, cards.

Snowshoe Making Demonstration

Saturday & Sunday, February 24th & 25th

Our interpreters will be demonstrating the traditional art of snowshoe making in the Workshop. We will have snowshoes available for you to experience snowshoeing firsthand (if we have an adequate amount of snow).

During this weekend our Blacksmith Shop will be open, so make sure to stop by for a visit. On Saturday, our interpreters will be demonstrating butter making in Rosebank Cottage.

Heritage Skills

Saturday & Sunday, March 2nd & 3rd

This weekend visit us to learn about heritage skills such as spinning, open hearth cooking, wooden spoon making, and cursive writing with a quill pen.



Find us on

More Info: <https://rossfarm.novascotia.ca/> or (902) 689-2210

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
OR Cathy Michael 416-347-0550, camichael2622gmail.com.

DISCOVER ASTRONOMY

View the heavens from New
Ross through a reflecting
telescope!

Location details and registration at
902-275-3490. \$10/person
(under 12 free)

Mar 16th | 8.15 PM



NEW ROSS WRIST ROLLERS



Join the Wrist Rollers every
Sunday from 2-4 at the New Ross
Family Resource Centre.
Everyone is welcome to attend a
practice!

Free! All Ages Welcome!

March 9th Battle of the Atlantic
April 6th Atlantic Canadians
May 4 NS Provincials
June 28-30 Nationals in Quebec
August 17th New Ross Fair
Sept 30th – Oct 6th IFA World
Championships in Greece
Oct 19th Battle of the Atlantic

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 4th 2024

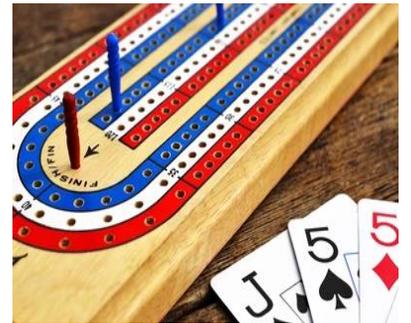
Doors open 12 noon Registration starts 12:30

Play starts 1pm \$ 20.00 / team

For more information call 689-2147

Canteen, wheelchair accessible (ground level)

Tournaments are the 1st Sunday of each month



Card Parties - Tuesdays, starting @ 1:30pm Following the seniors' lunch
\$3/person. For information, call 902-644-3359



*Seniors'
Luncheon*

FREE Seniors' Luncheons

Thanks to a grant we received we have been able to offer a free lunch to seniors on Tuesdays in January, this will continue for Tuesdays in February as well, weather permitting from 11:30am - 1pm.

Eat-in only. In case of inclement weather, the luncheon will be cancelled and continue the following Tuesday. For more information, call 902-689-2000

Donations are now being accepted for the **May yard sale and flea market** at the Forties Community Centre. Drop-off at the centre Tuesday afternoons from 1 - 3pm or call Marsha at 689-2612 to arrange an alternate time.

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



A quick reminder that the Municipal Tax Exemption deadline is March 28. Contact me with any questions.

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.

Strategic Planning: Leading into annual budget deliberations, Council will be revisiting the Strategic Plan 2020-2024 to confirm this year's focus. The Strategic Plan forms the basis for the work plans of all municipal departments, and ultimately the budget. As we head into annual budget deliberations it is important to review the actions set for the upcoming year, reconfirming relevancy, while also making changes to address new and unanticipated priorities, challenges and needs.

Frequently Asked Questions: What is the total revenue received from both wind turbine projects? How is it allocated or spent?

For last fiscal year (2022-23): the tax revenue generated by the South Canoe Project, located here in New Ross, in New Russell, was \$696,966; the net revenue of the municipality-owned single turbine, located in Kaizer Meadow was \$325,875 [Gross Revenue \$782,520 minus Expenses \$456,645 (operating and debt charges)].

Council introduced Policy P-79 - *Wind Energy Revenue Policy* - in 2014, following the project development of South Canoe. As per Policy P-79 wind revenue is allocated as: 1/3 placed in operating reserves; 1/3 community development; 1/3 economic development. Over the past years, a number of community projects have received investment through wind revenue, such as: Our Health Centre; Church Memorial Park; New Ross Farmers Association; New Ross Trails Society; Ross Farm Museum; Chester Arts Centre; Lighthouse Food Bank.

Volunteer Award Program: Plans are in the works for National Volunteer Week 2024, and volunteer nominations are open! Nomination categories include: Individual; Youth; and Family. Contact the Municipal Recreation Office - 902-275-3490 / recreation@chester.ca - with any questions, including nomination guidelines & form. Deadline is March 8.

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 *continuing* cold temps!

See you soon,
Tina C.

MUNICIPALITY of CHESTER

CALL FOR VOLUNTEER NOMINATIONS

Every community group in the Municipality of Chester is encouraged to nominate one volunteer from their group.

From all the nominations, one individual will be selected to represent the Municipality of Chester at the Provincial Awards Ceremony in Halifax. Nominees must be residents of the Municipality.

Application form can be found on our website at: www.chester.ca/community/volunteer

For more info call the Municipality of Chester Recreation office at 902-275-3490 or email recreation@chester.ca.



Deadline to submit nominations is Friday, March 8, 2024



Training Opportunities for Youth!

Saint John Ambulance Babysitting Basics

Saturday March 23rd @ Chester Area Middle School, 9-4 For Ages 11-15

This course teaches new babysitters the necessary skills to provide care to children in a variety of situations. The course emphasizes safety rules, responding to emergencies, and developing leadership skills. The course covers: Becoming a babysitter, Basic first aid, Healthy meals, Safe play, Changing Diapers, Bedtime routines, Handling emergencies.

Cost is \$70 per person. Pay/Register by Friday March 8th by calling the Municipality of Chester Recreation Department at 902-275-3490

Saint John Ambulance Home Alone Saturday February 17th @ Chester Area Middle School, 9-4 for Ages 10+

The Home Alone course is for any young person (aged 10 and over) that will be spending short periods of time home alone. This course covers many issues that will help children and their parents feel more confident. Topics included: Phone calls and visitors, recognizing hazards, following home safety procedures, First aid basics, Healthy eating, Fire Safety, Calling 911

Cost is \$70 per person. Pay/Register by Friday February 2nd by calling the Municipality of Chester Recreation Department at 902-275-3490

Restore: A Free Postpartum Rehab Program

*4 week trial

- 📍 Chester Basin Legion
- 📅 Wed Feb 21st & 28th
- 📅 March 6th & 20th
- 🕒 9-11am

A weekly exercise class including cardio, functional strengthening, and core muscle rehab. Led by Jesse Robson, Pelvic Floor Physiotherapist. Babies welcome!

Outdoor, forest school style childcare program for toddlers and older children. Led by Sarah Storm of *Wild Wonders Forest School*



For program registration, please contact: **Michelle (902) 273-2283**
or email: admin@ourhealthcenter.ca



Live Well
Physiotherapy



OUR
HEALTH
CENTRE

Healthier People – Healthier Communities





It will soon be that time of the year for Spring Cleaning! If anyone is looking for a new home for their Stuffed Animals, we can gladly take them off your hands. You can contact Linda Meister at (902) 689-2477 or Jan Reeves at (902) 689-2018 to make arrangements.

We would like to THANK YOU in advance for thinking of us!

New Ross Fire Department Committee



The Anglican Parish of New Ross

February 04, 2024, Service of Holy Eucharist:

9:00AM: St Augustine's, The Forties

11:00AM: Christ Church, New Ross

2:00PM: St.Cyprian's, East Dalhousie

February 10, 2024, 2PM: Why Get Baptized? A conversation open to all held at the Christ Church, New Ross, Rectory.

February 11, 2024: Service of Morning Prayer

9:00AM: St Augustine's, The Forties

11:00AM: Christ Church, New Ross

2:00PM: St.Cyprian's, East Dalhousie

February 14, 2024, 11AM: Ash Wednesday Service, Christ Church, New Ross.

February 18, 2024, Service of Holy Eucharist:

9:00AM: St Augustine's, The Forties

11:00AM: Christ Church, New Ross

2:00PM: St.Cyprian's, East Dalhousie

February 20, 2024, 7PM: Music Jam, Christ Church, New Ross - All Welcome!

February 23, 2024, 7PM: Youth Night at Christ Church Rectory, New Ross. (Age: Grades 7-12)

February 25, 2024: 10:00AM, Cafe Church, New Ross.

Questions? Need to talk? Contact: Reverend Dawn-Lea Greer

Cell: 902-471-0852 / Email: reverend.dawnleagreer@gmail.com

New Ross Historical Society

If you are interested in learning all kinds of interesting facts and stories about New Ross join the New Ross Historical Society at 7pm on the 4th Wednesday of every month at the Ross Farm Museum. The Society has quarters at The Learning Centre. Microfilms, genealogies, historical publications, Maps and folders containing historical information pertaining to New Ross and beyond are housed there.

Everyone is Welcome!!

Contact this great organization:
PO Box 35
New Ross, NS Canada B0J 2M0
newrosshistorical@gmail.com or
Follow us on Facebook!



Business Section

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

INCOME TAX TIME IS SOON HERE!

Mona Thomarat is available at the NR Family Resource Centre to help families and seniors complete their basic income taxes at no charge. This is a program through the Canadian Volunteer Income Tax Program. Individuals must have an income under \$35,000, Couples under \$45,000 plus \$2,500 for each dependant. This program is not meant for those that have small businesses or income from rental property.

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





Alternative Health Therapy Clinic

83 Copperhead Road
New Ross N.S
B0J2M0

moniqueharvie@hotmail.com

902-670-7799



Valentine's Day Gift Certificates

Massage Gift Certificates for Valentine's Day could be a thoughtful and caring gift. It not only promotes relaxation but also addresses specific health-related concerns.

Monique Harvie Registered Massage Therapist



We believe in people over profits.

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



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

Freedom is Interac e-Transfer®.

Free yourself.
Send money instantly from anywhere.

See us today for more details!

Deposit cheques with a snap.

Find out more about Deposit Anywhere™

<https://www.newrosscreditunion.ca/Home/ProductsAndServices/YourMoney/ElectronicServices/DepositAnywhere/>

A SECURE WAY TO TAP AND PAY

Learn more >

Interac Flash®

Fast Convenient Secure

DO YOU HAVE A CREDIT UNION DEBIT CARD CHIP CARD?

Your Credit Union Debit Card gives you easy access to your money at thousands of automated teller machines (ATMs) around the world 24 hours a day, 7 days a week. As well, it provides convenience and security by using the Direct Payment option for all your retail purchases as well as Interac Online Payment, where available.

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

Branch Hours

Both branches will be closed on Monday, February 19, 2024 for Nova Scotia Heritage Day



G&C Hughes Enterprises Ltd.

Factory Reconditioned, Scratched, Dented & New

February 2024

GENERATOR SALE

**PRICED
TO SELL!**

HOME STANDBYS

**WHILE
QUANTITIES
LAST!**

Come browse our selection of Home Standby,
Portables and Inverters from the reliable brand Generac.

PORTABLES + INVERTERS

Our home standby, portable and inverter selection of generators are perfect to have piece of mind when storm weather hits; come and ask us about what's in stock and what would be best recommended for you!

**DID YOU
KNOW?**

Plus 2 year warranty included with purchase!

GENERAC



G&C Hughes Enterprises have been helping the community by repairing generators for over 5 years; and other small gas engine products for over 30 years!

BUSINESS HOURS

	A.M.	P.M.
Monday	8:00	5:00
Tuesday	8:00	5:00
Wednesday	8:00	5:00
Thursday	8:00	5:00
Friday	8:00	5:00
Saturday	8:00	3:00
Sunday	CLOSED	



G&C Hughes Enterprises Ltd.
136 New Russell Road, RR #2,
New Ross, Nova, Scotia B0J 2M0
Phone: (902) 689-2201



Follow us on Facebook

G & C Hughes Enterprises Ltd.



*Imagine fresh flowers
delivered weekly!*

FLOWER LOVERS!

A weekly CSA subscription affords you a fresh floral arrangement from June to September. Free delivery in the New Ross area.

Register before March 17 and receive one extra week of fresh flowers! Call 902-209-3638 or visit ForagedFloralsNewRoss.ca under Shop.

Call now to book your free wedding consultation. Ask about our all inclusive on-site micro wedding package.

ForagedFloralsNewRoss.ca | 902-209-3638 | carol@ForagedFloralsNewRoss.ca



SINCE  1939
**CHESTER
PLAYHOUSE**

*An evening
of magic!*

VINCENZO RAVINA
ACTUAL WIZARD



for ages 8+

SATURDAY FEBRUARY 10 7:00PM

**FOR INFO & TICKETS VISIT
CHESTERPLAYHOUSE.CA
OR CALL (902) 275-3933**



SINCE  1939
**CHESTER
PLAYHOUSE**

*An evening
of laughter!*

COMEDY NIGHT in Chester!

with host Clare Belford,
Clifton Cremo, Adam Myatt
and Dan Hendricken



SATURDAY MARCH 23 7:30PM

**FOR INFO & TICKETS VISIT
CHESTERPLAYHOUSE.CA
OR CALL (902) 275-3933**

