

The Flyer

Wednesday March 30, 2022

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

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

The deadline for receiving items for the May Flyer is Wednesday, April 20, at 4:00 pm with delivery coming on Wednesday April 27th, 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:

Sue Turner Forties Community Centre ~ Annual donation

Bar M Ranch Ultimate Income Tax Inc. (Gary & Jennie Graves)

Joyce & Milton Hiltz & Family Western Woodlands Conference

A Huge THANK YOU to The Ross Farm Museum for donating paper towards the Flyer.

Thank you all for your continued support

NEW ROSS FAMILY RESOURCE CENTRE

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

*Follow us on Facebook! <https://www.facebook.com/nrffc/>

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, nrffcjanice@gmail.com



We want to give a huge shout out to some local businesses who generously donated to us to buy new supplies & toys for our Baby & Play Group Program.

T & D Nursery

Ross Farm Museum

Hughes Diesel Repair

GN Thermoforming

New Ross Family Resource Centre

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

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.

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

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 nrfrckjanice@gmail.com to register. Registration is open until April 1, 2022.

Empower: FREE, every Wednesday 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.

At Home Learning Kits: *ONE TIME TRIAL* FREE, once a month (April), pick up or delivery (if in the community of NEW ROSS only), a learning/play kit which may include activities for your child (age range 1-5 years old), family activities (such as cooking), or an online component (such as a read-a-loud book). These will be prepared and delivered by Ms. Janice and Ms. Karen. Registration open until April 11, 2022.

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

SUMMER STUDENT EMPLOYMENT: New Ross family Resource Centre is seeking applications from students who would like to be part of our summer staff team. If you are outgoing, energetic, enjoy working with children and youth, and being outside, please submit your resume to the New Ross Family Resource Centre, attention: Karen Snair, nrfrckaren@gmail.com

Full job description is on our website and Facebook page.

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: April 14 & 28 May 12 & 26 June 9 & 23



NEW! Free Counseling for Women in New Ross

Information from Nicole Robson about her counselling services:

My name is Nicole Robson and I am the Outreach Coordinator at Second Story Women's Centre. I am happy to say that due to the support of the New Ross Family Resource Centre I will be able to offer some one-on-one counselling support every two weeks in New Ross. Second Story offers support through a trauma informed approach, and I have worked with people dealing with anxiety, depression, trauma, and grief and loss. I like to work from a strength-based approach, and use tools such as mindfulness, and grounding techniques. If you have any questions or would like to schedule an appointment, I can be reached at 902-541-0343. Upcoming dates: April 7th & 21st May 5th & 19th

**Community Volunteer Income Tax Program
Tuesday April 12th
At the New Ross Family Resource Centre**

FREE Income Tax preparation / Facilitator Heather McLeod

- 1:00 – 4:00pm; 20 minute appointments
- Eligibility based on income and simplicity of tax return to be completed. More info at this link:
<http://www.cra-arc.gc.ca/tx/ndvdl/vlntr/nd-eng.html#help>
- Book your appointment by calling Heather at 902-275-3421
- Remember to bring all your tax slips and forms with you

This program is a partnership with OHC and NRFRC



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 jlecky@empolutions.ca for more information on how Employment Solutions can help you with your employment needs.

With Thanks

The family of the late Johnnie Turner would like to thank family, friends and neighbors for their visits and condolences before, during and after Johnnie's passing. Thanks to Serenity Funeral Home and the Forties Community Centre. Special thanks to the people who helped with the lunch, set up the hall and looked after the guest book. We would also like to thank the many who attended Johnnie's "parking lot party". We are extremely grateful to the staff at Valley Regional Hospital for the excellent care Johnnie received. We appreciate the donations made to the charities on Johnnie's behalf.

THANK YOU

Sue, Sylvia, Francie (crow), Peggy, Denise, Glenda and Families

Many Thanks to all those who remembered our family after my sister Bernice passed away. The calls, cards and messages were appreciated so much during this difficult time.

Thank you,

Joyce & Milton Hiltz & Family

Community News

50th Wedding Anniversary Celebration

Due to covid we had to change plans a few times for our parents Bill and Linda Bezanson's 50th anniversary, which was Dec. 10th 2021. It will be May 7th at the New Ross Legion. Meet and greet will be 7pm – 9pm with a dance to follow!

Everyone is Welcome!!

Any questions please contact Geraldine 902-599-4374



Open Baby Shower Invitation

For Cheyenne Naugler & Daniel Hiltz

Date: April 9th 2022

Time: 1pm – 3pm

Location: Upstairs at the

New Ross Family Resource Centre

Any questions please call Joette at 902-277-2308





New Ross Legion Events



Guests must be signed in by a Member. Under aged guests must be accompanied by a guardian. Membership is easy and inexpensive. Come take a look!

FRIDAY NIGHT LIVE is Back STARTS AT 8:30 pm
Cover charge \$4.00 member \$5.00 non-member. Bring your dancing shoes!

APRIL 1: RICKY, WAYNE & PAUL

APRIL 8: '3AM' with ABDELLA ASSAFF & EDDIE MADER

APRIL 15: CLOSED FOR GOOD FRIDAY

MAY 27: STEVE DICKS & DANNY PINK

CHICKEN CORDON BLEU TAKEOUT SUPPER: Prepared by your New Ross Legion. Supper includes Chicken Cordon Bleu, Roasted Potatoes, Peas, Carrots, and for dessert Chocolate Trifle. PICK UP SATURDAY APRIL 23, 2022 4-5 pm. Cost \$17.00 **DEADLINE TO PRE-ORDER APRIL 20.** CALL JANET 902-275-8585

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.

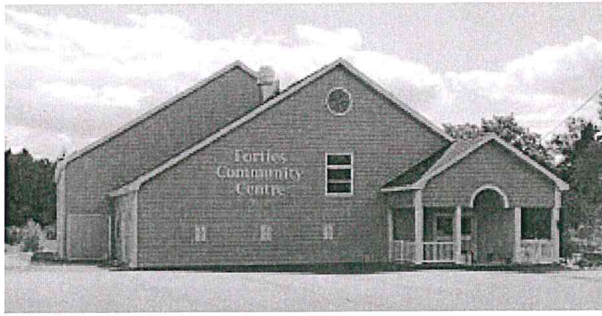
Coffee Social resumes on Monday April 4, 2022 from 9:00-11:00. Come join us every Monday morning for coffee, tea, baked good and great conversations!

New Ross Legion has joined the Nova Scotia Legion Raffle Box. Tickets can be purchased online, please choose our legion from the dropdown box.



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, April 3rd

Doors open 12 noon Registration starts 12:30

Play starts 1pm

\$ 20.00 team Info. call 689-2147

Tournaments are resumed for 1st Sunday of each month
except December (because of the Christmas Festival)

Canteen, wheelchair accessible, everyone welcome!

Suppers 2022

Eat in or get take out.

May 8 Mother's Day
Chicken Breast
4:00-6 pm

June 19 Father's Day
Roast Beef
4:00-6 pm

July 17 Meatloaf
4:00-6 pm

August 14 Blueberry Supper
Ham & Hodge podge
4:00 - 6:00 pm

Sept 11 Roast Pork
4:00 - 6:00 pm

Oct 10 Thanksgiving Day
Turkey Dinner & Supper
12-2pm & 3-4:30pm

October 23 Sauerkraut Supper
4:00 - 6:00 pm

December 3 & 4 Christmas Festival
Dinners and Suppers
12-2pm & 3-4:30

December 18 Breakfast with Santa
8:00 - 11:00 AM

Volunteers are an essential part of any organization or group, and that is no different at the Forties Community Centre. We sincerely appreciate all who give of their time in support of our various activities, but new volunteers are always welcome. Any contribution of time, no matter how large or small, is welcomed. If you wish to volunteer, please contact Marsha at 902-689-2612.

Up and Coming....

Band -The Non Refundables

Saturday, May 14th

Forties Community Centre

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

8:30pm-11:30pm

\$5.00 admission

If your birthday is in MAY get in free!

Walk-in Clinic Schedule for April 2022						
902-273-2098						
Schedule is subject to change						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 am - 2:00 pm	
3	4	5	6 5:00 pm - 9:00 pm	7 9:00 am - 1:00 pm 5:00 pm - 8:00 pm (Telehealth only)	8 9:00 am - 2:00 pm	9:00 am - 1:00 pm
10	11	12	13 5:00 pm - 9:00 pm	14 9:00 am - 1:00 pm 5:00 pm - 8:00 pm (Telehealth only)	15 9:00 am - 2:00 pm	
17	18	19	20 5:00 pm - 9:00 pm	21 9:00 am - 1:00 pm 5:00 pm - 8:00 pm (Telehealth only)	22 9:00 am - 2:00 pm	9:00 am - 1:00 pm
24	25	26	27 5:00 pm - 9:00 pm	28 9:00 am - 1:00 pm 5:00 pm - 8:00 pm (Telehealth only)	29 9:00 am - 2:00 pm	

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

Did you know...

That New Ross has a historical society where you will be able to find pictures of New Ross and its residents from days gone by and related information. The Historical Society meets monthly at 7pm on the 4th Wednesday of every month at the Ross Farm Museum. **Everyone is Welcome!!**

Here's how you can contact this great organization:

New Ross Historical Society

PO Box 35

New Ross, Ns Canada B0J 2M0

newrosshistorical@gmail.com

OR follow them on Facebook !



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

National Volunteer Week takes place April 24 to 30, 2022. The theme for 2022 – Volunteering is Empathy in Action – affirms the strong connection between volunteerism and empathy. Volunteering can help us see the world through the eyes of others. It can connect people from diverse backgrounds and life experiences, working together toward a common goal.

During National Volunteer Week 2022, we celebrate the contributions of volunteers: their actions, their understanding, and their genuine concern for the world around them. Volunteers care deeply and work tirelessly.

Volunteers make the world a better place, and for that we are forever grateful. A great big thank you to all volunteers who make our part of the world, our community, better! Thanks for all you do!



Fire & Emergency Service: In the Municipality fire and emergency services are provided through the seven fire departments, including: New Ross; Blandford; Chester; Chester Basin; Hubbards; Martin's River; and Western Shore. Emergency dispatches are logged on a monthly basis, and data is categorized by department and call type. For interest I thought I would include some stats. In 2021:

	New Ross	Total/ All Depts
Medical	3	112
Structural	3	23
Rescue	0	1
Motor Vehicle Accident	9	76
Mutual Aid	5	101
Hazmat	0	2
False Alarm	3	60
Other (e.g. flooded basements; police assist / investigations)	5	50
Non-Structural (e.g. vehicle, chimney, brush/ woods fires; downed power lines)	6	58
TOTAL	34	483

On a final note, if you are ever in need of an extra copy of the municipal **Waste Collection Calendar**, don't hesitate to get in touch with me, maybe for yourself, for a new neighbour, for a cottager! I think it's a great resource and full of lots of useful information & extra fun tips!

Hope to see you soon,

Tina C.

New Ross Regional Development Society

Meeting Notices and Updates

The NRRDS meets regularly on the 2nd Wednesday of each month at the New Ross Legion at 7:00 pm. Our next meeting is on April 13th at 7:00 pm. We have started the process of updating our Strategic Plan and will be having most of the meeting set aside to work on this project. This session will be facilitated by Peter Cullen from the Ross Farm.

The 2022 **Annual General Meeting** of the New Ross Regional Development Society will be held on May 11, 2022 at the New Ross Legion Building at 7:00 pm. Important agenda items include the election of the executive, a review of last year's activities and a look at what is coming up for this year.

Everyone welcome!

FYI - With things starting to open up, we are hoping to hold the Christmas Festival with all events as in the past. After many years as the Festival Coordinator, Sarah Gates has decided to retire from this position. She has done a wonderful job over the years and we want to thank her for all of her hard work. It will soon be time to start planning for the 2022 Festival so if anyone is interested in taking over this position please let us know. Just as an FYI, this position could be shared by a couple of people. Sarah will still be there to help get you started!

If you have any questions or require further info please contact any member of the NRRDS. We look forward to hearing from you, or seeing you at one of our upcoming meetings.

The New Ross Regional Development Society thanks all who came out and made our **New Ross Christmas Festival** a success again this year. We were so pleased to have the East Coast Carolers and Rachel MacLean perform this year. Thank you to Santa, the Fire Department and Vittles for making the tree lighting successful on a very cold evening. The Christmas tree U-Picks made a lot of people happy judging by the number of cars that went by with trees on top! We were especially glad to welcome the Ross Farm Museum with a Craft Fair and the Forties Community Centre for bringing back their always popular meals this year.

Thank you to all who helped with Community decorations – the tree, the Bandstand and signage. We are all hopeful that by next fall we can have a larger Craft Fair to meet the need.

Thank you to all who donated the wreaths and helped get them up:

Neil & Marie Meister	Mary & Debbie Reeves
Gina's Hairstyling	J & M Reeves Christmas Greens
Darrel Baker	Merlin & Sarah Gates
Phil Edwards & Patti McNeil	Scotian Ironworks
Royal Canadian Legion Br.79	Colton & Alyssa Reeves
Margeson & Joanne Reeves	McInnis Lake Forestry
Charmaine Rafuse	Rubia Hutt

- Bows by Sanders
- Hooks & Bows by Margeson & Joanne
- Placed by Colton & Alyssa

At this time we would also like to acknowledge all of the businesses and volunteer groups who have worked so hard during the past two years to help keep our community members safe and able to go about the business of shopping and enjoying what our community has to offer.

In particular we want to acknowledge the **New Ross Trails Society** who have worked so hard for a number of years on this very important project. The trails network continues to grow due to their work and dedication. Also, a big thank you goes out to **Rink Committee**. They are definitely a hard working group of individuals who deserve a pat on the back for providing our community with the ice skating surface at the Fair Grounds again this winter for everyone to enjoy!

Last but not least, we want to say thank you on behalf of the community to the **Royal Canadian Legion Branch # 79** for all that they do. In particular, the Monday Coffee Socials and the various take-out suppers. Also, for providing our community with walk-in COVID testing and vaccination clinics over the past months.

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

NEW ROSS COUNTRY FARM MARKET

Annual General Meeting
April 19, 2022
Forties Community Centre
1:00 PM

The annual meeting will be held on April 19, 2022. New officers and directors are required for the continuation of this of this organization. All persons interested can contact Ruth Veinotte (902)275-8283. Should new members not be willing to take office, a motion to dissolve the organization will be entertained.

The New Ross Country Farm Market Cooperative has been in existence for 20 years. The successful market seasons have allowed the vendors to build a large customer base. Future vendors will enjoy a great location, and following within the New Ross community.

Potential full and part time vendors are available for the 2022 season if new officers are available to carry out the operational functions of the Market.

HANDY HANDS 4H CLUB

4H is a nation-wide, family-oriented, community-based, youth organization dedicated to the development of young Canadians, encouraging them to become responsible members of society.

The Handy Hands 4H Club has been in operation for over 75 years and currently call the Forties Community Center our home!

We are always looking for new members and volunteers!

You can find more information online @ 4hnovascotia.ca

Locally please contact:

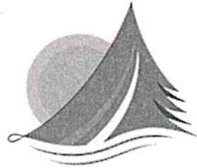
Andrea Keddy @ 902-398-0666

Katie Hirtle @ 902-300-7974

Regional Program Coordinator: Chelsea Crawford @ 902-305-7474



A Message From Your Community Development Coordinator



THE MUNICIPALITY OF
CHESTER

Nadine Hackney
Community Development
Coordinator,
Recreation and Parks

Cell: 902-275-8503
E-mail: nhackney@chester.ca
Web: www.chester.ca

BACK IN ACTION!!!

We have so many fun activities starting up again now that COVID restrictions are lifting:

FAMILY GYM NIGHTS, BADMINTON, BASKETBALL, YOGA, GAMES NIGHTS, PICKLEBALL, HIKES AND MORE!!

Be sure to check out the Explore Life Brochure coming in your mailbox April 5th for all the details!

We ♥ local
business!

Give local business the recognition they deserve!
Nominate your favourites for a Best of Chester Municipality
Business Award! Those with the most nominations are
eligible for the voting round.

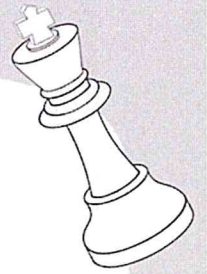
NOMINATE **VOTE**
March 21 to April 4 April 18 to May 9

*only one nomination and vote per category per device (mobile, laptop, tablet)



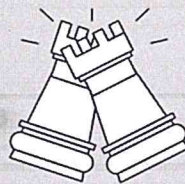
THE MUNICIPALITY OF
CHESTER

www.chester.ca/bestof



FAMILY GAMES NIGHT

Thursdays
6:00pm - 7:30pm
Chester Area
Middle School (CAMS)
Starting April 7th!!



Chess, Cards,
Chutes & Ladders,
Scrabble, Sorry!, plus
any game you'd like
to bring and share!

Games night will be FREE for anyone under 18, and by
donation for adults 18+

For any questions please contact Municipality of
Chester Recreation & Parks - (902)275-3490



The Woodland Conferences 2022



Western Woodland Conference

Saturday, Apr. 23rd, 2022, 9:00 am-4:00 pm

Forties Community Centre, 1787 Forties Road, New Ross, NS

Join us for a full day conference to learn more about woodland stewardship and ecological forestry!

Cost: \$20 (includes lunch)
Early Bird deadline: Apr. 15th
Final reg. deadline: Apr. 20th

Topics Include:

- NS Dept. of Natural Resources & Renewables Updates
- Training and Workforce Development- Forestry Sector Council
- Innovative Uses for Low Grade Wood Fibre- Verschuren Centre
- White-nose Syndrome and Current Bat Conservation Projects in NS
- Avian Influenza & Enhancing Wildlife Habitat on Your Woodlot
- New Flexible Lending Solutions for the Forestry Sector- Timber Loan Board
- Impact of Hemlock Woolly Adelgid and Strategies for Helping Hemlock Forests in NS
- 2021 NS Woodland Owner of the Year
- Ecological Forestry
- Woodlot Stewardship- Western Woodlot Services Co-op



Brought to you by:



To register and for more info, visit nswoods.ca/events or call toll free and leave a message at 1-855-679-6637.

Business Section

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

ARE YOU MAXIMIZING YOUR PERSONAL TAX BENEFITS?

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

Contact Jennie at jenesta54@gmail.com or call 902-877-4222,
31 Barkies Way, New Ross, NS, B0J 2M0

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



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

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





CREDIT UNION

NEW ROSS

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



DO YOU HAVE A CREDIT UNION DEBIT CARD CHIP CARD?

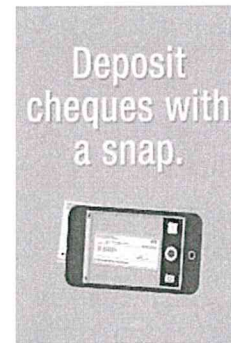
Your Credit Union Debit Card gives you easy access to your money at thousands of automated teller machines (ATMs) around the world 24 hours a day, 7 days a week. As well, it provides convenience and security by using the Direct Payment option for all your retail purchases as well as Interac Online Payment,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

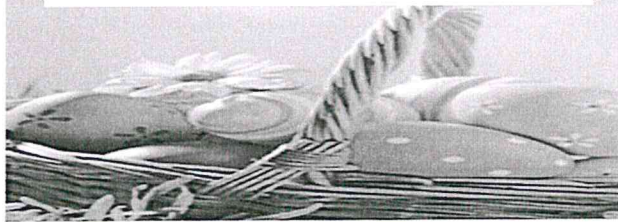


For more information visit our website at
www.newrosscreditunion.ca/Home/ProductsAndServices/YourMoney/ElectronicServices/InteracETransfer/



For more information visit our website at
www.newrosscreditunion.ca/Home/ProductsAndServices/YourMoney/ElectronicServices/DepositAnywhere/

Both branches will be CLOSED
on April 15th
for Good Friday



NOTICE

Annual General Meeting

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

MemberDirect™ Online Banking

Convenient! Secure! Easy!
You can manage your money anytime of the day or night, when it suits your schedule, not ours.



A SECURE WAY TO TAP AND PAY

Talk to us today about the convenience of Interac Flash®.





Bar M Ranch

David Meister & Christina Caldwell
379 Glengarry Road, New Ross, NS B0J 2M0
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 **free** 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 **free** 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.

Foraged Florals

Learning and supporting the earth together.



APRIL WORKSHOPS

Easter Arrangement

Create your own table centrepiece. This two hour workshop celebrates the colours of spring. Each participant will take home a centerpiece, and learn four fundamentals of arranging flowers.

APRIL 16 1 PM - 3 PM \$50

Making BioChar

This is a great workshop to celebrate Earth Day. BioChar is a long lasting soil amendment made in two steps. Each participant will take home a sample of biochar and information to set up their own system at home.

APRIL 23 1 PM - 3 PM \$25



Forest Floor Table Centrepiece

This four hour workshop has participants foraging through the woods to create a four foot long table scape. This living table arrangement has various mosses, plants and cut flowers which can be changed from week to week extending the life of your table scape.

APRIL 30 1 PM - 5 PM \$100

CONTACT INFO

902-209-3638

foragedfloralsnewross@gmail.com

FB [@foragedfloralsnewross](https://www.facebook.com/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.

STEP UP!

SOCIAL SKILLS FOR SUCCESS AT WORK



TOPICS INCLUDE

- Teamwork
- Effective communication
- Resolving conflict
- Appearance, health and wellness
- Attitudes on the job
- Self management

Wednesdays in April

10:00-12:00

Space is limited! Call or email to register
902-543-2479, ext. 29 | ALO@empolutions.ca



Annual Community Check-Up

OHC VISION An innovative leader in providing health services and wellness education to the communities we serve.

OHC MISSION To improve the health and well-being of every person we serve.

The results of this 5-minute survey will teach us about the types of programs and services you would like to see at Our Health Centre. Don't worry, your responses will remain completely anonymous.

Thank you for taking the time!

The OHC Association Board

Here is the link to the survey if you would like to fill it in online:

[https://docs.google.com/forms/d/e/1FAIpQLSfDitsb1DjASj1jbZlFbmDcygiKuvYz2I1iwKOzI3IZaqi45A/viewform?usp=sf link](https://docs.google.com/forms/d/e/1FAIpQLSfDitsb1DjASj1jbZlFbmDcygiKuvYz2I1iwKOzI3IZaqi45A/viewform?usp=sf_link)

Oryou can fill in this form & drop it off at the OHC info desk , or mail to Our Health Centre 3769 Highway 3, Chester, NS B0J 1J0.

Or..... you can call 902-275-3847 if you would like to give your responses over the phone.

****Responses requested by Friday April 8th****

1. What community do you live in?

2. Do you have a family doctor?

Yes

No

3. What are the top 3 programs or services you would like to have access to at OHC?

- Mental Health Walk-in Clinic
- Medical Walk-in Clinic
- Pain Management Senior Safety
- Programs
- Family Caregiver Sessions Brain Health
- Women`s Wellness Clinic Men`s
- Health Sessions Nutrition
- Education Stress Management
- Pre-Natal Sessions
- Grief Counselling Vaccine
- Education
- Other:

4. What is the best time for you to access programs & services?

- During the weekdays
- In the evening On
- the weekends

5. What do you wish you had help with?

6. Has OHC done a good job of identifying community health needs and priorities?

Mark only one oval.

- Yes, the OHC is very responsive to community needs
- Somewhat, the OHC responds to many, but not all, community needs No, there
- are many community needs left unaddressed
- I have no opinion

7. Please share any suggestions you have to make OHC programs and services more available to all.
