

The Flyer

September 2024 Edition

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

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

The deadline for receiving items for the **October Flyer** is **Wednesday, September 18th at 4 pm** with delivery coming on Wednesday September 25th, 2024.

Donation amount 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:

Blaine Reeves & Family Freda Aker

The Lunenburg County Christmas Tree Producers' Association

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/nrfrc/>

OFFICE HOURS: Monday-Thursday 9-4

Fridays by chance.

Executive Director: Lindsay Lenihan,
nrfcdirector@gmail.com

Office Administrator: Laura Broome,
nrfclaura@gmail.com

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



ON SITE BLOOD COLLECTION every second THURSDAY.

You must call Colleen Hull at **(902) 624-0406** to book your appointment!

BLOOD COLLECTION FEE \$15 For in Centre Collection

Upcoming Dates: September 12th & 26th October 10th & 24th November 7th and 21st

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.

New Ross Family Resource Centre Programming

for Parents and Families - always free. childcare available, snacks provided



Food Box Program

1ST WEDNESDAY OF THE MONTH

You will receive all of the ingredients to make one homemade meal (with recipe included) along with some pantry staples!

NRFRCDIRECTOR@GMAIL.COM

(902) 689-2414

Nobody's Perfect

MONDAYS 1:30-3:00

STARTING SEPTEMBER 9

This 6-week community-based program is designed to promote positive parenting. Together, with the guidance of trained facilitators Lindsay and Laura, you will discover positive ways to interact with your children. Information and support are provided about topics such as child development, safety, and behaviour. This program is facilitated in a group setting that is welcoming, safe, and inclusive.

NRFRCLAURA@GMAIL.COM

(902) 689-2414

Back-To-School Backpack Program

DEADLINE TO REGISTER: AUG 15 4:00PM

Back-to-school time can be fun, exciting, stressful, and/or a fight and that's for the kids and parents!! This backpack program will hopefully take some of the stress out of back-to-school time by providing supplies needed for the upcoming school year!

REGISTRATION FORM CAN BE FOUND PINNED TO THE TOP OF OUR FACEBOOK PAGE

Birth & Postpartum Support

Lindsay is trained as a Birth and Postpartum Support Doula. She can help you prepare you prenatally for the arrival of your child, including information on common pregnancy symptoms, what to expect in labour, the creation of a birth plan, and help prepare your support person for their role in the birth room. Postnatally, Lindsay can offer postpartum support such as lactation support, comfort measures, even help around the house. Lindsay is accepting limited clients.

NRFRCDIRECTOR@GMAIL.COM

(902) 689-2414

At Home Learning Kits

Includes activities for children (ages 1-5), family activities, or an online component.

These kits are prepared monthly.

NRFRCLJANICE@GMAIL.COM

(902) 689-2414

Play Group

TUESDAYS 10-11:30

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. Starting back on Tuesday, September 10th

for Everyone

Community Cupboard & Closet

MONDAY-THURSDAY 9:00-4:00

Donated goods are welcome for anyone to take during our regular office hours. Take what you need or leave what you can. We are currently not accepting adult sized clothing. Thanks for understanding!

Mona Thomarat

Mona can help with any grant applications, photocopying, etc. As always, if you need assistance outside of this time Mona is quite accommodating!

CONTACT FOR APPOINTMENT

for Children & Youth

After School Program

MONDAY - FRIDAY 2:25-6:00 PM

Throughout the school year. The After School Program (ASP) starts at 12:25 pm on embedded days. ASP is closed on days there is no school. For more information and availability, contact Janice.

NRFRCJANICE@GMAIL.COM
(902) 277-1823

Produce Box Program

2ND LAST WEDNESDAY OF THE MONTH

Each month we will have boxes of seasonal, local produce available for sale in our area. These boxes include a variety of produce such as apples, lettuce, beets, tomatoes, squash, carrots, onions, potatoes, corn on the cob, etc. Each box costs \$25.00

NRFRCDIRECTOR@GMAIL.COM
(902) 689-2414

Fire in Motion Dance Company

FRIDAYS STARTING SEPT 6

Miss Brooklyn is back for the autumn season of dance classes! This 12-week program has been fine tuned for New Ross and Miss Brooklyn is now accepting kids as young as 3 years old! \$130+tax per dancer, spaces are limited! Funding assistance may be available through PROKids.

- Ages 3-5 2:30-3:15
- Ages 6-8 3:15-4:00
- Ages 9+ 4:00-4:45

REGISTRATION FORM CAN BE FOUND PINNED TO THE TOP OF OUR FACEBOOK PAGE

Programming in Partnership

Yoga with Mona

WEDNESDAYS 6:30-7:45

Mona is offering 12-week yoga sessions starting September 25 for \$144. If there is enough interest we will resume Tuesday Yoga, and are exploring the possibility of having it take place in the morning. Let us know if you prefer Tuesday morning or afternoon! This will be in 2 6-week sessions.

NRFRCJANICE@GMAIL.COM
(902) 689-2414

Free Meals for Families

A partnership with the Forties Community Centre and their monthly dinners to help support all families with children 19 or under and living at home to share in having a local, nutritious, home cooked meal provided to them! Simply call the Centre and let us know who in your household would like this meal, then your family will be added to the list! You are welcome to sit and enjoy your meal there or bring it home to enjoy at home. This month's dinner is Blueberry Supper on August 11 from 4:00-6:00 pm!

2024

September

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <i>Labour Day</i>	3	4 FOOD BOX PICKUP 1:00 - 4:00	5 <i>First Day of School</i>	6 DANCE 2:30 - 4:45	7
8 FORTIES COMMUNITY CENTRE ROAST PORK SUPPER	9 NOBODY'S PERFECT 1:30 - 3:00	10 PLAYGROUP 10:00 - 11:30 SPARKS 3:30 - 4:30	11 COMMUNITY CAREGIVERS 1:00 - 3:00	12 BLOOD COLLECTION 8:30-9:30	13 DANCE 2:30 - 4:45	14
15	16 NOBODY'S PERFECT 1:30 - 3:00	17 PLAYGROUP 10:00 - 11:30 SPARKS 3:30 - 4:30	18 PRODUCE BOX PICKUP 1:00 - 4:00 FLYER DEADLINE	19	20 DANCE 2:30 - 4:45	21
22	23 NOBODY'S PERFECT 1:30 - 3:00	24 PLAYGROUP 10:00 - 11:30 SPARKS 3:30 - 4:30	25 FLYER GOES OUT YOGA 6:30 - 7:45	26 BLOOD COLLECTION 8:30-9:30	27 DANCE 2:30 - 4:45	28
29	30 <i>National Day of Truth and Reconciliation</i>					

With Thanks

We would like to take this opportunity to say a big "Thank You" to everyone who helped to make our booth a success! To the people who donated all the beautiful stuffies, those who helped to get them ready and stored them, to the people who dropped by and supported us and to our wonderful volunteers. It is your continuous support that allows and keeps us going! Without you we wouldn't be able to do what we do on these special two days at the Fair! We sure appreciate each and every one of you and we know how much the children appreciate you too! Seeing their smiles sure warms the heart! In saying this, we thought we would get an early start by asking now if anyone has or comes across stuffies that they would want to find a new home for, we will gladly accept them any time!

You can contact Linda Meister at (902) 689-2477 or Jan Reeves at (902) 689-2018.

Thanks again for your continuous support!

New Ross Fire Department & Committee

SATURDAY MARKET

SEPT 7TH

9:30AM - 1:30PM

5032 Highway 12
New Ross



SHOPPING - FOOD - FUN

- HOME DECOR ● VINTAGE
- BOOKS ● PUZZLES ● TOYS
- SWEETS & TREATS ● CRAFTS
- CLOTHES ● PRESERVES
- SO MUCH MORE!

Rain Date Sept 14
Free Will Admission
Variety of Vendors

In support of the New Ross Farmers Association
<https://www.facebook.com/thisnthatcountrymarket/>

Community News

The Lunenburg County Christmas Tree Producers' Association is hiring: Secretary (LCCTPA)



About Us

The Lunenburg County Christmas Tree Producers Association is a nonprofit organization with its office located in New Germany, NS.

The LCCTPA represents producers of Christmas trees and Christmas greenery from all over Southwestern Nova Scotia. Its mandate is the promotion of our industry and products here at home and internationally.

About this Opportunity

The LCCTPA is currently looking for a part time Secretary to assist us in our mandate of promoting our industry and products. We offer a minimum of 8 hours of work per week and a competitive wage.

Primary duties would be running the New Germany office. Taking the minutes at the monthly board of directors' meetings and the annual general meeting. Paying invoices, maintaining the accounting ledger and preparing monthly and yearly statements. Must be able to work some Saturdays and evenings.

Requirements

The successful candidate will be trustworthy, dependable and confident, have a positive attitude and good judgment. They will be conscientious in their work (have attention to detail and well organized). Administrative or bookkeeping skills an asset.

How to Apply

If you would like to apply or for any questions regarding this position, please forward your resume or questions to info@christmastreeproducers.com.

Or by mail to: LCCTPA, Box 148, New Germany, Nova Scotia B0R1E0

Welcome back girls! It's September and let's get crafting! Every Wednesday afternoon at Ross Farm- 1 PM till 4 PM. First week we will discuss upcoming classes and events. Looking forward to seeing everyone! Bring your sewing, your knitting, or your hooking and let's get going! See you all soon!

let yourself **Be Moved!**



Be Moved is a mindful movement class. Safe, interesting moves stimulate brain/body connections. A gentle, playful class to connect with yourself and others in rhythm. Explore your range of motion with patterned steps and personal expression. Adaptable for all levels of fitness, seated is an option.

With Kathleen Naylor, somatic therapist and movement educator.

Mondays 10-11 am starting October 7
FREE Try-It Class September 23
New Ross Family Resource Centre
Register: Chester Recreation 275-3490



Moving Through

Counselling and Wellness



**Ruby's Spot
Mobility Day**

All ages

**Sunday,
Sept 29,
2024**

1-3pm

**180 Forties Rd,
New Ross, NS**
Rain Date: Oct 06

Ruby's Spot, is a special place of inspiration and reflection, surrounded by beautiful gardens with sweeping views of New Ross in the middle of a Christmas Tree Farm, but the Murphy Family and NRTS society understand some people may have difficulty accessing it. So we've organized a "Mobility Day".

From the Murphy's property on the Forties Rd. a motorized "ferry" will transport people to and from the overlook of the village of New Ross

No pre-registration. Meet and park at 180 Forties Rd.

Made with PosterMyWall.com



Join us for a "Fun Fall Fairy Walk" on Larders Lane in New Ross. As you make your way along the lovely fall inspired forest path, you'll spy plenty of different types of woodland fairies in unusually wonderful places. Enjoy Refreshments, a chat and create something special at the end of your journey.

Fun Fall Fairy Walk

26th October 2-4pm (Rain Date: Oct 27th)
Begin at The New Ross Baptist Church, 61 Forties Road

Made with PosterMyWall.com



Ross Farm Fall

5K RUN and WALK

OCT 19, 2024

Fun for all ages! (children under 12 must be accompanied by an adult)
Explore the natural beauty of the Farm on its trails with Fall as your backdrop
Participation Medal, and treat for participants

CONTACT:
Gord Tate
Race Coordinator
(902) 275-3490
recreation@chester.ca

LOCATION: ROSS FARM MUSEUM,
4568 HWY 12, NEW ROSS

DATE: SAT OCT 19TH,
RAIN DATE: OCT 20TH

RACE DAY REGISTRATION: 10:00 AM

RACE START TIME: 11:00 AM

REGISTRATION FEE: \$10

PRE-REGISTER: RECREATION@CHESTER.CA, 902-275-3490
Made with PosterMyWall.com

Prizes & refreshments to cap it off

The New Ross Trails Society will be hosting a **Mobility Assisted Visit to Ruby's Spot** on Porcupine Hill for individuals and families who may need help to get there to enjoy the view, beautiful trails and gardens, Sept 29th, 2024 (Rain Date: Oct 06th)

We will also be holding a **5KM Run/Walk** Oct 19th (Rain date: Oct 20th) at the Ross Farm Museum, and a **Fall Fairy Fun Walk**, on Larders Lane Trail, Oct 26th (Rain date: Oct 27th)

Visit, www.facebook.com/newrosstrailsociety for further information and details!





NRCCC – Update

We are pleased to announce another step forward for the housing development. Plans for this work came about between Flyers, so work may already have happened by the time you're reading this. If that's the case, then this will explain what's going on at the Rosebank Road site.

One of the steps required for a Municipal Site Plan approval is testing and completion of a water source. We have engaged Bluenose Well Drilling, Ltd. to conduct this work. While construction will not take place on the trail itself, the most efficient access to the site is from the ballfield and over the school end of the Larders Lane Trail. Permissions have been arranged with the SSRCE to accommodate this work on the property. While work is in session, the trail and west side of the ball field will be temporarily closed for safety. Signs will be erected at the entrances of the trail to inform people.

Please note that any temporary adjustments to the width of the trail (so that it can accommodate heavy machinery) will be returned to present day condition once the work is complete. Some trees will be removed from the entrance to the trail as well, but Bluenose Well Drilling will restrict this to the minimum required to enable access. This work brings us one step closer to building Homes in the Heart of New Ross!

Upcoming Events

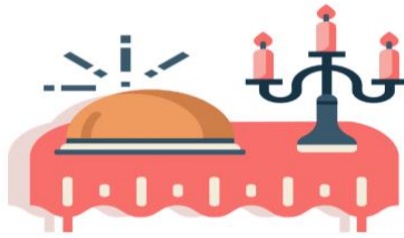
The NRCCC Board will be out and about this fall, sharing information and answering questions about the housing project in New Ross. Watch for the NRCCC Pop-up booth:

- The This 'N That Market - Fairgrounds - September 7
- Craft Fair - New Ross School - October 26

If you'd like to reach us in person at another time, email us at newrosscare@gmail.com, message us on the NRCCC Facebook page or through newrosscare.com, or contact a member of the NRCCC Board.

Gala Dinner

An Evening in Support of the New Ross Community Care Centre



Mark **Saturday, October 5th**, on your calendar for an evening of fun, food and music at Ross Farm, in support of the NRCCC. Enjoy your choice of a chicken or beef entrée, as part of a 3-course catered meal from the **Hearth Room Cafe**. Tickets are \$50 pp and will be available starting **September 6th** at **New Ross Home Hardware, All Is New Again Frenchy's** or email us at newrosscare@gmail.com. Show your support by bidding on the selection of silent auction items and a 50/50 draw, so come join us for an enjoyable dining experience.

Join Us For Back To Church Sunday



Sunday, September 15, 2024

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

11:00AM: Christ Church, New Ross

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

All services will be Service of Holy Eucharist

All are welcome!

Bring a friend!



Schedule for the Parish of New Ross September 2024

Sunday, September 01, 2024 - Service of Morning Prayer

9AM: St. Augustine's

11AM: Christ Church

2PM: St. Cyprian's

Sunday, September 08, 2024 - Service of Morning Prayer

9AM: St. Augustine's

11AM: Christ Church

2PM: St. Cyprian's

Thursday, September 12, 2024 - Jam Session at Christ Church, New Ross
Bring your instrument of choice or come and be a groupie! All welcome!

Back to Church Sunday***Sunday, September 15, 2024 - Service of Holy Eucharist***Back to Church Sunday

9AM: St. Augustine's

11AM: Christ Church

2PM: St. Cyprians

Sunday, September 22, 2024 - Cafe Church

10:00AM: New Ross Legion

Thursday, September 26, 2024 - Service of Healing and anointing

7PM: Christ Church, New Ross

Saturday, 28th 2024

11 AM: Rectory Cafe, Christ Church Rectory

Come meet the Priest-in-Charge, The Reverend Dawn-Lea Greer

(This is a time to express interest in Baptism, Confirmation, Youth Group, Senior's Group, funeral planning etc).

Sunday, September 29, 2024

11AM: St. Cyprian's, East Dalhousie

*Parish Service with potluck to follow at the East Dalhousie Community Centre

All Are Welcome!

A Collaborative Project between Whinny Hill Equestrian
Centre and Wild Art Therapy Collective

DEVELOPING RESILIENCY

An Equine Assisted Experience
for workers in High Stress or
Trauma Rich Environments



JOIN US SEPTEMBER 20TH
9 AM - 4 PM



Hands on and Experiential
No horse experience required
Partially covered by most health insurances

ASK ABOUT OUR BRING A FRIEND
AND EARLY BIRD DISCOUNTS

Invest in your wellbeing, join us on the rolling hills of
Whinny Hill Equestrian Center and explore nervous system
regulation aided by horses.

\$350 PLUS
HST

Whinny Hill Equestrian Center ~ Conquerall Mills ~ Nova Scotia
Therapy@whinnyhill.ca



PUMPKIN HARVEST

SEPTEMBER 21 & 22

It's time to harvest
the pumpkin you
planted in June!

EVERY CHILD MATTERS

Art Exhibit at Ross Farm Museum
September 13 - November 13

Finding
A Way
Forward

Opening Ceremony

Saturday, September 14 from 1:00-3:00pm

4568 Highway 12, New Ross, NS, B0J 2M0

A project of the
Rug Hooking Guild of Nova Scotia

In collaboration with Mi'kmaq artists Tara Francis, Gerald Gloade,
Phyllis Grant, Lorne Julien, and Noella Moore



Legion Events

Guests must be signed in by a Member. Under aged guests must be accompanied by a guardian. Membership is easy and inexpensive. Come take a look! Open Monday, Thursday & Friday at 4pm



Friday Night Live Starts at 8:30 pm cover charge \$5.00 member \$7.00 non-member. Bring your dancing shoes!

SEPT 13: STEVE & AARON

SEPT 20: CROSSOVER BAND

SEPT 27: HOURGLASS

OCT 4: 3AM

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

New Ross Fair: The New Ross Legion would like to thank all the volunteers who worked and the Community for supporting the Burger Booth at the Fair. See you next year!

We offer **Pool** on Monday, Thursday and Friday nights. Everyone is welcome to drop by. We open at 4 pm these days. We also offer **Bingo** on Thursday Night at 7pm. Again everyone is welcome to drop in.

General Meeting September 18 at 7:30. All members encouraged to attend.

The New Ross Legion has a job opening for a part time cleaner. If interested please email resume or questions to RCL79@BELLALIAN.COM or call 9026892650.

The Legion loans out wheel chairs, walkers, and crutches at no charge for any community members in need. We are a not for profit group working for our membership and our community and are proud of our legion. We very much like you to visit and enjoy our facility. **We rent it for dances, parties and funerals or any other occasion you need a space for.** Please drop by learn what we are about and what we provide.

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 Sunday September 1st 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 evenings at 7pm

\$3/person. For information, call 902-644-3359



Roast Pork Supper

Sun, September 8th - Roast Pork Dinner, desserts, tea / coffee. Adults: \$17,

Under 12: \$7.50, Under 5: \$3.50 Eat in or Take-Out.



Same Day Clinic - September 2024

Call 1-902-273-2098 starting 30 MINUTES before each shift to make a same day appointment (No Walk ins) ***Schedule Is Subject to Change***

September 5th - 9:30 am to 1:00 pm ☒

September 12th - 9:30 am to 1:00 pm

September 19th - 9:30 am to 1:00 pm

September 26th - 9:30 am to 1:00 pm

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

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: @BarkhouseMLA





METAL & ELECTRONICS DROP OFF

Are you looking for a place to drop off metal and/or electronics rather than having to drive them outside of New Ross? Well now you can! Thomas Dorey has a drop off for these items at:
143 Leville Road (white house by the road)

EXAMPLES OF ITEMS ACCEPTED

- ✓ All Computers, tablets, laptops
- ✓ All Phones
- ✓ Tvs (tubes not broken)
- ✓ Sattelite Receivers & Dishes
- ✓ Stereos
- ✓ Car Parts
- ✓ Freezers, Fridges, Microwaves
- ✓ Water Coolers, A/C units



MORE INFORMATION

📞 902-799-9007

🌐 Facebook: Thomas Dorey

Calling all lace hydrangea growers!

We need 500 blooms with at least a bit of pink by September 4th for a photo shoot. We'll pay **\$5 per 10 blooms.**

Call us by **September 3rd** to know if we can make this dream design come true.

Call 902-209-3638 by September 3!

Love to
paint with
watercolours?

Join us September 7,
10 - 2 pm, for a fun day
of doing art in the garden
at Foraged Florals with art
educator Lisa Hrabowsky.
Lunch included!

Call 902-209-3638
for details or visit
foragedfloralsnewross.ca



Fall Season 2024



**PENDERECKI
STRING
QUARTET**

 **SEPT 13**
730PM



**LUCY
MACNEIL**

 **SEPT 29**
730PM



**JAMES
MULLINGER**
Greatest Hits Live!

 **OCT 4**
730PM



**DANCING
THE SEVEN
TEACHINGS**

 **OCT 9**
700PM



BLUEBIRDS
By Vern Thiessen

 **OCT**
19 & 20



**CHARLIE
A'COURT**

 **OCT 26**
730PM



**JOEL
PLASKETT**

 **NOV 1**
730PM



**STEPH &
FRIENDS
DRAG SHOW**

 **NOV**
15 & 16



**CÒIG
CHRISTMAS**

 **DEC 7**
730PM



Weekly movies - stay tuned!



For Info & Tickets visit
CHESTERPLAYHOUSE.CA
or call (902) 275-3933

