

The Flyer

March 2025 Edition

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

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

The deadline for receiving items for the April Flyer is **Wednesday March 19 at 4pm** with delivery coming on **Wednesday March 26, 2025.**

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:

Tina Connors	Cameron Broome	Lulu Lantz	Julia Sanders
Caroline Millett	Foraged Florals	Ultimate Income Tax Inc	Don Saunders

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: M-Th 9-4, Fridays by chance.

Executive Director: nrfrcdirector@gmail.com

Office Administrator: nrfrcoffice@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 624-0406 to book your appointment!**

BLOOD COLLECTION FEE \$15 For in Centre Collection.

Upcoming Dates: March 13th & 27th April 10th & 24th May 8th & 22nd

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 Everyone...

Community Cupboard

Monday - Thursday 9:00am - 4:00pm

Take what you need or leave what you can. We aim to have the Community Cupboard stocked regularly with a variety of food and hygiene items.

for Parents & Families..

Play Group

Mondays 10:00-11:30 am

This program is for families with children aged from birth to 5 years. It features free play, art activities, story time, music, and a healthy snack, along with a chance for adults to connect. (*Please note Playgroup is cancelled if school is cancelled) Contact for more info : nrfrcjanice@gmail.com

A Home Learning Kit

These kits offer engaging, educational activities for children ages 1 to 5, promoting family bonding and interactive learning. Prepared monthly, they provide fresh content and new adventures for families.

For more info or to register, please contact nrfrcjanice@gmail.com

After School Program

The After School Program runs Monday-Friday 2:30 - 6:00.

For more info or to register, please contact nrfrcjanice@gmail.com

Winter Boots

Winter is here! If you or your child(ren) are in need of winter boots, please contact us at 902-689-2414 or email nrfrcjanice@gmail.com

offered at our centre...

1s New Ross Sparks Unit

Tuesdays 3:30-4:30pm

Do you have a girl aged 5-6? Sparks is a group where she can make friends, build confidence, and learn valuable life skills. Meetings every Tuesday will include singing, games, crafts, and more, all while being part of a global community!

Community News



Same Day Clinic Schedule – March 2025



Call (902) 273-2098 starting 30 minutes before each clinic's start time.

(No Walk ins) *Schedule Is Subject to Change*

- March 6th - 9:30 am to 1:00 pm**
- March 13th - 9:30 am to 1:00 pm**
- March 20th - 9:30 am to 1:00 pm**
- March 27th - 9:30 am to 1:00 pm**



New Ross Legion Events



Guest 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, and Friday at 4:00.

FRIDAY NIGHT LIVE STARTS AT 8:30 pm cover charge \$5.00 member \$7.00 non-member. Bring your dancing shoes!

MARCH 7: *THE FISHERKINGS*

MARCH 14: *THE UPBEATS: ST PADDY'S CELEBRATION- GET YOUR GREEN ON!*

MARCH 21: *OPEN MIC HOSTED BY DAVE KEDDY*

MARCH 28: *CROSSOVER BAND*

***ST. PADDY'S CELEBRATION*: FRIDAY MARCH 14, 2025 8:30-11:30**

"THE UPBEATS!" COME GET YOUR GREEN ON! Everyone Welcome! Cover charge \$5.00 member \$7.00 non-member

New Ross Legion General Meeting: March 19 at 7:30. Members are encouraged to attend as this is a chance for you to voice your opinion as to how your Legion is run. We are always looking for ideas and suggestions on how to make our legion work for our community and membership.

NEW ROSS LEGION MEMORIAL MIXED DART TRIPLE SHOOT-SATURDAY MARCH 22. CAPTAIN'S MEETING 9:30. \$60.00 per TEAM Call Kathy 902-277-0898 to register. Bar and canteen available.

SELF CARE
ISN'T SELFISH



New Ross Family Resource Center SELF-CARE SATURDAY

Are you a MOM with children of the age 18 and under? If yes, then we think you need a **SELF-CARE Saturday!** This day is to give yourself some love and experience relaxation- which will include yoga, meditation and more!

When: March 22, 2025

Watch out on our facebook page with more details soon!

Just a little Reminder:



The New Ross Fire Department Committee is accepting Stuff Animals or Stuff Toys. In saying this, if anyone comes across any of these items and is looking for a new home for them, we can gladly take them off your hands! We enjoy getting them because we know how they bring a smile to everyone's face, especially the little people when they visit the Firefighter's booth during the New Ross Fair! 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



In Memory of Mary Lantz

A Thank You to everyone for the cards and donations in memory of Mary Lantz. Also to those who visited with her in the homes in Berwick and Chester; to Reverend Rick Small for the service; Colette for the music; the legion and auxiliary for the use of their building & percs; to Shoreham staff for their care of Mary over the last several years. Everything was appreciated.

The Lantz Family

Business Section



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



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

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,
20 Barkies Way, New Ross, NS, B0J 2M0

Community Volunteer Income Tax Program (CVITP)

It is that time of year- Income Tax Prep! Mona Thomarat has been approved again for this year by CRA to prepare free tax return in our community at the New Ross Family Resource Centre.

The CVITP is a free tax service for completing basic tax returns for individuals with modest incomes.

*\$35,000 for individuals

*\$45,000 for couples

(If your income is slightly over these amounts, chat with Mona to see if she can proceed.)

The CVITP does NOT cover preparing tax returns that have rental income or business tax situations.



SUBSCRIBE SOON
2025 CSA FLOWERS

*Register before March 14 &
get an extra week of smiles.*

ForagedFloralsNewRoss.ca/csa

ORDER NOW & SMILE

Free delivery within 15 km.



FORAGED FLORALS
flower farm & wedding venue



Woodland Wedding

Your dream wedding starts with us.

In Nature



Intimate



Customizable



Our Service

- Wedding Party Up to 10
- Vendor Coordination
- Design and Decoration
- Day-of Coordination
- Full Wedding Planning

All-Inclusive Package

- Outdoor Venue with Florals
- Officiant Planning & Co-ordination
- Photographer (2 hours)
- Charcuterie Board
- Wedding Cake & Sparkling Wine Toast

About Us

Our nature-immersed venue, paired with thoughtful touches like seasonal flowers and sustainable practices, ensures that your wedding reflects who you are – unique, intentional, and rooted in nature.

902-209-3638
carol@foragedfloralsnewross.ca

5491 Hwy 12
Harriston, NS B0J 2M0

foragedfloralsnewross.ca/weddings



THE MUNICIPALITY OF
CHESTER

Nicole Wallis
Community
Development
Coordinator,
Recreation and Parks

Municipality of Chester
PO Box 369
186 Central Street
Chester NS B0J 1J0

Cell: 902-275-8503

E-mail:
nwallis@chester.ca

Web: www.chester.ca

Community Development Coordinator Update

Explore Life—Winter Edition

The Winter Explore Life guide for all the municipal program offerings is now out. Registration for our programs is now open. If you haven't received one in your mailbox you can check out the digital copy at

<https://portal.laserfiche.ca/Portal/DocView.aspx?id=1571138&repo=r-0001f4a08362>



How to Register



1

By Phone:
Call 902-275-3490
Monday to Friday
8:30 am - 4:30 pm
Payment may be made with
credit card over the phone.

2

By Mail:
Send cheques payable to
"Municipality of Chester" to:
Recreation & Parks Services
186 Central Street, PO Box 369
Chester NS B0J 1J0
There's also a drop-off box
located just outside the
Recreation & Parks office.

3

Online:
Have a credit card ready, and set
up an account online.
Step 1: Visit www.Chester.ca,
under the Explore tab,
click "Register for a Recreation
Program".
Step 2: Sign in or Create an
Account.
Step 3: Once complete, you can
register for activities

Call for volunteer nominations

Every community group in the municipality 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 in September, 2025. Nominees must be residents of the Municipality.

Nomination forms can be found on our website at: www.chester.ca/community/volunteer

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

Deadline to submit nominations is Friday, March 7, 2025.



Last year's award recipients: (left to right) Elizabeth Heisler, Laura Mulrooney, Mike Dickson, Devon Broome, Norma Hiltz, Lorraine Burch (our Provincial Volunteer Representative). Missing from photo are Liz Crocker and Susan Crocker.

What's Happening

- Drop-in Pickleball - New Ross Consolidated School, Sundays and Wednesday 6:00—8:00 pm until April 2
- Indoor Walking at Forest Height Community School. Tuesdays & Thursdays 6:30—8:30 pm until April 3

What's Happening

- Adult drop-in Basketball - New Ross Consolidated School. Thursday from 7:00—8:30 pm until April 3
- Youth drop-in Basketball - New Ross Consolidated School. Thursdays from 6:00—7:00 pm Until April 3



From **building** a snowman
to **building** your savings
We're here to help, at any age!

**Now with 9 locations and extended hours starting
March 1st to better serve our members!**



Mosaik
CREDIT UNION



Feeling stressed or anxious?

LEARN TAPPING

Tapping Relieves
Stress. A Simple Skill
That Lasts a Lifetime.

SUNDAY, MARCH 16

1:00 - 2:30 PM

45 FORTIES RD, NEW ROSS

What You Will Learn

Join Carol Millett, a Tapping practitioner with 10 years of experience, to learn the basics of Tapping, a simple yet effective technique to help you relieve stress or an unwanted emotion. We focus on the source of the stress or emotion and then we "tap to release" the stress or unwanted emotion. (You don't need to say it aloud.)

To register, call Carol
by March 14.

902-209-3638

By Donation.

