

# The Flyer

June 2025 Edition

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

**E-mail Ads and Notices to: [nrfrcflyer@gmail.com](mailto:nrfrcflyer@gmail.com)**

The deadline for receiving items for the **June Flyer** is **Wednesday June 18th at 4pm** with **delivery coming on Wednesday June 25, 2025.**

Payment for flyer ads:

Payments by cheque, cash, or E-transfer to **[newrossflyer@gmail.com](mailto: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 #)

*Thank you all for your continued support!*

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## 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, Closed Fridays**

**Executive Director:** [nrfrcdirector@gmail.com](mailto:nrfrcdirector@gmail.com)

**Office Administrator:** [nrfrcoffice@gmail.com](mailto:nrfrcoffice@gmail.com)

**Family & After School Program Co-**

**ordinator:** Janice Cornelius,

[nrfrcjanice@gmail.com](mailto:nrfrcjanice@gmail.com)



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**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:**      June 5<sup>th</sup> & 19<sup>th</sup>      July 3<sup>rd</sup> & 17<sup>th</sup> & 31<sup>st</sup>      August 14<sup>th</sup> & 28<sup>th</sup>

**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



**For Parents and Families**

902-689-2414

Always free, childcare available, snacks provided



## **Play Group**

**Every Monday 10a.m-11:30a.m**

For Families with Children from birth to age 5. Includes free play, art activities, reading, music, a healthy snack, and an opportunity for adults to connect.

## **At Home Learning Kits**

Includes activities for children (ages 1-5), family activities, or an online component. These kits are prepared monthly. Email Janice for yours today!

[nrfrcjanice@gmail.com](mailto:nrfrcjanice@gmail.com) or 902-689-2414



## **Yoga with Mona**

**When: Tuesday mornings 9:30 – 10:45**

**Start: April 1<sup>st</sup> for 10 weeks**

**Fee: \$120.00**



# New Ross Family Resource Centre



## Produce Box

June 2025

**Registration Deadline:  
June 3**

What:	Potatoes, Apples, English Cucumber, Red Peppers, Red Cherry Tomatoes, Sweet Potatoes, Green Leaf Lettuce, Aparagus
When:	Pick Up on June 11 1pm - 4pm at New Ross Family Resource Ctr
Payment	<p>\$25.00 for each box per month</p> <p>Etransfer to <a href="mailto:nrfrcpayments@gmail.com">nrfrcpayments@gmail.com</a> or cash, chq to Ctr</p> <p>Payments to be made when order is placed.</p>



# New Ross Family Resource Centre



*Build confidence, resilience and self-esteem in  
young people*



**Thank You to New Ross Consolidated School for supporting us through our journey here at the Resource Centre!**

**Last month we were able to facilitate the 5 Day Power Up Challenge of "I can't to I can" with Mr. Sweetmans 5/6 class!**

**We taught the children the concept of installing their inner cheerleader- that little voice that everyone has inside which encourages them to keep going even when life gets a bit overwhelming!**

**This program aims to build confidence, resilience and self-esteem in young children by providing them with a mental well-being toolkit.**

**Having learned these simple mind hacks, children will understand how to master their feelings, and instead of listening to their inner critic telling them they can't, they will call on their inner cheerleader to tell them they can!**

**Congratulations Mr. Sweetmans 5/6 Class for this big Accomplishment!**





# New Ross Family Resource Centre



Naturopathy

*Dr. Cassandra Connolly*

HELPING THE BURNOUT MOTHER  
HOLISTICALLY



We are partnering with **Dr. Cassandra Connolly, ND** to help our families in our community and surrounding areas.

The following healing sessions she can provide:

- From Surviving to Thriving: The Burnout Mama
- Baby Well Exams: Meeting Developmental Milestones
- Unpacking Picky Eating: Tips and Tricks to cultivate healthy eating habits
- Building Your Families Medicine Cabinet: a hands-on workshop

Please see our Facebook page to respond which is of most interest to you and your family!



## Same Day Clinic Schedule – June 2025



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

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

<b>June 12<sup>th</sup></b>	<b>- 9:30 am to 1:00 pm</b>
<b>June 19<sup>th</sup></b>	<b>- 9:30 am to 1:00 pm</b>
<b>June 26<sup>th</sup></b>	<b>- 9:30 am to 1:00 pm</b>





# 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!

**MAY 30: THE FISHERKINGS**

**JUNE 6: KARAOKE WITH STORMIN NORMAN**

**JUNE 13: CROSSOVER BAND**

**JUNE 20: TBA**

**JUNE 27: THE FISHERKINGS {LAST FRIDAY NIGHT LIVE UNTIL SEPT.}**

## Upcoming events:

**Legion Zone 13 Youth Sports** day for children ages 5-12 will be held at the New Ross School on June 7. Final registration will be at the school on June 7 from 9am-10am. Pre-registration forms have already been sent home with your students and must be in by May 24. At 10am the parade of athletes march onto the field with the Piper followed by the start of the games. Volunteers are needed to help us make this day memorable for the kids. If you can help please let us know by calling 902-798-7260. Hotdogs, hamburgers and drinks will be available for purchase.

**CANADA DAY: Tuesday July 1.** 4:00 Opening Ceremony followed by music with “**Jessica Russell and friends**”. 7:00-10:00 MUSIC by “**STEVE COCHRAN, AARON WARREN AND SCOTT REDEDEN**”. **FIREWORKS** follow 10:15 at the Post Office. There will be face painting, children’s games ,cotton candy, bbq hamburger and hot dogs. Come and Enjoy Canada Day in the greatest Country in the World!

**Footsteps of Canadian Heroes Memorial Tour:** August 8 at 4:00 pm. Stay tuned for more details in upcoming Flyer. The Memorial Tour is dedicated to raising money for Homes for Heroes.

**Remembrance Banners:** If you would like to order a Remembrance Banner for a pole please call the Legion 902-689-2650 or drop in to pick up the order form.



## New Ross Fire Department Committee

“We would like to take this time to thank everyone for coming to the Mayfest Breakfast at the New Ross Fire Hall. Also, a SPECIAL thanks to our helpers and all those people that supplied food for the Bake Table and in any way! It takes everyone working together as a team to have a Successful Day!

Your continuous support is greatly appreciated!”

**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!



The New Ross Historical Society has its quarters at the Learning Centre, Ross Farm Museum. Microfilms, genealogies, historical publications, maps and folders containing historical information pertaining to New Ross and beyond. Meetings are monthly at 7pm, 4th Wednesday of every month at the Ross Farm Museum. **Everyone is Welcome!!**

Here is how you can contact this great organization:

PO Box 35

New Ross, NS Canada B0J 2M0

[newrosshistorical@gmail.com](mailto:newrosshistorical@gmail.com)

Or Follow us on Facebook at:

New Ross Historical Society and/or

New Ross Nova Scotia Old Photos

## NEW TO NEW ROSS?

If you are new to the area, we'd love to know. The New Ross Regional Development Society has welcome bags that contain information and some other goodies, so you can get to know your community. Please email [newrossregdevsociety@gmail.com](mailto:newrossregdevsociety@gmail.com) with your name and civic address and someone will pop by to deliver a welcome bag. In the meantime, check us out at NewRoss.ca, and on Facebook at New Ross Regional Development Society.



# Forties Community Centre Events: 1787 Forties Rd, New Ross

## Card Parties

Tuesdays evenings @ 7pm

\$3 / person. 50/50 draw.

For information, call 902-644-3359

## Crib Tournament - Sun, June 1st

Doors open 12:00 noon.

Registration at 12:30pm and play starts at 1:00 pm.

Cost: \$20 / team. Canteen available, eat-in or take-out. Must be 19 years or older. Wheelchair accessible (ground level). For more info call 902-689-2147

## Father's Day Supper - Sun, June 15

4-6pm Roast beef dinner, dessert, tea / coffee. Adults: \$17, Under 12: \$7.50, Under 5: \$3.50

Eat in or Take-Out. For more info call 902-689-2147.

## CHICKEN BBQ - Sun, June 29 - PRE-PAID PICK-UP ONLY

11:30am - 1pm Cost: \$18/plate. Includes: 1/2 chicken, potato salad, coleslaw & roll. Get tickets by contacting: **Ervin Broome** 902 689 2782, **Phillip Broome** 902 689 2942, **Marcella Carver** 902 689 2037, **Robert Gates** 902 689 2382, **Owen Lenihan** 902 689 2047, **Gavin Reeves** 902 689 2356, **Danny Shay** 689-2283, **Marsha Yeaton** 902 689 2612, **Phil Edwards** 226 234 1392. Orders **MUST** be in by Monday, June 23rd. Sponsored by The Chicken Farmers of Nova Scotia



**Thank you to all those who donated and attended the Forties Community Centre yard sale. It was a huge success, and we are so grateful for your support. Thank you again and see you next year!**

## Upcoming Meals

<b>June 15:</b>	Father's Day Roast Beef	4:00-6:00pm
<b>July 13:</b>	Supper Meatloaf	4:00-6:00pm
<b>August 10:</b>	Blueberry Supper ham & hodge podge	4:00-6:00pm
<b>September 14:</b>	Roast Pork Supper	4:00-6:00pm
<b>October 13:</b>	Thanksgiving day Turkey Dinner	12:00-2:00pm
	Thanksgiving day Turkey Supper	3:00-4:30pm
<b>October 26:</b>	Roast Beef Supper	4:00-6:00pm
<b>December 6th&amp;7<sup>th</sup>:</b>	Christmas Festival Turkey Dinner	12:00-2:00pm
	Christmas Festival Turkey Supper	3:00-4:30pm
<b>December 14:</b>	Breakfast with Santa	8:00-11:00am

**Call 902-689-2612 or 902-689-2000**

**We are on Facebook**



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*And*



*Cordially invite you to the 19<sup>th</sup> Annual  
**Open House**  
for the Composting Facility's  
**Maibec CanExel East River**  
**Community Environmental Liaison Committee***

*Saturday, June 7th, 2025, from 9 AM to 12:00 PM (noon)*

*Rain or Shine*

*Union Hall – 7216 Highway 329, East River, NS  
(3.3 kms. from Hwy 3 intersection)*

*Please join the Composting Facility's  
Community Environmental Liaison Committee  
for this open house and information day.*

*A non-perishable donation for the Food Bank would be appreciated.  
The first 200 people will each receive a free bag of compost.  
Stop by for some refreshments, the plant sale or try your luck at the  
“Wheel of Dirt”. Fill out draw ballots for free compost or a  
backyard composter.*

*For additional information, please contact  
Gavin Duzsik, Environmental, Health & Safety Manager  
at 902-277-1213*

*Guest Speakers  
including  
Elizabeth Peirce  
starting at 10:30 a.m.  
Plant Sale, Product  
Displays and  
“Wheel of Dirt”  
starting at 09:00 a.m.*

*Printed on recycled paper – Please recycle*





# NORWOOD LODGE NO. 135 OF NEW ROSS IS HOLDING A TICKET AUCTION

**WHERE: WESTERN SHORE AND AREA IMPROVEMENT BUILDING**

**WHEN: JUNE 22, 2025**

**DOORS: OPEN AT 9 A.M FOR TICKET SALES, DRAW BEGINS AT 2 P.M**

**ALL NEW ITEMS!**

**PROCEEDS FOR SCHOLARSHIP, BUILDING FUND ETC.**

## FORTIES GARDEN CLUB

- Meeting: June 10, 2025 @ 4:00p.m.
- All new members welcome!
- Where: Forties Community Centre



## HEALTH BY DECADE YOUR 70's

**What should you know/expect and consider to support optimal aging? This 2 hour workshop will focus on:**

- ✓ Risks/illnesses commonly occurring in these age groups,
- ✓ Pertinent and realistic prevention information,
- ✓ Age appropriate screenings available in NS and how to access,
- ✓ Vaccinations to consider—including specific ones for travel and which ones are funded by the province.
- ✓ Transitional issues – living alone, downsizing/assisted living, advance care planning etc.
- ✓ Health related resources available in our area.

**Where:** New Ross Family Resource Centre—Main floor Level Room

**When:** June 4, 2025 **Time:** 10:00 a.m – 12:00 p.m

**Facilitator:** Kelly McKnight RN, BScN, MSc.

**Cost:** Funded by Our Health Centre

**Register Now- Call/Email Darren van Niekerk**

(902) 273-2283

[programs@ourhealthcentre.ca](mailto:programs@ourhealthcentre.ca)





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

**Budget 2025-2026:** The budget for 2025-26 was approved at the May 5 Council Meeting. Deliberations started mid December with each municipal department presenting to Council priority projects and cost figures. The final budget reflects financial priorities for the upcoming fiscal year, as well priorities that align with our Strategic Plan.

The Operating Budget for 2025-26 is \$33,132,626 and the Capital Budget, \$47,383,101. Tax rates will remain the same, with residential at \$0.685 and commercial at \$1.50.



A few things to note:

- total residential property assessments up 5.1%; total commercial property assessments down 2.2%;
- residential properties that fall under the Capped Assessment Program (CAP) in N.S. saw an assessment increase of 1.5% or less [\* the CAP does not apply to commercial properties nor does it apply to any improvements (made) to a 'capped' residential property];
- 79.9% of Chester Municipality residential property assessments increased by 1.5% or less.

A substantial portion of our annual budget includes 'mandatory or non-discretionary expenditures'. Mandatory contributions include provincial services, such as: RCMP & correctional services; education; library services; and more. For 2025-26 this amount equates to approximately 60.2.% of our general tax rate.

All budget information is available to the public.

**Did You Know:** *Community Wheels* is a community-based transportation service for residents of the Municipality. It offers rides to appointments and medical services, as well as for grocery shopping, recreational programs, banking and other activities. Payment for the service within the Municipality is 'pay what you can'. (Destinations outside of the Municipality include a suggested donation amount.) Community Wheels started in 2007 with one used van and now operates two 14-passenger, wheelchair-accessible minibuses, one 4-passenger, wheelchair-accessible van, one 7-passenger van, one 4-passenger or 1-passenger + 1 wheelchair-accessible car, and one 4-passenger car. The service was initiated by like-minded support organizations with the idea to complement private transportation operators. Community Wheels is also licensed to provide charter service at set fees. All revenue earned by charters is used to support the 'by donation' service.

Call 902-273-2440 or email [info@communitywheels.ca](mailto:info@communitywheels.ca) for more information and bookings.

**In Case You Missed It:** The seasonal placement of porta potties throughout the Municipality (12 in total), include 3 here this year, in New Ross: Lions Park & Community Trail, Ruby's Trail, and the Fairgrounds.

On a final note, don't forget there is opportunity for public input at Council Meetings. This is scheduled as a regular agenda item at the start of each meeting. No need to call ahead... just show up!

See you soon,

*Tina C.*



### Danielle Barkhouse

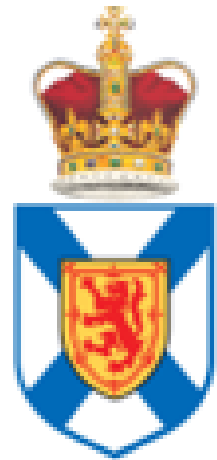
MLA Chester-St. Margaret's



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



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# Healing

"Healing is not about forgetting the pain but about finding strength in the lessons it taught you. Give yourself time; growth blooms in patience."



Rest your  
Heart

