## The Flyer

#### Wednesday June 29, 2022

PO Box 55, New Ross, NS, B0J 2M0 - **E-mail Ads and Notices to: nrfrclaura@gmail.com** The <u>deadline</u> for receiving items for the August Flyer is <u>Wednesday, July 20<sup>th</sup> at 4:00 pm</u> with delivery coming on Wednesday July 27<sup>th</sup>, 2022. <u>Suggested donations for flyer ads</u>: 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:

St. Augustine's Anglican Church MaryAnne Russell Bill & Linda Bezanson Chester Playhouse Forties Community Centre Basil & Joan Lenihan and Kathy New Ross Historical Society T&D Nursery

#### Thank you all for your continued support

 $\sim$  If you have any suggestions for upcoming features in The Flyer please let us know!  $\sim$ 

#### 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 8-4, Fridays by chance or appointment.** 

Masks are optional, hand sanitizer is recommended and if you are unwell, stay home. Executive Director: Karen Snair, nrfrckaren@gmail.com

If you have any ideas for family programs or services please contact Karen

August 4<sup>th</sup>

Office Administrator: Laura Broome, nrfrclaura@gmail.com

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

ON SITE BLOOD COLLECTION has resumed on THURSDAYS and will continue every second THURSDAY. You must call Colleen Hull at <u>624-0406</u> to book your appointment. BLOOD COLLECTION FEE HAS CHANGED TO \$15 For in Centre Collection.

Dates: July 7<sup>th</sup> & 21<sup>st</sup>



September 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup>



#### New Ross Family Resource Centre

<u>Current Programs</u> You can register for: 902-689-2414 or <u>nrfrckaren@gmail.com</u>.

**Walking Club with Karen:** FREE, <u>every Tuesday, 9:00am</u>, 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. \*(Note the time change for July/August)\*

**Wild Flower Arrangement Workshop with Susan Larder:** FREE, **JULY 27th, 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 currently runs once per month. A large box filled with local produce for families residing in New Ross. We are at full capacity (36 families) at this time. Each family is responsible to have their food picked up on the day and time specified. **Next Pickup Date: ALL PARTICIPANTS will pick up on WEDNESDAY, JULY 20th, 1:00pm – 4:00pm.** 

**Empower:** Will resume in the fall. A ladies support group, where everyone is welcome.

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

Natural Resources & Renewable Workshops:

**Family Hike to Lake Lawson** – **FREE Friday, July 22<sup>nd</sup>, 5:30pm – 6:30pm**. Bring the whole family to hike the trail to Lake Lawson. Discover how to identify plants and trees. Learn about the ecosystem of a lake.

**Youth Hike to Lake Lawson – FREE Thursday, August 4<sup>th</sup>, 10:00am – 11:00am**, for youth in Grades 5-12. Come hike the trail to Lake Lawson, discover how to identify plants and trees. Learn about the ecosystem of a lake.

**Babysitter Certification** (from In A Heartbeat Emergency Training Services), **Monday, July 11, 9:00am – 3:00pm.** This course is designed to teach youth the skills required to care for children. Topics include attributes of a good babysitter and employer, ages and stages of development of children 3 months to school aged, behaviour and misbehaviour and how it relates to communication, feeding and changing babies and toddlers, activities and nutrition for all ages, preventing injury, dealing with emergencies, and basic first aid. Cost is \$55, payable in advance to NRFRC.

#### **NEW NRFRC Summer Programming**

You can register at 902-689-2414 or nrfrckaren@gmail.com.

Storytime on the Trail with Ms. Karen: FREE Meet at Lion's Gate Park @ 10am, walk along the trail, stop for a story or two and have a healthy snack for the children. Mondays in July, 4/11/25 at 10am and Mondays in August 8/15/22 at 10am.

**Rock Painting & A Hike: FREE** All ages (under 10 must be accompanied by an adult). Meet at the Resource Centre, hike to a spot to paint 2 rocks (one to keep, one to leave on the trail). All supplies provided.

Thursday, July 14<sup>th</sup>, 9:00am – 12:00pm – Ruby's Trail Paint Day Thursday, July 28<sup>th</sup>, 10:00am – 12:00pm – Lion's Gate Park Paint Day Thursday, August 11<sup>th</sup>, 9:00am – 12:00pm – Ruby's Trail Paint Day Thursday, August 25<sup>th</sup>, 10:00am – 12:00pm – Lion's Gate Park Paint Day

Budget Savvy Eating Workshop with Hayley Ewing, Registered Dietitian: FREE Tuesday, July 26<sup>th</sup>, 6:00pm -7:30pm, upstairs of the NRFRC. The topics that will be discussed will be budget savvy eating, cooking together, reducing food waste, planning ahead, finding deals, using apps to save money, shopping in season and meal prep strategies. Discussion and food sample will be available. REGISTRATION IS REQUIRED.



Please join me in welcoming **EMILY RAFUSE** to our team as our **Summer Youth Program Coordinator**. She will be joining us at the beginning of July and will announce her programming as soon as she is prepared. Stay tuned to our Facebook page for more details.



FREE Arm Wrestling Workshop!

Everyone is welcome! Children/adults, boys/girls, men/women, ALL ages!!

Join us upstairs at the Resource Centre on Sunday July 10 & 24 from 1-3 and learn about this fast-growing sport.

Representatives from the NS Arm Wrestling Association will be on site to show you how to properly arm wrestle and answer any questions you may have.

Please call 689-2414 to sign up.

#### Did you know...

At the New Ross Family Resource Centre we can assist you with filling out forms, printing services, accessing food, blood collection, well water sample tests, urine sample collection bottles, connecting you to other service providers who can help you with your resume, job applications and counselling services.

## Senter Strange Strange

#### **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, please call: 902-541-0343.

\*\*\*\*\*\*

#### **EMPLOYMENT SOLUTIONS SOCIETY**

Come see us in New Ross! At the Family Resource Centre

Wednesday, July 20<sup>th</sup> 1-4pm Wednesday, August 17<sup>th</sup> 1-4pm

#### **JOB SEEKER?**

Free services we provide:

Career Planning, Assisted Employment Services, Resume and Cover Letter Advice, Return to Work Action Plans, Online Webinars

#### **EMPLOYER?**

Looking to hire? Our Employment Engagement Specialist can help you with your recruitment needs!

Canada

NOVA SCOTIA

WORKS





#### In Memory



Dear Family and Friends of the late Kenneth Harland Russell, a Memorial Service will be held on Saturday, July 30, 2022 at 2pm at the family homestead at 5386 Highway #12 New Ross (Harriston). A reception will follow after the service.

All Welcome, masks by choice.

#### With Thanks



#### **Robert B Lenihan**

We would like to Thank everyone for the love shown to us, after the passing of our son Robert. For all the beautiful cards, calls, food and memorial donations, we will be forever thankful. Robert was only 56 years old.

Robert is survived by his Mother Joan (Keddy) and Father Basil Lenihan, Sister Katherine Williams, Wife Crystal (Dempsey), Sons Devin and Aaron.

Thanks also for those who went to his service and the hugs. Thank you for everything.

Basil & Joan Lenihan & Kathy

#### AN APPRECIATION NOTE TO THE WONDERFUL PEOPLE IN NEW ROSS.

I would like to offer thanks to all the special groups I belong to in New Ross who were so supportive during my surgery 6 weeks ago. The day after I arrived home <u>Gail from TOPS</u> delivered fresh biscuits and blackberry jam. The members of the TOPS gave me so much encouragement and support before and after I returned home. TOPS is looking for new members, if you want to belong to a group that really cares about their members we meet on Monday evenings, come and join us!

The next day after I was home from hospital Roland, our Legion President, and Ron, one of our Past Presidents, arrived with a Legion blanket and we had a lovely visit. Jenny and Daisy, Legion Members, made and delivered supper that was enough for 2 meals. One morning the doorbell rang at 9:30 and there was Bonnie from the Legion saying she had come to take over my kitchen. Bless her Heart, she made 2 batches of biscuits and ginger cookies. We have been members of the <u>New Ross</u> <u>Legion</u> for 7 years and I could not be prouder of the hard working group who dedicate their time to the Legion. They work hard, take care of our veterans, and have fun together, and they are very community minded. Come and join them at the dances on Friday evenings. The Legion is always looking for new members.

I would like to thank the 3 Churches that make up the Anglican Parish of New Ross. Your calls and cards were really appreciated. Thank you Jean for the lovely hanging basket. I can't imagine my life without my Church family.

Lastly, Thank You to all the people in this Community who reached out to me. I may have missed some people but you touched me and I will always remember. Thank you everyone. May God Bless You!

#### ~ Mary Williams



The Congregation of St. Augustine's Anglican Church would like to express their sincere thanks to the many folks who volunteered to work at the cemetery for clean up and repair day on May 14<sup>th</sup>. It was a huge success!

They would like to extend a special thanks to Danny Hiltz for providing his workers and equipment for the work done on May 21<sup>st</sup>, as well as Troy McDow who volunteered to work with his chipper on the clearing of the lower driveway, also on May 21<sup>st</sup>. Many Thanks to all the kind volunteers! All your work made a big improvement to the appearance of the cemetery.

~ From the Cemetery Committee



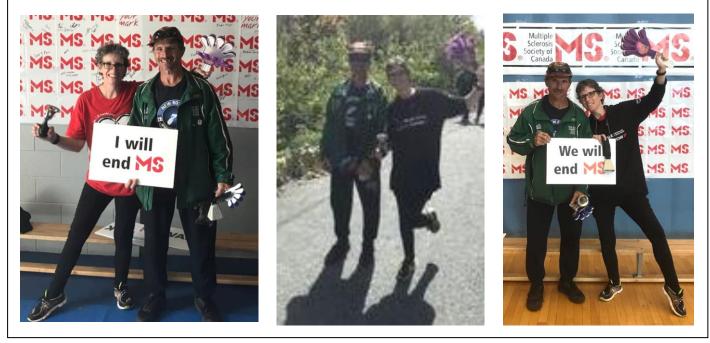
#### Thank you

We Would like to thank our family Geraldine & Craig & Katelyn, Jeff, Nocole & family for putting on a party for our 50<sup>th</sup> Anniversary. We want to thank our friends for the nice cards, phone calls, gifts of money, and beautiful hanging flower plants. A big thank you to Christ Church Guild for the beautiful lunch and to Jessie Boylan and his Mum for the nice music. We would like to thank anyone who helped in any way for our beautiful party.

> Thanks Àgain God Bless Bill & Linda Bezanson

On Sunday May 29<sup>th</sup> at the Canada Games Center in Halifax, I, Daisy Turner, joined thousands of people from all across Canada to complete a fundraising walk raising funds to end MS. I completed the 6km walk and was presented with the "Most Spirited" award. Thank you to everyone that supported me and for the donations made. I will see you all again next year!!

#### Thank you for your support! ~ Daisy



#### Community News

#### **Congratulations to the Graduating Grade 8 Class of 2022**

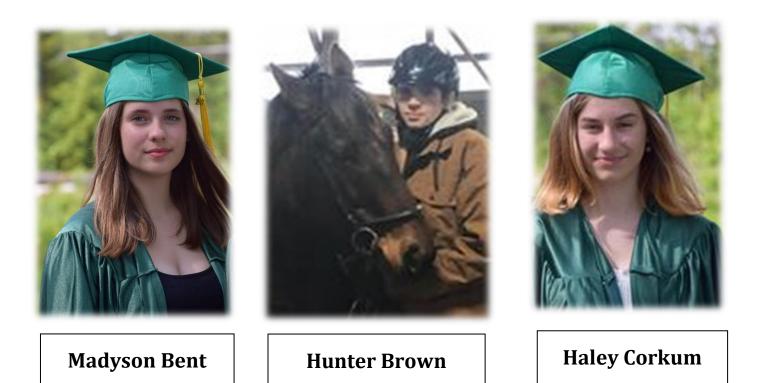
The whole Community wishes you all the best of luck at Forest Heights in September!



L-R: Hunter Brown, Nathan Coulstring, Adrian Martin, Kadence Andrews, Haley Corkum, Madyson Bent. Missing from photo is Lily Thompson Watson



"Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition." ~ Steve Jobs





**Nathan Coulstring** 



**Adrian Martin** 



Lily Thompson Watson

#### NEW ROSS VOLUNTEER FIRE DEPARTMENT

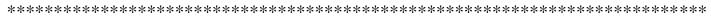


If you would like to help support our local Volunteer Fire Department donations can be made in 3 ways: Cash, Cheque or through an e-transfer (\***new**) sent to the NEW ROSS VOLUNTEER FIRE DEPARTMENT

The email address is **treasurer@newrossfire.ca** and no password is required.

Please include reason for donation, name and address. Local receipts are sent out early in the new year.

Thank you for your continued support!



#### **New Ross Rink**

As many of you may be aware, for the past two winters there was a community rink at the covered arena at the fairgrounds. Our rink committee was so impressed with the number of users and with so much positive feedback it became obvious that the rink is a "must have" facility for our community.

The committee is looking into a rink kit which will result in a much improved overall skating experience and our volunteers will find it much easier to assemble!

Our Rink Committee is comprised of New Ross Volunteer Fire Department, Farmers Association and the Regional Development Society.

The committee is looking into funding sources such as grants and donations. More details in the next Flyer about how TOGETHER we can make this a reality! For any questions, please feel free to contact Tina Connors at (902) 679-4461.



"The future of every community lies in capturing the passion, imagination, and resources of its people" ~ Ernesto Sirolli



#### Walk-in Clinic Schedule for JULY 2022

#### 902-273-2098

Schedule Is Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CLOSED	2 CLOSED
3 CLOSED	4 CLOSED	5 CLOSED	6 <mark>5:00 pm to</mark> 9:00pm	7 <mark>9:00 to 1:00 pm</mark> (Telehealth Only 5-8)	8 <mark>9:00 am to</mark> 2:00 pm	9 <mark>9:00 am to</mark> 1:00 pm
10 CLOSED	11 CLOSED	12 CLOSED	13 <mark>5:00 pm to</mark> 9:00pm	14 9:00 to 1:00 pm (Telehealth Only 5-8)	<sup>15</sup> 9:00 am to 2:00 pm	16 CLOSED
CLOSED 17	18 CLOSED	19 CLOSED	20 <mark>5:00 pm to</mark> 9:00pm	<sup>21</sup> 9:00 to 1:00 pm (Telehealth Only 5-8)	<sup>22</sup> 9:00 am to 2:00 pm	23 CLOSED
24 CLOSED	25 CLOSED	26 CLOSED	27 <mark>5:00 pm to</mark> 9:00pm	<sup>28</sup> 9:00 to 1:00 pm (Telehealth Only 5-8)	29 <mark>9:00 am to</mark> 2:00 pm	30 9:00 am to 1:00 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

You must wear a mask – please bring one with you.

Admin office902-275-3847Iburch@ourhealthcentre.caWalk-in clinic902-273-2098Address:3769 Hwy #3 PO Box 74 Chester NS BoJ 1Jo

#### New Ross Historical Society

For all things related to New Ross's Heritage check out our local Historical Society! From old newspaper articles to vintage photos and genealogy. It is amazing the information they have on the events and the people that have shaped this wonderful Community!

The Historical Society meets monthly at 7pm on the 4<sup>th</sup> Wednesday of every month at the Ross Farm Museum. **Everyone is Welcome**!!

Here's how you can contact this great organization: PO Box 35 New Ross, NS Canada B0J 2M0 newrosshistorical@gmail.com or Follow us on Facebook!



**July Events** 

#### **Ross Farm Museum is opened Tuesday to Sunday from 9:30AM - 4:30PM closed Mondays.**

#### **Mill Days**

Every Thursday in July the stave mill will be in operation from 10:00-12:00 and 1:30-3:30

#### Happy Birthday Canada

July 1<sup>st</sup>

Cake and refreshments will be served in Rosebank Cottage. Come chat and celebrate with staff on this wonderful day.

#### Wood Chip Hats

July 2nd & 3rd

Staff will demonstrate hat making using strips of wood known as "sheens" stripped from freshly gathered yellow-birch logs.

#### **Heritage Breeds**

Wed July 6<sup>th</sup>

Come see the animals that are part of our agricultural history and heritage. If it weren't for these animals our forefathers probably could not have survived, and we would not be here today. Now is your chance to pay tribute to these animals and see what an important role they played on the farm. Staff will be on hand to answer any questions you may have.

#### From the Old Grindstone

Wed July 13th

Staff will be on hand today to demonstrate tool sharpening techniques using a grindstone. They will show what tools can be sharpened using the grindstone, and the proper way to use this device.

#### **Ox Power**

July 23<sup>rd</sup> & 24<sup>th</sup>

This weekend you will have the opportunity to see "Lion & Bright" the oxen at Ross Farm at work. Chat with the teamster and learn what made Oxen so important to settlers in rural Nova Scotia.

#### A Handful of Straw

Sat. & Sun. July 30th & 31st

During the late 18th to early 19th centuries, the wearing of straw hats by farmers and laborers was quite common in both North America and Europe since the materials were inexpensive and readily available. This weekend staff will be demonstrating the tradition art of straw-hat braiding



#### 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! Open Monday, Thursday & Friday at 4pm

 FRIDAY NIGHT LIVE STARTS AT 8:30pm Cover charge \*new cost - \$5.00 Member

 Bring your Dancing Shoes!!
 \$7.00 Non-member

JULY 8: Broken Circuit with Matt Millett & JD May JULY 15: Rickey Naugler & Friends JULY 29: Buzzon with Eric Keddy AUG 5: Great Big Johnson Band

**Congratulations** to Janet Larder for winning Chase the Ace! Thanks to the community for your support!

Remembrance Day Banners are available to order. Drop by or call the Legion for ordering and payment details such as picture quality and wording. 902-689-2650



New Ross Legion Invites You to Celebrate Canada Day! Friday July 1, 2022 Starting at 4pm Opening Ceremony with speeches by Councillor Tina Connors and MLA Danielle Barkhouse. Live music with Tyler Knockwood – Corbin @ 4:30, Aaron Warren @ 5:30 and "THE UPBEATS" from 6:30-9:30.

CUPCAKES, FACE PAINTING, FISH POND and BBQ with hot dogs and Hamburgers. FIREWORKS 10:00pm in the field behind the post office. Come and enjoy Canada Day in the Greatest Country! Raindate for Fireworks July 2



#### **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, July 3<sup>rd</sup>

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 resumed for 1<sup>st</sup> Sunday of each month except December (because of the Christmas Festival)





Meet The Forties Community Centre Board of Directors:Phillip Broome, ChairpersonOther Members:Owen Lenihan, Vice ChairmanErvin BroomeMarsha Yeaton, SecretaryRobert GatesMarcella Carver, TreasurerMorley & Jeannie Bezanson

# FREE2BU





An interactive program aimed at strengthening self-esteem and improving skills that contribute to resiliency.

#### About

Participants will explore and discuss specific topics in a safe, confidential, and encouraging environment. FREE2BU includes interactive and fun activities along with a discussion component.

Topics include anxiety, self-esteem, relationships, low mood, emotions, stress, coping, anger, and communication.

#### **Lunch Provided**

#### **New Ross Youth**

Ages 11-13

August 9-10, 2022 9:00am – 2:00pm

Location: New Ross Family Resource Centre

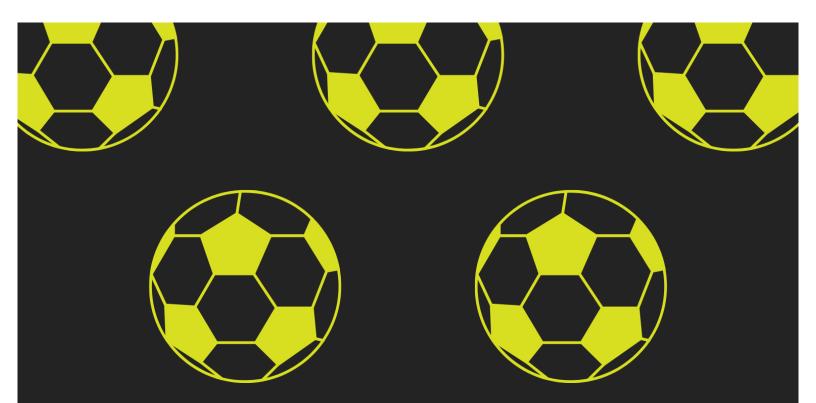
If you are interested, please reach out to:

Cat Shears NSHA, Adolescent Outreach 902 523 4968 catherine.shears@nshealth.ca

Or

Sarah Julian Schools Plus Outreach 902 930 3461 sjulian@ssrce.ca

We look forward to seeing you there!



## THEY'RE BACK!! **NEW ROSS MENS SOCCER TEAM** DANCE with DJ DONNY

JULY 16, 2022 **9 PM TO 1AM NEW ROSS LEGION** 

19 years and over \$5 admission at the Door



#### TO ALL MEMBERS OF OUR COMMUNITY - WE NEED YOU!

Now that things are opening up, we are hoping to hold the annual Christmas Festival is a major project of the New Ross Regional Development Society and we rely heavily on volunteers to put on the Festival. We appreciate all of the volunteers who come forward every year to work the weekend of the Festival, but we are in need of volunteers now to help with the planning stages of the Festival. Our membership has declined recently and we will do our best to continue Festival events, but if we don't get some new people who are willing to help with the planning and running the Festival we may

have to pare it down substantially. After many years as the Festival Coordinator, Sarah Gates has decided to retire. This position could be shared by a couple of people. Sarah will still be there to help get you started! We are having an initial planning meeting for the Festival on Wednesday, July 6, 2022 at 4:00 at the bandstand. We look forward to seeing some new faces at this meeting! If there is inclement weather that day, we will announce a change of venue for the meeting on the New Ross Neighbours Helping Neighbours Facebook page the day of the meeting. If you have any questions or require further info please contact any member of the NRRDS or our President Scott Hamlin at 902-689-2470.





#### CHESTER MUNICIPALITY PROGRAMS & SPECIAL EVENTS

#### PROGRAMS

The Track that Smiles Back (Ages 7 - 10)	Hours of Fun in the Sun (Ages 7 - 10)	Itty Bitty Bash (Ages 3 - 6)	
New Ross - NRCS	Western Shore - TWCCP	Chester - Lordly Park	
Every Tuesday	Every Thursday	Every Friday	
July 12th - August 23rd	July 7th - August 18th	July 8th - August 19th	

#### **SPECIAL EVENTS**

# Skateboarding for GIRLSTeddy Bear PicnicSaturday, August 6th | 12:00 - 1:30pm<br/>(\$20)Saturday, July 23rd | 11:00 - 2:00pm<br/>BBQ food for sale there!Girls Ages 8 - 14 @ Chester Skatepark<br/>Registration Deadline: Fri. July 29thBBQ food for sale there!Torp in Event at Lordly Park!Drop in Event at Lordly Park!

#### **Castle Rock Hike**

Wednesday, August 3rd | 10:00 - 3:00pm Ages 13 - 17 Registration Deadline: Wed. July 27th



#### Crazy Cool Campout

Friday, Aug. 5th - Saturday, Aug. 6th Ages 8 - 12 @ Graves Island Registration Deadline: July 29th



More details can be found in the EXPLORE LIFE Magazine, or online at chester.ca/recreation-parks

on each event and how to register for required programs



## Connecting Lunenburg County & the South Shore to Halifax & beyond. UPDATED BUS SCHEDULE

Connect to Maritime Bus' one-trip-in, one-trip-out South Shore/Halifax 4 days per week (Sunday, Monday, Wednesday & Friday) using local services like VON "ON the Move", Queens Transit, Bridgewater Senior Wheels, Bridgewater Transit & Chester Community Wheels. Schedules can change, please check to ensure times, etc., are up-todate. Prices include fare, taxes, and fuel surcharge (subject to change without notice). Bus schedule effective May 18, 2022

Current info available at Maritimebus.com or call 1-800-575-1807.

#### Bus schedule effective May 18, 2022

#### Departs South Shore & arrives in Halifax @ 10:20am

#### LUNENBURG

LEAVE Lunenburg Esso ......8:30 am Sample fare (Same day return) Price: \$55.92

#### BRIDGEWATER

#### MAHONE BAY

LEAVE Lutheran Church Parking Lot. . . 9:10 am Mahone Bay is a flag stop. Purchase tickets at least 3 hours before departure time. Sample fare (Same day return) Price: \$45.34

#### **CHESTER BASIN**

#### **Stops in Halifax**

Young & Robie, Halifax Infirmary, Scotia Bank Centre (flag stops that require 3 hours notice) Maritime Bus Terminal (Westin Hotel)

#### Departs Halifax @ 3:55pm

ARRIVE Hubbards Mall	. 4:45 pm
ARRIVE Chester Basin (Exit 9 carpool).	4:55 pm
ARRIVE Mahone Bay	5:05 pm
ARRIVE Bridgewater Esso	5:20 pm
ARRIVE Bridgewater Mall	5:25 pm
ARRIVE Lunenburg Esso	5:45 pm

**United Way** 

Lunenburg County

#### **Airport Connection**

to Stanfield International Airport See departure times from your community.

ARRIVE Maritime Bus Terminal	10:20 am
LEAVE for airport	10:55 am
ARRIVE airport	11:40 am
LEAVE airport 9:40 am, 12:35	
LEAVE for South Shore	3:55 pm
Sample fare (One way) from Bri	
Price: \$41.68	



Catch a bus to the airport, or connect to 30 communities in Nova Scotia, 6 communities on PEI and 42 communities in New Brunswick.

#### HUBBARDS



- Personal assistants ride for free.
- Free wi-fi.
- Take your bike with you.
- Wheelchairs and scooters welcome with 72 hours notice required.
- The "Last Mile Service": For an additional charge of \$7,50 one way. Maritime Bus will arrange to have a taxi take you to your final destination in downtown Halifax.

Contact Maritime Bus for more information.

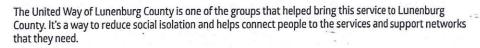
#### **Shipping Solutions**

Maritime Bus Parcel Express is the Maritime provinces' best-kept secret. It offers affordable, reliable, station-to-station parcel shipping. Designed for Maritime businesses, and their customers, businesses rely on Maritime Bus services to connect to customers and suppliers every day.

- Maximum shipping size of 24" x 40" x 84"
- Same Day shipping service across the Maritimes without a premium charge

Ship fresh foods, automotive parts, tires, medical products, bikes, important documents, musical instruments, odd sized items—pretty much anything!

Contact Maritime Bus for more information.



It's the Bus for Us. Be a rider and help support us.



#### **Business Section**

#### T & D NURSERY'S END OF THE SEASON SALE

The sale on plants will start on July 5<sup>th</sup>, 2022. Annuals, vegetable transplants and hanging baskets will be reduced in price. Perennials and shrubs will be 20% off. Our hours are 8:30am to 4:30pm daily for the next several weeks. Call (902) 689-2737 to check if we are open.

#### 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





**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



On behalf of the Board of Directors, Management and Staff of New Ross Credit Union, please accept our sincere congratulations on your 2022 graduation. The experiences that you have had and the knowledge you have gained during your time in school will be invaluable in supporting you in the next chapter in your life.

At New Ross Credit Union, we're proud to support you in this special celebration, and we wish you much success in your future studies.

#### **Holiday Branch Hours**



Both of our branch offices will be closed on Friday, July 1, 2022 for Canada Day

Regular hours will resume on Monday, July 4, 2022

ATMs are available at both locations to serve you, 24 hours a day, 7 days a week

#### MemberDirect™

Convenient! Secure! Easy!

Total convenience of **24-hour online access** to your accounts. You can manage your money anytime of the day or night, when it suits your schedule, not ours.

#### Deposit cheques with a snap.





#### DO YOU HAVE A CREDIT UNION DEBIT CARD CHIP CARD?

CREDIT UNIONS

Here are some reasons why you should: Convenience ~ Portability ~ Security

It 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. Your Credit Union DEBIT CARD CHIP CARD puts you in touch with the safest, most efficient payment method available to consumers today.

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