

# The Flyer

May 2024 Edition

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

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

The deadline for receiving items for the **June Flyer** is **Wednesday, May 22<sup>nd</sup> at 4 pm** with delivery coming on Wednesday May 29<sup>th</sup>, 2024.

Suggested donations 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 #)

**The Flyer acknowledges the following recent donations:**

Julia Russell Hairstyling              T&D Nursery              Danielle Barkhouse              Foraged Florals  
The Commissioners for Fire Protection for the District of New Ross

*Thank you all for your continued support!*

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♥ Thank you ♥

We at the Family Resource Centre would like to say a Huge Thank You to everyone over the past few months that have been helping make our programs successful.

A big shout out to the Ross Farm for the use of their kitchen for our hot meal program that served 41 families over the course of 10 weeks.

Although the Christmas season is well behind us we are still overwhelmed by the kindness and generosity of the Community with our Angel Tree and with the support of our Holiday Food Boxes. Many thanks to East Coast Powerline, Heather Taylor, owner of Taylor Talks and a number of individual donors that went above and beyond! We were able to provide 40 Holiday food boxes for our families!

Also a Big Thank You to Mona Thomarat for her endless volunteering doing income taxes for our families. Many thanks to all our volunteers that help in all ways to help make this community the wonderful place it is!

# NEW ROSS FAMILY RESOURCE CENTRE

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

\*Follow us on Facebook!

<https://www.facebook.com/nrfrfc/>

**OFFICE HOURS: M-Th 9-4, Fridays by chance.**

**Executive Director:** Lindsay Lenihan,  
nrfrdirector@gmail.com

**Office Administrator:** Laura Broome,  
nrfrclaura@gmail.com

**Family & After School Program Co-ordinator:** Janice Cornelius, 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:** May 9<sup>th</sup> & 23<sup>rd</sup>                      June 6<sup>th</sup> & June 20<sup>th</sup>                      July 4<sup>th</sup> & 18<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.



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## **Did you know...**

That the largest quartz crystal ever found in NS was found right here in 1906 in New Ross! It was brought out on a cart hauled by oxen and then it was transported to Halifax.

The quartz has six sides, weighs 145 pounds and is 27 inches long. As you can see in the picture it is a massive size! This crystal will be on display at the Museum of Natural History and is a historic specimen.



# New Ross Family Resource Centre Programming



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

## Self-Regulation

**TUESDAYS 1:30-3:00**  
**STARTING MAY 7**

This 6-week program used the AMPed Up! Anger Management Program Guidelines for parents that puts emphasis on understanding your emotions, enhancing communication, and stress management skills. You will gain the ability to better regulate your emotions and productively manage your feelings. In-person or virtual.

**NRFRCJANICE@GMAIL.COM**  
**(902) 689-2414**

## Nobody's Perfect

**MONDAYS 1:30-3:00**  
**STARTING MAY 6**

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.

**NRFRCCLAURA@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.

## At Home Learning Kits

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

**NRFRCJANICE@GMAIL.COM**  
**(902) 689-2414**

## Food Box Program

**1ST & 2ND 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**

## RISE | Goal-Setting

**MONDAY MAY 6 10:00-11:30**

Do you find yourself setting goals and struggling to follow through with them? Join us on May 6th from 10-11:30 am for a RISE (Refresh, Inspire, Support, Empower) info session where you learn how to create SMART goals, set yourself up for success, and common things that may hold you back (and how to keep going!) Following the info session will be optional bi-weekly get-togethers and an ongoing virtual chat to encourage and uplift each other on our respective journeys!

**NRFRCJANICE@GMAIL.COM**  
**(902) 689-2414**

## 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**

for Everyone

## 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**

## 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.

## Mona Thomorat

**MONDAY MAY 13 & 27**  
**1:00-4:00**

Mona can help with any grant applications, photocopying, etc

for Children & Youth. snacks provided

## After School Program

**MONDAY - FRIDAY**

**2:25-6:00 PM**

Throughout the school year. The After School Program (ASP) starts at 12:55 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**

## Girl on Fire

**MONDAY MAY 27**

**6:30-8:00 PM**

This program is for those who identify as female between the ages of 13-19. It is intended to provide young women with methods to skillfully face challenges and enjoy mental, emotional, and physical well-being.

**NRFRCJANICE@GMAIL.COM**

**(902) 689-2414**

## *Programming in Partnership*

### Yoga with Mona

**TUESDAYS 6:30-7:45 PM**

Wednesday evening class is full, but there is still space available in the Tuesday night class. Because the session has already started classes will be \$12 each for the remainder of the current session.

**NRFRCJANICE@GMAIL.COM**

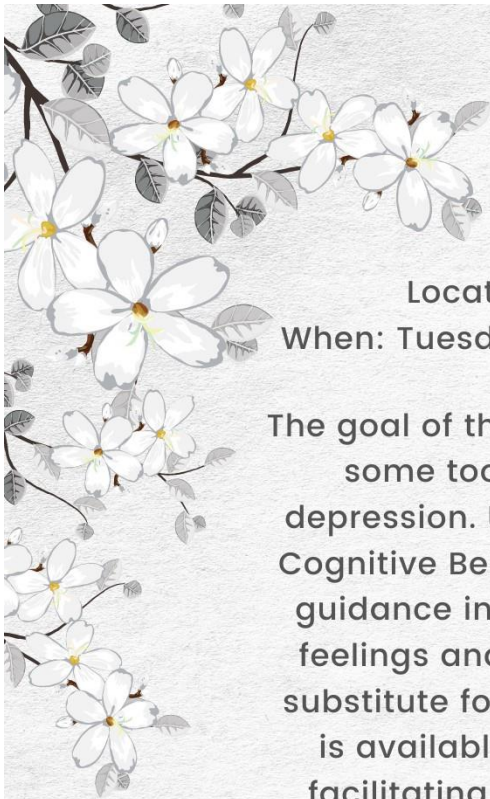
**(902) 277-1823**

### 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 come to the Centre and let us know who in your household would like this meal, then present your tickets at the time of the dinner. You are welcome to sit and enjoy your meal there or bring it home to enjoy at home. This month's dinner is Mother's Day Chicken on May 12th from 4:00-6:00 pm.

# May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1 FOOD BOX PICKUP 1:00 - 4:00  YOGA 6:30 - 7:45	2  GIRL TALK 2:30-5:00	3  <i>No School</i>	4
5  ROOM RENTAL	6  RISE 10:00 - 11:30  NOBODY'S PERFECT 1:30-3:00	7  PLAY GROUP 10:00 - 11:30  SELF-REGULATION 1:30-3:00  YOGA 6:30 - 7:45	8  CAREGIVERS SUPPORT GROUP 1:00 - 3:00  EMBEDDED DAY YOGA 6:30 - 7:45	9  BLOOD COLLECTION 8:30-9:30  GIRL TALK 2:30-5:00	10	11
12  FORTIES MOTHER'S DAY DINNER 4:00-6:00	13  MONA 1:00 - 4:00  NOBODY'S PERFECT 1:30-3:00  NRFRC AGM 6:30-7:00	14  PLAY GROUP 10:00 - 11:30  SELF-REGULATION 1:30-3:00  YOGA 6:30 - 7:45	15  YOGA 6:30 - 7:45	16  GIRL TALK 2:30-5:00	17	18
19	20  <i>Victoria Day</i>	21  PLAY GROUP 10:00 - 11:30 COPING GROUP 12:00 - 1:30 SELF-REGULATION 1:30-3:00 YOGA 6:30 - 7:45	22  PRODUCE BOX PICKUP 1:00 - 4:00  YOGA 6:30 - 7:45	23  BLOOD COLLECTION 8:30-9:30  GIRL TALK 2:30-5:00  ROOM RENTAL	24	25
26	27  MONA 1:00 - 4:00  NOBODY'S PERFECT 1:30-3:00  GIRL ON FIRE 6:30-8:00	28  PLAY GROUP 10:00 - 11:30 COPING GROUP 12:00 - 1:30 SELF-REGULATION 1:30-3:00 YOGA 6:30 - 7:45	29  EMBEDDED DAY YOGA 6:30 - 7:45	30	31	



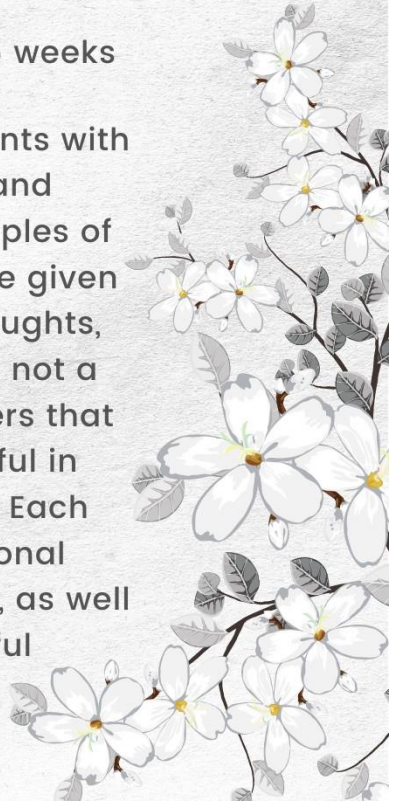
# Coping Group



Location: New Ross Family Resource Centre

When: Tuesdays noon to 1:30 starting May 21st for 6 weeks

The goal of the Coping Group is to provide participants with some tools to help with issues such as anxiety and depression. Using an approach based on the principles of Cognitive Behaviour Therapy (CBT), participants are given guidance in identifying the ways in which their thoughts, feelings and behaviours are interconnected. While not a substitute for individual therapy, the support of peers that is available in a group format can be very powerful in facilitating ongoing change and personal growth. Each session includes opportunities to reflect on personal experiences, introduction of new tools and concepts, as well as coaching regarding mindfulness and mindful meditation.



Register today by calling 689-2414 or email [nrfrclaura@gmail.com](mailto:nrfrclaura@gmail.com)

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## *What's Happening in New Ross*

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"Winners of the Bruce Ferguson Memorial Pool Tournament held Saturday, March 30 at the New Ross Legion was Daisy Turner and David Keddy. Presenting their trophy is Bruce's Father, Gerald, who is a Veteran"

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# In Memory

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## Lana Darlene Keddy

1964-2024



With broken hearts, the family of Lana Darlene Keddy, 59, of Wileville, announces her peaceful passing on April 20th in the South Shore Regional Hospital, Bridgewater, surrounded by her children. Born in Kentville, she was a daughter of the late Garnet and Twilah (Turner) Keddy, formerly of New Ross.

Prior to Lana's courageous battle with ovarian cancer, Lana dedicated her life to being a wonderful mother and friend. She supported her kids through every obstacle they faced. Lana also supported her community through various roles such as Camp Counselor, Coach, Teens R Us Leader, Firefighter Auxiliary Member, Co-director of the New Ross Family Resource Centre, Teacher's Aide before participating in a Women's Unlimited Program that led to a career with Michelin in Bridgewater.

Lana had a caring personality, generous heart and was always ready to lend a helping hand. She was an example of kindness and compassion and will be deeply missed by those who had the privilege of knowing her. Spending time with her children and grandchildren was her biggest joy, but her siblings and wide array of friends, including the Fab 5, were also part of her circle of love. With them Lana could be found laughing, singing, dancing, playing cards, kicking butt in Scrabble or enjoying the sunshine at her cabin.

In her early years, Lana led Sunday school and worship music in the New Ross Baptist Church and sang with the Messengers of Music and Moment's Notice. Lana's faith remained strong, giving her peace and strength while fighting cancer (her testimony can be found on the New Ross Baptist Church YouTube channel). Even in her final days, she exemplified the same grace and gentle appreciation for life. Lana's memory will be forever cherished. She has touched so many hearts with love and will leave an unforgettable footprint of being a remarkable Nana, Mom, Sister and Friend.

A celebration of her life will be held at 2:00 p.m. on Friday, May 10 in the New Ross Baptist Church. A reception will follow at the New Ross Fire Hall. For those unable to attend, a video webcast of the service will be available on-line at a later date. In lieu of donations, Lana requested that you take a friend to lunch in her memory.

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## Margo Ann McDow-McCleary

1959-2024

Margo celebrated her 65<sup>th</sup> birthday on April 15<sup>th</sup> 2024, married her long time partner Donald McCleary on April 20<sup>th</sup>, 2024 and peacefully passed on April 23<sup>rd</sup>, 2024. Margo has always called New Ross home. A business owner and health care worker, she will be dearly missed by everyone who knew her.

Visitation will commence at the Serenity Funeral Home in New Ross at 6pm on May 10<sup>th</sup>. A short service will follow for those that wish to attend. The family then invites everyone to the Legion to share memories and tears as we learn to navigate life without her.



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# Community Spotlight

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Many residents of New Ross are aware of a treasured camp nearby our community just up and off the Forties Road, in what is known as Franey Corner. Many would have attended this camp as children and then sent their children. Some may not be aware that Sherbrooke Lake Camp even exists. This year the Camp will be celebrating 60 years of camping and therefore is this month's Community Spotlight.

After the closing of the Pinehurst camping grounds in the late 1950s United Church camping had come to a halt. 4 Presbyterian groups, Lunenburg-Queens, Yarmouth, Annapolis and Windsor, started searching for a new camp site. The present site was selected by a committee in 1963 and originally consisted of 1000 acres owned by the widow of the late Ira Rhodenizer. The Church was able to acquire 80 acres.

The camp includes a 20x70 main lodge with a veranda and attached 20x20 kitchen. Two cabins were originally built and not long after two more were added. Electricity came around 1967 and the chapel was started in 1969. Kentville U.C. men had a 200lb steam locomotive bell and stand made from rail totalling over 1000lbs which was brought in by oxen. The cross was erected at this time and the 3x6 sign placed by the main road. The camp had 11 cabins by 1969. The camp became a charitable organization in February 1976.

Currently there are 9 stand-alone cabins that sleep 8 campers each in the main room in 4 sets of bunkbeds. There is a change room for privacy and a backroom for the counsellor and counsellor-in-training. The cabins are new since 2017 - built by local community members and students at NSCC! The cabins maintain the natural camping experience and don't have power. Close to each cabin is a set of latrines. Latrines decrease the carbon footprint and impact on water usage at camp!



A rustic camp nestled deep in the woods is just what kids today need! The camp is a place for kids to be themselves, to

learn new skills, unplug, develop independence, meet great friends, eat home-cooked meals and everyone is welcome! Sherbrooke Lake Camp prides itself on their commitment to respect the natural environment, the waterways and the kilometre-long sandy beach where campers swim, canoe, laugh, sing and play!

Sherbrooke Lake Camp is an affirming camp with gender inclusive cabins, opportunities to explore spirituality and ask questions about faith. Regardless of faith or beliefs, campers of all backgrounds are welcome and invited to join their safe space.

Sherbrooke Lake Camp is inviting everyone to help celebrate 60 years of friendship, memories and fun with their 60<sup>th</sup> Anniversary Homecoming Weekend August 2-4, 2024. This Friday - Sunday event will offer some of Sherbrooke Lake Camp's favorites, from campfire to Turkey Dinner, to our special candle lighting ceremony! There will also be live music on Saturday with the chance to dance late into the evening under the stars. This is a family friendly event with on-site accommodations and classic camp meals! Please check out [www.sherbrookelakecamp.org](http://www.sherbrookelakecamp.org) for more information on this fantastic camping opportunity!

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# *Employment Opportunities*

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## **New Ross Historical Society 2024 Summer Research Assistant Job**



The objective of the New Ross Historical Society is to collect, document, preserve, interpret and make known the historical and genealogical facts of the New Ross District, formerly known as “ Sherbrooke” in the county of Lunenburg and being in the province of Nova Scotia.

**We are hiring!**  
Are you a university or high school student with a keen interest in history who would like to spend your summer working in a museum, performing research and helping visitors with research questions?

Duties include: greeting the public, performing research on assigned topics, maintaining the order and cleanliness of the Ron T Barkhouse Research Center, clerical duties and assisting members and visitors with research assistance.

Skills required: Good communication skills, teamwork as well as self directed time management, good knowledge of computer software and internet searching, a keen interest of local history.

If this sounds like the role for you, send your resume and cover letter to: [newrosshistorical@gmail.com](mailto:newrosshistorical@gmail.com) Please make sure to include Summer Job in the subject line of your email. The application deadline is May 24, 2024



## **EMPLOYMENT OPPORTUNITY**

### **New Ross Family Resource Centre**

**Job Title:** Community Food Program Facilitator

**Employment Status:** Permanent

**Salary:** starting at \$18/hr

**Hours:** 30hrs/week including some evenings and weekends

**Start Date:** ASAP

**Main Responsibilities:** We seek a dedicated and passionate Community Food Program Facilitator to join our team. As a Community Food Program Facilitator, you will be responsible for continuing various food box programs, the community cupboard, and coordinating and implementing food programs within the community. This role requires excellent organizational skills, strong communication abilities, and a commitment to promoting food security and healthy eating habits.

#### **Duties Include:**

- Coordinate and oversee community food programs, including meal prepping, food preservation, nutrition, and other health presentations
- Collaborate with local organizations, businesses, and volunteers to ensure the variety and success of food programs
- Develop and maintain relationships with community members in need of food assistance
- Assist with procurement, storage, and distribution of food items
- Monitor program effectiveness and make recommendations for improvement
- Maintain accurate records of program activities, including participant data and program outcomes
- Provide support and guidance to program participants as needed

#### **Required Qualifications:**

- Bachelor's degree in social work, nutrition, public health, or a related field
- Experience working in community outreach or social services
- Strong facilitation skills with the ability to develop and implement food programs
- Knowledge of local resources and services related to food assistance programs
- Excellent communication skills, both written and verbal
- Strong organizational abilities with attention to detail
- Ability to work independently as well as collaboratively with a diverse team
- Proficient computer skills, including Microsoft Office Suite

If you are passionate about making a difference in your community through food programs and have the necessary skills and qualifications, we encourage you to apply for the position of Community Food Program Facilitator.



The Christ Anglican Church of New Ross is looking for a treasurer to do their books.. This has always been volunteer work, but understand we may have to pay a salary, interested parties contact Rustin Broome 902-277-1695.

The Parish of New Ross Christ Church is looking for someone to do the mowing for our two graveyards, Christ Church and also The Rectory. Please contact Rustin Broome at 902-277-1695 to discuss wages.

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# *Community News*

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**OHC Same Day Clinic  
Schedule for MAY 2024  
902-273-2098**



**Call 1-902-273-2098 starting 30 MINUTES before each shift to make a same day appointment pre-booking is no longer available. You must have an appointment to come to the 2<sup>nd</sup> floor walk-in clinic.**

Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5pm to 9pm	2 9:30 am to 1pm 5pm to 9pm	3 CLOSED	4 9am to 1pm
7 CLOSED	8 5pm to 9pm	9 9:30 am to 1pm 5pm to 9pm	10 CLOSED	11 9am to 1pm
14 5pm to 9pm	15 5pm to 9pm	16 5pm to 9pm	17 CLOSED	18 9am to 1pm
21 5pm to 9pm	22 5pm to 9pm	23 5pm to 9pm	24 CLOSED	25 9am to 1pm
28 5pm to 9pm	29 5pm to 9pm	30 5pm to 9pm	31 CLOSED	

Admin office 902-275-3847 Walk-in clinic 902-273-2098  
Address: 3769 Hwy #3 PO Box 74 Chester NS B0J 1J0



# Ruth Manning & the Prospectors

in Concert

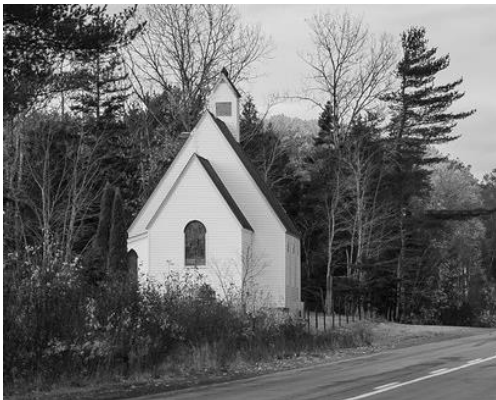
Christ Church - New Ross



Sunday, June 9th  
7-9 pm  
\$20



For Advance Tickets  
Call: 902-277-1695  
Tickets also at the door



## Schedule for the Parish of New Ross

### May 2024

#### Sunday, May 5<sup>th</sup> Service of Holy Eucharist

9AM: St. Augustine's  
11AM: Christ Church  
2PM: St. Cyprians

#### Thursday, May 9<sup>th</sup>

7PM: Music Jam @ Christ Church

#### Sunday May 12<sup>th</sup> - Service of Morning Prayer

9AM: St. Augustine's  
11AM: Christ Church  
2PM: St. Cyprians

#### Thursday, May 30<sup>th</sup>

7PM: Healing Service @ The Rectory  
(Conversation post service about healing ministries)  
All Welcome!

#### Sunday, May 19<sup>th</sup> - Service of the Holy Eucharist

9AM: St. Augustine's  
11AM: Christ Church  
2PM: St. Cyprians

#### Sunday, May 26<sup>th</sup> - Café Church

10AM: New Ross Legion

**ALL ARE WELCOME!**

Exciting news: Ruth Manning and the Prospectors are coming back June 9 from 7-9pm



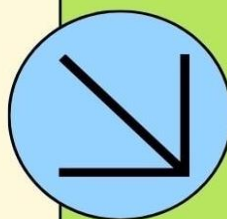


# SPRING FLING MARKET



A mixed market of New Ross  
Yard Sales  
Small Business  
Community Groups  
Makers  
& Bakers

**FREE ADMISSION**



**MAY 4**

**SATURDAY**

**9:30- 2:00**

**NEW ROSS LEGION**

**64 FORTIES ROAD**

**WHEELCHAIR ACCESSIBLE**

**OPEN CANTEEN**

**50/50**

**Yard Sale**  
**21 Amos Gates Road**

MayFest Yard Sale May 4<sup>th</sup> and 5<sup>th</sup> 8-4  
At the garage of Greg & MaryLou Jollymore. Solid wood projects: side tables, end tables, benches, plant stands, trays, etc. Also a miscellaneous table and free coffee.

**An Evening in Support of the New Ross Community Care Centre**  
**SAVE THE DATE – Saturday, June 1, 2024**

Enjoy a gourmet, chef prepared meal, music, and fun with your friends and neighbors. We have secured the chef from Dickie Baxter's, and he promises a wonderful meal you will not soon forget. Tickets are \$50 per person and will be available starting on May 6<sup>th</sup>. You can buy your tickets at All Is New Again Frenchy's, and New Ross Home Hardware. Members of our team will also have tickets available. Email us at [newrosscare@gmail.com](mailto:newrosscare@gmail.com) and we will help you with tickets.

Thank you to all who attended the community meeting on April 18 to find out more about the housing development. We appreciate your thoughtful questions, and will continue to keep you updated as the project progresses.

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**Spring Horse & Ox Pull**

New Ross Fairgrounds  
Saturday May 11<sup>th</sup>  
Pull starting at 12 pm  
Weigh in from 8:30 to 10:30 am  
Scale fee 5.00  
Canteen on site  
Admission: Free will offering

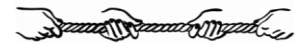


**The NS Provincial Tournament May 11** will be held at the Forties Community Centre. We would love to see as many spectators there that day as possible!

There will be youth, mens and women's competitions. Weigh ins at 9 am **Competitions start at 11am**

Cash canteen available!  
**Everyone Welcome!**

**Attention Youth Ages 10-15!**



Check out the **New Ross Youth Tug of War Club** on Facebook

There will be a youth tug of war team this summer.

Practices Sundays @1pm at the Fairgrounds (More practice times once school is out)

Sign up with your friends and see what tug of war is all about!



## 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**

Bring your Dancing Shoes!!

Cover charge: \$5.00 Member

\$7.00 Non-member

**MAY 3: NO LIVE MUSIC**

**MAY 10: CROSSOVER BAND**

**MAY 17: MIDTOWN BLUES BAND**

**MAY 24: 3AM**

**MAY 31: DJ DONNIE**

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

**MAYFLY DANCE** – SATURDAY, MAY 4, 2024 9:00-12:00 with **“RUTH MANNING AND THE PROSPECTORS”** Ruth Manning is an acclaimed singer and songwriter with numerous awards including Songwriter of the Year by the North American Country Music Association International Competition and Rising Star Female Vocalist winner in 2019. In 2022 was inducted into Nova Scotia Country Music Hall of Fame. Tickets \$15.00 and can be purchased at New Ross Legion and Gina’s. Door Prize is a New Fishing rod and reel at the dance!

**LADIES DAY** – Saturday, May 25. 1:00-4:00 Tickets on sale at the Legion or Gina’s. \$25.00 per person includes a glass of wine. Fashion show, vendors, hors d’oeuvres and a great afternoon! Come ladies, get pampered, as you deserve!

**LEGION ZONE 13 YOUTH SPORTS DAY** for children ages 5-12 will be held at the



New Ross School on Saturday, June 1. Final

registration will be at the school on June 1 from

9am-10am. Pre-registration forms have already

been sent home with your students and must be in

by Friday, May 24. At 10am the parade of athletes onto the field will be 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.



# 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 May 5<sup>th</sup> 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 1<sup>st</sup> Sunday of each month



### Card Parties – Tuesdays evenings at 7pm

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

### FLEA MARKET & YARD SALE

Saturday, May 4 9am - 3pm (weather permitting)

Tailgate vendors or tables = \$10

Reserve your spot: Ervin 902-689-2782 or Marsha 902-689-2612

BBQ'd HOT DOGS + SAUSAGES

### Mother's Day Supper - Sun, May 12 - 4-6pm

Chicken Dinner, tea, coffee and dessert. Adults: \$17, Under 12: \$7.50, Under 5: \$3.50 Eat in or Take-Out. For more info call 902-689-2147.

### May 11 – Provincial Arm Wrestling Tournament 9-5

No charge for spectators. Canteen Available

### CHICKEN BBQ - Sat, May 25 - PRE-PAID PICK-UP ONLY 11:30am - 1pm

Cost: \$17/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 or JoAnn Shay 689-2203, Marsha Yeaton 902 689 2612, Phil Edwards 226-234-1392. Orders MUST be in by Monday, May 20

ALL  
WELCOME

FREE  
ADMISSION

TICKETS  
50/50



MAY 11TH

# NS PROVINCIALS ARM WRESTLING

FORTIES  
COMMUNITY  
CENTRE



YOUTH START 11AM  
ADULTS START 12:30  
EVERYONE WELCOME

1787 FORTIES ROAD NEW ROSS  
ACCESSIBLE BUILDING

CASH CANTEEN AVAILABLE  
FOR MORE INFO 902-690-7579

# Firefighters' Mayfest Breakfast & Bake Sale



**May 4, 2024**  
**7:30am – 10:00am**  
**New Ross Firehall**

**Menu: eggs, bacon, sausage, toast, pancakes, juice, tea, coffee**

**Cost: Adults - \$10, Children (Ages 5-12) - \$5, Preschoolers – free**

**Anyone wishing to make a donation of baked goods or who would like to donate some time to help at the breakfast, please call Linda at 689-2477**

**Your support is greatly appreciated!**



It will soon be that time of the year for Spring Cleaning! If anyone is looking for a new home for their Stuffed Animals, we can gladly take them off your hands. 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 Committee**



# AGM

Commissioners for Fire Protection for the District  
of New Ross (District6)



**May 14, 2024**  
**New Ross Fire Station**  
**4929 Hwy 12, New Ross**  
**8:00 PM**



The commissioners for Fire Protection for the district of New Ross and surrounding area (District 6 in the Municipality of Chester) will be reporting on the provision of fire protection for the past fiscal year and setting the budget and area rate for the 2024-2025 year.

All those on the tax roll for District 6 are invited to attend. Other potentially relevant topics for discussion must be submitted in writing and received no later than May 9, 2024. Please address these to:

Cameron Broome  
PO Box 150  
New Ross, NS B0J2M0  
Or email: [firecommission@newrossfire.ca](mailto:firecommission@newrossfire.ca)

\*\*\*\*\*



The New Ross Trails Society will be holding their AGM followed by their regular general meeting, **Tuesday June 04, 2024 at 7:00pm** at the New Ross Family Resource Centre. All are welcome to attend.

We also have some exciting news! We have received funding for repairs and upgrades to our trails that suffered damage due the floods last year. You should see these being completed over the coming months! Details about funding & work to follow. Please be advised that the **Popner Hill trail will remain closed** until repairs are completed.

We're also in the planning stages for upcoming trail events! Watch for future announcements in the Flyer and on our facebook page, [www.facebook.com/newrosstrailsociety](http://www.facebook.com/newrosstrailsociety) for dates, times, and details!~Happy Trails!~

INTRODUCING:

# THE HEARTH ROOM CAFÉ

AT *Ross Farm Museum*



COFFEE - TEA - ESPRESSO - HOT CHOCOLATE  
SANDWICHES - SOUPS - SALADS - SWEETS

**EXPECTED OPENING DATE: MAY 18TH, 2024**

ACCESSIBLY LOCATED IN THE MAIN BUILDING (LEARNING CENTRE)

NO ADMISSION REQUIRED FOR ENTRY

**FOLLOW US TO STAY UP TO DATE!**

ON FACEBOOK: THE HEARTH ROOM CAFE

INSTAGRAM: @HEARTHROOMCAFE

## New Group in New Ross – Tourism New Ross

“Canada, and Nova Scotia specifically, is in strong demand as a visitor destination. Did you know that in 2023, Canada welcomed over 18.3 million foreign tourists, up 43% from 2022? And here in Nova Scotia, we welcomed 2.2 million visitors in 2023, an increase of 14% compared with the previous year’s 1.9 million. That’s something to celebrate!” From TIANS Facebook page.

Step into the vibrant world of New Ross, where a dynamic Tourism team under the banner of the New Ross Regional Development Society is on a mission to unveil the magic of our beloved community to the world. With just two meetings under our belt, the enthusiasm is palpable, and collaboration is our driving force. Ideas flow freely as we eagerly anticipate welcoming visitors from across the province and beyond. Stay tuned to The Flyer and our NRRDS Facebook page for exciting new initiatives as we unite to spark interest in our area. Follow along with us in amplifying the allure of New Ross, home to cherished events like the New Ross Community Fair, the enchanting Christmas Festival, and delightful dinners at the Forties Community Centre and Ross Farm to name a few. Together, we can all cultivate a tapestry of experiences that beckon travelers to explore the wonders of our hidden gem.

For more information, email us at [newrossregdevsociety@gmail.com](mailto:newrossregdevsociety@gmail.com)



**Best Of  
CHESTER MUNICIPALITY  
Awards  
2024**

Congratulations to all of the winners, runners-up, and nominees! Thank you to everyone who took the time to make their selections.

Best Artisanal Retailer: <b>Village Emporium</b> (runner-up: Martin’s Point Mercantile)	Best Grocery or Convenience Store: <b>Spidle’s Your Independent Grocer</b> (runner-up: Foodland – Chester)	Best Place to Stay: <b>Oak Island Resort &amp; Conference Centre</b> (runner-up: Lacey Mines Campground)
Best Building Services: <b>Chester Building Supplies</b> (runner-up: Gates Electric)	Best Health or Beauty Services: <b>Luna Salon Spa &amp; Boutique</b> (runner-up: Valerie’s Hair Studio)	Best Professional Services: <b>Two Salty Chefs</b> (runner-up: Scotiabank (Chester))
Best Building Supplies Store: <b>Chester Building Supplies</b> (runner-up: Chester Home Hardware)	Best Manufacturing Business: <b>Black Harbour Distillers</b> (runner-up: South Shore Concrete)	Best Realtor: <b>Susan Diamond, Engel &amp; Volkers</b> (runner-up: Jessica Burch, Royal LePage Atlantic)
Best Community Space: <b>Lordly Park</b> (runner-up: Together We Can Community Park)	Best Marine Services Business: <b>South Shore Marine</b> (runner-up: Gold River Marina)	Best Restaurant: <b>Imperfections Cafe</b> (runner-up: Savary Plate/Pit)
Best Farm or Forestry Business: <b>Ross Farm Museum</b> (runner-up: Integrity’s Haven Equine Rescue Centre)	Best Mechanic or Auto Shop: <b>Chester European Automotive</b> (runner-up: Gold River Service Centre)	Best Spa or Fitness Facility: <b>Sensea Nordic Spa</b> (runner-up: Luna Salon & Boutique)
Best Garden Services: <b>Oceanview Home &amp; Garden</b> (runner-up: Downey’s Pitcher Plant Nursery)	Best Non-Profit Group: <b>Bonny Lea Farm</b> (runner-up: Lighthouse Food Bank)	Best Specialist Retailer: <b>Kiwi Pantry</b> (runner-up: The Shop on Central)
Best Gas Station: <b>Running Man Express – Chester Basin Petro Canada</b> (runner-up: Gold Nugget AFN)	Best Pet Services: <b>Your Friend and Mine Pet Supplies</b> (runner-up: Oceanmark K-9 Resort)	Best Vendor at a Farmers’ Market: <b>Higbee’s Berry Farm</b> (runner-up: Savary Plate/Pit)
Best Health Care Provider: <b>Primary Care Clinic-Pharmasave</b> (runner-up: Our Health Centre)	Best Place to Have Coffee: <b>Kiwi Cafe</b> (runner-up: Imperfections Cafe)	

Thank you and congratulations!

**New Ross Regional Development Society**  
**ANNUAL MEETING – Wednesday May 8, 2024**

**New Ross Legion – 7:00pm - Upstairs**

This is an open meeting, and all guests are welcome to attend and find out more about what our organization does. Our current group is small but committed and effective. We value the input and involvement of new members interested in our community initiatives. Please feel free to drop by and listen!

Since the inception of the NRRDS, more than 30 years ago, we have delivered many exciting projects for the benefit of our New Ross community. The list below is a clear example of our successful endeavours!

- Lion's Park Community Walking Trail.
  - connecting to the New Ross Museum trails – maintenance and signage.
- 'Welcome to New Ross' signs.
  - Located at each end of community on Hwy 12.
- Community Bandstand at Charing Cross.
- New Ross Christmas Festival – 30 Years and Counting!
  - Very first project of the newly formed New Ross Regional Development Society.
- Purchase of a High-Quality PA Sound System.
  - Available for use by all organizations for special events.
- WWW.NEWROSS.CA website – design, development, and upkeep.
- New Ross 200<sup>th</sup> Anniversary Celebration.
  - Initiated discussions regarding events to celebrate the 200<sup>th</sup> anniversary of New Ross in 2016. Soon after talks were underway, a separate committee was formed consisting of reps from many other organizations, as well as many local interested volunteers, all contributing to the delivery of a variety of anniversary events, culminating with a major community celebration in August.
  - The placement of the Legacy Mural on the wall at the Clover Farm parking lot was a lasting testament to our grand celebration.
  - As a result of the hard work of the Anniversary committee and their many helpers, the Community of New Ross was awarded the Lieutenant Governor's Award for Community Spirit that same year.
- Strategic Plan for the New Ross Community.
  - Identify strategy for future plans and projects.
  - Reviewed, updated, and re-issued in 2023.
- 30' aluminum flagpole.
  - Purchased and installed at The Cross near Bandstand.
- Community Benches.
  - Purchased four benches to be set up along village sidewalks.
- New Ross Refugee Society.
  - Originated a special sub-committee to bring a refugee family of four to reside in New Ross.
- New Ross Trail Society.
  - Originated a special sub-committee to work with Municipality of Chester Parks and Rec, for the creation and upkeep of community walking trails in New Ross.
- New Ross Festive Carolers.
  - Assisted and supported Linda Hiltz in her quest to deliver hundreds of carolers to the New Ross Community – Mission Accomplished!
- New Ross Community Ice Rink.
  - Fully supported the rink project and assisted efforts in several ways.

**We are proud of our New Ross History and our accomplishments!**

# SOIL BODY

Our bodies,  
our land,  
our world

Don't miss this special  
Spring Season launch at the  
Ross Farm Museum

**Friday, May 10**

**5:00 – 7:00 pm**

All welcome, free admission

A moving and entertaining art and science exhibition is coming to the Ross Farm Museum and everyone is invited to the grand opening free of charge! The exhibition is called *Soil Body* and explores how the human body shares many important features with the environments in which we live and depend upon. Ten Nova Scotia artists and one artist from Japan have been invited to participate: Teresa Bergen, Curtis Botham, Elise Campbell, Hikaru Cho, Kate Church, Miyoshi Kondo, Sue LeBlanc, Alex Livingston, Kim Morgan, Echo Nara, Monique Silver.

Like scientists, artists see the world as wondrous and full of marvels. And these marvels exist in our backyards! Come see this exhibition to be inspired and to make connections of your own. Exhibition runs from May 3 to June 30.



Teresa Bergen. *Nursing Mother*, 2023



Elise Campbell. *Heart*, 2023



\*\*\*\*\*  
*Business Section*  
\*\*\*\*\*

**Julia Sanders RMT**

\* Registered Massage Therapist  
\* Craniosacral Therapist

Afternoon and evening appointments available.

Phone: (902) 689-2849  
E-mail: [juliasandersrmt@hotmail.com](mailto:juliasandersrmt@hotmail.com)

4905 Highway 12, New Ross



**T & D Nursery** will be opening for the season on Thursday, May 16, we will be open 8:30 am to 4:30 pm daily. We will have the usual product line potted annuals, annual in packs, hanging baskets, perennials, vegetable seeds (including seed potatoes), vegetable transplants and soil amendments. If you need something sooner give us a call 902 689-2737.

**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](mailto:BarkhouseMLA@gmail.com)

**Facebook:** @BarkhoueMLA





# Stronger Together

We are excited to announce that the Boards of **Community**, **New Ross**, and **Victory Credit Unions** are recommending a merger.

**Stronger  
Together**

We encourage you to learn more.  
**[StrongerTogether-CU.ca](http://StrongerTogether-CU.ca)**



# Update and Win!

New Ross Credit Union Tablet Giveaway.

Join us in our exciting campaign to update your account information and have a chance to **WIN** an **Apple iPad!**

As we gear up for the transition to a new banking system by 2025, it's crucial to ensure that your account details are up-to-date.

**Date:** April 24 - May 31, 2024

**Eligibility:** All New Ross Credit Union Members  
18 years of age and older.

**Prize:** Apple iPad (1 iPad – 9th Generation/64GB)\*

## How to participate:

1. Visit either branch during the campaign period.
2. Update your account information with our friendly staff.
3. You'll automatically be entered into the draw to win one of the tablets.
4. Even if updated, visit any New Ross Credit Union branch during the campaign and mention the draw for entry.



NEW ROSS

**New Ross Branch**

902-689-2949

**Chester Basin Branch**

902-275-3509

**Email:** [nrinfo@newrosscreditunion.ca](mailto:nrinfo@newrosscreditunion.ca)

**Website:** [newrosscreditunion.ca](http://newrosscreditunion.ca)

\*Terms and Conditions: Winner will be selected randomly and contacted via phone/email. Limit 1 ballot per member.



## **Eat Your Medicine: A Wild Food Foraging & Dining Experience • July 14**

Oren Hercz, Clinical Herbalist and Foraged Florals create a learning and tasting experience using foraged greens. \$75+HST. Lunch included.



## **Flower Essences • July 28**

Treechild helps you explore the wisdom of plant spirit medicine for healing. You learn to make flower essences and take 3 of your choosing home. \$80+HST with early registration by July 14th.

# *Workshops & Events 2024*



## **Flowers & Spirits Bar • August 17**

Learn to make a bouquet with Susan Larder, floral designer, while sampling spirits from Black Harbour Distillery. Fun with flowers! \$40+HST.



## **Plein air Flower Experience • September 7**

Lisa Hrabowsky, artist and art educator, shares her artistic insights. Open to all skill levels. Lunch provided. Built in fundraiser for the New Ross Community Care Centre. \$40+HST. Light lunch provided.



### **Sign up**

For more info scan the QR code or call 902-209-3638 or go to [foragedfloralsnewross.ca/workshops](https://foragedfloralsnewross.ca/workshops).





# All Perennial Plant Sale

*\$5 each*

Lady's mantle, gooseneck loosestrife, purple obedient, everlasting strawberries (5 per pot), fringed bleeding heart, white anemone, coral bells, and of course, foxglove.


**Plus, red wigglers and worm composting starter kits.**

**MAY 11 • 10 am- 2pm**

5491 Hwy 12, Harriston

 Foraged Florals

[samsonlearn.com](http://samsonlearn.com)



**Kyle's Sheds**

**902-473-0360**

**902-689-2466**

# Mason & Sons Carpentry



Specializing in custom cabinets, trim work and finish carpentry.

Over 75 years of experience in the industry.

Ken Mason  
1(902) 299-7600

## *Julia Russell Hairstyling*

Hi Everyone! My name is Julia Russell, I am a 20 year old hairstylist located at Doubletake Hair Salon in Chester. I am accepting new clients! You can book in with me at the salon or I am also willing to do some house call appointments if you are not able to come into the salon. Hope to see many new faces in my chair! Message / Call to book in!

Facebook Julia Russell Hairstyling  
Number 902-299-1195



# ALTERNATIVE HEALTH THERAPY CLINIC



## Mother's Day Gift Certificate

MAY  
12, 2024



Give your mom the  
gift of relaxation  
and rejuvenation  
she deserves.

Treat your mom to  
a luxurious  
massage  
experience this  
Mother's Day!

Monique Harvie Registered Massage Therapist has over 17 years experience in customizing Therapeutic and Relaxation Massage Treatments. Incorporating techniques to release tension and promote deep relaxation.

### OUR LOCATION

83 COPPERHEAD ROAD  
NEW ROSS, NS  
B0J2M0

### CALL/TEXT/EMAIL FOR AN APPOINTMENT

902-670-7799  
moniqueharvie@hotmail.com

# Chester Playhouse presents **A Beginner's Guide to the Night Sky**

A play by Colleen MacIsaac



a "triumph"  
(Wayves  
Magazine)

"an enchanting  
play...deeply  
moving" (NS  
Reviews)

**Directed by Garry Williams**  
**Starring Rooks Field-Green**  
**& Geneviève Steele**

SINCE  1939  
**CHESTER  
PLAYHOUSE**

**SATURDAY MAY 25 2:00PM & 7:30PM**

For Information & Tickets visit  
[chesterplayhouse.ca](http://chesterplayhouse.ca)  
or call (902) 275-3933

Canada

NOVA SCOTIA