

EXPLORE

LIFE

RECREATION SELECTIONS CLOSE TO HOME
Winter 2017

- A Sense of Wonder
- Musical Friends
- Multisport



THE MUNICIPALITY OF
CHESTER

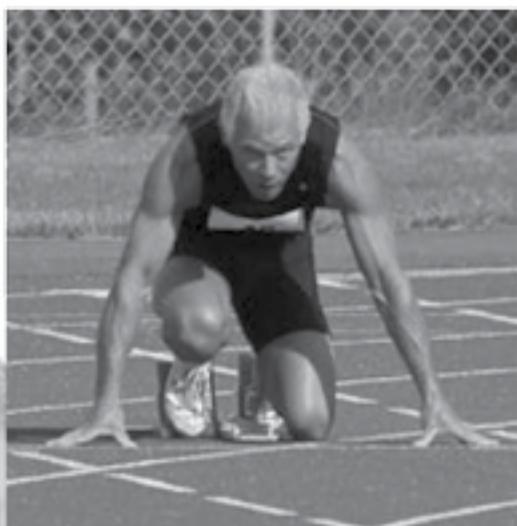


www.Facebook.com/ChesterMunicipality



[@ChesterRecParks](https://twitter.com/ChesterRecParks)

September 13-17, 2017



The Nova Scotia Senior 55+ Games are coming to Lunenburg County in 2017

Get yourself, or your team, ready for the 2017 Senior 55+ Games. Over 30 events are planned including tennis, curling, darts, bridge, slo-pitch, pickleball, track and field, cycling, and many more.

Volunteers are needed to help support each of the events. For more information on the events, or to volunteer, please contact 55plusgames@eventslunenburgcounty.ca or call 902-521-6046.

Fun, Fitness, and Friendship

Winter 2017

EXPLORE LIFE:
Recreation
Selections Close
to Home

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6 The Evergreen Club hopes to instill a sense of wonder in very child

18 Music is powerful.

12 The third annual You Tube edition of the cool things people are doing around here

19 Lunenburg County Multisport program. 8 sports, 3 months, 1 registration.



Kids in the Evergreen Club get set for the day's bike ride.

PROGRAM REGISTRATION OPENS
THURSDAY, January 5

Cover Shot: Bright handlebar lights cast long shadows when biking on the trail at night.

Municipality of Chester Recreation & Parks Department

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2017 is all about 150. January 1st was the kickoff of Canada's yearlong 150th birthday celebrations. Everyone knows how lucky we are to live in such a great country so why not show your spirit and volunteer or

participate in something new in your community this year.

The Federal Government is taking the 150 lead by encouraging everyone to explore all that Canada has to offer by visiting national parks and heritage places for free. Check out the Parks Canada website to get your "Discovery Card" for free admission (<http://www.pc.gc.ca/eng/voyage-travel/admission.aspx>).

ParticipAction has created a playlist of 150 activities, ideas submitted by Canadians, that they want everyone to try over the next year. You can even win prizes if you get active and check off activities as you try them (<https://www.participaction.com/en-ca/programs/participaction-150-play-list>).

Locally, many groups and organizations will be involved in extra special Canada Day celebrations. Canada Day event organizers are always looking for volunteers and they want big turnouts to celebrate Canada's 150th so plan now to attend a July 1st event.

As you contemplate what a great country we live in, make sure you celebrate the seasons and be sure to embrace all the adventures available in our great Canadian winters. In addition to all the backyard winter fun options you have, Recreation Department staff have assembled lots of options for you like our now famous Winter hikes and snow shoeing adventures (page 11).

If you read through the pages of Explore Life you will discover that there are lots of indoor and outdoor options for you throughout the Municipality.

Safety First - Please make sure you check ice conditions before venturing onto frozen ponds, lakes and rivers! The general rule is ice thickness should be a minimum of 15cm for walking or skating, 20cm for group skating and 25cm for snowmobiles.



MUNICIPALITY of CHESTER CALL FOR VOLUNTEER NOMINATIONS

We want every community group to nominate one volunteer from their group to be recognized at the Municipality of Chester Volunteer Awards Ceremony on Wednesday, April 26, 2017. From all the nominations, one individual will be selected to represent the Municipality of Chester at the Provincial Awards Ceremony in Halifax. Nominees must be residents of the Municipality of the District of Chester.

Application forms can be picked up at the Municipality of Chester Recreation & Parks Department, located at 151 King Street, Chester or on our website at:

www.chester.ca

For more info call Chad Haughn, Recreation & Parks Director at 902-275-3490 or email chaughn@chester.ca.

Deadline to submit nominations is Friday, February 10, 2017



Thumbs Up Thursday Recap

Some folks were intrigued by last edition's "Thumbs Up Thursday". In the spirit of neighbourliness on the road, I gave everyone who passed me during my bike commute a 'thumbs up' if they passed with care and consideration. Here are the results of the first *Thumbs Up Thursday*.



On the 20 km trip to work on highway 3 I doled out 33 thumbs up. This included 2 thumbs for people who paused that extra little bit before turning in front of me. I didn't give "thumbs down," but I did withhold 3 thumbs for folks who passed too close, too fast, or too close to the car in front

of them so they were unlikely to see me as they passed. During the same 20 km trip home, 49 thumbs were raised in appreciation of drivers' courtesies. This time 6 thumbs were withheld, again for driving too fast and too close (Provincial law dictates 1m) during the pass. Thanks to everyone for your courtesies and attentiveness.

150 Forward Fund

In 2017, Canadians across the country will mark the 150th anniversary of Confederation. Nova Scotia is supporting this event with the creation of the 150 Forward Fund. This fund will provide opportunities for Nova Scotians to create, promote and participate in local and regional events and programs that will build a sense of pride in Nova Scotia. These events should demonstrate Nova Scotia's vibrant past and promising future.

For a project to be considered for funding, applicants need to illustrate how their proposal is related to, and will promote the province's objectives for Canada 150 in 2017. Each application is expected to demonstrate a plan for bringing local and/or regional communities together; engaging youth and/or celebrating diversity and inclusion.

Activities supported include: arts and culture; sport, healthy and active living; history and heritage; youth engagement; science and technology.

A second application period is open December 1, 2016 – February 15, 2017.

Visit <http://novascotia.ca/programs/150-forward-fund/> for complete information.

Public Skate Times at the Chester Rink this Winter



THE PARK!
CHARLES E. CHURCH PARK
District of Chester's Recreational Centre

Adult Skate	Monday and Thursday	10:00 to 11:00 am
Public Skate	Saturday	6:30 to 7:45 pm
Public Skate	Wednesday	2:15 to 3:30 pm

* Skate times are subject to change. See page 21 for more skate times.



"How do you Connect?" VIDEO CONTEST!

South Shore
Connect.ca

Contest begins February 1, 2017

Watch us on Facebook or www.SouthShoreConnect.ca for contest details on January 9th

Win a stay at White Point Resort or a Go Pro Action Camera



The 2016 Federal Budget proposes to phase out the children's fitness tax credit.

For 2016, the maximum eligible fees in the year will be reduced to \$500, but the additional amount of \$500 for children eligible for the disability tax credit will not change. Therefore the maximum credit is reduced to \$75 (\$150 for a child eligible for the disability tax credit).

For 2017 and subsequent taxation years, the children's fitness tax credit and the additional amount for children eligible for the disability tax credit will no longer be available.





A Sense of Wonder

It can be shocking for a child to hear “yes” in response to the question “can I try this?” But that is the central philosophy of the Evergreen Club. Yes, you can climb that tree. Yes, you can pick up that caterpillar. Yes, you can get your shoes wet.

For Nadine Hackney, the inspiration for the Evergreen Club began when she attended a workshop at Mount Saint Vincent University entitled “Inspiring a Sense of Wonder”. The title was borrowed from Rachel Carson’s 1965 book “The Sense of Wonder” in which she chronicles her explorations in nature along the rocky coast of Maine with her family. Nadine too grew up exploring. She grew up on a farm, and spent summers outside hiking and camping. Nadine’s hope is that children can learn to see everything with a sense of wonder.

Inspiration turned to action in the Fall of 2015. Nadine works at Through the Years Daycare in Hubbards and wanted to add a nature-based component to the program offerings at the Centre. She spent months constructing the program – speaking to other professionals in the province and the licensing agencies, adding to

her training base in outdoor leadership, and relentlessly consuming every good idea she could find. Mary Ellen Shatford, the director of Through the Years, was supportive and by the Spring of 2016 Nadine was ready to launch the Evergreen Club.

There is a growing body of literature that supports the emerging trend toward nature-based play and learning. Rachel Carson was an early promoter of course, but perhaps Richard Louv’s “Last Child in the Woods” was the catalyst for the recent attention on the inherent benefits of time spent in nature.

Time spent in nature reduces stress, lowers blood pressure, and promotes mental health. It improves

concentration and cognition, prevents ADHD symptoms, and strengthens immune systems. Inherently, nature provides ample opportunities to be physically active. These benefits hold true for both children and adults.

Nadine did her research. She expected to see many of these benefits in the children she worked with. But what has surprised her is the degree to which it has all come true. More time spent outside has been directly related to calmer behavior, better coping abilities, better cooperation between kids, and endless energy to be physically active.

The Evergreen Club is designed for boys and girls between five and twelve. It runs all year, Monday to Friday. During the school year it is an after school



Kids need a caring adult to share and guide them toward the natural world. Early childhood educators all around us tirelessly dedicate themselves to the growth and wellbeing of their kids. Nadine began with the wonder of her own childhood and added bushcraft skills, plant and animal identification, and shelter building to be able to confidently and safely lead kids in the outdoors. She considers herself a nature facilitator – she finds the space and guides the kids into it, but lets them direct the discovery of it on their own. The Evergreen Club demonstrates that when caring adults embrace their own sense of wonder, they can have a huge influence on children to embrace the same.

program from 2-5 pm. In the summer it is 9-5. It is an immersive program, where kids spend the entire allotted time outside. This presents challenges, but learning to deal with the challenges – overcoming barriers and gaining confidence is one of the potentials of the program.

She knows that to find a sense of wonder, one does not need to go far. Nadine and the children spend time splashing in the stream at the Hubbards Barn.

They build forts and climb trees in the woods behind the daycare centre. They travel by bike on the rail-trail to the Fitzroy River and the gazebo on the Cove. There they make fishing poles out of sticks and string. They pick strawberries and blackberries before

the birds can get to them. A favorite activity is rock lifting. Under every rock is a world populated by salamanders, pill bugs, and centipedes.

These are activities and lessons that are easily reinforced at home. Kids were

“If a child is to keep alive his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement, and mystery of the world we live in.” - Rachel Carson, *The Sense of Wonder*

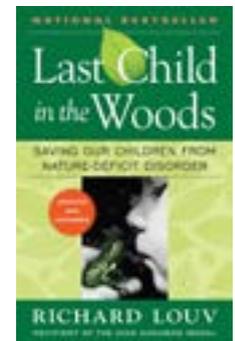
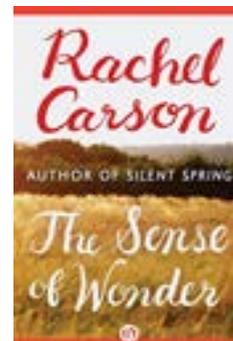
so enthralled with fishing at the wharf in Hubbards, that their parents had to take them back that evening. The Evergreen Club is the highlight of many kids’ days and parents have been appreciative of the experiences

their kids are having. One of Nadine’s great joys is when kids share their joys with her. They are proud of getting muddy, and enjoy telling her about the bird’s nest they found over the weekend.



Left: *The Nature Playbook* available online from the Canadian Parks Council.

Right: Two books that influenced and inspired Nadine to begin dreaming about the Evergreen Club. Rachel Carson’s “*The Sense of Wonder*” and Richard Louv’s “*Last Child in the Woods.*”



ARTS & CRAFTS

Moccasin Making (6 weeks)

Over the 6 weeks of this course, participants will learn the skills needed to create a pair of lined, hide moccasins. There is nothing more comfortable than a new pair of moccasins! Once participants have learned the skill for the week, they will complete the work at home. A great gift for yourself...or someone else in need of cozy feet!

Wednesdays Feb 1 to Mar 15
(no class Feb 22)

6:00 to 8:00 pm Ages 16+

\$52

Forest Heights Community School

Instructor: Bridgett Morgan

Pay/Register by: Wednesday, January 25

ARCHERY

Archery for Youth & Adults (14 weeks)

We are happy to support a local archery program now happening at Forest Heights this winter. If you have always wanted to try archery, or are a seasoned archer and are looking for a place to practice over the winter, check this out. The program is modelled after the National Archery in Schools Program (NASP), is supported by the Archery Association of NS and will be run by certified NASP instructors. There will be a variety of equipment on hand to try... long bows, recurve bows and compound bows. Come try it out! Bring your archery equipment if you have some.

Thursdays Jan 12 to April 13

Youth Ages 10-17 6:00 to 7:00 pm

Adults Ages 18+ 7:00 to 8:00 pm

\$2 Drop-In Fee

Forest Heights Community School

Instructors: Len Stevens and
Harvey Flemming

BOATING

Maritime Radio Course (VHF)

Industry Canada requires all individuals that use a maritime VHF radio to obtain a Restricted Operators' Certificate. This course now includes the Digital Selective Calling endorsement. Topics covered include every day communication, radio checks, standard procedures, radio operation, and most important, why your VHF radio is the central and most important part of our coastal safety network. Pick up homework, VHF reference notes and CPS Maritime Radio Course Manual from the Recreation & Parks Dept. at least one week prior to course. Have material reviewed and homework completed prior to course day. Please bring a lunch and your handheld VHF radio if you have one. All successful participants (there is a test) will receive a Restricted Operators' Certificate (Maritime) with DSC endorsement. Proceeds after paying for the Course Manuals and the Certificate processing will be donated to the Nova Scotia Sea School in Lunenburg. New: Automatic Identification System (AIS) now part of this course as newer VHF radios are AIS capable.

Saturday May 13

8:30 am to 3:00 pm Ages 16+

\$70

Forest Heights Community School

Instructor: Ed Sulis

Pay/Register by: Friday, May 5



See our storm cancellation policy on Page 22

Marine Navigation with Compass, GPS, Charts and Electronic Chart Plotter (4 weeks)

Our Canadian Hydrographic Charts are a wealth of information and offer much to our boating safety and boating pleasure, and are the heart of this course. If you are on the water anywhere, you are also on a chart somewhere, and for your peace of mind, it is best to know where you are on both. Variable weather, reduced visibility and darkness all add to the importance of understanding where you are. Modern electronics are an extremely valuable tool to assist in keeping yourself safe, but they can be confusing and can fail. Our charts will get marked up, get wet, tear, but remain the best way to track our position and stay off the rocks: they are the heart of good navigation and at \$20 are cheap insurance. Bring charts you wish to work with, chart mark-up material, favourite cruises to plan or share and lunch.

Saturdays Mar 25 to Apr 22
(no class Apr 15)

8:30 am to 3:00 pm Ages 16+

\$55

Forest Heights Community School

Instructor: Ed Sulis

Pay/Register by: Monday, March 20

There are 3 easy ways to register for programs. See page 24 for details.

BUS TRIP

Halifax Emera Oval & Value Village

What better way to earn some thrifty shopping than through some red-cheeked, Winter, outdoor fun?! Hop on the Community Wheels bus for a trip to go skating at the Emera skating oval on the Halifax Commons... skates (and helmets) are available to borrow on-site free of charge if you don't have your own (bring valid NS photo-ID). On the way home we will swing through Bayers Lake for lunch and a stop at Value Village. Note that it will be a late lunch so you may want to bring along some snacks. Dress warmly – there can be a brisk breeze on the Oval.

Friday	February 24		
	(Storm Date: Friday, Mar 3)		
		pick-up	drop-off (approx)
New Ross Credit Union	10:10	5:15	
Exit 9 Car Pool	10:35	4:50	
Exit 8 Carpool	10:40	4:45	
Exit 7 Carpool	10:45	4:40	
Exit 6 Car Pool	10:55	4:30	
\$30			
Ages 45-80			
Instructors: Trishe Colman & Jody Conrad			
Pay/Register by: Friday, February 17			

Where applicable, HST has been included in the registration fees.

COOKING & PRESERVING

Microwave Cooking

Microwaves do more than just warm left overs. You can cook and bake many delicious dishes in the microwave, including carrot cake. Come out and expand your repertoire of recipes using this versatile appliance. Bring an appetite for taste testing.

Thursday February 16
6:30 to 8:30 pm Ages 16+
\$10

Western Shore Area Improvement Association Hall (6485 Hwy 3)

Instructor: Nanette Conrad

Pay/Register by: Thursday, February 9

Preserving the Harvest - Basic Preserving Techniques

Learn basic techniques and recipes to preserve fresh fruits, vegetables, berries and herbs. Roll up your sleeves and get ready to save food and money while making custom tasty treats. Each participant will take home two finished products. Bring pen & paper.

Saturday March 4
(Storm Date: Sunday, March 5)

1:30 to 4:00 pm Ages 18+
\$25

Forest Heights Community School

Instructor: May Lou White

Pay/Register by: Friday, February 24

GAMES

Auction 45s (13 weeks)

Join in for fun and relaxed 45s at the East Chester Recreation Hall. Weekly games provide a chance to learn the game, or play with seasoned players. A fun social environment with snacks included!

Mondays Jan 16 to April 10
1:30 to 4:00 pm

\$3 (pay at the door)

East Chester Recreation Hall

Drop-in

CURLING

Learn to Curl with Chester Curling Club (6 weeks)

This learn to curl program is a great way to learn one of Canada's best winter sports! The program is designed to teach the basic rules, strategies, and techniques of the game in a fun and safe environment. It is designed for beginners, and those with some experience who would like to expand their curling knowledge/skill. This is a great way to stay active in the Winter! Wear warm clothing that you can move in, and clean sneakers. Brooms and sliders are provided by the Curling Club.

Sundays Jan 29 to Mar 26
(no class Feb 5, 19 and March 12)

7:00 to 8:30 pm Ages 19+
\$85

Chester Curling Club (190 Pig Loop Road)

Instructors: Chester Curling Club

Pay/Register: Monday, January 23

DANCING

Line Dancing for Beginners (9 weeks)

Country line dancing, starting with simple steps and dances and progressing at a pace that suits the class. (Cowboy boots optional) The last 15 minutes of class will overlap with the experienced class for a whole-group dance. Wear comfortable clothing, footwear and bring water.

Wednesdays Jan 25 to Apr 12
(no class Feb 22,
Mar 1 & 8)

10:30 to 11:30 am Ages 16+

\$40

Chester United Baptist Church Hall
(84 King Street)

Instructor: Erin Gore

Pay/Register by: Friday, January 20

Drum Dancefit (12 weeks)

Join Amber for this heart POUNDING workout! She takes DanceFit to the next level of fun! Using drumsticks to create movement and rhythm to keep you moving!! Don't just workout! Rock out!! Bring sneakers, water, mat & towel.

Tuesdays Jan 24 to Apr 18
(no class Mar 14)

7:30 to 8:30 pm Ages 16+

\$120

Chester Area Middle School Gym

Instructor: Amber Allan

Pay/Register by: Tuesday, January 17

Where applicable, HST has been included in the registration fees.

FIRST AID

Pet First Aid

Did you know first aid training for cats and dogs exists? It could save their life if they become ill or injured. This course is designed to give you knowledge and skills necessary to respond safely and efficiently if your pet gets sick or injured. The program covers a wide variety of topics including: Injury prevention, choking, CPR, bleeding, fractures, and much more! Included in the price is a complete pet first aid kit, certificate, and book. Bring a stuffed animal, pen, lunch and snacks.

Saturday February 11

9:00 am to 2:00 pm Ages 7+

\$46

Forest Heights Community School

Instructor: Catherine DeLorey

Pay/Register by: Monday, January 30

St. John ambulance CPR Level C

CPR should be updated every year. CPR C is the most comprehensive level of training available. This course provides all the skills required for adult, child, and infant resuscitation; including one and two rescuer CPR, first aid for choking, and proper use of a mouth to mouth piece. You will be practicing hands on. Included in pricing is all materials required for you to learn, your certificate, and reference book. Bring pen, paper, knee pads or mat, lunch & snacks.

Saturday February 25

9:30 am to 1:30 pm Ages 10+

\$46

Forest Heights Community School

Instructor: Catherine DeLorey

Pay/Register by: Monday, February 13

Emergency First Aid & CPR Level C with AED Training

In this Emergency First Aid course you will learn the basics of CPR, how to restore breathing, treat bleeding, shock, and more. A St. John Ambulance instructor will lead you through the first aid techniques you need to know. This course also includes training for use of AED machines, now found in many public facilities. Bring pen, paper, lunch & snacks.

Saturday March 25

9:00 am to 4:30 pm Ages 15+

\$100

Forest Heights Community School

Instructor: St. John Ambulance

Pay/Register by: Friday, March 17

HIKING

All About Kids and Dogs (4 weeks)

Let us teach you how to have tonnes of FUN with your dog!!!!!!

Come out with us to the Stewart Memorial Off Leash Dog Park and do some trail walking on lead, fun agility activities, learn basic manners, etc. and most importantly learn why dogs do what they do. Let us teach you how to understand and respect your dog so you can get respect in return. One important thing that kids and dogs have in common is they both need and love mental and physical exercise! Bring sturdy footwear, water, snowshoes if you have them, and your dog!

Saturdays February 4 - 25

10:00 to 11:30 am Ages 9+

\$65

Stewart Memorial Off-Leash Dog Park
(610 Hwy 12, Chester Basin)

Instructor: Bonnie Conrad

Pay/Register by: Monday, January 30

Owl Prowl Hikes

Every time we walk at Card Lake we talk about the Barred Owl... tonight we try to find them! This mystical resident of our mature woods is very vocal, especially this time of year when mating and nesting are on their minds. Join us for a discussion focused on these dark-eyed spirits as we take a night walk around the trail. We will stop to call, listen, and enjoy the night in the forest. Hopefully with some luck and quiet travel, they will allow us a little window into their nightly routine. This hike is part of Hike Nova Scotia's Guided Hike series. Visit www.hikenovascotia.ca to learn more. Registration is required. Card Lake Provincial Park, 3895 Hwy 14 Windsor Road. Bring water, extra layers (windproof), snowshoes (if needed), flashlight and a snack.

Session 1

Monday March 13 (Snowdate: Thursday, March 16)

Register by: Monday, March 6

Session 2

Monday March 20 (Snowdate: Thursday, March 23)

Register by: Monday, March 13

7:30 to 9:00 pm 8+ (under 16 must be accompanied by an adult)

Free

Card Lake Provincial Park (3895 Hwy 14)

Instructor: Jody Conrad

There are 3 easy ways to register for programs. See page 24 for details.

Graves Island Snowshoe Star-Gaze and Chili Supper

Join us for an early evening star-gaze as we travel (perhaps by snowshoe) through the fields and trails at Graves Island Provincial Park followed by hot chili over the wood stove in the trailhead shelter. We'll walk at an easy pace and learn a few Winter constellations as we go if the sky cooperates. Snowshoes, hot chocolate and chili provided. Park at the parking lot before the causeway and walk across to the trailhead shelter. Dress for Winter and bring a flashlight.

Tuesday February 7 (Snowdate: Thursday, February 9)

6:15 to 7:45 pm

Ages 7+ (under 16 must be accompanied by an adult)

\$5 per person (under 12 years are free)

Graves Island Provincial Park (meet at the trail shelter at the end of the causeway)

Instructors: Recreation Staff and Kevin Marczak

Pay/Register by: Tuesday, January 31

Snowshoe/Winter Walk in New Ross

We've walked the trails of the Lion's Park and Ross Farm in the Spring and Fall. Now we will see what nature has to offer in the Winter. Hopefully we will have enough snow to enjoy using snowshoes! Bring them if you have some, or we can provide them for you if you need to borrow...just let us know when you register. Dress for the weather and wear comfortable footwear for walking on trails.

Thursday February 2 (Storm Date: Friday, February 3)

9:30 to 11:00 am Ages 16+

Free but registration is required

Meet at Lion's Park (#12 New Ross across from the New Ross Consolidated School)

Instructor: Jody Conrad

Register by: Thursday, January 26

Gold River Woods Walk

Join us as we explore the Municipal lands on the Gold River...a beautiful, large tract of land donated by local environmentalist Rudy Haass. The forest here is mature and includes frontage on the Gold River itself. There are no trails here so we will be traveling survey lines or just exploring under the forest canopy in search of animal sign and Winter scenery. We will provide snowshoes if needed (or bring your own). We are still learning about this property and enjoy learning more about it each time we visit. Dress for Winter, bring water, snacks, snowshoes & poles (if you have them).

Saturday January 28 (Snowdate: January 29)

10:00 am to 12:00 noon Free

Ages 10+ (under 16 must be accompanied by an adult)

Gold River look for the "Hike Parking Signs" (Located between 1448 and 1480 Beech Hill Road)

Instructors: Gord Tate and Jody Conrad

Register by: Tuesday, January 24

HEALTH & WELLNESS

Understanding Dementia

This workshop will offer an overview of dementia, recognizing the symptoms, risk factors and enhancing communication. The session will offer information about the changes in communication that occur, how to improve communication and how to communicate effectively with someone with dementia. This is ideal for volunteers who work with the public, particularly seniors.

Wednesday January 18

1:30 to 3:00 pm Ages 16+

Free (but registration is required)

Our Health Centre (3769 Hwy 3, Chester)

Instructor: Cheryl MacKay

Register by: Wednesday, January 11

Know Your Home

People are doing cool things around here. See how they've captured them on YouTube



ATVing

Over 800 people came out for the 2015 Fish and Chips ATV Rally. www.youtube.com/watch?v=7BVRR86QcJg

1



PUNT RACES

Punt racing is not an Olympic Sport yet, but one day they will trace its origins back to the shores of Western Shore. www.youtube.com/watch?v=1anBbga6ULw

2



OLYMPIANS

Before they ventured to the Rio Olympics this Summer, Graeme and Jacob Saunders received a lovely send-off from the People of Chester. <https://www.youtube.com/watch?v=s3AMIf9vGts>

3



DANCE

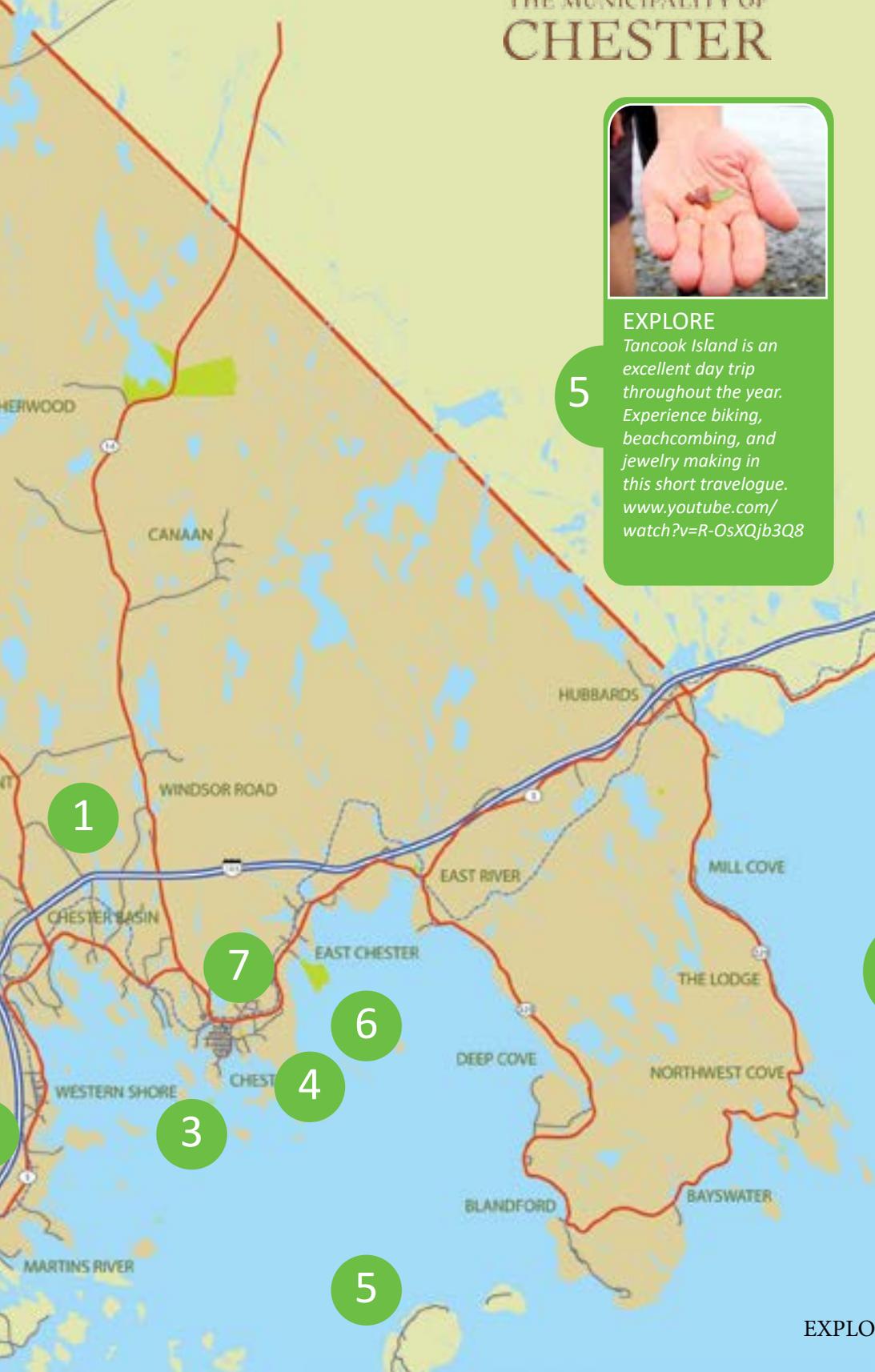
It looked like it was great fun and exhausting when the Maritime Bhangra Group visited Chester Area Middle School a few weeks ago. www.youtube.com/watch?v=d-6wSP9sNqU

7

2



THE MUNICIPALITY OF CHESTER



5

EXPLORE
Tancook Island is an excellent day trip throughout the year. Experience biking, beachcombing, and jewelry making in this short travelogue.
www.youtube.com/watch?v=R-OsXQjb3Q8



4

CELEBRATION
Talk about having fun with music (page 18) - the folks behind Musical Friends orchestrated and ode to Chester earlier this year. Look for cameos from everyone you know, and many you don't, in Chester.
www.youtube.com/watch?v=036GkzadFT4



6

AERIALS
Josh Clayton and Bailey MacPherson hit whips and flips at the skate park. <https://www.youtube.com/watch?v=jqycwQHEh20>

INFO & EDUCATION

How to do your Income Tax Basics (3 weeks)

Doing income taxes can seem intimidating, but it's not hard at all. Don't pay ridiculous costs to have your income tax filed, come and learn how to do it yourself. I break it down and show you how to file your own returns and family members as well. Learn the basics of how to file, what you can and cannot file and what you need to do the filing. I will be using mock scenarios and information, and we will all be practicing and learning what you need to know.

Saturdays February 18 to
March 4

9:00am to 12:00 noon Ages 15+

\$25

Forest Heights Community School

Instructor: Catherine DeLorey

Pay/Register by: Monday, February 13

Solar Shelter Design (6 weeks)

Solar Nova Scotia offers a practical 'how to' course on designing and building solar shelters. Learn solar basics, climate control, site and shelter design, cost, solar construction, contracting, and do-it-yourself tips. Intended for the general public and those in design and construction. Don Roscoe is one of Canada's most experienced solar design builders. Note that registrations are being taken through the Recreation and Parks Departments in both Chester and Bridgewater. The course will be delivered in whichever community has the most registrants. We will be in touch with you after the registration deadline. Bring pen and paper.

Thursdays Jan 19 to Feb 23

6:45 to 9:45 pm Ages 16+

\$90 per person or \$150 per couple

Forest Heights Community School or
Bridgewater High School

Instructor: Don Roscoe

Pay/register by: Monday, January 16

Speaking Spanish (8 weeks)

During this course, as a continuation of the previous ones, students will be able to put all the concepts already learned into written assignments and oral presentations. You will have the opportunity to present topics of your choice to the class. You will also improvise stories based on images provided. Conversation will be the main activity allowing for new concepts to be learned. Bring pen & paper. Must have taken previous Spanish lessons or have a knowledge of the language.

Wednesdays Jan 25 to Mar 15

6:00 to 7:30 pm Ages 16+

\$135

Forest Heights Community School

Instructor: Clara Cisneros

Pay/Register by: Wednesday, January 18

Spanish II for Beginners (8 weeks)

This course is a continuation of Beginner Spanish from this Fall. The course intends to continue introducing the student to the Spanish language. With the knowledge of the previous course, the students will now be introduced to basic grammar concepts being able to structure short sentences. Reading comprehension will also be reinforced. Bring pen & paper.

Thursdays Jan 26 to Mar 16

6:00 to 7:30 pm Ages 16+

\$135

Forest Heights Community School

Instructor: Clara Cisneros

Pay/Register by: Thursday, January 19

Where applicable, HST has been included in the registration fees.

Let's Discover Linux Together! (10 weeks)

Join this group to explore computer operating systems (OS) and related software based on Linux. Linux is used by the corporate world, industry, research, and the military because of its flexibility, stability and security. On your home computer, a Linux-based operating system (OS) is free to install, very respectful of your privacy, extremely secure, virus-resistant, and easy to maintain. Sessions will be hands-on and participants will learn how to select, install, and use a Linux-based OS and related software that is suited to your personal computer needs and to your existing hardware. Other topics can include, Linux software equivalent to Windows software, system operation and maintenance, dual boot with MS Windows, media centre, and other topics to meet participants' needs. Existing Linux users are encouraged to join us!

Wednesdays Jan 25 to Apr 5
(no class March 8)

6:30 to 8:30 pm Ages 16+

\$12

Forest Heights Community School

Instructor: David Murdoch

Pay/Register by: Wednesday, January 18



See our storm cancellation policy on Page 22

INDOOR WALKING

Walk to the Principal's Office

Here's a chance to get your walking in while staying safe and dry this Winter. The hallways of Forest Heights Community School and ACES make a nice walking loop. Keep track of how many laps you complete and get a prize from the Rec Department for every 300 times around! And in this case, talking in the halls is allowed... but only for walkers. Bring indoor walking shoes.

Aspotogan Consolidated Elementary School (105 Parkwood Drive, Mill Cove)

Thursdays January 19 to April 13

6:30 to 8:30 pm

Forest Heights Community School Halls

Mondays & January 16
Wednesdays to April 5 (no walking Feb 20)

6:30 to 8:30 pm

All Ages (children under 16 must be accompanied by an adult)

\$2 Drop-in Fee each time

Indoor Drop-in Walking

Avoid the slippery roads and join us for indoor walking. Walk with a group at your own pace in a friendly atmosphere. Bring indoor shoes without black soles and water.

Aeon Baptist Church, 57 Hwy 12

Thursdays January 12 to March 16

9:30 to 10:30 am

District #1 Community Centre, Blandford

Mondays & January 9 to
Wednesdays February 27

9:00 to 10:00 am

Ages 16+

\$2 drop-in fee each time

MISCELLANEOUS

Open Air Society (15 weeks)

Learn to use sticks and swords! That's right, we're "taking it outside" after school! Check this group out only if you love being outside...in any capacity. Whether you're interested in camping, hiking, sketching, hunting & fishing, or just taking naps under the pines, this time is dedicated for those of us that want to explore our natural areas, learn more about the plants and animals that surround us, try out new outdoor activities (think archery, canoeing, trail building, navigation, survival, snowshoeing, bouldering, backpacking...) and learn the skills needed to do it all safely. Activities will be based at the school with occasional bus trips to off-site locations for things that are a little different. No experience necessary whatsoever, but curiosity and willingness to try is crucial. Dress for time outdoors – waterproof footwear, extra layers and water.

Tuesdays Jan 10 to Apr 25
(no class March 14)

3:15 to 5:00 pm Ages 14-21

Free

Forest Heights Community School

Instructors: Dave Brennan, Schools Plus & Jody Conrad, Chester Rec & Parks

Drop-in

Eight Is Enough

Is there something you'd like to try or learn, but need a little help finding the resources and getting organized? If you have a group of 8 interested people together, contact us at the Recreation and Parks Department and we will do our best to put a program together for you. Pricing depends on the activity of course (instructor fees, facility rental etc.), but will be based solely on cost-recovery. Eight is enough!

MARTIAL ARTS

Filipino Martial Arts – New Class Format (12 weeks)

Learn to use sticks and swords! This class is open to adults and children ages 10 and up, and focuses on tactics, timing, footwork, range control, respect and fighting spirit. The primary material is drawn from Pekiti Tirsia Kali, originally from the Negros region of the Philippines. This is the same martial art taught to their force recon marines, and to police, security and military forces in many other countries. Class is taught in a relaxed and supportive manner, with an emphasis on realism. Try a class for free, then sign up at any time (course fee will be pro-rated). Bring a sound body and mind, exercise clothes. Eye protection (available for purchase)

Wednesdays January 18 (free trial class) to Apr 12

6:30 to 8:00 pm Ages 10+

\$90

Forest Heights Community School

Instructor: Dave Duchene

Pay/register by: Friday, January 20

There are 3 easy ways to register for programs. See page 24 for details.

PHYSICAL ACTIVITIES

Nia: Moving to Heal

Nia Moving to Heal is a gentle, playful movement class where the focus is on healing by bringing awareness to our sensations. The moves and music are chosen to calm the nervous system and reconnect body, mind, spirit and emotions. I encourage personalizing and adapting the moves for your own body's needs. Chairs will be available, and you can participate seated or standing...or both! All are welcome. Wear comfortable clothes and bring water.

Session 1

Sunday February 5

Pay/Register by: Monday, January 30

Session 2

Sunday March 5

Pay/Register by: Monday, February 27

Session 3

Sunday April 2

Pay/Register by: Monday, March 27

Session 4

Sunday May 7

Pay/Register by: Monday, May 1

1:30 to 2:30 pm Ages 16+

\$10 per session

Our Health Centre (3769 Hwy 3, Chester)

Instructor: Kathleen Naylor

There are 3 easy ways to register for programs. See page 24 for details.

Cardio Combat (12 weeks)

Join Amber in this unbeatable calorie burner! Using proper technique of punches, knees, kicks and more! This 60-minute class has everything you're looking for in a high energy workout! Amber is certified by Fitness Kickboxing Canada and uses that knowledge to provide a powerful, exhilarating workout! Bring a mat, water, indoor sneakers and a towel.

Tuesdays Jan 24 to Apr 18
(no class March 14)

6:30 to 7:30 pm Ages 16+

\$120

Chester Area Middle School Gym

Instructor: Amber Allan

Pay/Register by: Tuesday, January 17

Bootcamp Nice & Easy (10 weeks)

Do you want to get a terrific workout that is designed to get your heart rate up and tone your major muscles and be easy to follow and lots of fun? This may be the class for you!! Using an assortment of equipment such as hand weights, body bars, and other tools, participants strengthen and tone their muscles as well as exercise their hearts and lungs. Music is used to get everyone up and moving and smiling! Please wear comfortable workout clothing, indoor athletic shoes and bring a towel and water.

Thursdays Jan 19 to Mar 23

10:00 to 11:00 am Ages 16+

\$64

Chester Basin Legion

Instructor: Nancy Timbrell-Muckle

Pay/Register by: Thursday, January 12

Power Pump (12 weeks)

There is not another class like this in the Municipality! Get lean, defined muscles in this group barbell training class! Power Pump will sculpt, tone and strengthen your entire body; fast! This class is great for EVERYONE! Men and women both find this class challenging, because you're able to use the weight that is exactly right for you! Bring indoor sneakers, water & towel.

Thursdays Jan 19 to Apr 13
(no class March 16)

6:30 to 7:30 pm Ages 16+

\$120

Chester Area Middle School Gym

Instructor: Amber Allan

Pay/Register by: Thursday, January 12

Fitness in the Kitchen

Drop in once a week as participants gather to do a series of "Fitness in the Kitchen" exercises, designed to help maintain strength, balance and flexibility. The exercises can then be done at home, on your own, through the week, before gathering again to encourage each other to stay on track.

Session 1

Fridays January 13 to
March 17

9:30 to 10:30 am Ages 50+

Free - Sponsored by Aeon Baptist Church

Aeon Baptist Church, 57 highway 12

Session 2

Wednesdays January 18 to
March 29

10:00 to 11:00 am Ages 50+

Free - Sponsored by Chester Pharmasave

Our Health Centre (3769 Hwy 3, Chester)

Nor pre-registration required

YOGA & MEDITATION

Chair Yoga (10 weeks)

Yoga is for everyone! No matter what age, physical limitation, or body type, one can experience the health benefits of doing Yoga with the help of a chair! With a chair, we can do most Yoga poses, breathing and relaxation techniques...some poses are seated and some are standing... with a chair, one does not have to get up and down from the floor. It is gentle; it is easy; it is fun; and it is accessible for everyone! Chair Yoga will help improve our strength and flexibility and increase our self-esteem and peace of mind. It is ideal for Seniors, for people with physical limitations, for people with round bodies, for people recovering from an injury...Chair Yoga is indeed for everyone! If you have wanted to try Yoga and have been concerned about getting up and down from the floor and/or about bending one's body into pretzel like positions, this class could be a pleasant surprise! No Yoga mat is required. Chairs are provided. Soft music plays in the background helping create a safe, welcoming and supportive environment! Wear comfortable clothing, indoor sneakers, towel and water.

Thursdays Jan 19 to Mar 23
 11:30am to 12:30pm Ages 16+
 \$64
 Chester Basin Legion
 Instructor: Nancy Timbrell-Muckle
 Pay/Register by: Thursday, January 12



See our storm cancellation policy on Page 22

Yoga for Beginners (6 weeks)

This beginner series is designed as an introduction to the practice of Yoga. We start from the ground up, learning about yoga philosophy & terminology, basic fundamental poses and breathing techniques. Taught at a slower, more manageable pace with emphasis on proper body alignment to help you develop flexibility, strength, balance and peace of mind. Bring a yoga mat and blanket.

Sundays Jan 29 to Mar 5
 6:00 to 7:00pm Ages 20+
 \$75
 Forest Heights Community School
 Instructor: Amy Grapel
 Pay/Register by: Monday, January 23

Yoga – Relax & Restore (12 weeks)

Have you always wanted to try yoga? Or do you love yoga and want to expand your practice? Join Amber for a restorative yoga practice. Each week she will guide you through a yoga flow that will relax and rejuvenate you. There is no judgement, no expectation and no competition. This yoga is for EveryBODY.

Thursdays Jan 19 to Apr 13
 (no class March 16)
 7:30 to 8:30pm Ages 16+
 \$120
 Chester Area Middle School Gym
 Instructor: Amber Allan
 Pay/Register by: Thursday, January 12

Where applicable, HST has been included in the registration fees.

Meditation & Restorative Yoga (6 weeks)

This class will combine varied meditation techniques and restorative yoga to help ease the unpleasant physical and mental effects experienced during anxious and stressful times. Meditation is an intentional, accepting and non-judgmental practice. It helps develop a balanced mental state for being able deal with our emotions, thoughts and sensations brought on by stress. Restorative yoga uses props to support the body as it relaxes into postures, helping to release deeply held tensions. Several long-held, gentle postures are practiced per class creating physiological responses which can be beneficial for physical and mental health. Come develop a mind and body that is stable, calm and harmonious. Bring a yoga mat, two blankets and a pillow.

Sundays Jan 29 to Mar 5
 7:15 to 8:30pm Ages 20+
 \$78
 Forest Heights Community School
 Instructor: Amy Grapel
 Pay/Register by: Monday, January 23

Chair Yoga – Nice & Easy (8 weeks)

This gentle form of yoga is practiced sitting on a chair and/or standing using the chair for support. A wonderful class for increasing circulation, movement capacity and energy enhancement. Breath work and mediation are visited, as well as relaxation. Wear comfortable clothes, bring indoor sneakers and a water bottle.

Tuesdays Jan 24 to Mar 14
 11:00am to 12:00noon Ages 45+
 \$90
 Our Health Centre (3769 Hwy 3, Chester)
 Instructor: Gwen Hamm
 Pay/Register by: Tuesday, January 17



Musical Friends

Music is powerful. No matter your age, music can make you start dancing uncontrollably, it can make you cry, give you the chills or put a big smile on your face. The organizers behind Musical Friends know the positive impacts of music. Research has proven that music can have extraordinary effects like stress relief, improved concentration, it can make you happier, keep an aging brain healthy or something as simple as helping you fall asleep at night.

Musical Friends is all about having fun with music and the hope is that the programs will enrich lives and encourage a lifelong enjoyment of music. Organizers seem to have found just the right combination of exciting music, fabulous instructors, a fun learning environment and really good snacks to make participants want to come back for more.

Musical Friends has been filling rooms at St. Stephen’s Church [Tuck Hall] in Chester with the sounds of choirs, new young musicians jamming on instruments, and the voices of those enjoying classics from days gone by. A cross section of musical options is offered to the community including “Tuneful Tots” for babies, toddlers and their parents or grandparents, youth choir and band programs for Elementary and Middle School kids and a sing-a-long for the “Vintage Voices” in the community who reminisce while singing with some of their favorite songs.

Everyone who comes to one of the Musical Friends programs enjoys their time and they go home feeling uplifted. A few of the participants have experienced some profound life impacts. One young girl was struggling at school and in life in general but after a few weeks in the youth band program she gained confidence and now feels empowered. Likewise, a senior with dementia who struggled to speak was brought to Vintage Voices with an expectation that she would listen. To the surprise of everyone, she started singing full songs without missing a beat. Young or old, music changes lives.

Dawn Harwood-Jones developed this program and she tells me that one great advantage of offering music programs in the Chester area is the access to a deep pool of talented local professional musicians who want to share their love of music. People like David Findlay have been involved in making Musical Friends a great experience for everyone who joins. Instructor Amy Vinnedge, who

was involved in music and theatre here in Chester as a child, is a professional musician and is a great role model for the kids. Local favourites like Old Man Luedecke and opera singers from the LAMP program in Lunenburg have been willing to share their musical genres with the group.

Musical Friends has been fortunate to receive some grants and really good support from the community to operate but there is still a need to fundraise. Additional funding is needed to complete the Spring term so keep an eye out for future Musical Friends fundraisers.

Neuroscientists tell us that music releases dopamine that makes us feel good, so why not consider getting a dose of good feelings by joining Musical Friends. For more information or to join one of the Musical Friends Programs in January, contact Dawn Harwood-Jones at dawnhj@gmail.com or 902-275-5005.

Tuneful Tots	(Almost Born to 5 years)	Mondays	4:00pm	Tuck Hall
Youth Choir	5 – 11 years	Mondays	2:00pm	Tuck Hall
Youth Band Camp	11 years +	Mondays	3:00pm	Program Full
Vintage Voices	Young At Heart	Mondays	1:00pm	Tuck Hall
Vintage Voices	Young At Heart	Thursdays	2:30pm	Shoreham Village



Soccer
Fencing
Triathlon
Run, Jump,
Throw, Wheel
Tae Kwon Do
Football
Swimming
Gymnastics



All Abilities welcome!
Children must be in grade two or three
Maximum of 30 Participants.

*Program requires a minimum of 25 participants

Modelled after the Antigonish Multisport Program

**8 SPORTS,
3 MONTHS,
1 REGISTRATION**

**WE WANT TO HELP KIDS
REACH THEIR POTENTIAL
THROUGH SPORT!**

Multisport participation leads to:

- Better overall skills and ability;
- Smarter and more creative players;
- Less burnout and overuse injuries;
- More lifelong enjoyment in sport; and
- Most importantly, **IT'S MORE FUN!**

All sessions will be facilitated by recreation program coordinators and delivered by community sport organizations. Each lesson focuses on developing physical literacy through skill development and fun, setting the ground work for a love of sport and an "I can play anything!" attitude.

March 2017 to June 2017

\$150 with payment options available
Funding Assistance available through Municipal
recreation department

Registration opens January 3, 2017

For more information:
Municipality of the District of Lunenburg

902-541-1343 or 902-298-9531

lunenburgcountymultisport@gmail.com

Lunenburg County Multisport





Plow it Forward this Winter

"Adopt" a senior neighbour and help with their snow removal.

Uncleared snowfall prevents seniors from getting groceries, mail, medications and daily care on which they depend. Seniors clearing their own snow puts them at serious risk of broken bones, heart attacks and stroke.



Does a senior or disabled neighbour's house remain unplowed after a storm?

A neighbour may need your help and your act of kindness could save a life. Volunteer to shovel as an individual, family, business or school. Knock on a neighbour's door, and spread care and compassion in your community.

If you are a senior or someone with a disability and there is really no one in your neighbourhood that can help you clear snow this winter, or you wish to kindly volunteer for our "on call" list then please register with Flourish Well Being Society by calling 902-543-1727. Unfortunately not all requests can be supported.

PART OF THE NEIGHBOURS HELPING NEIGHBOURS INITIATIVE



SAFETY

Babysitting Basics

Do you want to know the basics of caring for children? Are you thinking about babysitting or already babysitting? This course teaches the skills necessary to care for infants, toddlers and preschoolers. It emphasizes safety, dealing with emergencies, first aid basics, hands-on practice to help build confidence, and more. Course materials include a student reference book, a certificate suitable for framing, and a complete first aid kit. Bring a stuffed animal or doll, pen, paper, lunch and snacks.

Sunday March 19
9:00am to 4:00pm Ages 11-15
\$58 (includes kit)
Forest Heights Community School
Instructor: Catherine DeLorey
Pay/register by: Monday, March 6

Food Handlers Certification

If you are currently working or would like to work in the food industry, this course is for you. You will learn the causes and types of food borne illness focusing on the practices designed to enhance food safety. The topics of safe food preparation, storage and personal hygiene are covered. This six hour course is conducted by John Peters, Food Safety Specialist with the NS Dept of Agriculture. This course is now mandatory for all food service workers directly handling food. Bring pen & paper.

Wednesday and Thursday February 22 & 23
6:00 to 9:00pm Ages 16+
\$32
Forest Heights Community School
Instructor: John Peters
Pay/Register by: Wednesday, February 15

SKATING

Skating for Beginners (6 weeks)

This program is for children who have had already tried skating a little bit (have had skates on and have been able to stand) but would benefit from some help learning the next steps. Lessons are given in a group format and led by an NCCP National certified coach. Skaters progress at their own rate and the sessions utilize active teaching aids, music and a wide variety of activities that create a fun environment and promote learning. Bring skates, helmet (mandatory), mittens or gloves

Tuesdays Jan 24 to Feb 28
3:45 to 4:45pm Ages 5 to 8
\$100
Chester Rink (190 Pig Loop Road)
Instructor: Marci Ernst
Pay/Register by: Tuesday, January 17

Lunchtime Skates (4 weeks)

Free lunchtime skates every Thursday in February. Bring your blades and glide through lunch for some good exercise for the body and mind. Bring skates and rink clothing.

Thursdays February 2 to 23
12:30 to 1:30pm
Ages 3+ (16 and under must be accompanied by an adult)
Free
Chester Rink (190 Pig Loop Road)
Drop-in

WRESTLING

South Shore Wrestling Club (12 weeks)

The South Shore Wrestling Club is expanding to include club instruction at various locations across the South Shore; one of those locations is Forest Heights Community School. If you are interested in competing for your school, for the South Shore Wrestling Club, or are just interested in recreational wrestling, this is for you. Focus is on fitness, wrestling technique, and team spirit. Certified NCCP (National Coaching Certification Program) coaches run the program. Bring gym clothing and water.

Thursdays Jan 26 to Apr 13
7:00 to 9:00pm Ages 8 to 21
\$80 (includes T-Shirt and Insurance)
Forest Heights Community School
Instructor: Wade Nodding - FHCS Wrestling Coach, NCCP Certified
Pay/register by: Thursday, January 19



See our storm cancellation policy on Page 22

Storm Cancellation Policy

Programs MAY or MAY NOT be cancelled when there is a storm. To be sure, always check first before heading out to your program. If we have to cancel, we will change our voice mail message (902-275-3490) and will also be listed on the Municipal website (www.chester.ca) - look for the EVENT CANCELLATIONS button on the home page.

THE FOLLOWING RULES APPLY:

Morning Programs - If school is cancelled due to a storm, we will automatically cancel all morning programs whether they are held at a school or not.

Chester Area Middle School (CAMS) - If school is cancelled due to a storm, we will automatically cancel all programs at CAMS including both day and night programs.

Forest Heights Community School (FHCS) & Aspotogan Consolidated Elementary School (ACES) - Night programs at FHCS & ACES are not necessarily cancelled if school is cancelled. We wait until 3:00 pm to determine if programs are on or not for that evening. We base our decisions on current weather conditions and forecasts.

To find out if a program is cancelled, check our website at www.chester.ca or call us at 902-275-3490 after 3:00pm.

Weekend Programs - We will call all participants if the program is cancelled on a weekend; however, in case we can't reach you, we encourage you to call our voice mail at 902-275-3490.

7th Annual Cut N Run



Sunday June 4

Cajun Pasta Fresca

Ingredients:

- 1 pound vermicelli pasta
- 2 tablespoons olive oil
- 1 teaspoon minced garlic
- 13 roma (plum) tomatoes, chopped
- 1 tablespoon salt

- 1 tablespoon chopped fresh parsley
- 1 tablespoon Cajun seasoning
- 1/2 cup shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese

Instructions:

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

While the pasta water is boiling, in a large skillet over medium heat, briefly saute garlic in oil. Stir in tomatoes and their juice and sprinkle with salt. When tomatoes

are bubbly, mash slightly with a fork. Stir in parsley, reduce heat and simmer 5 minutes more.

Toss hot pasta with tomato sauce, Cajun seasoning, mozzarella and Parmesan.

Makes 6-8 servings

From: AllRecipes.com

Watch the how to video at www.allrecipes.com/video/3073/cajun-pasta-fresca/



Searching the guide:



- 1 Enter your keyword (if appropriate select from the auto-dropdown menu that appears).
 - 2 Select if you are searching by **Keywords** or **Organization**.
 - 3 Choose the **County** where you want to find what you're searching for.
 - 4 Click the **Search** button.
- Tip:** After you've searched, click on **map results** to get the locations of your search result.



The Canadian Tire Jumpstart Adapted Recreation Equipment Loan Program is a great resource for families of children and youth who have a physical disability or acquired brain injury. Families have the opportunity to borrow a variety of equipment to experience new leisure pursuits.

Contact the Recreation Department for information or to book any of these items.

3 TRIKES
various sizes for ages 2 1/2 to 8+



12 SLEDGES

Indoor and outdoor wheel-kit conversions for the sledges are now available!



2 HIPPOCAMPES
1 youth + 1 adult with ski kit and insert. Made to go in the water so it's perfect for the beach and at the lake. The front wheel can be replaced with a ski.

For road, trail, and snow

2 FATWHEEL SETS
1 for 20" + 1 for 24" bikes



1 Snow Coach
A snow sled with two independently operated brakes, footrests, padded seat, safety straps, and back and head support.

Program Coordinated by:





THE MUNICIPALITY OF
CHESTER

3 Easy Ways To Register for Programs

PROGRAM REGISTRATION OPENS
THURSDAY, January 5

1

In Person or by Phone:

Call 902-275-3490, or drop-in
Monday to Friday
8:30 am - 4:30 pm

Payment may be made by
cash, cheque, debit, and
credit card.

2

By Mail:

Send cheques payable to
"Municipality of Chester" to:

Recreation & Parks Dept
151 King Street, PO Box 369
Chester NS B0J 1J0

There's also a drop-off
box located near the side
entrance of the Municipal
Building.

3

Online:

Have a credit card ready, and
set up an account online.

Step 1: Visit www.Chester.ca,
under the **Explore** tab, click
"**Register for a Recreation
Program**".

Step 2: **Sign in** or **Create
an Account**.

Step 3: Once complete, you
can register for activities

What is This?



Tell us what Winter activity this GPS track represents
and win a tote bag from South Shore Connect.



Congratulations to Vanessa Demont
who counted a total of fifty three
dots on the die in the Fall edition of
Explore Life.

Send your answers to recreation@chester.ca or call
902-275-3490. Contest closes Friday, January 27th. One
winner will be chosen from all the correct submissions.
Watch for the answer in the Spring edition of **Explore Life**
arriving in your mailbox in early April.

Contact us anytime at:
902-275-3490
recreation@chester.ca