

EXPLORE LIFE

RECREATION SELECTIONS CLOSE TO HOME
Fall 2017



THE MUNICIPALITY OF
CHESTER



[www.Facebook.com/ChesterMunicipality](https://www.facebook.com/ChesterMunicipality)



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

The Municipality of Chester presents a

HALLOWEEN PARTY

at the Lightfoot Tower
63 Regent St, Chester



Friday, October 27
6:30 - 8:00 pm
(rain date Oct 28)

Wear your costume
and enjoy spooky
Halloween fun

Children must be accompanied by an adult.

For more information, call the Recreation & Parks Department at 902-275-3490.

Fall 2017

EXPLORE LIFE:
Recreation
Selections Close
to Home

Recreation Staff

Chad Haughn,
Director of Recreation and Parks

Cosette Howlett,
PRO Kids Coordinator

Debbie Harnish,
Administrative Assistant

Jody Conrad,
Community School Coordinator

Trishe Colman,
Municipality of Chester
Community Development
Coordinator

Gord Tate,
Active Living and Active
Transportation Coordinator



PROGRAM REGISTRATION OPENS
TUESDAY, Sept 12

Cover Shot: (from L to R) Happy, wet dogs Freedom, Mac, Ranger, and Dudley lounge on a dock at Mill Lake. Riley is just out of the photo.

**Municipality of Chester
Recreation & Parks Department**
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The 55+ Games are finally here! The results of more than a year of planning will come to fruition on September 13 – 16 when more than 750 people from all over Nova Scotia

come to Lunenburg County to enjoy some friendly competition. In addition to the fun and excitement of the games, participants will experience Lunenburg County hospitality at its finest with some great local entertainment and social gatherings.

Some people may not know that those who are

successful at the 2017 Nova Scotia 55+ Games are then eligible to participate in the Canada 55+ Games. The Nationals are held on alternate years and the 2018 Games are happening in Saint John, New Brunswick.

If you did not register for the games, there is one particular opportunity that you won't want to miss and which is open to the general public, the Health Fair. The Fair is happening on Thursday, September 14th at the Lunenburg County Lifestyle Centre. Thirty exhibitors will be setup in the main floor to showcase things you can do to be an Active Healthy Senior.

Special Note – I'd like to wish Trishe Colman all the best as she and her husband Pastor Dan move on to the next chapter of their lives in Amherst. Thank you Trishe for all your contributions to the community as part of the recreation staff.

PRO Kids Update

Spidles Independent Grocer in Chester has shown tremendous support to PRO Kids by holding several fundraisers at their store and donating lots of product to us for various fundraisers.

In June, Spidles set up a BBQ in their parking lot and for two weeks in July, they collected \$2 from patrons as they went through the check-out, all in support of PRO Kids. The final result is not in yet, but in 2016 they raised \$1266 through the check-out fundraiser. Thank you to all the staff at Spidles Independent Grocer for assisting with these events.

Then on August 5/6, the 2nd Annual Robert Myra Memorial Baseball Tournament / Musical Tribute was held at the Western Shore Legion in support of PRO Kids. This event was extremely well attended by not only those participating in the Baseball Tournament, but by the many spectators and patrons who attended the musical tribute to Bob inside the Legion. Money was raised from various sources, i.e. baseball registration fees, BBQ, donations, ticket auction sales, and 50/50 draws. BBQ sponsors and supporters included Spidles Independent Grocer in Chester who donated ALL the food, Scotiabank, Chester Branch, with their

matching funds program, Jerry Hynes (our top-notch chef), Recreation Staff, and Councillor Tina Connors. A total of approximately \$7200 was raised for PRO Kids at this entire event. WOW, thanks to all who made this happen. Special thanks to Robert's family and friends for organizing this special event and to those who showed their support in so many ways. Robert 'Bob' would be thrilled to know the community came out in such great numbers once again in his memory, and to support a cause that was dear to Bob's heart.

How many kids does PRO Kids help in a year? We assist approximately 250 kids per year which equates to approximately \$50,000 in registration fees and equipment costs. The majority of this funding is raised at community events, and through memorial donations,

grants, the Municipal budget, etc. One great feature of this program is that 100% of the money raised goes back to the community by helping to place our local kids in programs. No fundraising money is used for administration fees or salaries – those expenses are covered in the general Recreation Department budget.

We wish to thank all the individuals, businesses and organizations who continue to support PRO Kids. Your generosity is greatly appreciated by the families who require this assistance.

For more information on the PRO Kids Program, please feel free to contact Cosette Howlett, PRO Kids Coordinator, at 902-275-3490 or by email at prokids@chester.ca



“Fall into Wellness” Fair

Wednesday, September 27, 2017
3:00 to 6:00pm

Aspotogan Consolidated Elementary School (Mill Cove)
All are welcome to come and enjoy this event
FREE Admission

Demonstrations, massages, displays, information, and so much more!

A donation to the Fox Point Food Bank gratefully accepted

Presented by: Aspotogan Heritage Trust, Municipality of Chester, Pharmasave



Church. They are excited to meet new people and explore a new part of the Province, but we know that they will miss the many friends they leave behind, and will find a way to overcome being a little farther away from their grandchildren. Trishe, as a child of Bayswater, will miss the proximity to the ocean that their Chester home affords.

Their friends, neighbours, and colleagues will miss their friendship, humour, and the respectful and compassionate way they have served their community. Thank you Trishe, and best of luck to both of you.

Thanks Trishe (and Dan)

For the past eleven years, Trishe Colman has been a dedicated member of the recreation team in the Municipality of Chester. She has worked most closely with the communities of the Aspotogan Peninsula and New Ross, and has had a special place in her heart for the senior’s community. She has developed

programs across the municipality and most recently she has been tasked with developing the volunteer network in Our Health Centre.

In early November, she and her husband, Pastor Dan Green will move to Amherst where Dan will be taking on the leadership of the First Baptist Amherst




Follow the Recreation and Parks Department for the latest updates on programs, events, news on Twitter and Facebook.



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

Opens September 29 for the Season

Public Skate Times:

Wednesdays 2:15 to 3:30pm

Saturdays 6:30 to 7:45 pm

Adult Public Skates:

Mondays and Thursdays

10:00 to 11:00am

For ice rentals call Tom Graves at 902-275-7522. Seasonal ice slots still available.

Drop-in adult (19+) pick-up hockey Friday nights. Call Tom for details.





Dudes, Time to Close the Gender Gap

There is a gender gap when it comes to the amount of physical activity that women take part in compared to their male counterparts. Nationally¹, 9% fewer adult women (ages 20-34) take part in physical activity during leisure time. The Canadian Association for the Advancement of Women and Sport² reports that only 19% of Canadian women take part in sport (compared to 35% of men).

Additionally, we know that married men exercise more than married women. Kids, the great game changer, come along and decrease activity levels even further, but women are disproportionately affected by becoming parents. Fathers' activity levels are not really impacted by the arrival of the first child; however, their spouse's activity rates drop markedly. Women undoubtedly see an increase in light activity in the home after a child arrives. Don't get me wrong, having kids is hard work, but we're talking about physical activity in the clinical context

of moderate-vigorous physical activity here. The sweat inducing stuff for which there are demonstrable health gains.

Often when we chat with local women about what prevents them from being more physically active they say they just don't have the time. They cite that they are too busy juggling all of the demands they have, and so filling their leisure time with more activity just isn't practical. Everyone just needs a break. But given all the well-known benefits, both mental and physical, of an active lifestyle, wouldn't it be great if just a few more minutes could be found each day to help women, who need I say are usually the primary caregivers in any household, take care of themselves.

Here's a few ideas for the men in the household on how to support women and moms to be more active:

Make a plan together to be active. I recently heard of a couple in the Municipality who take turns playing the games they love. She plays soccer in the

summer. He plays hockey in the winter. And during each of their 'off-seasons' they are in charge of taking care of the kids while the other goes out to play.

Be active together. Find an activity that you both will enjoy and make space in your life to do it as a couple or as a family. Walking is the number one activity that people in the Municipality say they like to do. Find a place that offers an appropriate challenge for both of you and one that feels safe and pleasant.

Talk about the barriers. There are many valid reasons why women do not participate more, beyond the demands of parenting and a lack of time. Have a chat about what is really standing in the way, and work together to find options and solutions that will enable meaningful and enjoyable participation in recreation.

Get out of the way. Many women, not all of course, want to participate in sports in a supportive, non-competitive

environment. Allow women to participate on their own terms and don't impose your notion of what sports should be on her.

Take care of yourself. You are a big influence on your spouse's activity habits. If you participate in physical activity and sports, you are more likely to see this behavior mirrored by your spouse. Be both an inspiration and motivation for your partner to follow her own goals.

Create a supportive environment which encourages not only your spouse to be active, but for her to be a role model for your kids as they grow up following the lead set by the both of you.

If you are in a position of leadership in sports or recreation settings, create opportunities for women to take on leadership roles as well. Encourage them to become coaches and offer the training opportunities to help them gain the skills they need to be confident in the role.

Speak up and advocate for equal opportunities for women and girls, and encourage them to do the same on their own behalf.

Keep your eyes open for great recreation opportunities and be sure to share them when they come along. Psst, pass along this recreation guide.

Plan an active vacation. This does not mean saying "Hey Honey, why don't we go to Keji next week?"

It means you booking a backcountry campsite, planning which trail to hike, assembling the gear and making sure the pegs are still in the tent bag. Consult, but you do the work. Set you and your family up for success and it will foster more enjoyable times in the future.

Encourage your wife to try new activities, especially those in women supportive environments. Some women prefer women-only classes to reduce their apprehension or

the intimidation they may feel in what could be perceived as judgmental environments.

Small, daily things count. There's no need to push your wife to run her first marathon. Instead, encourage her to take a fifteen-minute walk while you fold the laundry.

Support women to take on leadership roles. Youth sport needs more female leaders, coaches, and referees. Do what you can to encourage your partner to take on one of those roles, and create the space and time for her to pursue them.

Help make connections to other women who are being physically active. Build a supportive social network by introducing your wife to other women you may know who are also looking for physical activity opportunities.

Emphasize fun and fitness, over weight loss and competition. Check the language you use to make sure you are truly emphasizing the most important motivators for being physically active.

Encourage your partner to take lessons, or to join a class, to gain the skills and confidence she needs to be able to carry on an activity for years.

Invest in the right gear (don't expect a right-handed golfer to use left handed clubs) and clothing to support year-round participation.

Call on any available supportive resources ("Hello, Granny and Grandad") to help out with the kids, and dedicate the time you carve out to being active together.

Ask. Ask her what she wants to do. Don't presume that because she played basketball in high school that she wants to join a league now after having three kids. We all change through our lives, and our interests, priorities, and values shift with us. Look at what matters now, and look for activities that fit her current set of values. If she values time to reflect, maybe meditation is a good fit. If she values comradery, maybe a walking group is a good fit. Talk about it and look for activities that will be meaningful, enjoyable, and do-able.

Us guys have many important roles to play in supporting the women and girls in our lives. Encouraging an active and healthy lifestyle is just one of them, but one that can have a huge impact. And yes, I should follow some of my own advice.

Note: Although written from a heterocentric point of view, the ideas in this article are intended to apply to any type of relationship where there is an imbalance in responsibilities and time demands.

1 StatsCan, 2016. Physical activity during leisure time, by age group and sex .

2 Canadian Association for the Advancement of Women and Sport. <http://www.caaws.ca/facts-and-stats/>

3 BMC Public Health. 2014; 14:1127. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4232667/>



FIRST AID

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 November 4
9:00am to 4:30pm Ages 15+
\$100

Forest Heights Community School
Instructor: Saint John Ambulance
Pay/Register by: Friday, October 27

St. John Ambulance CPR Level C

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 your certificate and reference book. Bring pen, paper, snacks, supper, knee pads or mat.

Saturday October 21
12:30 to 7:00pm Ages 10+
\$80

Forest Heights Community School
Instructor: Catherine DeLorey
Pay/Register by: Friday, October 6

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

SENIORS

Seniors' Christmas Party

Come out for an afternoon of Christmas Cheer. Sing Carols and Play Games. Bring your camera and take a picture with Mr. & Mrs. Claus. Light Refreshments provided. If you need a Ride call the Community Wheels Bus at 275-5585. Space is limited. Seating provided on a first come, first served basis.

Wednesday December 7
Free Ages 50+

1:00 to 4:00 pm
(doors open 12:30 pm)
Chester Legion (14 Union Street)

No registration required. Free, but donations to the Lighthouse Food Bank greatly appreciated.

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 Sept 28 to Dec 14
7:00 to 9:00pm Ages 8 to 21
\$85 (includes T-Shirt and Insurance)

Forest Heights Community School
Instructor: Dave Braunert
Pay/register by: Thursday, September 21

MISCELLANEOUS

Open Air Society (11 weeks)

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 Oct 3 to Dec 12
3:15 to 5:00pm Ages 14-21

Free
Forest Heights Community School
Instructor: Dave Brennan, Schools Plus & Jody Conrad, Chester Recreation & Parks
Drop-in



YOGA & MEDITATION

Chair Yoga (8 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 Sept 28 to Nov 16

11:30am to 12:30pm Ages 16+

\$52

Chester Basin Legion

Instructor: Nancy Timbrell-Muckle

Pay/register by: Thursday, September 21

Beginner Yoga (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, 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 Oct 22 to Nov 26

5:30 to 6:30pm Ages 20+

\$78

Art of Healing Yoga Studio (5470 Hwy 3, Chester Basin)

Instructor: Amy Grapel

Pay/register by: Monday, October 16

Movement to Fitness & Yoga (5 Weeks)

Do you want to increase your strength, flexibility and stamina? Gentle on-floor movement with music will warm you up and gently get your heart pumping. Yoga postures will rejuvenate, strengthen and relax you, resulting in a fun, feel-good state of mind. Gwen has been teaching fitness for 35 years plus and is currently taking the 200-hour Yoga teacher training. Wear comfortable clothing and bring water.

Session 1 (5 weeks)

Mondays and Sept 25 to Oct 27
Fridays

Pay/register by: Monday, September 18

Session 2 (5 weeks)

Mondays and Oct 30 to Dec 1
Fridays

Pay/register by: Monday, October 23

9:15 to 10:30am

\$106 per session

Ages 40+

Chester Baptist Church Hall (84 King Street)

Instructor: Gwen Hamm

Fusion Flow Yoga Saturdays

The first part of the class is a moderate-paced movement class to help you feel centered, focused, and restored. In the second part of the class, we create space and ease by holding floor postures for long periods to relax the muscles and target the deep connective tissues of the body. Fusion Flow is suitable for advanced beginners, intermediate and advanced students looking for a well-rounded class. Bring a yoga mat, towel, blanket and water.

Session 1 (5 weeks)

Saturdays Sept 30 to Oct 28

Pay/register by: Monday, Sept 25

Session 2 (5 weeks)

Saturdays Nov 4 to Dec 2

Pay/register by: Monday, October 30

9:00 to 10:15am

\$70 per session

Ages 16+

Hubbard's Sailing Club (215 Hwy 329)

Instructor: DeNel Rehberg Sedo

Nice & Easy Chair Yoga (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, sneakers and bring water.

Thursdays Oct 5 to Nov 23

11:00am to 12:00 noon
Ages 60+

\$90

Our Health Centre (3769 Hwy 3, Chester)

Instructor: Gwen Hamm

Pay/register by: Thursday, September 28

Meditation & Restorative Yoga (for anxiety and stress relief) (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 to 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.

Sundays Oct 22 to Nov 26
7:00 to 8:15 pm Ages 20+
\$78

Art of Healing Yoga Studio (5470 Hwy 3, Chester Basin)

Instructor: Amy Grapel

Pay/register by: Monday, October 16

Easy Flow Yoga

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. Bring sneakers, towel and water.

Thursdays Sept 28 to Dec 14
7:30 to 8:30 pm Ages 16+
\$120

Chester Area Middle School

Instructor: Amber Allan

Pay/register by: Thursday, September 21

Yoga for Men

This only-for-men class gives guys the opportunity to increase flexibility, stability, balance, sports performance, and overall body movement. Bring a yoga mat, bath towel and water.

Session 1 (5 weeks)

Tuesdays Oct 3 to 31

Pay/register by: Tuesday, Sept 26

Session 2 (5 weeks)

Tuesdays Nov 7 to Dec 5

Pay/register by: Tuesday, October 31

6:30 to 7:30 pm

\$65 per session

Ages 16+

St. Stephen's Parish Hall (54 Regent Street, Chester)

Instructor: DeNel Rehberg Sedo

Yoga Flow Wednesdays

This yoga flow class will help your body and mind grow stronger while increasing focus and flexibility. Suitable for all levels, but especially for advanced beginner and intermediate students. Bring a yoga mat, towel, blanket and water.

Session 1 (5 weeks)

Wednesdays Sept 27 to Oct 25

Pay/register by: Wednesday, Sept 20

Session 2 (5 weeks)

Wednesdays Nov 1 to 29

Pay/register by: Wednesday, Oct 25

6:30 to 7:45 pm

\$70 per session

Ages 16+

Hubbard's Sailing Club (215 Hwy 329)

Instructor: DeNel Rehberg Sedo

FITNESS

Filipino Martial Arts (8 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 Oct 11 to Dec 13
(Free trial class Oct 4;
No classes Oct 25 and
Nov 15)

6:30 to 8:00 pm Ages 10+

\$60

Forest Heights Community School

Instructor: Dave Duchene

Pay/register by: Friday, September 29

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

GEOCACHE YOUR HOME

Fishing Hole

GCXWXB

A roadside cache that is advertised as a good springtime fishing spot, and is the purported spot of a cougar siting.

1

Geocaching is more accessible than ever now given the number of people who have smartphones. “In the olden days” one would have to purchase a separate GPS unit. There are thousands of geocaches in the Municipality of Chester. We’ve tried here to select an interesting mix of geocache types and locations, just enough to peak your curiosity and inspire you to download the app, pack a picnic, and spend the day travelling the roads and trails that dot the South Shore. Visit www.geocaching.com and use the cache codes to see the full descriptions, and to find the caches.

Time for a Swim?

GCVT1X

The Lido Pool, Yacht Club, and Freda’s Beach are all nearby this cache.

3

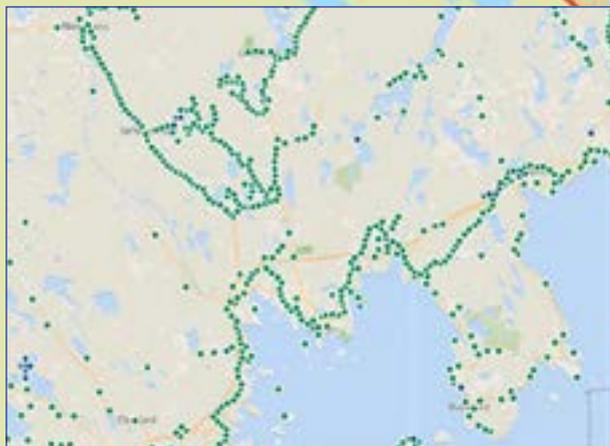
I’ve Fallen and Can’t Get Up

GC3HD9V

This is just one of the Filling in the Gap series of caches. Cudos to originator who has placed over two hundred caches along the rail-trails of the South Shore. You could cache for a month and still not find all of these ones.

2

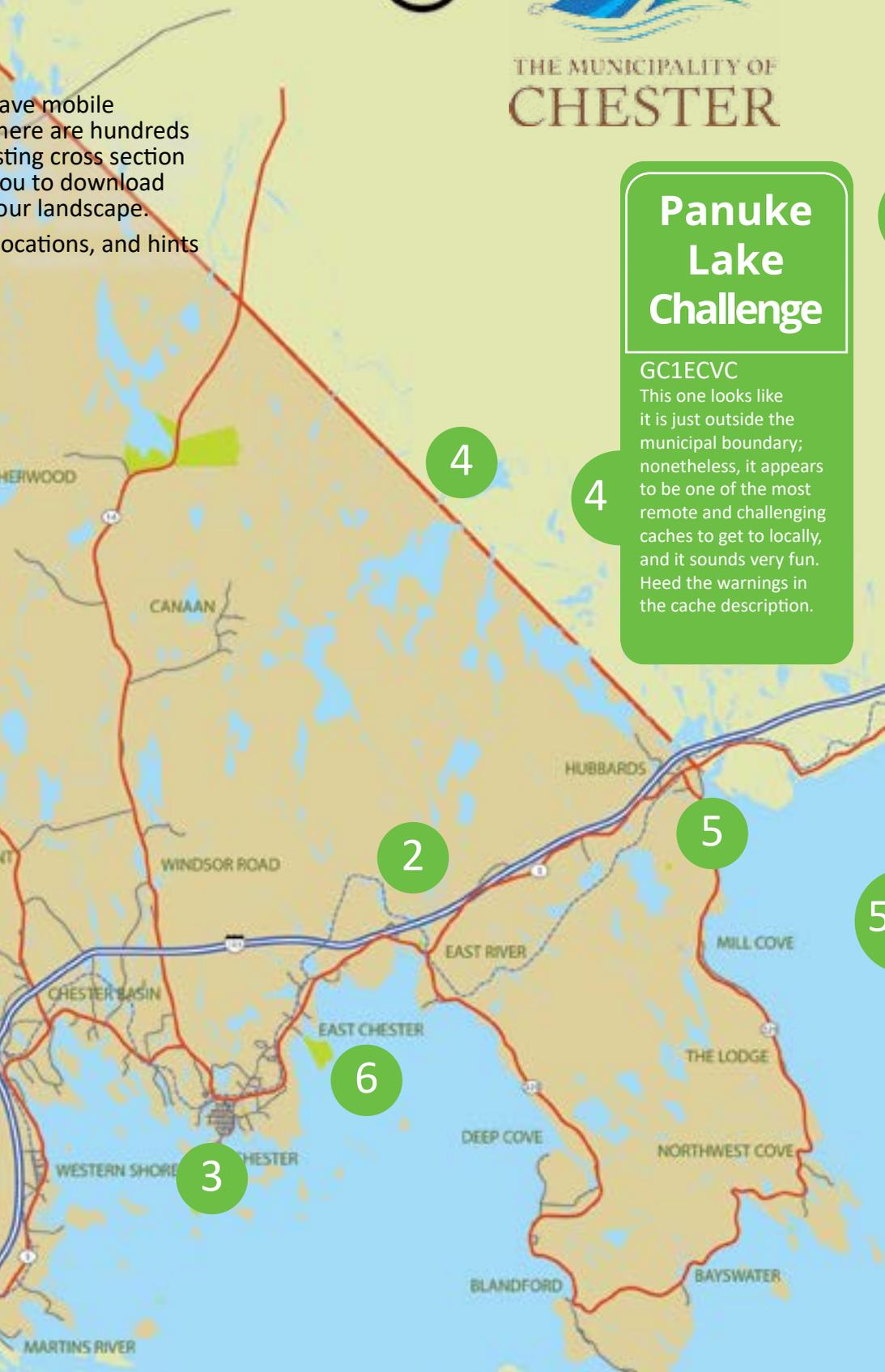
There’s Hundreds Out There





THE MUNICIPALITY OF
CHESTER

ave mobile
ere are hundreds
sting cross section
ou to download
our landscape.
ocations, and hints



Mahone Bay Islands

GC6064P

This is a very extensive Earthcache that has a series of tasks to complete and the description alone provides an interesting lesson on the geology of the islands of Mahone Bay. Do you know the difference between a drumlin and a sill?

6

Panuke Lake Challenge

GC1ECVC

This one looks like it is just outside the municipal boundary; nonetheless, it appears to be one of the most remote and challenging caches to get to locally, and it sounds very fun. Heed the warnings in the cache description.

4

4

Barncache

GC2RYRE

This is a super tricky cache that will likely elude the first few times looking for it. You may think you've found it, but you haven't. Congratulations to the dad and daughter who placed this one.

5

5

2

6

3

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.

Session 1

Sunday October 22

Pay/register by: Tuesday, October 17

Session 2

Sunday November 19

Pay/register by: Tuesday, Nov 14

Session 3

Sunday December 10

Pay/register by: Tuesday, December 5

Special Offer:

Sign up for all three Nia Sessions and pay only \$25

Pay/register by: Tuesday, October 17

1:30 to 2:30 pm

\$10 per session

Ages 16+

Chester Baptist Church (84 King Street)

Instructor: Kathleen Naylor

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

Drum Dance Fit (11 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 indoor sneakers, mat, towel and water.

Tuesdays Sept 26 to Dec 12
(No class Oct 31)

6:30 to 7:30 pm Ages 16+

\$110

Chester Area Middle School

Instructor: Amber Allan

Pay/register by: Tuesday, September 19

Cardio Combat (11 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 a high-energy workout! Amber is certified by Fitness Kickboxing Canada and uses that knowledge to provide a powerful, exhilarating workout! Bring sneakers, mat, water and a towel.

Tuesdays Sept 26 to Dec 12
(No class Oct 31)

7:30 to 8:30 pm Ages 16+

\$110

Chester Area Middle School

Instructor: Amber Allan

Pay/register by: Tuesday, September 19

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 sneakers, water & towel.

Thursdays Sept 28 to Dec 14

6:30 to 7:30 pm Ages 16+

\$120

Chester Area Middle School

Instructor: Amber Allan

Pay/register by: Thursday, September 21

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 Oct 17 to Nov 28
(No class Nov 7)

3:45 to 4:45 pm Ages 5-8

\$100

Chester Rink (180 Pig Loop Road)

Instructor: Marci Ernst

Pay/register by: Tuesday, October 10

Bootcamp Nice & Easy (8 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 Sept 28 to Nov 16

10:00 to 11:00 am Ages 16+

\$52

Chester Basin Legion

Instructor: Nancy Timbrell-Muckle

Pay/register by: Thursday, September 21

Drop-in Pickleball (12 Weeks)

Have you heard of Pickleball? Whether you are a seasoned player or an absolute newbie to the sport, come join this fun, informal group for a good Wednesday night workout. Pickleball is a racket sport played with paddles and a whiffle ball (similar to tennis or badminton) and is played indoors on a badminton court. All equipment provided.

Wednesdays Sept 20 to Dec 6

7:00 to 9:00 pm Ages 12+

\$3 drop-in fee

Aspotogan Consolidated Elementary School

Instructor: Kathy Mullane

Fitness in the Kitchen (10 weeks)

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.

Wednesdays Sept 27 to Nov 29

10:00 to 11:00 am Ages 50+

Free (Sponsored by Chester Pharmasave)

Our Health Centre (3769 Hwy 3, Chester)

Drop-in

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

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. Bring a stuffed animal or doll, pen, paper, lunch and snacks.

Saturday November 4

9:00 am to 4:00 pm Ages 11-14

\$58 (includes kit)

Forest Heights Community School

Instructor: Catherine DeLorey

Pay/register by: Friday, October 20

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 & November 8 & 9
Thursday

6:00 to 9:00 pm Ages 16+

\$32

Forest Heights Community School

Instructor: John Peters

Pay/register by: Thursday, November 2

Home Alone (Canadian Safety Council) with Basic First Aid

Thinking the children are mature enough to be left home? This fun course is for them. Ideally, children should be supervised at all times. But sometimes with busy schedules children may have to spend brief periods home alone. In this course, we will learn safety procedures for home and off the bus, ways to obtain emergency help, basic safety, when it is appropriate to call 911, and more. Price includes certificate and activity book. The course also includes Basic First Aid certification! Bring pen, paper, lunch and snacks.

Saturday October 14

9:00 am to 4:00 pm Ages 8-12

\$58

Forest Heights Community School

Instructor: Catherine DeLorey

Pay/register by: Friday, October 6

INDOOR WALKING

Walk to the Principal's Office: Indoor Walking (11 weeks)

Here's a chance to get your walking in while staying safe and dry this Fall. The hallways of the upper floor of Forest Heights Community School make a nice walking loop. Keep track of how many laps you complete and get a prize from the recreation department for your first 300 times around...And in this case, talking in the halls is allowed...but only for walkers.

Mondays & Oct 2 to Dec 13
Wednesdays

6:30 to 8:30 pm \$2 drop-in fee

All Ages (children must be accompanied by an adult)

Forest Height Community School Halls

How to Survive an Unexpected Night in the Woods

You don't have to be far from your home or car to find yourself in a situation that can put you at risk. Would you know what to do if you had to spend an unexpected night out with minimal (or no) equipment? This evening workshop will be split into two parts: the first will be inside covering some of the theory needed to understand how we lose heat, how we can minimize its loss...and then how to gain heat back. From this we will determine some things that you may want to have with you on your outings. During the second part, we will head out into the woods together in search for shelter and to explore the "what ifs". Not a winter camping class, if you spend time outside at all, this is a great course to take as an introduction to realistic and practical survival techniques. Also, a great course for Scout/Guide leaders or anyone responsible for a group outside. Bring a notebook, pen and dress for outside.

Tuesday December 5
6:30 to 9:30 pm Ages 14+
\$10

Forest Heights Community School and the Forest Trails

Instructor: Jody Conrad

Pay/register by: Tuesday, November 28

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

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.

Tuesdays Nov 14 to 28
6:00 to 9:00 pm Ages 15+
\$25

Forest Heights Community School

Instructor: Catherine DeLorey

Pay/register by: Tuesday, November 7

Solar Shelter Design

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 a pen and notepad.

Thursdays Oct 19 to Nov 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: Thursday, October 12

Financial Survivor (2 weeks)

The Financial Survivor Workshop is a fun and interactive workshop series that teaches you how to truly live and leave a legacy for generations to come. This class will lead you deeper into investing, basic estate planning, debt elimination strategies, safeguarding your legacy, and discovering the keys to generational wealth. Through humorous stories, class discussions and interactive small-group activities, you'll learn the framework for a proper financial house. This workshop is designed for anyone from novice to expert so that you can take control of your situation, leave a legacy and create an impact on the world around you. Bring pen & paper.

Mondays October 16 & 23
7:00 to 9:00 pm Ages 18+

Free, but registration is required

Forest Heights Community School

Instructor: Doug Kraus

Register by: Tuesday, October 10

Living Alone (5 Weeks)

This program will provide skills and information to assist the older adult who is faced with living on his or her own – either through divorce, separation or the death of a loved one. Topics covered include grief and bereavement, banking, budgeting, downsizing, legal issues, and many practical tips for living on your own. A partnership with Our Health Centre and Lunenburg County Safe Communities. Bring pen & paper.

Tuesdays Sept 19 to Oct 17
1:30 to 4:00 pm Ages 45+

Free, but registration is required

Our Health Centre (3769 Hwy 3, Chester)

Instructor: various instructors

Register by: Thursday, September 14

Spanish for Beginners (8 weeks)

This course will introduce the student to the Spanish language through communication ability development such as: oral and written expression, listening and reading comprehension. Communication will be reinforced with exercises and activities related to daily life situations. Bring pen & paper.

Thursdays October 12 to
 Nov 30

6:00 to 7:30 pm Ages 16+

\$135

Forest Heights Community School

Instructor: Clara Cisneros

Pay/Register by: Thursday, October 5

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 October 11 to
 Nov 29

6:00 to 7:30 pm Ages 16+

\$135

Forest Heights Community School

Instructor: Clara Cisneros

Pay/Register by: Wednesday, October 4

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

ONC

HEALTH & WELLNESS

ONC

211 Information Session

211 is a province wide, confidential, 24 hour / day service. To learn more and to see how everyone can benefit from the service, come out to this FREE information session. Everyone needs help sometimes. Bring pen and paper.

Thursday October 12

6:30-7:30pm Ages 16+

Free, but registration requested

Our Health Centre (3769 Hwy 3, Chester)

Instructor: Suzy Teubner, Communications Director, 211 Nova Scotia

Register by: Tuesday, October 10

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 and your dog.

Saturdays October 7 to 28

10:30 to 11:30am Ages 9-16

\$65

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

Instructor: Bonnie Conrad

Pay/Register by: Monday, October 2

ONC

This tag denotes programs that have been co-developed with Our Health Centre. We're thankful for the opportunity to bridge the recreation and health sectors.

Care for the Caregiver

This presentation for CAREGIVERS will identify signs of caregiver stress, discuss the common emotions associated with caregiving, and the importance of caring for oneself. It will also provide strategies to promote well-being and identify community resources. In partnership with Our Health Centre.

Monday October 2

6:30 to 8:00 pm Ages 16+

Free, but registration is required

Our Health Centre (3769 Hwy 3, Chester)

Instructor: Cheryl MacKay

Register by: Monday, September 25

ONC

Heads up for Healthy Brains

Most Nova Scotians think brain health is at least as important as physical health but aren't sure what it takes to keep their brains in good shape. New research confirms taking steps early may reduce your risk of developing Alzheimer's disease or other dementias. Take action for a healthier brain now by learning the warning signs of dementia and what you need to do to maintain or improve brain health.

Monday October 2

1:30 to 3:30 pm Ages 16+

Free, but registration is required

Our Health Centre (3769 Hwy 3, Chester)

Instructor: Cheryl MacKay

Register by: Monday, September 25

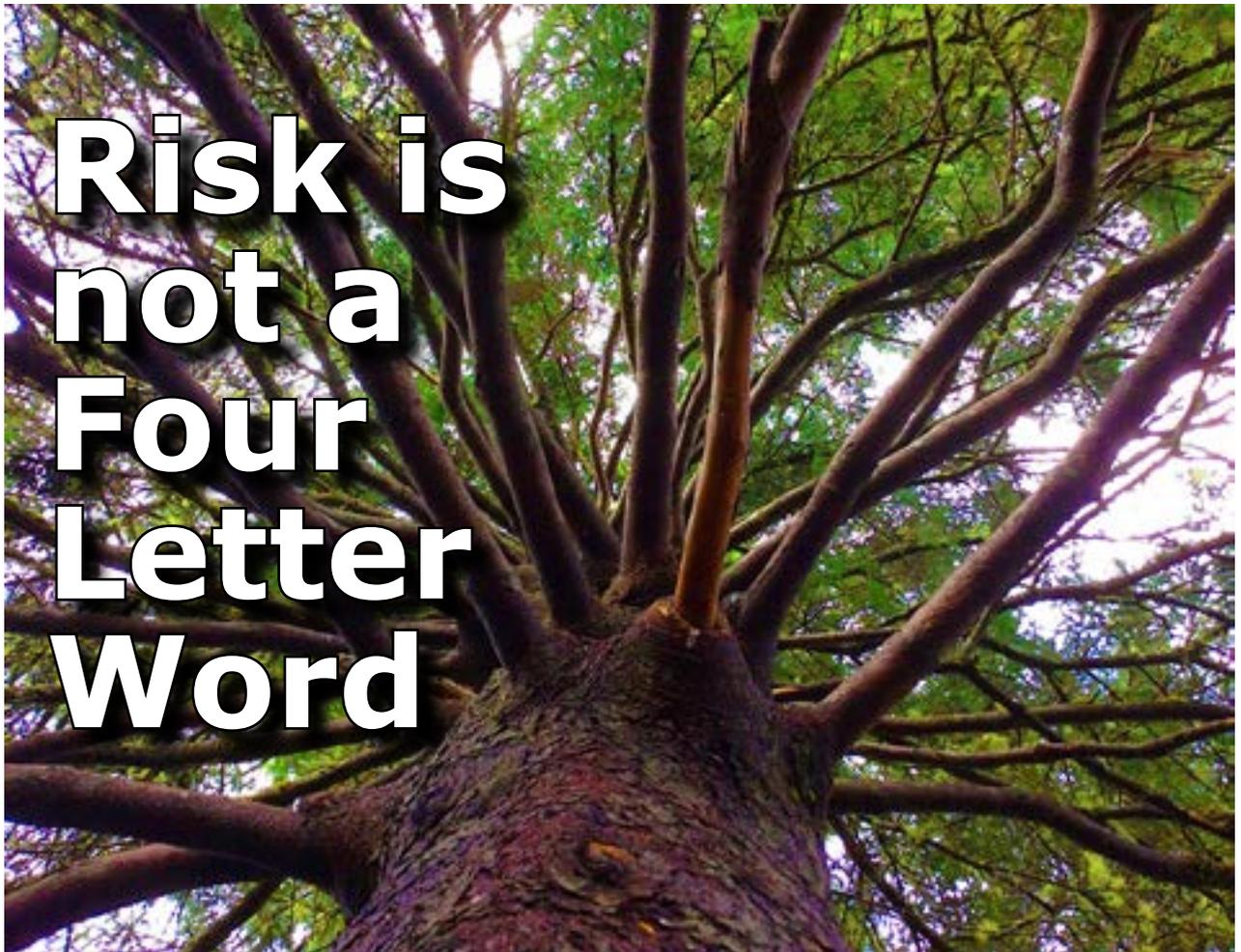
Health & Wellness continued on page 20

NS 55+ GAMES HEALTH FAIR

SEPTEMBER 14, 9 A.M. TO 4 P.M.
@ THE LCLC

Join us and 30 vendors as we explore the theme "Active Senior/Healthy Senior" Learn how to be more active, eat healthier, and embrace the 55+ Games motto of Fun, Friendship and Fitness!





Risk is not a Four Letter Word

I often remind myself of one day when I arrived late to the Hubbards Farmers' Market. My family had been there for a little while, and as I approached the Barn, a lady who knew me, but to this day I couldn't tell you who she was, approached me a little agitated and reported that my son was at the top of the big pine tree. I thanked her for the news, I think I laughed and expressed some pride, and let her know that he had been taught to climb trees and was really good at it. She seemed unimpressed with that skill, and my parenting approach.

I continued to the tree and sure enough, there he was, at the top, among the skinnier branches, looking down upon the vegetable stands and coffee drinkers. I'd be lying if I said I wasn't concerned. He was a little beyond what looked 'safe' to me. But he had gotten himself up there, and now was not the time to

express worry.

My son at the time was about ten. What was interesting to watch was the throng of other kids assembled around the base of the tree looking up at him. Many of them were too small to reach the first row branches. A few of them had just enough reach and confidence to ascend into the first few rows of thick bottom branches. But none of them could, or would choose to, approach the height of my son. He had achieved legendary status amongst the younger, smaller kids below him. Surely they would talk about this on the school yard for years to come.

I called up to him to ask him to come down and to remind him to keep three points of contact on the tree on the way. When he arrived on the ground he asked me why he had to come down, "I know how to climb trees." I

told him that I knew he knew, but I was more concerned about the other kids following his lead and getting in over their heads. Plus, he made one lady nervous.

I've debated that decision since. When I asked a colleague what he would have done he said "I would have left him in the tree. The kids at the base didn't follow him because they had already figured out their own limits and abilities and made their own decisions. Your son was a role model of what they might accomplish in a couple of years."

I like that story because I think it illustrates a number of important lessons about how play in nature is essential, and what our role as adults should be to foster active play in kids.

Risks are not the same as hazards. Hazards are sources of harm that are not obvious to a child. The potential for injury

Continued on page 22



Understanding & Improving Your Memory (6 Weeks)

Your memory helps you to shape your understanding of your present, and your application of your memories helps you to shape your future. How well your memory works has a direct impact on how much you get done in a day and the quality of your work and other results. Your memory is a window into the health of your brain, how you care for it, and how you use it. It also helps to define who you are – for yourself and for those around you such as family members, friends, colleagues and others. Why can we remember an advertising jingle but not remember where we put the keys? What’s happening to our memories while we’re sleeping? How do our emotions help or not help our memory? How can we sometimes get to the bottom of a page and not remember what we read? How can we more easily remember names, numbers, lists, conversations, frameworks, and much more? Learn what kinds of memory issues are “normal” for our aging brains, and what kinds of issues we should seek help with. Remember to bring all your brain-related questions ... take home tools to help you make better use of your brain’s natural capacity to remember.

Wednesdays Sept 27 to Nov 1
1:30 to 3:00 pm Ages 20+
\$50
Our Health Centre (3769 Hwy 3, Chester)
Instructor: Jim Muckle
Pay/register by: Wednesday, September 20

Oh, My Aching Back! (4 weeks)

An education to strengthen and increase mobility of the back with numerous exercises and stretches. Exercises and techniques taught are to be performed under supervision gently, progressively, and safely. All exercises are expected to be continued at home for a higher degree of success. Handouts will be given to all in attendance for proper guidance while continuing to exercise after the course. Wear sports pants (comfortable and stretchy) and sneakers.

Tuesdays & October 17 to 26
Thursdays
6:30 to 7:45 pm Ages 18+
\$25

Forest Heights Community School
Instructor: Don Ruston

Pay/register by: Tuesday, October 10

Brain Health and Longevity Planning (6 Weeks)

Our brains make choices every day, many of them the same as the day before. In this series of six brain-healthy, participative workshops, you’ll partner with other brains to learn which of your current choices support you in living longer and healthier, and which choices you might want to make differently. Learn about your biological age, sleeping better, healthy eating, regular exercise, brain-healthy sport choices for your children and grandkids, effective learning, managing stress, growing new brain cells, managing your physical, mental, and emotional environment, building your capacity, increasing your productivity, improving your memory, long-term brain health, and much more. The same factors that affect our long-term health drive our capacity, the quality of our decision making, and our productivity. Take home an easy-to follow action plan. Bring pen & paper.

Thursdays Oct 12 to Nov 16
7:00 to 8:30 pm Ages 20+
\$50

Our Health Centre (3769 Hwy 3, Chester)
Instructor: Jim Muckle

Pay/Register by: Thursday, October 5

Steps to Connect

Steps to Connect is a locally developed, evidence based leisure education program designed for adults who have an ongoing health challenge who are interested in, but not currently accessing, recreation opportunities. Steps to Connect invites discovery of personal recreation triggers, and the program helps people recognize their ‘best self’ in recreation. You are your best self when you are able to be yourself and do things in ways that reflect your values, interests, talents, and strengths. Steps to Connect wants participants to connect with themselves, their communities, and the people around them to be their best self. Through a series of activities, participants build their self-awareness to the point of electing one recreation activity for the group to take part in together. They collaboratively assess the feasibility and appropriateness of the activity, then work through a series of questions to come up with a plan for actually doing it the next time they get together. The goal is to create a safe and supportive environment for people to satisfy a curiosity or to take on a small challenge. Joyful and meaningful experiences can offer immediate feedback on the value of recreation.

Teresa Keddy will be hosting a session this fall in New Ross. Dates to be determined. For more information, contact Teresa at terry.steps2connect@outlook.com



HIKING

November East River Exploration

Ah November; a month of transition – not a favourite month for most outdoor activities... grey, cold, skeletal forests. Not a month often appreciated like “golden” October, “soft” May or “crisp” January. What are we missing do you suppose? Join us, as we appreciate November, on a meander and forest exploration along the footpath running up the west side of East River. The land here is a mix of woods, wetland, hummocks and streams and should provide lots of animal sign, flora, and interesting photo opportunities if you’d like to bring along a camera. This is a trail walk, but at a wilderness standard...so be prepared for uneven footing through wooded areas as we work our way through. Bring a snack, sturdy footwear, extra layers, camera and water. Park at the Connector Trail parking lot at 7846 Hwy 329 (just on the left once you turn onto #329 towards Blandford).

Saturday November 18
9:00 to 11:00 am Ages 5+
Free (but registration is required)
East River (see description above)
Hike leaders: Jody Conrad & Gord Tate
Register by: Tuesday, November 14

Fall Colours Walk in New Ross

Join us for a stroll through the trails of the Lion's Park and Ross Farm as we explore our surroundings and learn a few tidbits as we go. We will be botanists, birders, wildlife biologists, and most importantly nature lovers, as we wind our way through the area. We will move at a comfortable pace, stopping occasionally to view up close and afar. Dress for the weather and wear comfortable footwear for walking on trails.

Thursday October 5
(Raindate: Friday, October 6)
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 School)
Hike leader: Jody Conrad
Register by: Thursday, September 28



Card Lake Colours – The Wonder of Woodpeckers

Join in for a gentle, interpretive hike under the hemlocks along the shores of beautiful Card Lake. Learn interesting tidbits of information along the way including fun facts about our different species of Woodpecker. Card Lake Provincial Park is on the Windsor Road (Hwy 14), approximately 15 minutes inland from highway 103 at exit 8. Bring water, extra layers, good footwear and a snack.

Saturday October 14
9:30 to 11:30 am
Free, but registration is required
All ages (Children under 16 years must be accompanied by an adult)
Card Lake Provincial Park (3895 Hwy 14)
Hike leader: Jody Conrad
Register by: Wednesday, October 11



Hike NS Fall Guided Hike Series 2017

Hike Nova Scotia and 28 host organizations across the province have partnered up to offer the 2017 Fall Guided Hike Series from September to November. There are 50 hikes led by local folks. Hikes are free and pre-registration is required unless otherwise indicated in the schedule.

Trailgate Canada 150 Volunteer Trail Maintenance Days

Hike NS and six community trail groups will offer Trailgate Canada 150 events across the province this fall. These volunteer trail maintenance days give hikers a chance to

help out their local community trail group. All equipment and guidance on trail maintenance is provided and volunteers will enjoy a “trailgate” party with barbeque and cake to celebrate Canada’s 150th.

Registration for Hike NS Fall/Winter Courses Open

Registration is now open for Hike NS’s fall and winter courses across Nova Scotia. They range from how to share nature with children to Urban Poling to how to be a hike leader to navigation.

The details for all these hikes, events, and courses can be found at www.hikenovascotia.ca.

is hidden from the child and therefore they are unable to evaluate the best way to proceed. Risky play is thrilling and may involve injury; but risks allow kids to evaluate a challenge and assess their own abilities before making a decision on how to proceed in play.

Kids get hurt sometimes, and the adults in their lives should do everything possible to remove hazards and avoid and limit the severity of injuries. But risky play has benefits and kids should be given the chance to evaluate and manipulate their play spaces to be able to realize the benefits (see sidebar).

Childhood educators and researchers have been studying the benefits of risky play for decades. As our collective sense of ‘something lost’ has increased in recent years, risky play has received more and more academic attention.

For the rest of us, our sense of nostalgia for those long summer days spent in the woods can be summarized in one word: freedom. The freedom to climb a tree as high as we wanted, to get as dirty as possible, to turn over rocks looking for flying ants, and add an extra board to the wall of the fort. Freedom to manipulate our spaces, to make our own good decisions, and to push ourselves just to the edge of our abilities is an essential element of childhood development. This is practice for life. Without these ingredients, we lose the ability to assess our environments, assess bigger risks and hazards in adulthood, think critically and solve little problems before they become big problems.

If you want to learn how to foster healthy risky play in kids, watch them. I’ve gone for walks in the woods with my kids and their friends and have noticed a dynamic I call ‘tethering’ (there’s probably an academic word for it). Try it out. Walk down a trail and watch as the kids run away from you off in to the woods. They’ll only run so far before they boomerang back to make sure you’re still close by. They’ll run off again, maybe a

little farther this time, before springing back. In this simple walk, they are at the same time playing, exploring, and having fun; and determining their own limits and confidence levels.

Here are some strategies for encouraging active outdoor play in nature.

- Watch, but don’t supervise. Kids are less active if you keep too tight a reign on how they interact with the space they are in. Nudge them to discover the space (what’s under that log?) then step back.
- Breathe. Minor injuries do happen, but major injuries are extremely uncommon.
- If you feel the need to guide their actions, use encouraging words specific to the task. If they’re walking across a log try “use your balance” rather than “be careful.”
- Bring a friend. Outdoor play in unstructured environments is ideal for socialization and developing inter-personal skills like cooperation and empathy.
- Embrace the weather. As the old saying goes “there’s no such thing as bad weather, just inappropriate clothing.” This doesn’t mean you need the most expensive gear

(they’re going to grow out of it anyway) just appropriate gear that can keep them warm and dry and is made to get dirty.

- Everywhere is a play space. Playgrounds serve their purpose and can be fun, but they typically lack the manipulative elements that nature offers. The patch of woods in the backyard, the little beach down the road, the old log pile on the edge of the field are all free spaces that offer unlimited play and discovery opportunities.
- Talk to your school and see if there are any opportunities to include outdoor play into the school day. Many schools are looking for ways to include nature based play, and welcome assistance and cooperation with folks who have the interest, and perhaps skills, to foster it.
- Recognize that kids are competent and capable, and take the time to assess their aptitude and interests. Parents are best positioned to do this.

Just a few of the developmental benefits of outdoor active play:

- Improved physical literacy and motor skills
- Increased independence
- Reduced stress and improved mental health
- Decrease in sedentary behavior
- Increase in social and creative behaviors
- Reduced fear through gradual exposure to new challenges
- Better risk perception and management skills which help to learn how to navigate risk and avoid injury
- An appreciation for the natural world and the interdependences of living things
- Self-worth and efficacy
- Increased resiliency, autonomy, and problem solving abilities
- Better overall physical health and avoidance of disease (i.e. diabetes, heart disease, etc.)



Szechuan Green Beans and Beef with Rice

Ingredients:

1-1/2 cups long-grain rice (or make cauliflower 'rice' for a more local meal)

8 oz ground beef

1 lb green beans, cut in 1 inch lengths

6 to 8 garlic cloves, minced

1 tsp hot chili paste, or ½ tsp crushed red pepper flakes

4 green onions (including tops), diagonally sliced

Sauce:

3 Tbsp soy sauce

2 Tbsp honey

2 Tbsp cider vinegar

4 tsp cornstarch (optional, but it thickens the sauce)

Instructions:

1. In saucepan, bring 3 cups water to boil. Stir in rice; cover, reduce heat and simmer for 20 minutes or until liquid is absorbed.

2. Sauce: Meanwhile, in small bowl, stir together soy sauce, sugar, vinegar, cornstarch, and ½ cup water. Set aside.
3. In nonstick skillet, cook beef over medium-high heat, breaking up with spoon for 5 minutes or until browned. Remove beef to side dish; leave fat to cook beans and garlic.
4. Add beans and garlic to skillet; stir fry for 1 minute. Stir in chili paste then ¾ cup water; cover and cook, stirring occasionally for 2 to 3 minutes or until beans are tender-crisp. Stir in beef. Stir soy sauce mixture and stir into beef mixture; bring to boil. Stir in green onions; cook for 1 minute. Serve over rice.

From: Anne Lindsay's New Light Cooking



Adapted Recreation Equipment Loan Program

Much of the equipment from our **Adapted Recreation Equipment Loan Program** is still available but is now housed with many of our municipal partners and the IWK. For more information, please contact the Recreation Department at 902-275-3490.





3 Easy Ways To Register for Programs

PROGRAM REGISTRATION OPENS
TUESDAY, Sept 12

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

Where is This?



Let us know where in the Municipality this building can be found. One winner will be chosen at random from the correct answers received. Winners will receive their choice of a South Shore Connect tote bag or a new daypack.

PARTICIPACTION
150
PLAY LIST

We didn't have any entries in the Canada 150 Playlist contest, but you can still take the time to explore the list and add to checkmarks to your physical activity bucket list.



Send your answers to recreation@chester.ca. Contest closes Friday, October 13th. Winners will be chosen randomly from all the correct submissions. Watch for the answer in the Winter edition of **Explore Life**.

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