

EXPLORE LIFE

RECREATION SELECTIONS CLOSE TO HOME
Summer 2018



- Summer Fun Returns
- How To Start an Active Gang
- Picnic in the Park


THE MUNICIPALITY OF
CHESTER



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



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

Picnic in the Park

This is a
non-smoking
event.

Live music 6 to 8pm at Lordly Park, Chester
every sunny Tuesday* from July 3 to August 28

- July 3 **Cut, Split & Delivered** ... Chester Building Supplies
July 10 **Klunkers** ... Chester area Pharmasaves
July 17 **Darren Arsenault Trio** ... Eric Harding, Tradewinds Realty
July 24 **FOG (Four Old Guys)** ... Fo'c'sle Village Pub
July 31 **Kevin's GypsyMinstrels** ... GN Thermoforming Equipment
August 7 **Short Notice** ... Hawboldt Industries
August 14 **Thorns** ... B.W. Armstrong Insurance
August 21 **Amanda Riley** ... Dolly Hancock & Mecklenburgh Inn
August 28 **Parsons Brothers** ... All Outdoors Landscaping

Meals for Musicians provided by **The Stretch Diner**

produced by
MODC Recreation & Parks Dept. with Community Volunteers
Lordly Park donated by Chester Municipal Heritage Society
Like us on Facebook - Picnic in the Park Chester

* if it's raining Tuesday, there's music on Wednesday;
if it's raining Wednesday, we try again Thursday.
check www.chester.ca for Event Cancellation

Free admission...
Donations for the
band gratefully
accepted



Chester 275-3737
ELECTRICAL, PLUMBING
& HEATING
Commercial - Residential



**ACCESS
STORAGE**



Summer 2018

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

Nadine Hackney,
Municipality of Chester
Community Development
Coordinator

Gord Tate,
Active Living Coordinator

Kevin Waters,
Summer Manager

Jordan Hebb,
Special Events Coordinator

PROGRAM REGISTRATION OPENS
TUESDAY, June 12

Cover Shot: Everyone loves Teddy Bear's Picnic. Summer Staff are joined by picnickers from last year - Austin and Harry O'Day; and Zoe, Eve, Ben, and Jax Hamm.

**Municipality of Chester
Recreation & Parks Department**
151 King Street
PO Box 369
Chester NS B0J 1J0

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www.chester.ca



Getting ready to hit road and trail at the annual Father's Day Ride (page 15)

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This is the time of year when we turn the pages of *Explore Life* over to our summer staff. We are always fortunate to attract a talented group of young people who bring their passion and creativity to their positions. Our cover page tells the story. Our staff are able to connect with the kids to create exciting and fun events, and long lasting memories.

Have a look at the variety of programs and special events they've lined up and consider having you kids join them this summer.

Thanks to all the folks who joined us on May 5 for our first ever Open Hike Day to Castle Rock. We had about 130 people make the trek up on what was likely the most windy day of the spring. It kept the early season bugs away, but you really had to lean into it in spots. New trail markings are on their way so the three current routes will be even easier to follow in the near future.

Special thanks to all those who attended our Mayfest event on May 5. We were successful in raising \$1432 for PRO Kids.

And congratulations to all the runners and walker in last week's Cut N Run. The 8th installment of this event attracted 300 participants. We're already planning for the next one so mark your calendars for Sunday, June 2, 2019.

We always enter Summer with a great sense of anticipation for the fun stuff we have planned around here, and for some of our own personal adventures we'll be having. Here's hoping you and your family have lots of time outdoors this summer.

We did it...and it's beautiful!!!

In total, 575 tiles were painted at public workshops on May 9th and 10th at St. Stephen's Parish Hall and Forest Heights Community School by community "artists" of all ages and abilities. In addition, residents at Bonny Lea Farm, Acadia First Nation students, grade 8 students at Chester Area Middle School, grade 7/8 students at New Ross Consolidated and grades 9-12 students at Forest Heights also contributed their art!

The resulting tiles were all put together to form our community mosaic...one of many mosaics created across the country that, when combined, may be the largest community art project in the world!

Each tile is as unique as the individual that painted it, but when combined, those 575 tiles create an image that represents the Municipality of Chester as a whole...a wonderful visual metaphor for our community. The mosaic will be based at Forest Heights Community School but will be mobile, so watch for it at an event coming up near you. It has also been professionally photographed and will be profiled in a book published by Mosaic Canada Murals (canada150mosaic.com). Who knew we'd all be published artists?!

Thanks to all who contributed.

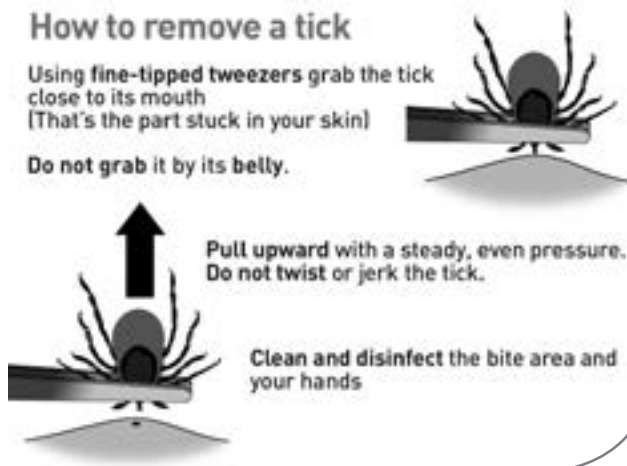


NOVA SCOTIA HIKE SUMMIT COMING to WESTERN SHORE in 2019

It's too early to release details, but we're pleased to be able to announce that next May, we, along with our recreation colleagues along the Shore and on the strength of a bid from Events Lunenburg County, will be hosting the Annual Nova Scotia Hiking Summit. This is an event that has grown exponentially in recent years. This past year's event in Ingonish attracted over 250 delegates. We're excited to host the province and be able to show off the great hike destinations in Lunenburg County. Stay tuned for more details in coming editions.

Tick Talk Two

A friendly seasonal reminder to not let ticks ruin your fun outdoors this summer - just know how to deal with them. Andrew Hebda, curator of zoology at the Nova Scotia Museum of Natural History, and a tick expert, has a great new video that introduces you to the world of ticks. Check it out at <https://youtu.be/5QclZzSiwOQ>



NEW RUM RUNNERS MAPS

New maps of the entire length of the Rum Runners Trail are now available. Our friends at Bicycle Nova Scotia, in partnership with us and our friends in the adjacent trail organizations, have compiled all the details you need to know about how to plan a day adventure, or an overnight trip. They also produced a pretty slick new travelog video of the complete trail experience. You can see it at <https://youtu.be/35UoS3x6eOg>. Maps are available in our office and soon online at <http://bicycle.ns.ca/route-maps/>

PRO Kids Events

Friday, June 22 – Join our Recreation Staff as they team up with Spidles Independent (#eattogetherday) to hold a COLD BREAKFAST (fruit, yogurt, oatmeal, etc.) at the Independent Store in Chester from 8 to 10 am, and then come back later in the day from 11 am to 2 pm to take part in a BBQ with all proceeds going to PRO Kids. Samples and give-aways will be part of this fun day.

Saturday, August 4 & Sunday, August 5 – Join our Recreation Staff once again as we host a BBQ at the 3rd Annual Robert Myra Memorial Ball Tournament at the Western Shore Legion. Come cheer on the ball players, enjoy a bite to eat, listen to live music and take part in the Chinese Auction and other fundraising opportunities. Proceeds from the 2-day event, go to PRO Kids.



Seniors Old-Fashioned Picnic

For many years Seniors Picnic has been a fun and entertaining way to spend a summer morning/afternoon. You are in luck because it is back for yet another summer at the Hubbards Barn. Seniors Picnic provides an afternoon with live music, bingo and lawn games while also providing a lunch. This year lunch will be looking a little different, instead of the usual barbeque, sandwiches and sweets will be provided for everyone to enjoy. Come on out and enjoy yet another seniors picnic and let's make this the best one yet! Read more on page 15.



Just Keep Swimming

...on down to the Chester Municipal Recreation Department for a jam-packed summer of fun! My name is Kevin Waters, and my name is Jordan Hebb, and we are this year's Summer Manager and Special Events Coordinator. Kevin and I (Jordan) both are furthering our education in the recreation field at Dalhousie and Acadia Universities, we are both excited to use some of the skills and knowledge we learned in school to provide great programs and events this summer! This summer we will be providing a ton of programs, some old and some brand new, never before seen programs! For the little ones there will be programs such as Gym Fun for the Little Ones and Afternoon Heroes Day. For the older kid's programs such as Outdoor Week and Amazing Race are both new and great choices! Awesome day trips such as Tancook Island, Ross Farm, Get Air, and Discovery Centre are all great ways to spend your days.

Of course, we would never forget the special events for you and your family to come out and enjoy. It starts out with a great wilderness camping trip to Kaizer Meadow,

followed by a classic Teddy Bears Picnic; bring your bears and your family! Kick off your August with an awesome day at Bayswater Beach for our Summer Sizzler, can't forget our annual sleepover at Forest Heights Community School this year it will be "Camps got Talent" theme! Then you can finish your summer off with your family and friends at Lordly Park to watch *Finding Nemo* at our annual Outdoor Movie Night.

Come join our fully trained summer staff (First Aid, WHMIS and High Five) and make lots of memories this summer that you will never forget! Even if you are unable to attend our events, we hope you all have an awesome summer filled with good weather and fun adventure.

Oh, and by the way - this summer we've made the decision to change our age categories for our summer programs. This summer the age categories will consist of 3-7 and 8-12. This change was made to even out the age gap in each category

If you would like to keep track and see what we are up to throughout the summer, follow us on Instagram @chestermuni or like our page on facebook.

FINDING SUMMER

Introducing Our
2018 Recreation
Summer Staff

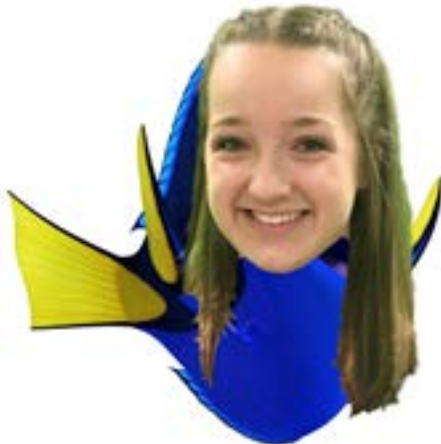


Kevin "Jordan's Friend" Waters

You can catch Kevin this summer with an iced coffee in his hand to keep him energized to fulfill his dream of being the summer manager at the Recreation Department. When Kevin does decide to take a break from his work duties, he enjoys going to the gym or having a relaxing night watching The Little Mermaid.

Marty "Fayzer" Fay

Marty is super excited to start and he believes that every program will be a victory royale this summer! Marty believes that Ironman is hands down the greatest super hero, so we challenge all super hero lovers to prove him wrong.



Taelor "Nope, I'm Boring" Bent

Taelor is bringing her musical talents back to the Recreation Department! Taelor is a great singer, guitarist and rec leader. We have a feeling she will be very excited for this summer's movie night as we are showing her favourite movie: Finding Nemo!



Jordan "The Fun Supervisor" Hebb

Jordan loves working at the Recreation Department! His favourite holiday is Natal day because then he gets to spend the whole day with all of you at Summer Sizzler. Anywhere he goes Jordan also makes sure to pack his ham and cheese sandwich and a bottle of water to stay hydrated.

Madison "Maddie May" Green

Maddie is new on the scene this summer! She loves to play soccer in the warm weather, but she'll also need an orange slushy with her to stay refreshed. Maddie is excited to get summer rolling and she can't wait to do all sorts of arts and crafts with you!



ARTS & CRAFTS

Claymation Vacation **ONC**

Come out to Clay World where your imagination can run wild! With the help of our Summer Rec Staff you will be able to create a story of your choosing and design your own Claymation video. There are no boundaries to your imagination so come out with the most zany and wacky themes that we can all experience and enjoy. Lunch will be provided.

Monday July 16
9:00am to 12:00noon Ages 8-12

Free

Our Health Centre, 3769 Hwy 3, Chester

Instructors: Summer Staff

Register by: Monday, July 9

Create, Create **ONC**

Let's get creative! Come enjoy a full morning of creative fun as the Summer Rec Staff guide you through some of the most fun crafts. You will be able to draw, colour, and paint 'til your hearts content. Today is your day so come with some amazing ideas to share. We will have plenty of time for unstructured play so that your creativity can really shine! A snack will be provided.

Friday August 10
9:00am to 12:00noon Ages 8-12

Free

Our Health Centre, 3769 Hwy 3, Chester

Instructors: Summer Staff

Register by: Friday, August 3

DAY CAMPS

Kitchen Camp

Who's ready to cook up a delicious day of food! Come join the Summer Rec Staff as we learn to cook delicious treats. Everything you make today you will be able to enjoy and you will even be provided with your own cookbook to continue making tasty treats at home! You will get the chance to cook up a delicious breakfast and lunch, and a ton of snacks will be made throughout the day! Bon appétit. Bring a refillable water bottle. Food will be provided all day.

Thursday August 9
9:30am to 3:30pm Ages 8-12
\$10 (\$7 for each additional child)

Forest Heights Community School

Instructors: Summer Staff

Pay/register by: Thursday, August 2

Science Explorers **ONC**

Come out and join the Summer Rec Staff as we explore everything science related. Come equipped with all your best science related questions so we can explore each one throughout the day. We will be guiding you through some gooey experiments, crafts and some exciting science games. This program will be very hands on, so come prepared to jump right into the fun and get messy. A snack will be provided.

Thursday August 2
9:00am to 12:00noon Ages 8-12

Free

Our Health Centre, 3769 Hwy 3, Chester

Instructors: Summer Staff

Register by: Thursday, July 26

Water Fun in the Sun

It's that time of year again! Time to head down to our local Freda's beach and have a fun day of water-filled games and activities. Our Summer Rec Staff will offer relay races, sand castles and water balloons to have a jam-packed day of fun! Free time to enjoy your favourite beach activities will be provided! Bring lots of sunscreen, a packed lunch (nut free), a towel, and clothes that can get wet are advised.

Tuesday July 24 (Raindate: Wednesday, July 25)
11:00am to 2:00pm Ages 8-12

Free

Freda's Beach, Chester

Instructors: Summer Staff

Register by: Tuesday, July 17

DAY TRIPS

Discovery Day

Welcome to the new and improved Discovery Centre in Halifax that now offers new and extraordinary science exploration. Join the Summer Rec Staff as they explore the Discovery Centre's exhibits. You will get a full 3-hour tour of all 4 floors of the Centre. You will also be treated to a showing at the Dome Theatre! Bring some extra money because a stop for a treat may just be in order.

Wednesday August 8
9:30am to 3:00pm Ages 8-12

\$50

Drop-off 9:30 am and pick-up 3:00 pm at the Municipal Building, 151 King Street

Instructors: Summer Staff

Pay/register by: Wednesday, August 1

Get Air Adventure

Come join our Summer Rec Staff for a day full of adventure. First stop Get Air Trampoline Park in Dartmouth to do some running, jumping and all your best tricks! Get Air is guaranteed to be the most fun you'll have all summer! Check out some of the crazy fun to be had at www.getairnovascotia.com. For all attendants, **parents must fill out an online waiver prior to sending the child to the program. If waiver is not completed, the child will NOT be able to jump.** A safety video will be on display upon our arrival. The second visit will be at the historic Citadel Hill! We will be taking part in an interactive tour to learn and explore. The tour will involve hunting down a traitorous guard while exploring all the exciting locations inside the hill. Wear appropriate clothing, bring water, a picnic lunch (nut free) and spending money (optional). Child must be more than 46" (117 cm) in height.

Wednesday July 18
\$75 Ages 8-12 (must be 46")

9:00 am – meet at the Municipal Building, 151 King Street

4:15 pm – pick up at the Municipal Building

Citadel Hill, Halifax and Windmill Road, Dartmouth

Instructors: Summer Staff

Pay/register: Wednesday, July 11

Age Group Change

This summer we've made the decision to change our age categories for our summer programs. This summer the age categories will consist of 3-7 and 8-12. This change was made to even out the age gap in each category.

Tancook Island Adventure

Come on down to the Tancook Island Ferry to join our Summer Rec Staff on our annual adventure around Big Tancook. We will be spending the day exploring the island and we will be travelling around by foot to get to the best views and experiences! The day will include fun at the local beach, hiking the island and last, but not least visiting local shops to find some sweet treats and surprises! Wear appropriate footwear, sunscreen, bring water, a picnic lunch (nut free) and money (optional).

Friday July 6 (Raindate: Monday, July 9)

Ages 8-12

\$10 (\$7 per each additional child)

9:45 am – drop off at the Government Wharf in Chester

5:20 pm – pick up at Government Wharf in Chester

Instructors: Summer Staff

Pay/register by: Friday, June 29

Outdoor Week

Come join the summer staff for a week long outdoor adventure at Graves Island Provincial Park. Hikes, learning new survival skills, various outdoor games and even a mountain biking session will be jam packed into this awesome week of outdoor fun. The program will be running for one full week every day from 9:00 am to 3:00 pm. Please make sure to wear sunscreen, pack your own lunches and bring bug spray.

Monday to Friday July 30 to Aug 3

9:00 am to 3:00 pm Ages 8-12

\$20 (for entire week)

Graves Island Provincial Park

Instructors: Summer Staff

Pay/register by: Monday, July 23

Ross Farm Trip

Come meet us at Ross Farm where New Ross' illustrious history with an interactive tour of the Ross Farm grounds. Lots of history will be seen at every turn as we venture through their workshops, classrooms and barns. All their farm animals love to see visitors and you'll even get to take part in a wagon ride as it takes us through the farm! Don't forget to bring a packed lunch (nut free). Dress for the weather and bring sunscreen.

Monday July 23

Ages 8-12

\$10 (\$7 per each additional child)

10:30 am Meet at Ross Farm

1:30 pm Pick-up at Ross Farm

Instructors: Summer Staff

Pay/register by: Monday, July 16

MISCELLANEOUS

Game Show Day

Let's Make A Deal, which entails you coming out to Forest Heights Community School and we give you an amazing program. Let's find out if you Are Smarter Than A 5th Grader and then you can have a Family Feud when you return home with your new game show winning skills. The Price couldn't be more Right for this program, so we can't wait to play along with all of you. A snack will be provided.

Tuesday July 10

11:00 am to 1:00 pm Ages 8-12

Free

Forest Heights Community School

Instructors: Summer Staff

Register by: Wednesday, July 4

LITTLE ONES

Afternoon Heroes

Strap on your capes because the Summer Rec Staff need all the local heroes to report to Forest Heights Community School immediately! We need your help to keep Chester safe and take down the super villains! Marvel and DC have combined to bring you the best games and activities. Come enjoy a fun afternoon of being just like your favourite super heroes! A snack will be provided. Must be potty trained.

Wednesday August 15
1:00 to 3:00 pm Ages 3-7

Free

Forest Heights Community School

Instructors: Summer Staff

Register by: Wednesday, August 8

Animal Mania

The Summer Rec Staff would like to invite you to come join us at the Forest Heights Community Zoo! From farm animals to jungle life and the high skies to the depths of the ocean dwellers; the zoo has it all. This program will be more fun than a barrel full of monkeys! We will have many animal related crafts and games. A snack for a hungry herbivore will be provided. Must be potty trained.

Thursday July 19
11:00 am to 1:00 pm Ages 3-7

Free

Forest Heights Community School

Instructors: Summer Staff

Register by: Thursday, July 12

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

Crafty & Creative

Are you ready to get the creative juices going?! The Summer Rec Staff are super excited to see all the imagination you can offer. If you love to draw, colour and be creative this is the program for you. We will offer a vast amount of arts and crafts in the hope of finding an activity for everyone to enjoy. A snack will be provided. Must be potty trained.

Tuesday July 17
9:00 to 11:00 am Ages 3-7

Free

Forest Heights Community School

Instructors: Summer Staff

Register by: Tuesday, July 10

Disney Day

Come out to Our Health Centre (or should I say Disneyland) where our Summer Rec Staff are aspiring to reach all your dreams. "If you can dream it, you can do it" – Walt Disney. You will have so much fun alongside your favourite characters like Mickey, Donald, Ariel and so many more! You will be able to create your very own crowns for the day and maybe Tinkerbell will stop by for a special craft. Make sure you wear comfy clothes and shoes. Must be potty trained. Lunch and snacks will be provided.

Thursday August 16
9:30 am to 3:30 pm Ages 3-7

Free

Our Health Centre, 3769 Hwy 3, Chester

Instructors: Summer Staff

Register by: Thursday, August 9

Edible Engineers

ONC

Have your parents ever told you to not play with your food? Well, for today playing with your food is the only requirement. The Summer Staff will be teaching how to cook a full day of delicious meals to enjoy and you will be able to make amazing creations with your food! This program is the best way to make nutrition fun again! Wear clothes that can get dirty. Food is provided all day. Must be potty trained.

Wednesday July 25
9:30 am to 3:30 pm Ages 3-7

Free

Our Health Centre, 3769 Hwy 3, Chester

Instructors: Summer Staff

Register by: Wednesday, July 18

Enchanted Afternoon

We call all Princes and Princesses to join the Summer Rec Staff for a magical afternoon. Dress in your pretty princess dresses and your charming prince attire and play some games worthy of royalty. You will even get to make your own crowns! A snack will be included. Must be potty trained.

Monday July 30
1:00 to 3:00 pm Ages 3-7

Free

Forest Heights Community School

Instructors: Summer Staff

Register by: Monday, July 23

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

Garden & Grow

We'd love for you to lettuce know if you would join us for some gardening fun. Join our Summer Rec Staff at FHCS to learn how to start your very own garden. Fun gardening games and activities will be offered with the goal of learning to grow your own plants at home! Since plants take time to grow so we will be having two sessions: Day 1 (at the beginning of the summer) to plant the seeds and Day 2 (nearing the end of Summer) to see how they've grown and maybe even try your own home-grown vegetables! Make sure you wear old clothes. A snack will be provided. Must be potty trained.

Day 1

Thursday July 5

Day 2

Tuesday August 21

9:00 to 11:00am Ages 3-7

\$7 (\$5 for each additional child)

Forest Heights Community School

Instructors: Summer Staff

Pay/register by: Friday, June 29

Gym Fun for the Little One

Join the Summer Rec Staff as we play some of your favourite gym time games. You will get to play some classics like tag, stormy seas and an all-time favourite: the parachute. We will also head outside to play on the field and enjoy the beautiful day! Many other new and exciting games will also be played. Bring proper shoes and a reusable water bottle. A snack will be provided. Must be potty trained.

Friday August 10

1:00 to 3:00pm Ages 3-7

Free

Forest Heights Community School

Instructors: Summer Staff

Register by: Friday, August 3

Miniature Magicians

Hocus Pocus! The Summer Rec Staff would love for you to join us for some magical fun. We will be playing games, preparing crafts and enjoying a snack; all with their own magical touch! Our Summer Rec Staff have been preparing to dazzle you with their most magical tricks. Prepare to be amazed. A snack will be provided. Must be potty trained.

Monday July 9

1:00 to 3:00pm Ages 3-7

Free

Forest Heights Community School

Instructors: Summer Staff

Register by: Tuesday, July 3

Music Makers

Come experience music with our very own Taelor Bent. You will get the opportunity to become musicians all morning! With lots of fun games, activities and crafts; you will be hopping along to the rhythm of the beat all day. You will even get the opportunity to make your own musical instrument to take home! A snack will be provided. Must be potty trained.

Friday July 27

9:00 to 11:00am Ages 3-7

Free

Forest Heights Community School

Instructors: Summer Staff

Register by: Friday, July 20

Recycle Rampage

Here at the Chester Municipal Recreation and Parks Department we feel it is our duty to better our community. Which means that we would love for you to come and learn all the ways you can keep the Earth clean. Fun and exciting games and crafts will be offered using all recycled materials! An organic snack is also included! Must be potty trained.

Tuesday July 31

1:00 to 3:00pm Ages 3-7

Free

Forest Heights Community School

Instructors: Summer Staff

Register by: Tuesday, July 24

Playground Day

Missing Recess this summer? Come join the Summer Rec Staff as they head over to Lordly Park to play on our local playground! There will be swinging, climbing, playing and an overall enjoyable afternoon for everyone to enjoy. Maybe you'll even learn a new game to show all your friends! Free time to play will be included. Bring your own water and snacks. Must be potty trained.

Friday July 6

1:00 to 3:00pm Ages 3-7

Free

Lordly Park in Chester

Instructors: Summer Staff

Register by: Friday, June 29

Space Expedition

Beam me up Scotty! It's time to go on a space adventure you'll never forget. Our Summer Rec Staff will take you on a journey through the Milky Way Galaxy! You will be able to learn about all things space related while you enjoy fun games and activities. A snack will be provided. Must be potty trained.

Monday July 16

1:00 to 3:00pm Ages 3-7

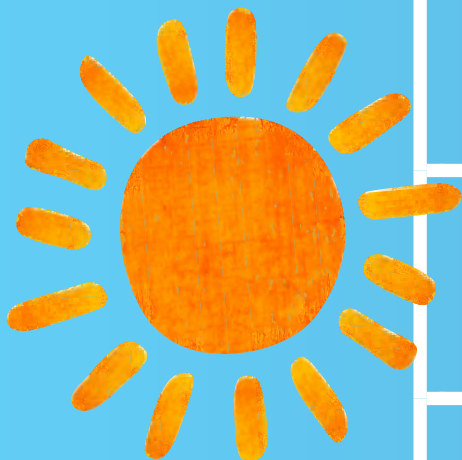
Free

Forest Heights Community School

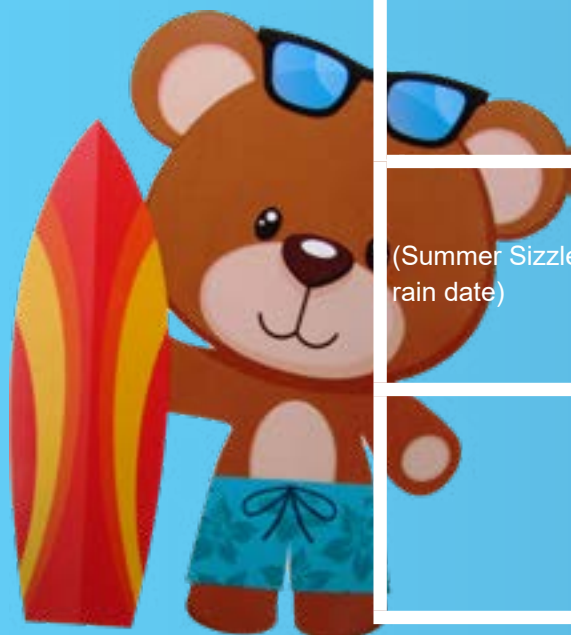
Instructors: Summer Staff

Register by: Monday, July 9

July



Aug



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2	3 Picnic in the Park: 6:00 - 8:00pm	
8	9 Mini Magicians: 1:00 - 3:00pm (Tancook rain date)	10 Ball Hockey: 6:00 - 7:00pm Game Show Day: 11:00am - 1:00pm Picnic in the Park 6:00 - 8:00pm	Kaizer Mea Campout - 5:00pm - 9:
15	16 Claymation Vacation: 9:00am -12:00pm Space Expedition: 1:00pm - 3:00pm	17 Ball Hockey: 6:00-7:00pm Crafty & Creative 9:00am - 11:00am Sports Day: 1:00pm - 3:00pm Picnic in the Park 6:00-8:00pm	Get Air Trips 9:00am - 4:
22 (Teddy Bears Picnic rain date)	23 New Ross Farm: 10:30am -1:30pm	24 Ball Hockey: 6:00 - 7:00pm Water Fun in the Sun: 11:00am - 2:00pm Picnic in the Park 6:00 - 8:00pm	Edible Engi 9:30am - 3: (Water Fun
29 Humans vs Zombies @ Hubbards 6:00-8:00pm	30 Enchanted Afternoon 1:00 - 3:00pm <i>Outdoor Week Begins</i>	31 Ball Hockey: 6:00 - 7:00pm Recycle Rampage: 1:00pm - 3:00pm Picnic in the Park 6:00 - 8:00pm	Seniors' Pic 11:00am - 2:
5	6 Summer Sizzler: 1:00 - 4:00pm	7 Ball Hockey: 6:00 - 7:00pm Summer Olympics: 1:00pm - 3:00pm Picnic in the Park 6:00 - 8:00pm	Discover Ce 9:30am - 3:
12 (Summer Sizzler rain date)	13 Camp's Got Talent Sleepover 5:00pm - 9:00am	14 Ball Hockey: 6:00 - 7:00pm Picnic in the Park 6:00 - 8:00pm	Amazing Ra 9:00am -12: Afternoon H 1:00pm - 3:0
19	20 Movie Night: Starts @ 8:00pm	21 Ball Hockey: 6:00-7:00pm Garden & Grow: 9:00am - 11:00am Picnic in the Park 6:00-8:00pm (last date Aug 28)	Bubble Soco Golf: 11:00am - 1:

WEDNESDAY THURSDAY FRIDAY SATURDAY



Summer Programs At-A-Glance

4	5 Garden & Grow: 9:00am - 11:00am	6 Tancook Trip: 9:45 - 5:20pm Playground Day: 1:00pm - 3:00pm	7
11 dow 00am	12 (Campout rain date)	13	14 Touch a Truck: 10:00am - 3 :00pm
18 15pm	19 Animal Mania: 11:00am - 1:00pm	20 Action Extravaganza: 9:30am - 3:30pm	21 Teddy Bears Picnic: 11:00am - 2:00pm
25 neers: 30pm (rain date)	26	27 Music Makers: 9:00am -11:00 am SK8 Park Day: 12:00pm - 2:00pm	28
1 nic: :00pm	2 Science Explorers: 9:00am - 12:00pm	3	4
8 entre: 00pm	9 Kitchen Camp 9:30am - 3:30pm	10 Create, Create: 9:00am - 12:00am Gym Fun for Little Ones: 1:00pm - 3:00pm	11
15 ce: :00pm eroes: 0pm	16 Disney Day: 9:30am - 3:30pm	17 Mystery Madness: 1:00pm - 4:00pm	18 Humans vs Zombies @ New Ross 6:00 - 8:00pm
22 er & Disc 00pm	23 (Outdoor Movie Night rain date)	24	



PHYSICAL ACTIVITIES

Action Extravaganza

Who's ready for the most action-packed day of the entire summer? The Summer Rec Staff plan to have you running, jumping and playing at the highest level for the most amount of fun possible. The day will start with our annual obstacle course to get the blood really pumping! After an exciting lunch, the Rec Staff will bring you to the great outdoors where you will go on a hike to find and make your very own microparks! Don't miss this summer classic! Bring a reusable water bottle and wear sunscreen. Lunch and snacks will be provided.

Friday July 20
9:30am to 3:30pm Ages 8-12
\$10 (\$7 for each additional child)
Forest Heights Community School
Instructors: Summer Staff
Pay/register by: Friday, July 13

Amazing Race

The world is waiting for you! Join the Summer Rec Staff as we explore and participate in different Amazing Race activities. You will be able to perform different games, activities and challenges to race your way to the top. Stop at pit stops, receive clues and race through this Chester leg of the race. Are you ready to be team number 1? Bring a reusable water bottle and wear sunscreen. A snack will be provided.

Wednesday August 15
9:00am to 12:00noon Ages 8-12
Free
Forest Heights Community School
Instructors: Summer Staff
Register by: Wednesday, August 8

Humans Vs Zombies

Humans Versus Zombies is an advance game of tag for all ages. All players start as humans, and one is randomly selected to be the "original zombie". The original zombie tags the humans, thus turning them into zombies. It gets crazier and crazier as more players turn. New missions will be added in to allow for the highest level of excitement! Bring a bandana and a foam dart blaster and/or socks. We will supply the rest. Kids and adults all play together.

Session 1

Sunday July 29
6:00 to 8:00 pm
Hubbards Barn, #57 Hwy 3

Session 2

Saturday August 18
6:00 to 8:00 pm
New Ross Consolidated School

Free

All Ages (under 12 must be accompanied by an adult)

Instructor: Summer Staff

No Pre-Registration

Summer Olympics

You and your friends can climb to the top of the podium in this exciting day of action! Join the Summer Rec Staff for the 2018 Annual Chester Summer Olympic Games. Enjoy some of your favourite summer sports as you race towards the gold! Get ready to run, jump and throw your way to the top! Make sure you wear your sneakers, sunscreen and bring a refillable water bottle. A snack will be provided.

Tuesday August 7
1:00 to 3:00pm Ages 8-12
Free
Forest Heights Community School
Instructors: Summer Staff
Register by: Tuesday, July 31

Bubble Soccer & Disc Golf

Come on out to play some action-packed games with our Summer Rec Staff. In the first hour, you will strap into the cushioned bubbles for some bubble soccer fun! In the second hour, we will head outside to play a few holes of disc golf on the new course at FHCS. Lots of fun will be had in two new exciting games! Wear appropriate clothes and footwear. A snack will be provided.

Wednesday August 22
11:00am to 1:00pm Ages 8-12
Free
Forest Heights Community School
Instructors: Summer Staff
Register by: Wednesday, August 15

Chester Summer Ball Hockey League

This year we will be running a ball hockey league out of the Chester Rink. Players will sign up individually and be placed on teams. The two age categories are 8-12 and 13-16. Participants must wear helmets with a cage, bring their own stick, and wear gloves. Waivers can be picked up at the Municipality office, or email: specialevents@chester.ca to have one sent to you. Payment can be made, and waivers can be dropped off at the Municipal office no later than Tuesday, July 3.

Tuesdays July 10 to Aug 21
6:00 to 7:00pm Ages 8-12 & 13-16
\$15 for the Summer
Church Memorial Park Rink
Instructor: Jordan Hebb
Pay/Register by: Tuesday, July 3

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

Mystery Madness

We need your help! There is a mystery at the Forest Heights Community School and we need everyone's help, to solve it. Clues and mysteries will be around every corner for this full afternoon of excitement. Games, activities and crafts will all help you solve the mystery. A snack will be provided.

Friday August 17

1:00 to 4:00pm Ages 8-12

\$7 (\$5 for each additional child)

Forest Heights Community School

Instructors: Summer Staff

Register by: Friday, August 10

Non-Traditional Sports Day

Tired of the gym time classics? The Summer Rec Staff are attempting to bring you all the new and exciting activities the world has been enjoying. Leave hockey, basketball and soccer behind and come enjoy the new classics, including the newly popular: pickleball. Come learn and play, so that you can teach all your friends! Wear appropriate clothes and shoes for both indoor and outdoor activities. Water bottles are suggested. A snack will be provided.

Tuesday July 17

1:00 to 3:00pm Ages 8-12

Free

Forest Heights Community School

Instructors: Summer Staff

Register by: Tuesday, July 10

SK8 Park Day

The Summer staff will be at the Chester SK8 Park playing music and giving away prizes. Doesn't matter if you scooter, skateboard or bike - everyone has a chance to win prizes. You must be wearing a helmet to win a prize! We hope to see everybody out for a fun day at the SK8 Park.

Friday July 27

12:00 to 2:00pm All Ages

Free

Chester SK8 Park

No pre-registration

Annual Father's Day Ride

A lovely annual event to celebrate fun times with family. Enjoy a casual bike ride (i.e. it's not a race) on the Aspotogan. There are several riding options, and using the traffic-free Rum Runner's Trail to East River is encouraged. Ride at your own pace, to Meisner's Beach and back, or around the paved loop if you like. All registrants are entered in a draw to win a TREK Bicycle at the beginning of the ride before we leave the Barn. Helmets are mandatory. Bring water and dress for the weather.

Sunday June 17

10:00am start

All Ages (children under 14 must be accompanied by an adult)

\$10 pre-registration (\$15 at start)

Start at Hubbards Barn, #57 Hwy 3

Hosted by RECAP

Pay/pre-register by: Friday, June 15

Zumba in the Park

It's time to Party in the Park! Join us at Lordly Park in Chester for a FREE hour-long Zumba fitness session with instructor Amie Haughn. Bring a friend (& some water!) and get ready to have a great time shakin' it to hit songs from around the world with this cardio-dance workout disguised as a dance party. Wear comfortable clothing, appropriate footwear and bring water.

Thursday August 9
(rain date Aug 16)

6:30 to 7:30pm Ages 12+

FREE

Lordly Park, Chester

Instructor: Amie Haughn

Register by: Thursday, August 2

NIGHT STUFF

Camps Got Talent Sleepover

Have a talent that you would love to show off? Come join the summer staff at Forest Heights for a talent show sleepover! There will be a talent show for everyone to participate in, plenty of games and activities, and watching the movie Camp Rock. Food will be provided by the summer staff, homemade pizza for supper, popcorn for the movie, and pancakes for breakfast. Remember to bring a sleeping bag and pillow!

Monday & August 13 & 14
Tuesday

5:00pm to 9:00am Ages 8-12

\$20 (\$15 for each additional child)

Forest Heights Community School

Instructors: Summer Staff

Pay/register by: Tuesday, August 7

Campout

Who wants to go on an in-tents camping trip? Come join the summer staff for a night spent in the wilderness at the Kaizer Meadow Wind Turbine Campsite. We will be playing outdoor based games, going on a nature hike and enjoying a nice campfire. Food will be provided by the staff, please make sure to bring proper outdoor equipment (sneakers, jacket or sweater, change of clothes, sleeping bag, pillow, flashlight, sunscreen and a water bottle).

Wednesday & July 11 & 12
Thursday (Raindate:
Thursday, July 12
to Friday, July 13)

5:00pm to 9:00am Ages 8-12

\$15 (\$10 for each additional child)

Kaizer Meadow Wind Turbine Campground

Instructors: Summer Staff

Pay/register by: Wednesday, July 4

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

VARIETY PACK

Creative Writing for Beginners

In this six-week course we will use fun language games, writing prompts and imaginary scenarios to inspire ourselves to write. There will be no limitations put on the genre or form of what we write. We are asked simply to bring an open heart and mind, a pen and paper or laptop, and a willingness to share our work and to be sensitive and constructive when responding to the work of others. If time permits, we may also discuss literary markets and publishing opportunities. Beverley Shaw's fiction and poetry have appeared in various North American literary magazines, as well as the Biblioasis anthology Best Canadian Stories 2017. She is an experienced teacher who has taught music, language and literature to both children and adults.

Wednesdays July 4 to Aug 8
7:00 to 8:30 pm Ages 16+
\$80

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

Instructor: Beverley Shaw

Pay/register by: Friday, June 29

Age Group Change

This summer we've made the decision to change our age categories for our summer programs. This summer the age categories will consist of 3-7 and 8-12. This change was made to even out the age gap in each category.

Intro to Bee Keeping

This half-day course is designed to give you a better understanding of beekeeping and help you decide if it is the hobby for you. We will provide all the exciting information on bees and how we look after them which will help you make an informed decision. We will look at bees and how they live, types of bee hives, equipment, and how to inspect a hive and harvest honey.

Sunday August 12
9:30 am to 2:30 pm Ages 16+
\$45

Beyond the Veil Facility,
114 Pig Loop Road, Chester

Instructor: David Adams

Pay/Register by: Tuesday, August 7

Seniors' Old-Fashioned Picnic

Come out and enjoy a fun day at the Hubbards Barn. Listen to live music from "The Barn Owls" while you enjoy sandwiches and sweets for lunch. Summer themed BINGO is sure to be fun, with lots of prizes to be won! Then, join us on the lawn for a game of washer toss and get your face painted! Door prizes available! Rain or shine. This special event is hosted in partnership with the Aspotogan Heritage Trust.

Wednesday August 1
11:00 am to 2:00 pm
(Doors open 10:30 am)

Free, donations to PRO Kids accepted at the door

Hubbards Barn, #57 Hwy 3

No pre-registration required

Strawberry Jam Making

In recent years, there's been increasing interest in home food preservation. Fresh, local produced ingredients produce the best canning result. Strawberry jam is quick and easy to preserve, and strawberry season is just around the corner. If you don't already have the supplies and experience, home canning can be a daunting task. This canning basics class focuses on strawberry jam and covers techniques for making cooked and freezer jam, the various types of pectin products and their proper use, recipes for reduced sugar and no sugar added. We'll cover the science behind safe processing, kitchen equipment essentials for canning at home, step-by-step instructions and trouble-shooting. Sign up for this free (beginner/basics) canning class to learn something new, gain confidence in your existing canning abilities and try some hands-on strawberry jam making in a group setting. If all goes well, you'll head home with a jar of strawberry jam! This workshop is being offered in partnership with the New Ross Family Resource Centre, Food Project and is funded by the Department of Communities, Culture and Heritage.

Monday June 25
6:00 to 8:00 pm Ages 16+

Free

New Ross Consolidated School

Instructor: Christina Caldwell

Register by: Thursday, June 21

Superheroes United

Superheroes United is a program for families of children with special needs. The group will focus on offering fun, unique opportunities for children (Superheroes!) to play while parents and caregivers can relax and chat about experiences, challenges and opportunities in a supportive environment. Each week we will have special activities and/or guests join us to introduce adaptive equipment and resources as well as support our goal of creating a supportive network for families. Examples may include adaptive equipment loan programs, sensory experiences, therapy animals, yoga, physiotherapy, big screen movie night, imagination playground blocks and more! Accessibility note: Through the Years Day Care and Community Centre is a one level building with automatic doors, ramps from parking lot and level walkways to outdoor play spaces. Washroom is equipped with a hydraulic toileting lift system, and community room is equipped with a lift to assist transitions between play spaces. When you register, please provide us with any information you think might help us create a welcoming, comfortable environment for your family.

Thursdays July 12 to Aug 30
6:00 to 8:00 pm

Free

All ages and whole families welcome, please bring anyone who is part of your child's support system

Through the Years Day Care & Community Centre (20 Private Richard Green Lane, Hubbards)

Instructors: Paulette Benight, Nadine Hackney, Rhonda Buffett

Register by: Friday, July 6

Therapeutic Touch Level 1 Training



Therapeutic Touch (TT) is a healing modality steeped in scientific research. It is an energy exchange in which the practitioner, in a centered state and with intention, uses the hands to assess, clear, and balance the client's energy field in accordance with the method developed by Dora Kunz and Delores Krieger. The benefits of TT include the promotion of relaxation, relieving anxiety, pain, swelling and nausea reduction, facilitation of wound healing, improves hemoglobin levels, and improves and supports the nervous system. Students of this workshop will receive a TT Level 1 certificate and will be able to practice on themselves, friends and family. This is the gateway to other TT training.

Saturday August 4

9:00 am to 5:00 pm Ages 16+

\$110

Our Health Centre, 3769 Hwy 3, Chester

Instructor: Barbara Stone

Pay/register by: Monday, July 30

SPECIAL EVENTS

Teddy Bears Picnic

Are you ready for an unbearable amount of fun? Bring your family and your teddy bears for a fun filled day of activities with the summer staff! There will be everything from piñatas to our classic cupcake walk! BBQ hotdogs will be sold for a \$1 but you can bring your own lunch if you prefer. Everyone is welcome to come for an afternoon of fun!

Saturday July 21 (Raindate: Sunday, July 22)

11:00 am to 2:00 pm \$2 per child

All ages (children must be accompanied by an adult)

Lordly Park, Chester

Instructors: Summer Staff

No pre-registration required

Summer Sizzler

If you are not SHORE what to do with your Natal day weekend, come join Rod Scott and the summer staff at Bayswater Beach. Rod Scott will be organizing plenty of fun family activities, while the summer staff will put on a sand castle competition where you could win great prizes! All ages are welcome!

Monday August 6
(Raindate: Sunday, Aug 12)

1:00 to 4:00 pm

All ages (children must be accompanied by an adult)

Bayswater Beach

Instructors: Rod Scott and Summer Staff

No pre-registration required

Outdoor Movie Night

Just keep swimming right on down to Lordly Park for our annual summer movie night! This year we will be enjoying the movie Finding Nemo. The movie will be starting at approximately 8:00 pm (depends on sunset). Bring your own chairs or blankets. Popcorn and water will be provided by the Summer Rec Staff for a small donation to the Municipality of Chester PRO Kids.

Monday August 20
(Raindate: Thursday, Aug 23)

8:00 pm

All ages (children must be accompanied by an adult)

Lordly Park, Chester

Instructors: Summer Staff

No pre-registration required

3 Questions

Residents are getting together for fun and challenging physical activities. Here's the story of two groups of women and how you can do it too.

The stories of the Sole Mates and Edwina David are two separate, but similar, stories of people supporting and inspiring each other. Two stories of people finding friendship and joy through common physical activity pursuits.

The Sole Mates are a group of a dozen or so ladies from Chester who have begun hiking together. I first met the Sole Mates for their inaugural hike to Castle Rock in the Winter. Since then they've been hiking regularly and have scheduled an entire summer and fall of different hike destinations from Polly's Cove to Broad Cove on the South Shore, and across to Castle Fredrick in the Valley.

Edwina David lives in Chester Basin. Edwina is a health care professional, and when some of her clients identified a need for an exercise program in Chester Basin, and Edwina decided she needed to get more active herself, she decided to create one. After collecting some simple equipment, she sent out a Facebook call-out for interested ladies to join her for an informal fitness circuit in her basement. Before she knew it, she had a waiting list.

Both stories strike me as excellent

examples of people who understand what motivates them to be physically active. They have both created for themselves, and seized upon, opportunities around them.

I wanted to learn a little more about the social groups they've created and how they might serve as templates for other people who may want to form similar self-organized physical activity groups here in the Municipality. Here is what they told me.

Why did you want to start this group?

Edwina: Exercising alone is boring, and going to a public gym is not for everyone. Some people are self-conscious but still want a safe, private, and encouraging place to exercise. I wanted to create a group that was as much about the social time together as the exercise time. What we have now has been described as "quaint" because it's a little bit out of the norm. We are supportive, and we teach each other how to use the equipment. There is a lot of chatting and laughing and we don't take it too seriously. There is no weigh-in each week, and if you have weight loss goals they are your own. Our focus is on having a great time.

When I posted the idea on Facebook I was surprised by the response. I only have enough space and equipment to have eight people at a time, but I've got a few more folks



on a waiting list. Most of us are from Chester Basin, but there's a lady from Bridgewater too. We each spend five minutes on a piece of equipment or on a station, then we rotate. We are doing two circuits like this each evening, two evenings per week.

Sole Mates: In order to be active I need to schedule activities before life gets in the way. It is nice to have free time, but once you commit to a schedule you are more likely to get out there and take advantage of some amazing places.

I love to be active, but I didn't know anyone that loved to get out as much as I did. So, I put the call out and I've found a great group of women right in my own neighborhood who share similar interests. It's just fun. It gets you outside, it's healthy, and we have lots of great conversations.

Some of us are new to the area so this was a way to get out to explore Chester and beyond. Walking and hiking are not the same thing. We've been very deliberate to choose hiking because we were looking for more challenging experiences. When you are on your own you may be reluctant to try new adventures, but when you are with a group everything is a little bit more achievable. It's a great incentive.

For some of us it's also about expanding our comfort zone. I never used to walk beyond the Train Station. Once I joined this group I was ready to go further than I had before, or I was ready to climb a little further uphill. Before you know it,



What's New This Summer?!

Space Expedition



**Age Groups
have been
changed to 3-7
and 8-12**

The Amazing Race



Outdoor Week




And Many More:

- Claymation Vacation
- Edible Engineers
- Game Show Day
- Mystery Madness
- Non-Traditional Sports
 - Skate Park Day
 - Super Hero Day

**New and Improved Ball
Hockey at the Chester
Rink on Tuesday
Nights (6-7pm)**

**For further info please contact the
Municipality of Chester Recreation and
Parks Department at 902-275-3490**

SUPERHEROES UNITED



This Program
is dedicated to creating a supportive
network for families of children with
special needs!

**We are offering fun, unique opportunities
for children (Superheroes!) to play
while parents and caregivers can
relax and chat about
experiences, challenges and
opportunities in
a supportive environment.**

**Thursdays
July 12 - Aug. 30
from 6:00 - 8:00pm**

**at Through the Years Day Care
& Community Centre in
Hubbards**



**Join us for a summer of
exciting activities!
We will be showcasing
equipment loan programs,
sensory experiences,
therapy animals, yoga,
physiotherapy, big screen
movie night, imagination
playground blocks and
more!**

To Register:

Please call Chester Municipality Recreation

at 902-275-3490 starting June 12th. Deadline is July 6th.

Accessibility note: Through the Years is a one level building with automatic doors, ramps from parking lot and level walkways to outdoor play spaces. Washroom is equipped with a hydraulic toileting lift system, and community room is equipped with a lift to assist transitions between play spaces.

When you register, please provide us with any information you think might help us create a welcoming, comfortable environment for your family.

you're there.

Tell me about the fun that you've been having.

Edwina: Well we're not getting bored that's for sure. There's a lot of chatter and a lot of silliness in the group. We've all started this together and we're all on the same path so we're very forgiving of each other. We have one piece of equipment called a gazelle. You stand on little skis and hold onto the handles. As one foot goes back, the opposite arm goes forward. One lady got going at quite a rate one night and before we knew it she had put her back foot through the wall. Everyone cracked up. We've left the hole in the wall as a badge of honor. We've got people between ages 30 and 70 and we're all able to go at our own rate which makes everything much more relaxed and fun-filled for everyone.

Sole Mates: The fun is just being together. We've had some golden conversations and there's a real sense of friendship in the group. Simply being in nature has been a big part of this for us. On our hike at Card Lake, one of our daughters who is a biologist came along and she was able to point things out that we never would have thought to look for. There's a lot out there to see and it's just great when someone knows their stuff. Nature is motivating and spending time outdoors is great for one's mental health. You can unwind.

Our hikes are not a race and we certainly are not in competition with each other. Usually we have multiple distances to choose from on each hike. We'll wait for each other, or just give each other space to walk quietly. We hope that everyone can find their place in all the hikes.

We hiked to Chester Basin and got picked up along the way. The rumor started that we had to call our husbands to rescue us. It was just good planning that's all [said with a laugh]. We got to explore Chester Basin while we waited, and found a place to go back to in the Summer.



What are the secrets of your success, and what will keep you going in the future?

Edwina: I believe that in order to be successful you have to put the effort in. And you must believe in yourself and your ideas for others to believe too. No one person can fix it all, but if we all chip in we'll all be happier. That's kind of the philosophy we're following with this group. We're all chipping in to be a little more active, and because of that I'm sure we'll all be successful.

Sole Mates: Strong leadership, and constant communication is key. Fortunately, our communication also includes heavy doses of inspiration. We just need to keep having fun and keep the good conversations flowing along the trail.

We started last November, which, in an odd way, was a perfect time to form the group because the commitment to each other was a great motivation to resist hibernating for the winter.

We all share these experiences, but each of us take something different as well. For some it's a great sense of personal accomplishment. For others

it's the security of hiking in a pack – we don't think about stray dogs or ticks when we're together. We value the comradery we've created and time with this unique social group. When I come home, I'm tired, but if I had an acre of pain in the morning it didn't go with me on the hike.

It will be interesting to see where we are in a year. A few of us would like to work up to a big hike – go for a longer distance and see bigger vistas. We plan to hike every couple of weeks this summer. There's so much to do and we'll just have to try to fit it all in.

Do you have a group of your own that you like to tell others about, or recruit new members, let me know at ggate@chester.ca

If you'd like to talk to Edwina yourself to hear more about her group, look for her on Facebook or you can call her at 902-980-0058.

Note: The comments attributed to Edwina and members of the Sole Mates are not given verbatim. They were interviewed in an open style and their comments synthesized into this narrative. Several Sole Mates were interviewed, but there story is written with a single, collective voice.





Submission deadline for
the Fall edition:

**Wednesday
August 1
2018**

Publication date:
Tuesday, September 11

Adult Sailing Lessons

Wednesdays July 4 to 25
6:00 to 9:00 pm
Chester Yacht Club, Learn to Sail
Director, Christine Santimaw
chesteryachtclub.ca

Summer/Fall Programs 2018

Chester Art Centre
Printing, drawing, photography, crafts
chesterartcentre.ca
902-275-5789

Sweet Ride '43 - 75th Anniversary Ride

Saturday, July 28, 9:30am
Celebration of the 1943 bike ride of four
women from Mahone Bay to PEI.
Info at sweetride1943@gmail.com, or
Facebook Sweetride(19)'43

Lots of Space Here For You

Be sure to submit your activity or event
In time for the Fall edition
of *Explore Life*
Just the facts please
recreation@chester.ca

This is the second edition of *Explore Life*
in which we have opened our pages to
the whole community. We want to help
present all the other great community
recreation, sport, active living, health,
volunteer, and social events that are
going on.

Our goal with this new direction is to
assist community organizations, whose
goals align with our own, to broaden
the reach of their programs, services,
and activities so that more residents
take part in health-building physical and
social activities.

Here's what you need to know:

- Listing/advertising is free, but each organization may only have one placement per edition of *Explore Life*.
- Inclusion in *Explore Life* is limited to programs and services geographically located in MODC, or those that specifically seek to serve MODC residents, even though they may take place in a neighboring municipality.
- Advertisers may be both non-profit and for-profit, as long as their primary

mandate is to provide active living, health, sport, volunteer, recreation, and social/cultural opportunities for residents of MODC.

- This is not intended to be a calendar of all events, of all kinds, in the Municipality. The program, activity, or event to be advertised in *Explore Life* must specifically be an active living, health, sport, volunteer, recreation, and social/cultural opportunity.
- Submissions must be received by MODC Recreation and Parks four weeks (4) prior to each publication date. We will publish the next deadline date in each edition (see the deadline box above).
- Information should be submitted via email to recreation@chester.ca and follow this format:

Name and Date of the event, activity, or program

Organization's Name

Contact information – names, phone number, email, Facebook, website address

- Space limitations dictate that MODC will exercise editorial control over the content. We will endeavor to provide comprehensive information within the limits of the publication.
- In addition to providing activity listings, based on space availability,

each quarter we will endeavor to provide higher profile advertising space (i.e. quarter page ad) to community organizations. We will exercise fairness and provide equal opportunity to organizations who would like to take advantage of this. Organizations may not request this service; rather, MODC will curate and offer this additional service on a 'rotating' basis among groups.

- *Explore Life* will not be responsible for the accuracy of the information provided to us.
- MODC reserves the right to exclude any advertisement/listing at our discretion. Exclusions may be based on, but not limited to: services that are unlawful; that misrepresents facts of the organization, service, or program; activities whose primary focus is alcohol, tobacco, gambling, drugs (illegal or otherwise); space limitations; or a program, activity, or event which is not specifically focused on active living, health, sport, volunteer, recreation, and social/cultural opportunities.

Sample:

Dance, yoga, and art programs
Rebecca's Studio
Spring programs begin April 22
rebecca@mystudio.ca

SAVE THE DATE!

TOUCH A TRUCK



Sponsored by

CHESTER BASIN
FIRE DEPARTMENT

CHESTER BASIN
FIRE AUXILIARY

MUNICIPALITY
OF CHESTER

Saturday
July 14

10am-3pm

BBQ

Carnival Games

847 Highway 12, Chester Grant
Forest Heights Community School
Rain date: Sunday, July 15th, 2018

The touch-a-truck fundraising
event is a community wide event
where kids (and adults) can see,
touch, interact with, and learn
about lots of cool vehicles!



Follow
Chester Basin Fire
Department and
CBVFD Auxiliary on
facebook



3 Easy Ways To Register for Programs

PROGRAM REGISTRATION OPENS
TUESDAY, June 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

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

Where is This?



Some folks have been taking us up on the **10 Weeks of Outdoor Adventure Challenge** from our Spring Edition. Take photos or send us your field notes from the outdoor hotspots noted below. Send them to recreation@chester.ca with the subject line "Spring Adventure Challenge". Prizes will be drawn for those that complete the most challenges. Grand prize \$25 Recreation Bucks.

Submission Deadline: Friday, June 22.

Tancook Island
Graves Island
Lake Lawson Trail
Gold River Bridge
Chester Basin Outdoor Gym
Card Lake
Kaizer Meadow Campsite
Castle Rock
Bayswater Beach
Blandford Trail

The photo above was submitted by one of our intrepid explorers. Tell us where it was taken and win a tote bag. Send your answers to recreation@chester.ca. Contest closes Friday, June 29th. Winners will be chosen randomly from all the correct submissions. Watch for the answer in the Fall edition of **Explore Life**.



Congratulations to Kay Keddy who correctly knew that this is the tree carving entitled "Sea Beyond" located outside of the Chester Post Office.