

# Wellness Funds Deadline October 15<sup>TH</sup>

By **Luanne Schenkels**

Whether you are 3 or 93, finding a place to play is important! Play is important to both these ages for similar reasons of improved development...besides being fun! According to the American Academy of Pediatrics (2007), play "allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength."

But just because you are an adult, doesn't mean you should stop developing these very same traits! One definition of play is to "truly engage in activity for enjoyment and recreation rather than a serious or practical purpose." Hopefully, we can embrace play as a lifelong activity and find enjoyment in multiple, varied activities.

Residents of the Along the Shore area are fortunate to have many opportunities to play. The local Along the Shore Community Health Board (CHB) has helped to create some these supportive environments which range from actual playgrounds to a new take on an old game-Washer Toss! In Londonderry, did you know you can play Washer Toss year round now with CHB

funded indoor games? And if you are feeling like an outdoor adventure, you can visit the Londonderry Play-forest.

In Great Village, you can stroll and view the Elizabeth Bishop Memorial Site and imagine your poems or stories (yes that's also playing!). Or visit the tiniest book loaning library located on the entrance to the museum in Bass River and read a playful book!

Playing, imagining and reading can all lead to a healthier you and might lead to you creating an opportunity for others to join you in the fun! We can all appreciate the importance of having and creating opportunities to play, learn and have fun.

If you have an idea that will benefit your community or if you are interested in joining a local board, remember the Along the Shore Community Health Board and consider learning more or submitting a Wellness Fund application (Deadline Oct 15, 2017) at [www.communityhealthboards.ns.ca](http://www.communityhealthboards.ns.ca) or call (902) 956 2542.

**Luanne Schenkels, Coordinator  
Community Health Board, can be reached at 902-956-2542.**

# Masstown Community News

By **Chris Urquhart**

'Tis the time of year to drive around and admire our wonderful trees as they change colors and brighten up our landscapes! We must enjoy these beautiful fall days while they are with us, soon the leaves will have fallen off the trees and winter will be sneaking up on us!

Here are some Masstown events to mark on your calendar: DGM Men's Club will meet on Saturday October 7th, 8am, at the Double C Restaurant in Lower Debert and Masstown UCW will meet on Thursday October 5th, 7pm, at the home of Gail Hines.

The Masstown Community Association will meet on Tuesday October 3rd, 7pm, at the restaurant part of the Masstown Market. They will be planning the Pumpkin Carving and the Ready For Christmas basket, as well as the Christmas Tree Lighting. New members welcome!

There will be a Harvest Breakfast on Saturday October 21st from 8 am to 10 am at the Masstown United Church. Breakfast is pancakes with sausage or bacon, coffee, tea or juice. Adults \$5, Children under 12 \$3 and toddlers free! Kathleen Purdy has created a beautiful Harvest Wreath and we are selling tickets on this wreath for only \$2 each! You can get as many tickets as you'd like! All proceeds are for the Masstown UCW.

On Saturday October 28th from 1-3pm there will be Pumpkin Carving in the basement of the Masstown United Church. (One little girl calls us the Pumpkin Church!) All children must be accompanied by an adult and should bring their own carving tools. Pumpkins are provided by Blake's Pump-

kin Jungle - and we thank them very much! There will also be treats for the children provided by the Masstown Community Association. All children are welcome to attend this fun event.

There have been a few visitors this month! Barb Montie of Woodstock NB visited her brother Bill Leeming and his wife Shirley; Doug Hayman and his partner, Jane Cowell, Victoria BC visited Chris and Ron Urquhart; Stephanie Jennings and her friend, Ryan, Toronto visited her grandparents Cecil and Doty Jennings; Brian and Tracy Jennings and son, Craig, from Toronto visited his parents Cecil and Doty Jennings; Sharon Kokoe from Ontario visited her friends Lynda Stevenson and Bob Warning. Lynda and Sharon spent a few days going around the Cabot Trail! Ted Warning from Cambridge Ont. visited his brother Bob Warning and Lynda Stevenson for a week. Bryan Urquhart and his partner, Sarah Bird, visited his father Ron Urquhart and wife Chris. Sarah was thrilled to spend a day at the cottage so she could see the ocean and go swimming! Paula Digout went out to Calgary to visit her daughter Carley Watt.

Although there are no "family" members left in Masstown I'd like to send out condolences to the family and friends of Verna Gamble. Verna was a very busy person when she lived here in Masstown - she played the piano at Church, belonged to the UCW, the museum and the Community Association, and helped out everywhere she could! She was also a great gardener and would welcome you into her home night and day.

# Chicken Farmers Launches New Awareness Program

Chicken Farmers of Canada has expanded its Raised by a Canadian Farmer brand to incorporate the programs that farmers use to raise their birds to the highest standards of care, quality and sustainability. Canadian chicken farmers have always been proud to provide Canadians with the highest quality chicken.

The expanded program stresses: Farmers adhere to a strict mandatory On-Farm Food

Safety Program, a national standard that has received federal, provincial and territorial government recognition and full recognition by the Canadian Food Inspection Agency.

They also adhere to a strict, mandatory and auditable Animal Care Program to ensure high animal care standards are being upheld on Canadian chicken farms across Canada. It is also third-party audited by NSF International, an interna-

tionally-recognized, third-party certification body, accredited by the American National Standards Institute, to ISO 17065.

The third main point is farmers are also committed to sustainability through innovation, by preserving the health of the land, providing value to Canada's economy, and making affordable food for Canadians.

Launch of the program introduces four new logos. These new logos also give farmers recognizable symbols they can use

to demonstrate the innovation, pride and hard work they put in every day to implement some of the highest standards in food safety and animal care, and it proudly confirms their commitment to keeping their work environmentally, economically and socially sustainable.

Chicken Farmers of Canada represents the 2,800 chicken farmers from coast to coast, and ensures that the chicken that reaches Canadians' tables is safe, delicious, and raised to the highest standards.

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