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AUGUST 13, 2018 NO CHARGE Vol. 39 No. 30 www.auroranewspaper.com



Now THIS could be the best use so far 14 Wing Greenwood's 14 Fire and Emergency Services firefighters have found for their new aerial truck! Over 1,200 Cadets are working their way through a hot summer's programs at the Greenwood Cadet Training Centre.

## Greenwood CTC supports Sea Cadet centennial

Members of Greenwood brating the Sea Cadet Cen- Navy League Cadets, Sea Cadet Training Centre (CTC) were invited to the Ceremony of the Flags in Annapolis Royal over the Natal Day weekend. The annual display, organized by HMCS Acadia CTC in Cornwallis, involved 240 sea, air and army Cadets from across Atlantic Canada.

Each year, the ceremony showcases the pomp and pageantry of military tradition. This year's performance was special, as the Sea Cadets are celebrating 100 years in Canada.

"We're happy to be cele-

tennial alongside our friends at HMCS Acadia CTC, the the Cadet Instructor Cadre same way they did for us last year during the 75th anniversary of the Air Cadet program," said Cadet Warrant Officer 1st Class Willow Squires.

Lieutenant-Colonel Allison Wilton, commanding officer of the Greenwood Cadet Training Centre, has a strong connection to the Sea Cadet program and attended the event.

"I'm very proud of my history with the Sea Cadet nadian Cadet Organizations program. I went through the as one big, tri-service family.

Cadets and then served in as a naval officer for 14 vears."

Cadets from Greenwood CTC and HMCS Acadia CTC had the opportunity to meet and chat about their summer training.

"It was really cool seeing friends from last summer's band courses put on such a great display," said Sergeant Charlie Chafe, Greenwood CTC's Cadet correspondent.

Wilton describes the Ca-

"We support each other whenever we can, no matter which CTC banner we fall under. Both Greenwood CTC and HMCS Acadia CTC have been training youth to be better citizens and leaders here in the Annapolis Valley for over 60 years.'

Sea, army, and air Cadets on the three- and six-week **Drill and Ceremonial Course** train together, while tri-service bands perform at the same community events.

"At the end of the day, it doesn't matter what color

Continued on page 2...



General Training Cadets toured 14 Wing operations all summer. Here, Captain Connors, an Aurora pilot and herself a former Cadet, shows her aircraft to a potential, future all-female crew.

Brigadier General Woiden

and Chief Warrant Offi-

cer Crawford recognized

Cadet Alex Richardson, a

first-vear Cadet from 719

RCACS on track to be

the top Cadet on the six-

week Survival Instructors

Course this summer, with

the Commander's Chal-

lenge Coin.

## Cadets...

uniform they're wearing,' said Wilton. "We're trying to teach them all the same values and skills."

As the final week of summer training at Greenwood CTC approaches, over 1,200 youth from across Eastern Canada will have passed through 14 Wing's gates this summer. They will take the skills and knowledge they have learned here and apply it at home, whether at their unit or in their communities.

#### Summer schedule

August 13 - Greenwood CTC Band at the Annapolis Valley Exhibition parade and exhibition

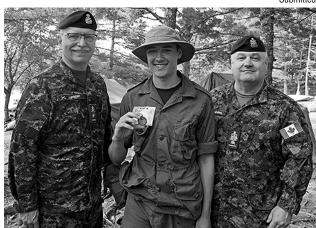
August 15 - BDCC Cadets food drive around Ravenwood Subdivision, with a donation box by the front door of the Birchall Centre all day

August 15, 6:30 p.m. – public band concert in the Birchall field

August 16, 6 p.m. -Final graduation parade



Lieutenant-Colonel Allison Wilton, commanding officer of the Greenwood Cadet Training Centre, and Warrant Officer First Class Squires pose with Premier Stephen McNeil and the Sea Cadet Centennial Flag at the Ceremony of the Flags in



## Three Greenwood golfers make CISM world team

The selection of the Canadian Armed Forces (CAF) gol team for the 12th CISM World Military Golf Championship in Munster, Germany has been made. The following players have been selected either as members of the team or as an alternate to represent the CAF and Canada August 20 to September 2.

Men, Sergeant C. Boozan world stage." and Second Lieutenant Chris Topshee.

The final selection proved Winnipeg; Captain S. Hanto be very difficult, consid- sen, Winnipeg; Captain C. ering the high caliber of the Clapp, Mooseiaw (first alplayers competing for the ternate). few positions available. Competitive talent, dedication, tives are Major W. O'Donnell, sportsmanship, stamina and Colorado Springs; Master attitude were some of the Corporal S. Swansburg, Petfactors considered for team awawa: Private A. McDon-

players selected for the 2018 T. Berger, Comox (first al-CISM Golf Team." said CISM ternate): Warrant Officer B. golf team manager Tom McIntosh, Ottawa (second Campbell, Esquimalt. "I look alternate).

Representatives from 14 eagerly forward to being with Wing Greenwood include. the players in Germany and in Open Women, Captain to the honour of representing Mary Cameron-Kelly; in Open our great country on the

> The Open Women team also includes Major J. Jones,

The Open Men representaald, Winnipeg; Sergeant T. "Congratulations to the Cameron, Gagetown; Aviator

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The Aurora News

# the AUrora

Managing Editor | Directrice de rédaction Sara White • 902-765-1494 local/poste 5441 auroraeditor@ns.aliantzinc.ca

Advertising Contractor | Publicité entrepreneur Christianne Robichaud • 902-765-1494 local/poste 5833 auroramarketing@ns.aliantzinc.ca

**Graphic Designer I Graphiste** 

Brian Graves • 902-765-1494 local/poste 5699 auroraproduction@ns.aliantzinc.ca

Administrative Clerk | Commis à l'administration Kelly LeBlanc • 902-765-1494 local/poste 5440 auroranews@ns.aliantzinc.ca

Editorial Advisor | Conseiller à la rédaction Captain John Pulchny • 902-765-1494 local/poste 5101 john.pulchny@forces.gc.ca

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#### 14 Wing Greenwood Site

Site de la 14e Escadre Greenwood www.airforce.forces.gc.ca/en/14-wing/index.page National Defence and the Canadian Forces Défense nationale et Forces canadiennes www.forces.gc.ca

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#### www.forces.ca Military Family Resource Centre

Centre des ressources pour les familles des militaires www.cafconnection.ca

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## New chief, new captain 14 Wing marks change of appointment for chief warrant officer

**Managing editor** 

the Aurora | 14 Wing Greenwood, NS

One of the most interesting gifts presented to Chief Warrant Officer Luc Emond July 24, as he turned over 14 Wing Greenwood wing chief warrant officer responsibilities, was his captain's rank insignia.

"Are you ready for this?" asked Colonel Mike Adamson, Emond's command team officer for the past three years and the presiding officer at the change of appointment ceremony. "It'll only hurt for a second!"

for 8 Wing Trenton, where he will take command of one." the wing's squadron crests tunity to reinforce what has sewn inside.

"And the collar can only go up!" Adamson said.

here today is a reflection extremely proud of what you and leadership; he's been a missions," Emond said. steadfast partner and a very He emphasized the imclose friend. We are a team, portance of a command we are a family: 'Operate as team partnership between

Phone:

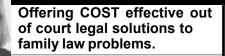


passed the ceremonial wing chief warrant officer's you, earning your trust and Emond leaves Greenwood cane to incoming Wing Chief Warrant Officer Dan contributing to the success Corporal C. Roche, 14 Wing Imaging of 14 Wing. Campbell.

14 Wing's officers pre-chief, Chief Warrant Officer career." of his own, with each of his remarks as an oppor- he is "joining a wing doing Canada today." been his career aim: "You.

"There is one thing, an important thing, for me: Five flights of NCMs were you. I would like to thank on parade: "the level of you for your support and support and respect shown friendship. You should be of Wing Chief Warrant Of- accomplish: it's not always ficer Emond," Adamson easy, but you continue to said. "His contribution to 14 prove you have the ability Wing has been significant: and the professionalism to his strength of character ensure 14 Wing meets its

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important missions around the world," and Adamson said the RCAF leadership's appointment of Campbell to 14 Wing "is a testament to their confidence in you.

"14 Wing is the best base in the air force, we are 24/7and I have no doubt you will be fiercely proud."

Campbell comes to 14 Wing from his role as chief warrant officer of the Canadian Forces School of Aerospace Technology and Engineering. He thanked the parade for its welcome, and committed "to working with the officer and NCM ranks,

"I believe, regardless of the Joint Personnel Support Emond led 153 of his and credited his own prac- what rank you are, within Unit as a captain after 36 NCM peers through the pa-tice of "one team - no 'us' your unit, you are the most years as a non-commis- rade and inspection by Ad- (NCMs) versus 'them' (offi- important person to those sioner member. He'll look amson, visiting 1 Canadian cers). It's not the rank you you lead. The importance the part, in the oft "smack Air Division Chief Warrant attain that determines your of mentorship, leadership, talked" leather flight jackets Officer Jacques Boucher career success, but what support and trust has been sported by flying officers, and the incoming 14 wing you succeed at during your shown to me over the years;



14 Wing Commander Colonel Mike Adamson, left, presented the new Captain Luc Emond with his own and I thank you for what you leather jacket, with 14 Wing's squadron crests sewn insented him with a jacket Daniel Campbell. He used Emond advised Campbell are doing for 14 Wing and side it, as a gift from the wing's commanding officers.

Corporal C. Roche, 14 Wing Imaging

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Corporal D. Salisbury, 404 Squadron, Courseware Development Warrant Officer Roddy Chittick.



Warrant Officer Roddy Chittick.



Warrant Officer Roddy Chittick.



Tsai-Lamoureux, left, and Chief Warrant Officer Roddy Chittick. Officer Roddy Chittick.





Warrant Officer Roddy Chittick.



Evans, centre right; and Chief Warrant Officer Roddy Chittick. Warrant Officer Roddy Chittick (right).



June 11, during a 14 Air Maintenance Squadron honours and received her Prime Minister Letter from Commanding Officer centre, received her Certificate of Service and Service Pin awards ceremony, Sergeant Al Moore, centre, was promoted to Lieutenant-Colonel Amy Tsai-Lamoureux, left; husband from Commanding Officer Lieutenant-Colonel Amy Tsaiwarrant officer by Commanding Officer Lieutenant-Colonel Amy Master Warrant Officer Dave Pawulski and Chief Warrant Lamoureux, left; husband Master Warrant Officer Dave



Lieutenant-Colonel Eric Travis was promoted to current rank June 11, during a 14 Air Maintenance Squadron honours June 11, during a 14 Air Maintenance Squadron honours June 20 in the Hornell Centre theatre by 14 Wing Greenwood and awards ceremony, Officer Cadet Dan Ford, centre, was and awards ceremony, 2nd Lieutenant Dan Ford, centre, was Commander Colonel Mike Adamson, right, with the assistance promoted to second lieutenant by Commanding Officer promoted to lieutenant by Commanding Officer Lieutenantof 404 Squadron Deputy Commanding Officer Major Lara Lieutenant-Colonel Amy Tsai-Lamoureux, left, and Chief Colonel Amy Tsai-Lamoureux, left, and Chief Warrant Officer Roddy Chittick.



June 11, during a 14 Air Maintenance Squadron honours 🛮 June 11, during a 14 Air Maintenance Squadron honours 🗸 June 11, during a 14 Air Maintenance Squadron honours and awards ceremony, Corporal Matthew Saulnier, centre, and awards ceremony, Corporal Tommy Bertrand, centre, and awards ceremony, Corporal Matthew Gillard, centre, was promoted to master corporal by Commanding Officer was promoted to master corporal by Commanding Officer was promoted to master corporal by Commanding Officer Lieutenant-Colonel Amy Tsai-Lamoureux, left, and Chief Lieutenant-Colonel Amy Tsai-Lamoureux, left, and Chief Lieutenant-Colonel Amy Tsai-Lamoureux, left, and Chief Warrant Officer Roddy Chittick.



June 11, during a 14 Air Maintenance Squadron honours June 11, during a 14 Air Maintenance Squadron honours and June 11, during a 14 Air Maintenance Squadron honours and awards ceremony, Corporal Neil Clarkson, centre, awards ceremony, Master Corporal Pam Evans, centre, was and awards ceremony, Master Corporal Claude Aucoin, was promoted to master corporal by Commanding Officer promoted to sergeant by Commanding Officer Lieutenant- centre, was promoted to sergeant by Commanding Officer Lieutenant-Colonel Amy Tsai-Lamoureux, left, and Chief Colonel Amy Tsai-Lamoureux, left; husband Sergeant Aaron Lieutenant-Colonel Amy Tsai-Lamoureux (left) and Chief



June 11, during a 14 Air Maintenance Squadron honours and June 11, during a 14 Air Maintenance Squadron honours awards ceremony, Master Corporal Charlene Pawulski, centre, and Awards ceremony, Master Corporal Charlene Pawulski, Pawulski and Chief Warrant Officer Roddy Chittick.

## 14 OSS command depends on depth, reach of squadron abilities

## **Managing editor**

the Aurora | 14 Wing Greenwood, NS

Marking a change of command just a few months after the last one, 14 Operations Support Squadron's incoming commanding officer. Lieutenant-Colonel Brent Vaino said "I'm not going anywhere."

Major Tania Maurice temmand role this spring, and returns now to continue as Vaino's deputy commanding



porarily stepped into the com- 14 Wing Greenwood Commander Colonel Mike Adamson presided over the exchange siding officer, said the wing professionalism and dedicaof 14 Operations Support Squadron command - and the command sabre - July 25, is fully aware of the reach tion, which "will continue to between the outgoing Major Tania Maurice, left, and the incoming Lieutenant-Col- and depth of 14 OSS' daily carry 14 OSS forward. Thank onel Brent Vaino. Master Corporal R. Wilson, 14 Wing Imaging

back to find it better than it I am impressed and pleased so very lucky to have you as

"This is the first time in 27 was," Vaino said. "Major Mau-with how you have run and are my deputy for another year." keep the 'machine' running, months. I was privileged to years I've left a unit, and come rice stepped into the breach. leaving the unit to me, and I'm Vaino commended 14 OSS working with other entities on have a place in this role.'

operations.

in your roles."

responsibilities.

personnel for "making the the wing and outside agencies magic happen, every single - and you are ready to change minute, every single day," it all on a moment's notice," from manning 14 Wing Green- Adamson said.

wood's telephones to its air He credited Maurice's traffic control tower to airfield "steady hand" for 14 OSS' success keeping search and "I want you to concentrate rescue and long range patrol on getting as good as you can operations "on time and on target."

Maurice herself thanked Colonel Mike Adamson, the change of command's pre- her squadron peers for their you, each and every one. for "You make daily efforts to making this an amazing five

## 405 Squadron command comes with demands

## **Managing editor**

Outgoing 405 (Long Range Patrol) Squadron Lieutenant-Colonel Marie- Claude Osmond made her parting gift to the squadron July 26 a marker of all-consuming work over the past several years.

"You are the only squadron with continuous involvement in Operation Impact throughout Canada's commitment." squadron's constant rotating deployment of aircraft, aircrew and technicians bething we do."

Aaron Evans, depicts the as Osmond's deputy. aircraft

every one of you at 405 for "This squadron has a long making this one of the most and proud history, and you memorable postings. I am members' outstanding work proud of all of you: aircrew - on a day-to-day basis adds you went far beyond what is to that. Your work is noted at normally asked; technicians the highest level: you deliver - we couldn't do what we do every time, and excellence in without you."



she said, describing the 14 Wing Greenwood Colonel Mike Adamson, centre, presided over the change of Lieutenant-Colonel Luc Vachon accepts the 405 (Long command for 405 (Long Range Patrol) Squadron July 26, as Lieutenant-Colonel Range Patrol) Squadron colours, with command of the Marie-Claude Osmond, right, turned squadron responsibility to the incoming squadron; from 14 Wing Commander Colonel Mike Lieutenant-Colonel Luc Vachon.

ed by squadron Sergeant Luc Vachon recently served state."

logos, with a front cut of the them, and that both have Canadian Air Force has placed orders, and I stand ready." squadron's CP140 Aurora them have now had and will have the opportunity to com-"Thank you to each and mand 405." Adamson said.

air power is what you do."

14 Wing Greenwood Col- Adamson thanked Osmond onel Mike Adamson, the for her focus, as "you took

tween October 2014 and De- parade's reviewing officer, on a squadron at war and in him with this command, cember 2017. "You showed admitted to a soft spot for continued with a big effort and his own career skills, to The hand-worked wood- in fact, as his deputy. And, the months to return our long and the Eagles to deliver." pieced wall hanging, craft- incoming Lieutenant-Colonel range patrol fleet to a healthy

He encouraged Vachon to is his. 405 Squadron and operation "I am proud of both of use both the trust the Royal" "I've had my marching

the Canadian Armed Forces 405 Squadron: he served as in Op Impact – and managed "fully engage in the plan to and Canada we lead in every- its commanding officer sev- all the other missions. You've provide perspective on long eral years ago, with Osmond, worked over the past few range patrol. I will rely on you

Vachon said the honour to command 405 Squadron



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Corporal B. White-Finkle, 14 Wing Imaging Adamson, during the July 26 ceremony.

### **SEPTEMBER 2018 Registration Dwight Ross Elementary School**

Monday, August 27

The principal invites all students (P-5) new to the school, to register on Monday, August 27, 9 am-3 pm.

No appointments necessary. Parents of new students must provide a birth certificate, health card and a copy of immunization records.

Birth Certificates are required as proof of age for students entering Primary in the 2018-2019 school year. All students entering Primary MUST be five years of age on or before December 31, 2018.

**Dwight Ross Elementary School** catchment areas include the PMQ's, Stoneridge Place, Riverridge subdivision, Planesview subdivision and Pineview subdivision.

The school office will reopen on Monday, August 27. If you have any questions, please contact the school (phone: 902-765-7510 or email: dres@avrce.ca).

## Summer SAR calls add up

July 19, around 10:30 p.m., too thick for good search vis- Cormorant down around 2 p.m. launched July 31, just after 7 and landed back in Greenwood. transport activated for the the Halifax Joint Rescue Co- ibility, returning to 14 Wing with no sign of the missing man p.m., ordination Centre tasked 413 Greenwood around 1:30 a.m. at that time. (Transport and Rescue) Squad- July 20. Several hours later. ron aircraft to assist in the the Cormorant was re-tasked 413 Squadron Cormorant was Queen Mary II, approximately in the water off the coast of just before 5 a.m., to help search for a man - the skipper as fog eased, back airborne tasked to investigate an ELT 300 nautical miles southeast Stephenville, Newfoundland search for an overdue float - reported overboard from the just after 4 a.m. The helicopter heard in the Sackville region. of St. John's. The Hercules and Labrador. The Cormorant plane with two people on board. fishing vessel Miss Grace, 42 and crew were on scene for a Nothing was located, and JRCC returned to Greenwood just was retasked, around 2:15 in the vicinity of Sept Iles. The nautical miles off Halifax. A few hours, returning to Green- stood the helicopter down just after midnight August 1, as p.m., while en route to assist overdue plane was located, Cormorant and the Hercules wood around 8 a.m. to have the after 4 p.m. were both dispatched, the aircraft refuelled and personnel Hercules to provide illumination replaced with the day crew. The went airborne just before 5 flying time. in thick fog. Both aircraft were search continued into the after- a.m. July 30 on a SAR for five stood down when fog proved noon, with JRCC standing the missing people on a 22-foot a.m., an aircraft was tasked to By 4 p.m., the Stephenville locate a 21-foot boat with six

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Hercules and a Cormorant - was stood down shortly after water. The second tasking to was drifting towards rocks. The

413 Squadron's Rescue 343 stood down after 5.2 hours of Lawrence River; a Hercules issues.

Village of Kingston

AUGUST 2018

FREE MUSIC IN

THE PARK

August 3, around 7:40 p.m., a Cormorant was tasked to Seal a Cormorant was tasked in Island, approximately 25 nauti- response to an overturned cal miles south of Yarmouth, to sailing boat with four people assist a reported heart attack aboard near Tatamagouche. It victim. The helicopter could left Greenwood at 6:14 p.m., not land on the island due to but landed just minutes later. weather, and was stood down at 6:29 p.m., after being stood just after midnight, with water down.

to be a hoax.

from Greenwood was tasked

August 2, around 1:15 p.m., a victim.

the Aurora | 14 Wing Greenwood, NS

in support of a Gander-based Cormorant was tasked by JRCC August 4, both a Hercules July 27, just after 3 p.m., a Cormorant's medivac from the to assist a 30-year-old woman and Cormorant left 14 Wing. the top cover requirement was with another call in the St. having had communications

August 7, around 6:30 a.m., August 1, just before 10 on the initial Stephenville call. a Cormorant took off to help open boat just off the coast of support efforts after a call of call came to a successful end, people aboard in the vicinity of a boat running aground near with a vessel near the stricken Amherst: apparently, the boat's Two Greenwood aircraft – a Gaspé, Quebec; the aircraft woman able to reach her in the anchor had given way and it Mont St-Pierre was discovered Coast Guard's Courtney Bay was also en route.

August 7, just before 6 p.m.,



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Community non-profit organizations and businesses are invited to showcase their programs and products, as 14 Wing welcomes new families and old friends to the Valley.

For information on booking/ renting a table for your display, contact Michelle Smith, 14 Wing Greenwood Community Recreation Clerk, 902-765-1494 local 5341 or Michelle.Smith@forces.gc.ca or Jill Jackson, 14 Wing Greenwood Community Recreation Manager, 902-765-1494 local 5331 or Jill.Jackson@forces.gc.ca

#### Rates

- Non-profit and 14 Wing club displays are free
- Business display \$200 per table plus tax

Deadline to register August 31 (book early, as spaces are limited)

www.facebook.com/14WingWelcome



## WNSR welcomes Downe as honorary colonel

**Honorary Colonel** Dan Hennessey, 14 Construction **Engineering Squadron** 

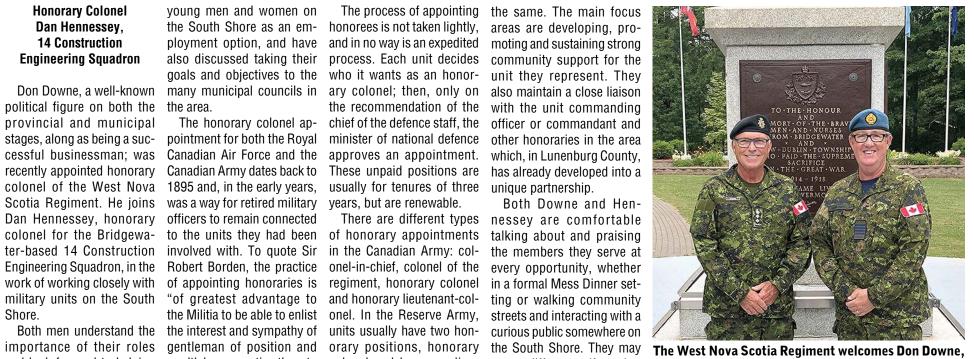
political figure on both the the area. provincial and municipal

young men and women on The process of appointing the same. The main focus the South Shore as an em- honorees is not taken lightly, areas are developing, proployment option, and have and in no way is an expedited moting and sustaining strong also discussed taking their process. Each unit decides community support for the goals and objectives to the who it wants as an honor- unit they represent. They Don Downe, a well-known many municipal councils in ary colonel; then, only on also maintain a close liaison

Scotia Regiment. He joins was a way for retired military years, but are renewable. Dan Hennessey, honorary officers to remain connected colonel for the Bridgewa- to the units they had been of honorary appointments talking about and praising ter-based 14 Construction involved with. To quote Sir in the Canadian Army: col- the members they serve at Engineering Squadron, in the Robert Borden, the practice onel-in-chief, colonel of the every opportunity, whether work of working closely with of appointing honoraries is regiment, honorary colonel in a formal Mess Dinner setmilitary units on the South "of greatest advantage to and honorary lieutenant-col- ting or walking community the Militia to be able to enlist onel. In the Reserve Army, streets and interacting with a Both men understand the the interest and sympathy of units usually have two hon- curious public somewhere on build public awareness of Regiments." This stands true tenant-colonel. The Air Force the ideals are the same: it is their respective units. They to current appointees, as they appoints honorary colonels an honour to give back in any want to help educate on the are a liaison between com- who represent either squad- way they can to those that the Reserve units hold for or squadrons they represent, and responsibilities remain much for our freedom.

the recommendation of the with the unit commanding The honorary colonel ap- chief of the defence staff, the officer or commandant and stages, along as being a suc-pointment for both the Royal minister of national defence other honoraries in the area cessful businessman; was Canadian Air Force and the approves an appointment, which in Lunenburg County. recently appointed honorary Canadian Army dates back to These unpaid positions are has already developed into a colonel of the West Nova 1895 and, in the early years, usually for tenures of three unique partnership.

There are different types nessey are comfortable



and look forward to helping wealth by connecting them to colonel and honorary lieu- wear a different uniform, but left, a well-known figure on both the provincial and municipal political stages, along as being a successful businessman; as its incoming honorary colonel. He ioins Dan Hennessey, honorary colonel for the Bridgewater-based 14 Construction Engineering Squadron. tremendous opportunities munities and the regiments ron or wings, but the roles have, and continue to give, so working with and on behalf of military members and their families along the South Shore.

## South Shore showing yellow ribbons of support

**Honorary Colonel** Dan Hennessey. 14 Construction **Engineering Squadron** 

The iconic image of a vellow ribbon attached to a tree represents the strength. resiliency and support for and of military members and their families.

Used for generations, the ribbon regained its popularity during the Gulf War in the early 1990s. Songs have been written and movies made, all with the same underlying sentiment of hope. Family members of deployed military personnel, attaching a vellow ribbon on a tree or porch during the deployment, showed the community a family member was serving their country, and the family was hoping for their safe return.

The Greenwood Military Family Resource Centre. having just completed a successful campaign in the Valley in June, was recently



From left, Branch 24 Legion President Wayne Thorburne, West Nova Scotia Regiment Honorary Colonel Don Downe, Bridgewater Mayor David Mitchell and Commanding Officer of 14 Construction Engineering 100 ribbons on poles, light Squadron Major Craig Bradshaw; affix the first of the standards and, of course, returning yellow ribbons supporting the community's the iconic yellow ribbon on military members and families July 17.

Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron

contacted for support in re- in Bridgewater, something many years. Supplies were of and visitors to Bridgewater juvenating a similar program that had happened in town for delivered and, with special will see the symbol and reflect

permission from Bridgewater on the tremendous sacrifices as they await their safe return. Mayor David Mitchell and military members make in de- Take a moment and thank a the Town of Bridgewater, fence of freedom, and those military member: the simple the campaign was set to take their families at home make sentiment means a great deal. place July 17, one week prior to the South Shore Exhibition parade that would follow the route of ribbons along King Street.

The first yellow ribbon, with a Canadian flag in the middle, was attached to a light standard on Veterans Memorial Bridge, with Mitchell, West Nova Scotia Regiment Honorary Colonel Don Downe, Branch 24 Legion President Wayne Thorburne and Commanding Officer of 14 Construction Engineering Squadron Major Craig Bradshaw doing the honours. Once the first ribbon went up, a team of 14 CES members followed both side of King Street, installing over several trees.

Organizers hope residents

JOURNÉE START/FINISH: POUR LA RECHERCHE SUR LE CANCER FOR CANCER RESEARCH SAVE THE DATE: Dimanche 16 Sept. 2018 1 Sunday Sept 16, 2018 1488 PARK RD. ALL WELCOME KINGSTON NS WE WILL WALK OR RUN ON 902-765-2800 THE HARVEST **MOON TRAIL** COUREZ . MARCHEZ . ROULEZ RUN . WALK . RIDE



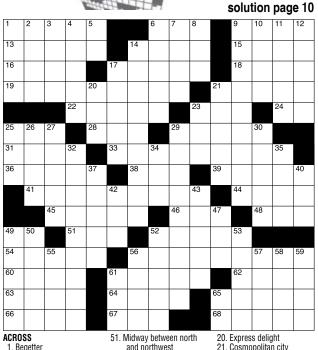
www.vallevdentureservices.ca



the community submitted by not-for-profit public soumis par des organisations à organizations. Submissions are limited to annroximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ 765-1717 ou par courriel à l'adresse ns.aliantzinc.ca. Dated announcements auroraeditor@ns.aliantzinc.ca. Les annonces are published on a first-come, first-served avec date sont publiées selon le principe mark.gordon40@gmail.com or coding and electronics. Register playing games, listening to All welcome, freewill offering. basis, and on-going notices will be included as space allows. To guarantee Si vous voulez être certain que votre avis soit your announcement, you may choose to publié, vous voudrez peut-être acheter de la Fridays in July, 1 p.m. to 3 p.m., August 14, 2 p.m. to 3:15 p.m., At Evergreen place a paid advertisement. The deadline for submissions is Thursday, 9:30 a.m., previous est à 9 h 30 du matin le jeudi précédent la to publication unless otherwise notified.

but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 61, School Road, (annexe Morfee), 14e Escadre Greenwood, par fax au 902 du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. publicité. La date de tombée des soumissions publication, à moins d'avis contraire.

## metro crossword



Musical note patterns

. Emaciation

62. Weaver bird

are two 65. Rice dish

66. Nasdag code

67. Danish krone

3. Enzyme

3. Loose soil

are two

8. Diving seabird

Type of skirt

reek village

O. Ancient Greek City

DOWN

64. Scherzer and Kershav

25. Largest English dictionary

Flow Shoal-forming fishes

. Test for high schoolers

29. Footwear parts

2. Songs to one's

Streets have them

42. Cut the grass

43. Rattling breaths 47. For each

49. Marketing term

40. One point east of due

O. One who challenges

53. Polio vaccine developer

55. Film version of 'Waterlo

56. Want 57. Rhythmic pattern in

Indian music

58. Young hawk

61. Small amount

- Begetter
  Arrived extinct Lacking the power to hear
- Jar used for cooking British nobleman
- 18. Israeli stateswoman 19. Outer space matter that reaches the ground
- 21. Instrument Infections 23. Holiday (informal) 24. Spanish be
- 25. Not even 8. Chewie's friend Solo
- Geological times 3. Music City
- 38. Important Chinese principle 39. Closes tightly
- 41. Forms a boundary
- 45. Plants of the lily family 46. A turn around the track
- northeast and east
- 49. Type of degree
- 14. Estranges 17. Scottish island
- crossword brought to you compliments of

KENTVILLE TOYOTA



## West Kings football

Aurora publishes items of interest to Le commandant publie des avis d'intérêt August 14, 15 and 16 at the required, but appreciated). school field from 6 p.m. to 7:30 Kids Tech – Maker Lab 902-844-0191

August 13, 2018

West Kings High School foot-

#### xBox gaming

the Berwick and District Library the Lawrencetown - Dr. Frank August 17, 8 p.m., the Ever- August 18, Valley Trekkers invites youth ages eight-plus for W. Morse Memorial Library green Theatre, 1941 Stronach Volkssport Club hosts a KentxBox gaming and competitions—invites youth ages seven-plus—Mountain Road, Margaretsville;—ville to Wolfville bicycle event. using games like Slime Rancher, to a hands-on and interactive presents Blue Yonder: Ameri- Meet at parking lot behind the Rocket League and Forza. Reg- program of technology, coding cana, honky tonk and bluegrass court house, 87 Cornwallis St., ister at 902-538-8060.

#### Cemetery tours

August 14, 7:30 p.m., lamplight Art workshop

sudoku

at 902-825-4835.

#### Kids Tech – Maker Lab

584-3004.

undeniable devotion.

GEMINI - May 22/Jun 21

CANCER - Jun 22/Jul 22

LEO - Jul 23/Aug 23

VIRGO - Aug 24/Sept 22

look at the bigger picture. Instead.

focus on one detail at a time until

you get through your tasks.

away from the truth, Gemini.

policy. Find the time to talk about

power to open doors and initiate

gut instinct and move forward.

history. Light refreshments and paper to create amazing people from all walks of life can following the 45-minute tour. works of art. Use them as cards, relate to. Tickets \$30 (students \$10 per person. 902-847-9847 writing paper, or frame them. All \$15) through TIXHUB at everball registration will take place for information (no reservations materials supplied. Registration greentheatre.ca.

Youth games Register at 902-825-4835.

and electronics. Register at 902- from West Virginia. Anchored in Kentville. Registration begins at compelling grooves of classic 9:30 a.m. for cycling at 10 a.m. country, rockabilly, swing and This is a 23km, 2B event. For historical cemetery tour at St. August 15, 2:30 p.m. to 3:30 folk music, the band presents further info: 902-678-8278. Mary's Anglican Church, Auburn. p.m., the Rosa M. Harvey Mid-original songs about "living, Church service Join our costumed guides and dleton & Area Library invites loving and losing along life's August 19, 2 p.m., the annual

#### Concert

August 18, 7 p.m.: the Mussel p.m. Camp will start August August 13, 2:45 p.m. to 4 p.m., August 17, 7 p.m. to 8:30 p.m., Shell Cafe presents a concert 20, 6 p.m. to 8 p.m., with the the Rosa M. Harvey Middleton the Rosa M. Harvey Middleton & of songs and stories by the sea, remaining camp schedule given & Area Library invites kids ages Area Library invites youth ages Christ Church Morden. Featuring at registration. If you have ques- seven-plus to a hands-on and in- 10 to 14 to spend your Friday Hughie McDonell, John DeCoste, tions, contact Mark Gordon at teractive program of technology, night hanging out with friends, ukulele club and storytellers. music and munching on snacks. Proceeds to children's programs at St. Mary's Elementary School.

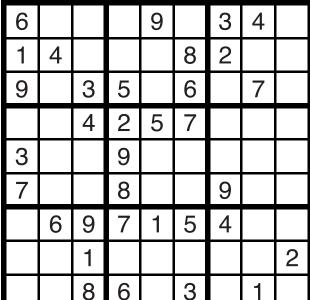
### Cycling event

"visitors" on a stroll through those 13-plus to use ink, string back roads and highways" that "Happey Memories" memorial

## horoscopes

#### ARIES - Mar 21/Apr 20

solution page 10



#### **Fun By The Numbers**

Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

#### sudoku brought to you compliments of

GOOD THING YOU'RE REWARD-DRIVEN mywau

### August 12 - August 18

#### LIBRA - Sept 23/Oct 23 Putting your thoughts into action. You have something to discuss that

others may find uncomfortable isn't easy this week, Aries. But you know you have to get moving on Libra. Get it out in the open, and in so doing you will remove the something. Dig into familiar tasks that you can do on memory mystique of the situation. TAURUS - Apr 21/May 21 SCORPIO - Oct 24/Nov 22

Taurus, most of your best decisions Scorpio, you can lay the foundation are fueled by the heart. Continue to for a deep, intimate friendship in put your full self into all that you you want to. Revealing your own do, and others will recognize your vulnerability can inspire others to trust vou.

#### SAGITTARIUS - Nov 23/Dec 21

It is time to stop diverting attention Sagittarius, if money is on your mind, speak with a financial advisor Remember that honesty is the best accountant or knowledgeable friend. Setting new goals may be

#### CAPRICORN - Dec 22/Jan 20

Cancer, confidence gives you the Do you find you are constantly nting yourself, Capricorn? I conversations you never would so, you may not be comfortable in have thought possible. Trust your your own skin. Learn to see what others find so appealing about you. AQUARIUS - Jan 21/Feb 18

Leo, people are anxious to hear Aquarius, right now you might benefit from some quiet what you have to say, even if the contemplation that can help you discussion pertains to something minor. Enjoy the attention while zero in on new goals. Take a few days for yourself to mull over your

### Virgo, a busy time is ahead and it's PISCES - Feb 19/Mar 20

easy to get overwhelmed when you Don't try to accomplish too much on your own. Pisces. Your network of friends is waiting in the wings to help you out whenever needed

#### horoscopes brought to you compliments of



www.frasers.ca

### BRIDGETOWN • 1-902-665-4449 TIM-BR INAPOLIS ROYAL • 1-902-532-1500

#### church service will be held at the Old Covenanter Church (491 Stronach Mountain Road) at Church Grove Cemetery in Melvern Square. Guest speaker: Rev. Bruce Kaiser from Fellowship Baptist Church. Special music by Amy Spurr. Come and remember your friends and loved ones who have passed away. Park concert

August 19, 2 p.m., the Deep Roots Music Cooperative and the Town of Wolfville presents The Idle Threats in concert at the Wolfville Waterfront Park, Great live music!

#### Kids Tech – We Do Robotics

August 20, 2:45 p.m. to 4 p.m., the Rosa M. Harvey Middleton & Area Library invites kids ages seven - plus for a hands-on and interactive program of technology, coding and electronics. Register at 902-825-4835.

#### Cemetery tours

August 21, 7:30 p.m., lamplight historical cemetery tour at St. Mary's Anglican Church, Auburn. Join our costumed guides and "visitors" on a stroll through history. Light refreshments following the 45-minute tour. \$10 per person. 902-847-9847 required, but appreciated).

Kids Tech – We Do Robotics 584-3004.

ets \$30 (students \$15) through 341-2035.

~ Card of Thanks ~

Shane Michael Leduc

May 18, 1972 to July 6, 2018

The family of Art and Barbara Leduc send heartfelt

thanks to all who were kind enough to bring food.

offered assistance, visited and telephoned/e-mailed

to get updates during our son's illness. Words can-

not express how much we appreciated the kind

gestures. Special thanks to Dr. Paul MacLean/Dr.

Burch and the Palliative Care team at Soldier's Me-

morial and the many Doctors, Nurses, at the V.G.

the OEII and The Valley Regional for your profes-

sional and compassionate care. Angels All!

### TIXHUB at evergreentheatre.ca. Strawberry supper

60 years' service

Audrey Nichols. During her 60 years with the CWL,

Spencer has held almost every executive position. In

1981, she received the CWL Maple Leaf Service Pin,

awarded to members who have served the league in

active in the communities where she and her husband.

Frank, were posted. Since being posted to Greenwood,

she was Queen of Heaven Chapel's representative for

the Upper Room Food Bank for 20 years, sitting on the

Nova Scotia. An avid figure skating volunteer, Spencer

has also been awarded the Presidents' Volunteer Award

by the Canadian Figure Skating Association. Submitted

to a hands-on and interactive be a BBQ, 50/50 draw, driver Contact 902-825-3356. program of technology, coding prizes, raffle items and more! Movie night and electronics. Register at 902- Information and vendors related August 25, there will be a fam-August 25, 8 p.m., the Ever- children, teens and adults with Fellowship Centre, 208 Dodge Terry Gaudet, 902-825-1736, green Theatre, 1941 Stronach autism. For more info, contact Road. Pizza served at 5:30 p.m., for more info. Mountain Road, Margaretsville; the Valley chapter of Autism movie begins at 6 p.m. This SPCA foster program presents Halifax actor/ singer/ NS at 902-242-2019, or Marty month's movie is "I Can Only Volunteer foster care homes are songwriter Stewart Legere. Tick- Cress, event organizer, at 902-

"Autos for Autism" is a car show strawberry supper at the Marto autism will be set up, and all ily pizza and movie night at est organizations in the world, proceeds go to support local the Wilmot Baptist Christian please call membership chair

August 25, 5 p.m. to 6:30 p.m., Wednesdays, noon to 1 p.m. August 25, 10 a.m. to 3 p.m., there will be a cold plate and come in for a nice hot soup lunch August 21, 2 p.m. to 3:15 p.m., and fundraising event at the garetsville fire hall, hosted by Church, 733 Main Street, Open the Lawrencetown - Dr. Frank Credit Union Centre in Kingston. Bay View Cemetery volunteers. to everyone in the community. W. Morse Memorial Library Entry by donation. Any and all Adults \$12, children ages five Lions membership drive invites kids ages seven plus vehicles welcome. There will to 12 \$6, under age five free. The Middleton and District Lions

## our new "Kids Centre" - games, provide a safe, happy temporary Everyone welcome. crafts, colouring and a book home for an animal and meet Crib everyone welcome.

#### Caregiver support group

giver support group meets at the For info, contact foster care are invited to a games night at Sobey's Greenwood community coordinator Cynthia Gallagher, New Beginnings Centre, 1151 room. Are you caring for a par- cmgalls1@gmail.com; or the Bridge Street, Greenwood. Bring ent, spouse, child or friend due shelter at 1285 County Home some snacks and come have an to a physical or mental health Road, Waterville. condition, frailty or chronic ill- Church service environment. For information, a deeper way. an exceptional or meritorious manner. In addition to contact Jennifer Briand, Western Cemetery history being an active CWL member, Spencer has always been Support, 902-521-5592.

#### Exercise class

Mondays, Wednesdays and Tremont Community Cemetery Mondays, 10 a.m. to 11 a.m., Fridays, 11 a.m. to noon, free Society would love for you to the Kingston Library hosts Popboard of directors and was also chairperson and treasurer; awarded the Georgina Burgess Award from Feed program at the Wilmot Baptist Contact 1stladymuise@gmail. playgroup for preschoolers Church Christian Fellowship com or 902-765-2642. Centre. Geared for seniors, but Jam sessions open to everyone.

Club is recruiting new members. If you are interested in becoming a member of one of the larg-

Imagine." Children can now have needed to support the rescue, Harmony community hall, 992 supervised fun while the movie care and adoption of Kings Coun- Harmony Road. Door prizes, is playing in the next room, at ty SPCA cats and dogs. If you can refreshments, freewill offering.

nook. Call Brian at 902-765- SPCA volunteer training and Wednesdays, 7 p.m., join the 4124 for information. Freewill, screening requirements, there Berwick Crib Club at the Berwick are many animals who would Lions' hall, KMCC (Apple Dome), appreciate your involvement. 250 Veterans' Drive, Berwick.

#### Thursdays (first of each month, All costs (food, litter, medical Games night

1:30 p.m. to 3:30 p.m., a care- care) are covered by the SPCA. Every second Friday, 7 p.m., you evening of fun!

#### Men's group

ness? Our support group offers Sunday evenings, 6:45 p.m., Saturdays (second of every Jean Spencer (left) recently received the Catholic a confidential, friendly atmo-Women's League 60-year pin from fellow member sphere for you to discuss your New Beginnings Centre, Green- Christian Ministry invites men experiences, and receive helpful wood. Open to anyone who in the Central Valley area to a information in a supportive wants to experience the Lord in men's fellowship gathering. We meet together for breakfast and conversation at the Aurora Inn, Are your ancestors buried in Kingston, at 9 a.m.

### the Tremont cemeteries? The **Popovers Learn and Play Group**

and caregivers. Stories, crafts, songs, discovery, games, skits, Wednesdays, 7 p.m., join in a scavenger hunt or rhymes. Regcommunity jam session at the istration is required.

### ~ Card of Thanks ~ CARR, David George

We the family of the late David George Carr. who recently passed away, wish to express our sincere thanks to all who thought of us in our time of loss. Thank you to the many people who sent sympathy cards, made charitable donations, sent electronic condolences online, sent flowers, food or called our home and attended and participated in the visitation service and reception. Your kindness and thoughtfulness is most appreciated and will never be forgotten.

Marsha Carr & Family

Phone number

### Three easy ways to enter.

Through our website: www.auroranewspaper.com

2. Fax: 902-765-1717 3. Drop into our office located on 83A School Road (Morfee Annex)

Entry deadline: Noon, August 16, 2018

Complete the following questions from ads in this week's issue and win a 14 inch 2-topping pizza from Mimie's Pizza, Greenwood. Coupon valid for 30 days.

- 1. What are you saving the date for September 16? 2. Who supports Annapolis Mess activities?
- 3. What can you do August 27, 9 a.m. to 3 p.m.?
- 4. Who will fix your Audi?
- 5. What will you hear at 1489 Westwood Street?

Congratulations to last week's winner: MARC THIBODEAU



Mimie's PIZZA 683 Central Ave.,

902-765-6888

Greenwood

902-765-2232

### 843 Park St., Kentville (902) 678-6000

words or less, are \$9 tax included. Additional words are 10 cents each plus tax Rold text \$10 tax

Classified advertising must be booked and prepaid by 10 a.m. Thursday previous to publication. Payment methods include VISA. MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/ or services advertised. To place a classified, contact 902-765-1494 local 5699, visit the office, 61 School Road, Morfee Annex, Greenwood: email auroraproduction@ns.aliantzinc.ca or fax 902-765-1717.

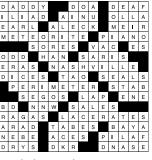
To place a boxed, display ad, contact 902-765-1494 local 5833: email auroramarketing@ns.aliantzinc.ca.

Les annonces classées, 35 mots ou moins, sont vendues au prix de 9 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 10 taxes incluses.

Les annoncées classées doivent être réservées et payées à l'avance avant 10 h. le jeudi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant, L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au 902-765-1494 poste 5699. visiter notre bureau au 61, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à auroraproduction@ns.aliantzinc. ca ou nous transmettre un fax au 902-765-1717.

Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 5833, ou un courriel à auroramarketing@ ns.aliantzinc.ca.

### crossword solution



#### sudoku solution

	6	8	7	1	9	2	3	4	5
	1	4	5	3	7	8	2	9	6
		2	3	5	4	6	1	7	8
	8	9	4	2	5	7	6	3	1
	3	1	2	9	6	4	8	5	7
	7	5	6	8	3	1	9	2	4
	2	6	9	7	1	5	4	8	3
	5	3	1	4	8	9	7	6	2
	4	7	8	6	2	3	5	1	9

FOR RENT - 989 Aurora Crescent, Greenwood. Spacious two bedroom apartment \$650/month, tenant pays utilities. Coin operated laundry on site. Storage area. Non smoking building (this includes cannabis and vaping). No pet policy. Rental application required. Please call 902-765-6312 or email for further information. Visit our website at www.parsonsinvestments. ca (3921-ufn)

Sunday, 1:30 p.m.

Tuesday, 7:00 p.m.

Regular Games - \$100

Triple Jackpot - R-W-B

1 Lucky 7 - Progressive

1 Bonanza - Progressive

**Consolation \$300** 

Lic.# 115910-08

Jackpot - 3 Chances

**Double Action** 

3 Specials - 60/40

Letter H - 80/20

Kingston

Legion

FOR RENT - Two bedroom apartment. 1486 Maggie Drive, Kingston. Non smoking, adult building. In-floor heat, ground level. \$725 per month, available August 1st. Please call 902-309-0573. (3929-2tp)

FOR RENT – Very clean modern

one, two & three-bedroom

apartments. Middleton to Cam-

bridge. Well managed proper

ties. Seniors units available

References required. Call Ross

at 902-840-0534. (3539-ufn)

#### **DUPLEX FOR RENT**

FOR RENT - Duplex for rent, 55+, Highway 201, Greenwood Square. 1200 sq. ft. living space plus attached garage Two bedroom, two baths, five appliances, heat pump and in-floor heating. Lawncare and snow removal included. Non smoking. New construction.

### FOR RENT **Duplex with**

attached garage Centrally located on Westwood St., Kingston Senior, non-smoking, twobedroom. \$700 per month Available September 1s

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PARKER ( RICHTER

SOUTHGATE COURT, GREENWOOD N.S. HONE: **902-765-4992** • FAX: **902-765-4120** WWW.PARKERANDRICHTER.COM

available November 2018 Please call 902-847-1312 or 902-765-4709. (3930-ufn)

#### FOR LEASE

FOR LEASE - 7000 sq ft commercial retail/ warehouse building. 418 Markland Rd. Kingston, NS. Willing to sub-divide building if necessary. Please contact Greg 902-824-1450 or Joan 902-847-1365. (3842-ufnb)

#### **JOB OPPORTUNITY**

JOB OPPORTUNITY - Part-time bartender for casual employment. Approx. 20-25+ hours/ monthly, mainly evenings and Sundays. Send resume to 107valleywingrcafa@gmail. com or drop off after 1 p.m. to 904 Central Avenue, Greenwood. (3930-1tpb)

#### SERVICE

CHURCH SERVICE - "The Peoples 25:40 Church" There will be a church service held every Sunday at the New Beginnings Center 1151 Bridge Street Greenwood provided by Pastor Leon Langille. Pre service music at 2:50 p.m. Service 3:00 p.m. Doors will open at 2:30 p.m. All are welcome. (3533-ufn)

### **DAN'S FIREWOOD**

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Insurance Claims are our Speciality. Mention this ad for \$100 off your deductible.

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Barrister \* Solicitor \* Notary

811 Central Avenue, PO Box 100 Greenwood, NS B0P 1N0

Email: dap@davidproudfoot.com Web: www.davidproudfoot.com

T: 902-765-3301 F: 902-765-6493



- Real Estate
- Wills / Estates
- Consultations / Referrals

## Library takes a summer reading break

The 14 Wing Greenwood slot. Fall hours will be posted

Library is closed for a sum- when the library reopens August 27.

the Aurora | 14 Wing Greenwood, NS

Items coming due may be We are sorry for any inconreturned in the outdoor book venience this may cause.

### Bookmobile schedule - August

Tuesday, 14 August Oaklawn Farm Zoo

10 a.m. to 4 p.m.

Wednesday, August 15 Maitland Bridge Community Hall 10:15 a.m. to 11:15 a.m. Cornwallis Park Basin View Mall 1 p.m. to 2 p.m. Bear River Grocery Store 2:30 p.m. to 5 p.m.

Thursday, August 16 Torbrook Mines Charity Baptist School 1:30 p.m. to 3 p.m. 3:15 p.m. to 4 p.m. Nictaux Fire Hall

Tuesday, August 21 Centreville Community Centre 3 p.m. to 4 p.m. 4:30 p.m. to 5:30 p.m. Coldbrook Centre Wednesday, August 29

Springfield Fire Hall 11:15 a.m. to 12:15 p.m. East Dalhousie store 1:30 p.m. to 2:30 p.m.

### Three Valley athletes heading to Legion track nationals

With the Royal Canadian mouth at Beazley Field. Legion National Youth Track brought together over 250 and Field Championships track and field athletes of all fast approaching in August in ages. Those competing in the Brandon, Manitoba, athletes Midget and Youth categories across the province showed chased standards and setheir very best in running, throwing and jumping June to the 2018 Nova Scotia/ 23 and 24 at the Athletics Nunavut Legion Track and Nova Scotia Track and Field Field Team. Provincial Championships and Legion Team Selection letes named to the team, in-

The event, held in Dart- letes Zachary James, Valley

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### ley Athletics, Windsor. FOR SALE M&M Firewood

lection criteria to be named

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cluding Annapolis Valley ath-

Athletics, Windsor; Michael

Lander-Pinard, Annapolis

County Athletics, Middleton;

and Robert Williamson, Val-

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Milton: 902-825-8440

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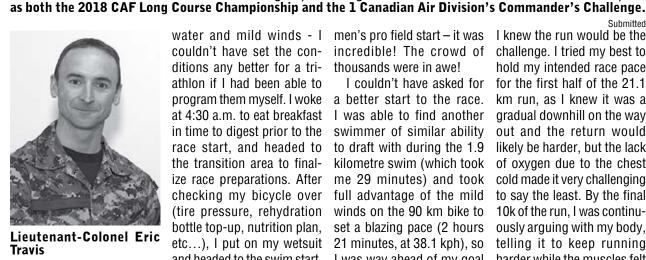
Hardwood Cut, Split and Delivered Quality Guaranteed please phone 「: 902-825-3361

## One step at a time Greenwood triathlete pushes through run to PB at Ironman event

Lieutenant-Colonel Eric Travis, **Maintenance Training** Flight Commander, 404 (Long Range Patrol and Training) Squadron

June 24, as a selected member of the Canadian Armed Forces' Long Course Triathlon program, I competed in the Ironman Mont-Tremblant 70.3, dubbed the CAF Long Course Championship for 2018 and The Canadian Armed Forces' triathlon contingent, following the June 24 Ironman Mont-Tremblant 70.3, run the 1 Canadian Air Division's Commander's Challenge.

I arrived with the rest of the CAF athletes on the evening of June 21. This gave me the opportunity to reassemble and check my bicycle, perform some prerace activation training on the course (a short swim, bike and run on the Friday), and attend the athlete check-in and mandatory pre-race briefing Saturday. As Saturday night came to a close, everything seemed to be coming together nicely: I was laying out my race enough to get me through gear and nutrition, nervous- what I knew would be a included a CAF flag party, the second transition. ly checking the weather challenging day. forecast for Sunday and Race morning June 24 national anthem and a CF188 during the days leading up erything I had gained in the with such great training and wondering if the months of turned out to be beautiful, fly by; all perfectly timed with to the race and it was solidly swim and bike portions. The competition opportunities in dedicated training would be with cool weather, calm a pyro-technic flash and the in my lungs on race day, so kilometres slowly ticked by the sport of triathlon.



Lieutenant-Colonel Eric

water and mild winds - I men's pro field start - it was I knew the run would be the Championship/ 1 CAD Comcouldn't have set the con- incredible! The crowd of challenge. I tried my best to mander's Challenge, two ditions any better for a tri- thousands were in awe! hold my intended race pace racing in the professional athlon if I had been able to I couldn't have asked for for the first half of the 21.1 category and the remainder program them myself. I woke a better start to the race. km run, as I knew it was a racing in the age group comat 4:30 a.m. to eat breakfast I was able to find another gradual downhill on the way petition. Athletes were on the in time to digest prior to the swimmer of similar ability out and the return would podium in almost every age race start, and headed to to draft with during the 1.9 likely be harder, but the lack group, male and female - an the transition area to final- kilometre swim (which took of oxygen due to the chest impressive showing by the ize race preparations. After me 29 minutes) and took cold made it very challenging Canadian Armed Forces. checking my bicycle over full advantage of the mild to say the least. By the final was proud to be wearing my (tire pressure, rehydration winds on the 90 km bike to 10k of the run, I was continu- CAF triathlon race uniform bottle top-up, nutrition plan, set a blazing pace (2 hours ously arguing with my body, during the race and, even etc...), I put on my wetsuit 21 minutes, at 38.1 kph), so telling it to keep running more proud to represent the and headed to the swim start. I was way ahead of my goal harder while the muscles felt CAF on the awards stage. The opening ceremonies pace by the time I reached depleted and my lungs kept a CAF member singing the I had been fighting a cold I worried I might lose ev- to the CAF for providing me

Submitted

each step and, before I knew it, the finish line was in sight.

I tried to surge my speed as I approached the finish, in case I was still close to my goal time (my previous personal best at Tremblant was 4:46 in 2017), but was shocked to see a time of 4:28:02 displayed as crossed the finish line - a new PB by almost 20 minutes, placing me fourth in my age group and 50th overall!

The military had 40 athletes racing in the 2018

me coughing and choking. to pass on my appreciation

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## Paint the Town celebrates 23 years in Annapolis Royal

A plein air painting week-silent auction process (10 pating artists. end August 18 and 19, with a.m. to 6 p.m. daily), or grab 80 artists setting up their the piece of their dreams in Walking the Line, a comeasels at various locations throughout Annapolis Royal, marks the return of a popular event for onlookers and art buyers.

artists from Canada and the United States find a special spot that inspires them to paint, sculpt, carve, photograph or sketch. Spectators meet artists at work, and may watch the creative process unfold all around town, including on the boardwalk, the wharf, at Fort artists, aged 16 to 18. Anne National Historic Site As paintings are finished, volunteers deliver the artwork to the Paint the Town Gallery at The Academy (590 St. George Street), where patrons may bid during the support ARCAC and particitileston@gmail.com.

p.m. daily).

Emerging and established who make Paint the Town a rates a few simple receptive regular stop each summer are Tom Forrestall, Rose Pamela Grundy, who is Adams, Wayne Boucher and creating gestures designed Geoff Butler. You will also to reflect the techniques find many up and coming artists and, this year, The create their canvases. Learn Annapolis Region Community Arts Council is offering the line at 6 p.m. August a handful of places to youth

and the Historic Gardens. regardless of the weather: be ready to join in the "pop artists took shelter on porches and covered patios and details, PM the Company continued to work through of Angels Facebook page last year's downpour.

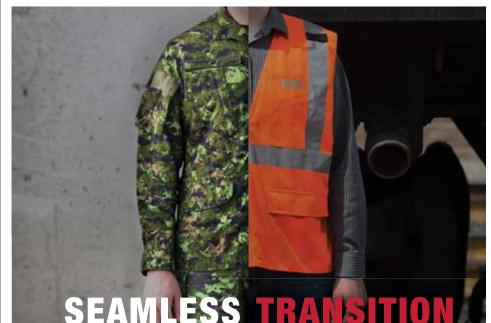
As an added bonus, take immediately, as each piece munity procession, prehas a "buy it now" price sented by The Company of (this option available until 5 Angels Dance Project. All are welcome to walk in the Among the favourites single file line that incorpogestures with dance artist used by painters as they the gestures and practice 15 at the Annapolis Royal Ogwa'titek Amphitheatre, Paint the Town takes place 275 St. George Street. And up" dance movement. For -facebook.com/dancingin-All proceeds mutually thethirdact/, or email susan.





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