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the Aurora

Vol. 35 No. 27 JULY 7, 2014 NO CHARGE www.auroranewspaper.com

Adding info, incentive to FORCE

Sara Keddy,
Managing editor

So you passed the FORCE evaluation?

What next?

Researchers from Personnel Support Program's Directorate of Fitness (DFIT) were in Greenwood at the end of June, putting 150 14 Wing personnel through their paces in the year-old fitness test, looking for information that would add even more value to the Canadian Armed Forces' standard.

"Right now, you finish FORCE and you get the thumbs up," said Dr. Tara Reilly, research manager for Human Performance Research and Development in Ottawa. "FORCE is a highly occupational test of flexibility and muscle strength, and the best predictor of your ability to do the six common tasks – including dragging and lifting, but it's not a comprehensive test of general fitness. There's not a lot of information on cardiovascular fitness or body composition."

The proposed fitness profile will provide an assessment of participants' overall fitness,

based on cardio-respiratory fitness (derived from times on the intermittent loaded shuttle and 20-metre rushes) and a measure of body composition (with the addition of a waist circumference measure). This is not a career-influencing assessment, but a way to give individuals health information and targets for improvement.

As well, the pass/ fail FORCE evaluation eliminated the previous fitness test's "incentive" targets, which recognized top achievers in a range of gender and age categories. Putting personal challenge into FORCE, so individuals can compare their own FORCE performance with comparable peers and with the operational needs of the CAF; and identifying a broader fitness level of CAF members, is also in the research team's mandate.

"We're testing 150 people at four different bases across Canada – 600 people," Reilly said. "I need them to push the test to the maximum."

Volunteers were introduced to the project through a short briefing, and had the opportunity to ask detailed questions



Corporal Vincent Couture, 14 Air Maintenance Squadron, goes through the data collection phase of the FORCE incentive trials with local Personnel Support Program fitness coordinator Eric Plante, as researchers visited 14 Wing June 24.

S.Keddy

about the FORCE evaluation, including how it was developed, what it tests and how CAF personnel can meet the challenge. PSP staff from 14 Wing worked with the DFIT researchers to measure every participant's waist circumfer-

ence. Then, everyone went through the FORCE evaluation as it is run at bases across Canada – but at the highest level of effort they could put into it. The test and timings were tracked on new iPad tablets, also being tested for

their functionality to help with the volume of data. It is hoped the electronic system will eventually be rolled out to the entire CAF. Finally, participants had the chance to offer their opinions on the proposed fitness profile."

The researchers expect to be able to offer military officials better information on how best to support CAF personnel's general health needs, and a more comprehensive rewards structure at both the individual and group level



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**Summer closure
July 22 to August 4**

**Fermeture d'été du
22 juillet au 4 août**



**There will be no Aurora Newspaper on
July 28 or August 4.**

**Il n'y aura pas de journal Aurora du
28 juillet au 4 août.**



the Aurora

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Circulation | Circulation: **5,900 Mondays** | Lundis
Agreement No. | Numéro de contrat : **462268**
Fax: 902-765-1717

Website | Site Web : **www.auroranewspaper.com**
The Aurora, PO Box 99, Greenwood NS BOP 1N0
L'Aurora, C.P. 99, Greenwood (N.-É.) BOP 1N0

Location | Emplacement : **83A School Road, Morfee Annex** | Annexe Morfee

Mail subscriptions: annual \$90 plus tax, weekly \$1.85 plus tax.
Abonnements par correspondance: 90\$ par année plus taxes, 1,85\$ par semaine plus taxes.

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Canadian Air Force website
Site Web de l'Aviation royale canadienne
www.airforce.forces.gc.ca

Community Gateway Site
Site du portail communautaire des Forces canadiennes
www.cfcommunitygateway.com

14 Wing Greenwood Site
Site de la 14e Escadre Greenwood
www.airforce.forces.gc.ca/14w-14e

Personnel Family Support Services
Services de soutien au personnel et aux familles des Forces canadiennes
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www.forces.ca

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VPI | VPI
www.vpinternational.ca

WLE branch Mess dinner marks successful, hectic year

**Lieutenant Stacey Cusan,
Mess Dinner PMC**

This year's Wing Logistics and Engineering (WLE) Mess dinner took place June 12 at the Annapolis Mess, hosted by Wing Logistics and Engineering Officer Lieutenant-Colonel Brian Richardson. The event was definitely one to remember, with almost 200 military and civilian staff in attendance from Construction Engineering, Replenishment (supply and food services), Telecommunication and Information Systems, Transportation and Electrical & Mechanical Engineering, Environmental, and WLE headquarters.

The guest of honour at this event was former Director Construction Engineering at 1 Canadian Air Division. Other distinguished guests present at the mess dinner include Chief Warrant Officer (retired) Frank Honey and Honorary Colonel Karl West. All those who attended were entertained by the magnificent performance of the 14 Wing Band,



Wing Logistics and Engineering Officer Lieutenant-Colonel Brian Richardson

led by Warrant Officer Vincent Roy and Pipe Major Sergeant Andrew Bruce.



Chief Warrant Officer (retired) Frank Honey

Submitted

The dinner was a great opportunity for the professional development of the ju-

nior members present, giving the more senior members a chance to provide mentorship while in a relaxed setting. Formal events included a tribute to fallen comrades by the VPMC, Warrant Officer Cowley; the playing of the marches and various toasts. There were also several exciting charades, songs, stolen gavels and other acts that brought the WLE branch members together.

Guests adjourned upstairs to the Club Copri Lounge, where Captain Armstrong organized a competitive crud

tournament. The winning crud team was from TEME, comprised of the following distinguished athletes: Lieutenant Amanda Dornan, Karen Reid, Corporal Rob Froude, Master Corporal Kevin Connors and Corporal Kyle Lucas. Socializing continued late into the evening, and even extended into the early morning for some!

The WLE Mess dinner was a great success, and a great opportunity for the branch to enjoy an evening together and wind down from a hectic year.

Many thanks go to everyone that helped organize and run the event, including Chief Warrant Officer Bill Hinchey, Master Warrant Officer Donovan, Warrant Officer Cowley, Corporal Rietta, Corporal Jaden Braniff, courtesy drivers Corporal Cote and Corporal Mayhew, Wing Imaging staff, set-up crew volunteers, Annapolis Mess staff and the 14 Wing band.



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The Kingston Area Advisory Committee invites applications from residents of Kingston to fill three vacancies on the Area Advisory Committee. These positions are for two year terms.

For more information, please contact the Kingston Village office at (902) 765-2800.

Interested persons must submit a letter of application by July 15, 2014 stating qualifications and reasons for serving.

Please send to Mike McCleave, Clerk/Treasurer, at the address provided below or email to: clerk@kingstonnovascotia.ca

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Smokin' Entertainment

Blues, metal bands set up summer festival fun

This summer at Fox Mountain Camping Park, Aylesford, just a few minutes from CFB Greenwood, there will again be two music festivals brought to you by Smokin' Entertainment.

Smokin' Blues Fest 4 will take place July 11 and 12 and will feature such legends as the Matt Minglewood Band (celebrating 50 years in the music business), the John Campbelljohn Trio (Celtic blues at its finest), Wayne Nicholson & The Eastenders (featuring members of Oakley) and many more. This family-friendly event creates the ultimate "celebration of East Coast blues and blues rock."

The second event is for "lovers of the loud." It's the Maritime Metal & Hard Rock Festival 2, September 12 and 13. The first year shook the trees on Fox Mountain; it'll be "loud times in the Maritimes" once again, with over 30 heavy metal and hard rock bands from all over the East Coast, as well as a pair of special guests that put the final layer of icing on a Maritime party. The Randy & Mr. Lahey Show will have bellies shaking with laughter as they bring their antics to the stage for over an hour of hilarity. Everyone knows them from the Trailer Park Boys series.

One of the main focuses of these festivals is to provide a local, musical "escape" for those unable to travel long distances to attend shows. Festivals draw thousands of music lovers into an area, supporting local businesses and giving families great live performances to attend. A weekend of the Maritimes' best bands, with quality production, a safe environment and a comfortable atmosphere is just the ticket to relax and enjoy those ears that nature granted you.

With attendees last year from as far away as California, Florida, New York and BC, Smokin' Entertainment events are growing, and the entire crew is very happy about that.

The event this year is sponsored in part by many local businesses, presenters of the headlining acts. Tickets may be purchased online at www.ticketatlantic.com, Mama Sofia's Pizza in Kingston, participating Superstores or by calling Fox Mountain at 902-847-3747 to reserve your campsite and grab your tickets. Cabins, trailers and serviced lots are sold out, but there are lots of unserviced sites available.

Partnership marks links, goodbyes at LCS

**Sara Keddy,
Managing editor**

A couple special send-offs June 18 marked strong community links between Lawrencetown Consolidated School, Branch 112 Royal Canadian Legion and 14 Wing Greenwood's Wing Administration Branch.

The three organizations partner at special events throughout the year, including the most recent presentation of student-of-the-term awards. The wing provides Air Force goodies to small treat bags provided by the Legion and certificates made by the school, all done this time to mark deserving students' creativity, the term's theme. Recipients included Rorie Cook, Hailey Lockett, Karl Seidel, Abby Connell and Gavin Linders.

"What do you think?" Legion member George Thompson asked, nudging his neighbour on the sidelines as the kids thumbs-upped their parents in the chairs at the back or the room, or threw their arms in the air as they jumped to their feet to head to the front. And, kids sitting beside the recognized students were just as pleased with the announcements.

"Every kid's happy – it doesn't matter!"

Along with all the traditional

assembly activities – photos, songs, O Canada; the students marked two special farewells: long-time teacher Kendra Watson retires this June, after five years at the now-closed Springfield Elementary and 30 at LCS. The students presented her with a handmade book of cards from every student, a skit of her favourite, admittedly odd, sayings, a song with specially made words and, to remember one of Mrs. Watson's most familiar end-of-day wish for students – "roses on your pillows" – they presented her her own bouquet.

Also leaving the school and community partnership is Wing Administration Chief Warrant Officer Lise Ward. She has spent the past two years working closely with the school and the Legion to ensure the branch and 14 Wing is included and represented in any special event.

"Thank you and good bye to Chief Ward," said Legion member June Thompson. "She is leaving us, transferred to Quebec. We appreciate her affiliation with our branch."

Attending the June 18 assembly from Wing Administration were branch Commanding Officer Lieutenant-Colonel Ted Cosstick, Private Lindsay Harnish, Petty Officer 2nd Class Don Alexander and Ward.



14 Wing Greenwood's Wing Administration Branch and Branch 112 Royal Canadian Legion members teamed up at Lawrencetown Consolidated School June 18 to present student term awards for creativity to a number of students.



14 Wing Greenwood's Wing Administration Branch Chief Warrant Officer Lise Ward and Lieutenant-Colonel Ted Cosstick presented Rorie Cook, Grade 4/5, with her term award.



Students re-wrote "the cup song" ("When I'm Gone") to capture some of the memories of retiring teacher Kendra Watson.

S.Keddy

~ In Memory of ~

**MWO James Richard Andersen
September 28, 1957 - July 11, 2004**

In many ways 10 years is a long time, but it always feels like yesterday when we last saw your smiling face.



Missed and remembered always by wife, Yvonne Andersen, son Cpl. Christopher Andersen, daughter, Corey Mongeau, and Sister, Wendy McNab, as well as grandchildren Lyvia, Ben and Abby, brother in law Ross, niece Ashley and nephew James and close friends Les and Elaine Banks.

Kings RCMP host benefit ball tournament for Moncton peers

Kings County RCMP is hosting a benefit softball tournament, with a dinner and dance, July 25 to July 27 to raise money for the families of the fallen RCMP members from Moncton.

This is a co-ed tournament, with a minimum of three females on the field at all time. Registration is \$30 per person and includes red T-shirts for

every player. All games will take place in Aylesford or Berwick. The round robin will be Friday night and Saturday. Tournament playoffs will be July 27. Each team is guaranteed three games. Players may use either ASA or USSSA approved bats but, if there is a MPH stamp on the bat, it must be less than 100 miles per hour. Teams are asked to bring

two grey dot softballs that will be used when they are the home team. Home teams will be determined by a coin flip.

A group picture of everyone wearing the red T-shirts will be taken before the final game Saturday evening as a show of Valley support for Moncton.

Saturday games will also be followed by the dinner and dance at the Aylesford fire

hall. The dinner cost is still being finalized, but if you just want to attend just the dance, admission will be \$5.

To register for the tournament, contact Nick MacLean at 902-690-5861 or nick.macleam@rcmp-grc.gc.ca. Deadline to register is July 11. Teams wishing to participate after July 11 will be considered on a case-by-case basis.



Fire trucks, fish, chips and fathers

14 Wing Fire and Emergency Services recently took part in the Father's Day Fish and Chip Weekend in Lawrencetown, sending Red 11, a 12,000 litre (water) aircraft rescue and firefighting vehicle; for the parade and show and shine. Corporals Brady and Okorofsky volunteered to take the 48-ton apparatus to the event, also attended by other local fire departments, including Kingston. While not the best day weatherwise, many people came out to watch the parade and visit the different trucks. The annual Father's Day event is a major fundraiser for the Lawrencetown and District Volunteer Fire Department. 14 Wing Fire and Emergency Services supports local community events when approved by the chain of command, displaying unique fire apparatus when serviceability permits and the dispatch of a vehicle will not impact any fire response on the wing.

Submitted

spotlight of the week Peoples Choice Realty



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promotions & presentations



Captain Tom Hines (centre), 404 Long Range Patrol & Training Squadron, receives the Canadian Forces Decoration, presented by 404 Squadron Commanding Officer Lieutenant-Colonel David Proteau (left), and Chief Warrant Officer Ian Smith in the Hornell Centre at 14 Wing Greenwood.

Master Corporal R. Wilson, 404 Long Range Patrol & Training Squadron



Major Yves Leblanc (centre), 404 Long Range Patrol & Training Squadron, receives the Canadian Forces Decoration 1 from 404 Squadron Commanding Officer Lieutenant-Colonel David Proteau (left), and Chief Warrant Officer Ian Smith in the Hornell Centre at 14 Wing Greenwood.

Master Corporal R. Wilson, 404 Long Range Patrol & Training Squadron



Sergeant St. Denis, centre, was recently promoted to warrant officer by then-405 Squadron Commanding Officer Lieutenant-Colonel Mike Adamson and Chief Warrant Officer Mario Roussel.

Submitted



Wing Construction Engineering Officer Major Steve Button (left) recently appointed Construction Technician Master Corporal Delafontaine to his new rank. Master Warrant Officer Knight is at right.

Submitted

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Rock rose watching at 14 Wing

Sara Keddy,
 Managing editor

Scrubby, barren and sandy – the perfect conditions for a special little plant.

Ninety-five per cent of Nova Scotia's rock rose are found right here on 14 Wing Greenwood land – but that's not saying much: researchers are worried the declining population is a further factor in the perennial herb's provincial red-listed status.

"It's on the verge of extinction, actually, in Nova Scotia," says Acadia University biologist Rodger Evans, who has been working with a team of Acadia staff and students monitoring Greenwood's rock rose population since 2007.

"We're looking at the individual health of a very specific environment – a sand barren. It's home to a whole bunch of specific plants."

In a 2007 count, there were about 5,000 to 5,500 rock rose plants counted at the southern end of 14 Wing's runways, in patches along the bluff that drops down to the Annapolis River. Back again last summer, in 2013, researchers counted 500 – half the plants found a few years before – in one area; another area that had had several hundred plants was down to just six.

"So, when you're largest population in the province drops 75 per cent in five years....," Evans says, it's good to look at what can be done to protect or conserve the rock rose.

The plant is unique in that it has a "weird way of making seeds," Evans says. Early in the season, about mid-June, the plants flower and insects do the cross-pollination work they do. Later, in August, the plants produce flowers that don't open – and then self-pollinate.

"In the plant world, that's not so bad. If the environment is good and the plants' health is good, it's a good way to propagate yourself. If you're rare, and the environment changes, and you don't have the genetic balance to self-pollinate – or survive, because you're a copy of your parent; you don't have a chance."

The Greenwood rock rose population actually has the



S.Keddy

lowest level of genetic variability of populations in the Eastern Canadian region – which means the plants are big self-pollinators.

"Why?" Evans wants to know.

"Last year, we collected the second flowers, opened them up and found 'frass' inside – that's bug poop. We found a grub living in there – and it was only found in the fruit of the cross-pollinating plant. Only

the self-pollinating plants are surviving."

June 3, nine insect traps were set in the sand barren by Acadia entomologist Kirk Hillier. A rubber lure infused with a few chemical pheromone compounds they think may attract the insect responsible for the rock rose losses will be added, and give off a "naturally occurring plume." Acadia students will be back to check the traps.

"We do have a thought – it could be a monpha," Hillier says. This tiny moth is less than centimetre wide, dull grey in colour, maybe with stripes.

"It could be him. They're present in Canada, but their distribution in Nova Scotia is not really known. If there are different types of flowers on the rock rose, could this feeding relationship affect the flowers' reproduction? Over evolution? That's a really unique question: I can tell them what kind of insects we find!"

As the monitoring continues, 14 Wing is accommodating the research. The Wing Environmental office is tracking researchers' visits, items they may place in the field – and any operational clearances needed by the base, and simple things – like mowing, or not mowing – that can help the rock rose.

"It is a provincially listed species, but if it becomes a federal threatened species, there still is not a whole lot that can be done to enforce protection," Evans says. "So far, the base has been great."

Wing Environmental Officer Steve Sauveur says demands on the base to date have been few.

"It's a due diligence project for us – why wouldn't we want to do it? Really, the majority of the plants are in the perfect area to be left alone."



Acadia University biologist Rodger Evans scans the sand barren on 14 Wing Greenwood property for the rock rose, an threatened perennial herb.
 S.Keddy

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the Aurora | 14 Wing Greenwood, NS

Page 9



55th Kingston Steer BBQ & Village Fair

The oldest continuous running steer BBQ in the world
Credit Union Centre grounds • 1490 Westwood Avenue, Kingston

'Steer' Kingston way for 55th village BBQ weekend

**Lion Pat Nixon,
Publicity chairman,
Kingston Steer BBQ 2014**

"Well now, you understand, somebody has to pay for this steer?"

These words, uttered by the late O.H. Armstrong 55 years ago, ushered in the beginning of the Kingston Steer BBQ & Village Fair, now the oldest continuous running steer BBQ in North America.

Ten men from the Kingston and District Board of Trade each pledged \$50 to cover the cost of the steer, food and all the fixins' for that first event, July 9, 1960 - but had to overcome one major obstacle: no one had experience in barbecuing a whole steer! Enquiries were made far and wide as to how to do this, but replies covered steers cooked in pits of live coals. No one seemed to have experience barbecuing a whole steer on a spit. BBQ founders set about to do it themselves, and learn along the way.

That first steer BBQ was a resounding success and, from that day on, the event has been a much anticipated Valley weekend of family-friendly fun.

Many events and activities have been added, and some have disappeared, but the same strong sense of community spirit has remained over the years. The essence of the event



- barbecuing a whole steer - has remained the same, with additional beef roasts cooked instead of barbecuing steaks and the original brick BBQ replaced by a large, all-metal BBQ oven. For the past number of years, Vic Yahnke and his team of Kingston Lions have been the "keepers of the beef," entrusted with the 18-hour, overnight cooking process. For the last 16 years, the steer has been generously provided by Frasers Pro Home Centre.

This year's events begin Friday afternoon, July 11, as the steer is spitted, wrapped and

coated with spices, a process that usually attracts a crowd of interested bystanders. Then, using a tractor with fork lift tongs, the steer is placed into the cooking oven and the slow barbecuing process begins. The tender and juicy steer is ready to be served by noon Saturday as a beef plate meal and "burger bits," finely chopped barbecue beef placed on a bun with gravy.

The Kingston Steer BBQ & Village Fair is jointly organized by the Village of Kingston, the Kingston Lions and Branch 098 Kingston Legion. Superb

co-operation, teamwork, dedication and pure hard work put in by these pillar community organizations have been instrumental in the success of the event year after year. Each year, chairmanship of the event rotates between the three organizations, and all funds raised are shared, and go toward supporting each organization's activities in the community.

Beyond the steer itself, a range of activities take place over the weekend. Friday evening, the popular Sparky five-kilometre fun run, organized by the Kingston Fire Department,

will be followed by food, entertainment and fireworks show at around 10:15 p.m. Saturday morning, the fire department hosts a family pancake breakfast, and the street parade starts at 10:45 a.m. On the grounds of the Credit Union Centre, a craft fair, children's activities, live stage entertainment, a beer garden and the Udderly Delicious Dessert Contest round out the day. The Legion hosts the closing adult dance Saturday night.

New this year is the 2014 Canada's Strongest Man Competition (90 kg and 105 kg

weight classes). There are already 27 confirmed contestants from across Canada. Preliminary rounds will be held Friday evening, with the finals Saturday afternoon. The winners will earn a berth in the World Strongman Competition in China and Russia later this year. Also new is the inaugural running of the Millville Community Hall Motorcycle Photo Hunt, July 12. The starting point will be at the Westwood Street gazebo, across from the arena in Kingston. Once you're registered, with digital camera in hand, head out on the route to find a list of scavenger hunt items for prizes.

A community event of this magnitude cannot be held without the support of both the community and the businesses in the area, for which organizers are thankful. The fact the event has grown and remained strong these past 55 years is indicative of the strong sense of community and pride of the people in Kingston and surrounding areas.

Please visit www.kingston-novascotia.ca/steerbbq.htm for a full schedule, event entry forms and a link to the Canada's Strongest Man Competition. To volunteer, call Russell Maillet, 902-765-0207. All events are a go, rain or shine, with contingency plans in place in the event of inclement weather.

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55th Kingston Steer BBQ & Village Fair

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~ Friday July 11 ~

5:30 pm	Registration - Sparky 5 km Fun Run	6:30 pm	Start • Kingston Fire Dept. Sparky 5 km Fun Run
5 - 8 pm	Canada's Strongest Man Competition • Preliminary Rounds	6:30 - 10:00 pm	Entertainment on the Main Stage
6 - 9 pm	Bounce Kingdom and Face Painting	10:15 - 10:30 pm	Fireworks Display, by Fireworks F/X, View from "Superstore" Parking lot.
6 - 10 pm	Hamburgers, Hot Dogs, French Fries, Refreshments		

~ Saturday July 12 ~

7 - 10 am	Pancake Breakfast, Kingston Fire Hall • Sparky Street	1 - 5 pm	Entertainment • Main Stage
10 am - 5 pm	Craft Fair • Credit Union Centre Grounds	1 - 4 pm	Millville Community Hall Motorcycle Photo Hunt • Centennial Park, Kingston (Registration starts at 12 pm)
10:45 - 11:45 am	Grand Street Parade • Downtown Kingston	1 - 4 pm	Canada's Strongest Man Competition • Finals
11 am - 5 pm	Beef dinner, burger bits, hamburgers, hot dogs, fries, drinks, strawberry shortcake	2 - 4 pm	Udderly Delicious Dessert Bake Off Contest
11 am - 5 pm	Beer Garden • Centennial Park, Westwood Ave.	9 pm - 1 am	Dance - CRACKERJACK \$10.00 at the door Royal Canadian Legion Branch #98
11 am - 5 pm	Bounce Kingdom • Credit Union Centre Grounds		
1 - 4 pm	Dunk Tank • Proceeds to Kingston/ Greenwood Minor Ball Assoc.	Saturday Main Stage Entertainment	
1 - 3 pm	3 on 3 Basketball Tournament • Register at Village office (902-765-2800)	1 - 1:45 pm	Lost Tourists
12:30 pm	Official Opening and Welcome • Main Stage	2 - 2:45 pm	Lost Tourists
		3 - 3:45 pm	Hughie McDonnell
		4 - 4:45 pm	Matt Balsor

www.kingstonnovascotia.ca/steerbbq.htm

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Congratulations on the 55th Annual Kingston Steer BBQ and Village Fair. Enjoy the festivities and continue to support local this summer!

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55th Kingston Steer



BBQ & Village Fair

'Cycle, snap and win

Two wheels, a lens and sharp eyes are needed, as motorcycling scavenger hunters hit the road July 12.

As part of this year's Kingston Steer BBQ weekend, motorcyclists are invited to take part in the afternoon photo run through local main drags and back roads. The event is being organized by volunteers with the Millville Community Club.

"It's like a scavenger hunt, or a poker run," says Candace Davis. "There are 10 things of different points value on the list, you have to get a picture of them – and your bike has to be in every picture."

There are bonus points along the way, and there "could" be some strategy involved, Davis says: do you go for big points, or as many



Submitted

Participants may check out the rules and registration information at www.kingstonnovascotia.ca, and bring completed forms or register between noon and the 1 p.m. start on event day at the Westwood Street gazebo in Kingston (across from the arena). You have to have a motorcycle and a photo-taking device, and a buddy is a great idea. The photo hunt list will be passed out on the starting line, and you'll have three hours to snap what you can and get back for the final tally.

Davis will have prizes for the top-three "hunters," ranging from a first place value of about \$125, second at \$100 and third at \$75; plus five door prizes.

"This is new to the steer BBQ, but they were keen to have us come on board with the event," Davis says.



Village on parade

The 55th Kingston Steer BBQ grand street parade Saturday, July 12 is looking for you! Community groups, teams, families, businesses and individuals are welcome to be part of the parade, underway at 10:45 a.m. and heading to the Kingston arena grounds along Highway 1, through the village. For more information, and to enter, visit www.kingstonnovascotia.com or call the village office at 902-765-2800. Submitted

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55th Kingston Steer



BBQ & Village Fair

Everyone loves dessert!

A popular – and tasty - feature of the annual Kingston Steer BBQ weekend is the Udderly Delicious Dessert Bake-off July 12.

Chefs of all ages are invited to enter their favourite dessert in one of three categories: age 10 and under, age 11 to 14 and adult. First prize is a gift certificate from the Aurora Inn, and there are trophies for each category as well.

Dessert entries must arrive on the grounds of the

Kingston arena July 12 by 2 p.m. Refrigeration is available, and entrants should submit their recipe as well. At 3 p.m., the judges get to work and results will be announced by 4 p.m. Dessert portions will then be available for a freewill offering so on-lookers may sample for themselves the lovely creations.

For information, visit www.kingstonnovascotia.com or call the village office

at 902-765-2800. Entry forms may also be completed at the event as you present your dessert.



Sparky 5k a fun, family highlight

Ready, set, run with Sparky, in the fourth annual Kingston Volunteer Fire Department Sparky 5k fun run/walk July 11 at 6:30 p.m.

Event organizers are look-

ing forward to seeing this event grow another 20 per cent – with as many as 200 entrants turning out to run, walk, push the family stroller and multi-task with the fam-

ily pet's exercise outing.

"This is a great family event," says Kingston firefighter Patrick Armstrong. "Each year we've hosted the run, we've grown. Sparky sees runners off at the start line and is there at the end, it's a safe route – all sidewalks along the way, we've got a water station and a quick tour right through the fire station, as the route goes through it mid-way.

"We want to get everybody out."

Registration in advance is online at www.events.runningroom.com (with early bird rates, but it closes July 9). Race day registra-

tion and race kit pick-up happens from 5:30 p.m. July 11, at the Credit Union Centre on Westwood Avenue. There is a family rate for over four members registering. Race proceeds go back into building the event year-to-year.



"This year, it's all about the bling," says Armstrong, who freely admits his committee has "borrowed" many race features they like best from events they've run in as a charity team, including Disney international events. "The medal this year is awesome, and even features the fire department's Maltese cross in the design."

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55th Kingston Steer



BBQ & Village Fair



Strength challenge highlights BBQ weekend

Two dozen athletes have registered to compete in the 90 kilogram and 105 kilogram weight class Canada's Strongest Man Competition July 11 and 12 at the 55th Kingston Steer BBQ and Village Fair. Competition coordinator for Eastern Canada Strength Athletes Crystal Connors also adds the Kingston event is a world qualifier: the top athlete from each weight class will move on to represent Canada at the upcoming

worlds, in either Latvia or China, depending on weight class. This is the first time this qualifying competition has ever been held in Nova Scotia.

"If you follow the strength athletes, you'll see some of the big trainers – and athletes themselves in bigger weights - are coming with the guys they train at the lighter classes, and my husband (Grant Connors, seven-time Atlantic Canadian champion) is one of the referees," she says. "These guys in the 105-kg class all use the same weights as the heavy guys – there's no scale that makes it any easier! Some of the 90 kg challenges are adjusted."

The preliminary round of the Kingston competition will be held on the grounds of the Kingston arena Friday, July 11 at 5 p.m. Top competitors will return Saturday, July 12 at 1 p.m. and battle for a the world's placements. There will be five events per day, with Saturday's line up including a 20,000-pound truck pull and 800-pound car deadlift.

Spectator admission is free, and the grounds will also feature lots of refreshments, entertainment and family activities. Connors is impressed with the lev-



Adam Barkhouse of Avonport Submitted

el of support steer BBQ organizers, sponsors and the community have already shown the competition, and they're looking forward to a great event. Details regarding the 55th Kingston Steer BBQ and Village Fair are at www.kingstonnovascotia.ca. For information on the strongman competition, contact Crystal



Darrel Crouse of Bridgewater Submitted

Connors at easterncanadastrengthathletes@gmail.com

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Nuts, bolts on offer from new part vending 'RoboCribs'

As part of the CP140 Aurora Get Well Program, 14 Wing Replenishment and 14 Air Maintenance Squadron have purchased three automated parts vending machines - RoboCribs - to increase the flow of consumable parts through supply to first line maintenance operations.

Each machine has the capability to hold 500 different line items, is equipped with its own computer and can run multiple inventory reports. The RoboCribs contain high usage consumable parts, and are readily available to maintenance technicians on the hangar floor. RoboCribs

also decrease wait times at the supply counter.

17 Wing Winnipeg has already trialed a RoboCrib with great success, and 14 Wing Greenwood is learning from their experience. Personnel look forward to increasing support to "customers" in the maintenance community.



Three new "vending machines" are supplying 14 Air Maintenance Squadron maintainers with at-hand parts, right on the hangar floor. Submitted



Possibilité d'emploi

Centre de ressources pour les familles militaires de Greenwood (CRFMG)
COORDONNATEUR/COORDONNATRICE EN MARKETING
ET EN COMMUNICATIONS
30 heures par semaine

En tant que membre de l'équipe multidisciplinaire du CRFMG, le coordonnateur ou la coordonnatrice en marketing et en communications assure de façon créative la planification, la préparation et la coordination des activités de marketing et de relations publiques du Centre. Il ou elle travaille en étroite collaboration avec les autres membres de l'équipe afin de promouvoir les programmes et les services du Centre, et d'offrir son expertise en matière de relations publiques à l'équipe en charge de la programmation.

Période d'essai : 6 mois
Superviseur(e) immédiat(e) : Directrice exécutive

Connaissances, expérience et études recherchées

- Grade ou diplôme en relations publiques, en marketing, en communications ou dans un autre domaine lié aux fonctions du poste à doter.
- Minimum de trois ans d'expérience dans un poste lié aux relations publiques.
- Maîtrise des deux langues officielles (nécessaire); excellentes habiletés en matière de communication orale et écrite dans les deux langues officielles.
- Expérience et expertise en conception graphique (atout).
- Permis de conduire valide de la Nouvelle-Écosse.
- Excellentes habiletés en informatique.
- Connaissance des ressources liées aux relations publiques et aux médias locaux, et solides compétences en matière de réseautage.
- Grande facilité dans les rapports interpersonnels et capacité manifeste de traiter efficacement avec les membres de la communauté, le personnel, les médias et les organismes communautaires.
- Consentir à travailler selon un horaire variable.
- Habiletés en matière de gestion de projets et capacité de travailler efficacement avec les fournisseurs de services, notamment les responsables de l'impression, les développeurs Web et d'autres employés contractuels.
- Amabilité, dynamisme et esprit de collaboration.
- Faire preuve de chaleur, d'empathie et d'humour, avoir une philosophie en matière de soins exempte de jugement ainsi qu'une excellente compréhension et application des principes d'éthique.
- Excellente compréhension du processus de développement communautaire (essentiel), et connaissance pratique des ressources communautaires dans la zone desservie (nécessaire). Connaissance approfondie des organisations et des organismes civils et provinciaux qui peuvent fournir un soutien aux familles militaires.
- Être en mesure de bien s'exprimer en public (essentiel).
- Adhésion au principe du bénévolat (nécessaire).
- Bonne compréhension des besoins particuliers des familles des Forces canadiennes et capacité manifeste de travailler efficacement de façon autonome et avec une équipe interdisciplinaire, tout en relevant les défis d'un rôle exigeant comportant de multiples facettes.
- 30 heures par semaine (le ou la titulaire est appelé à travailler le soir et la fin de semaine à l'occasion; il ou elle doit donc faire preuve de souplesse).

La personne retenue doit se soumettre aux vérifications suivantes : registre des cas d'enfants maltraités, antécédents judiciaires et fiabilité approfondie.

Les candidats admissibles doivent envoyer, par télécopieur, par la poste ou par courriel, une lettre de présentation et leur curriculum vitae, dans lesquels ils indiquent clairement en quoi ils satisfont à toutes les exigences du poste, et ce, **au plus tard à midi, le vendredi 11 juillet 2014**, à :

Michelle Thibodeau Wagner
Directrice des opérations
courriel : home@greenwoodmfr.ca
(en format MS Word ou PDF)
Objet : curriculum vitae – marketing

Centre de ressources pour les familles militaires de Greenwood
C. P. 582, Greenwood (N.-É.)
B0P 1N0
Télécopieur : 902-765-1747

- Veuillez fournir votre curriculum vitae en anglais.
- Le CRFMG est situé dans le Centre AVM Morfee, School Road, à Greenwood.

Veuillez prendre note que nous communiquerons uniquement avec les candidats retenus pour l'étape suivante du processus de sélection.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi.
Visitez le site www.forcedelafamille.ca pour en apprendre davantage sur le CRFMG.



Employment Opportunity Greenwood Military Family Resource Centre (GMFRC) (30 hours per week position)

COMMUNICATIONS AND MARKETING COORDINATOR

As part of the GMFRC multi-disciplinary team, the Communications and Marketing Coordinator is responsible for creatively planning, preparing and coordinating the public relations and marketing activities of the Centre. This position involves working closely with other team members to promote Centre programs and services and providing public relations expertise to the program team.

Probationary Period: 6 months
Responsible to: Executive Director

Desired Knowledge, Experience and Education

- Degree or Diploma in Public Relations, Marketing, Communications or related field
- Minimum of three years experience working in a public relations position
- Proficiency in both official languages is required; Excellent written and oral communication skills in both official languages
- Graphic design experience & expertise a definite asset
- Valid NS Driver's license
- Excellent computer skills
- Knowledge of local media/PR resources and strong networking abilities
- Excellent interpersonal skills with the proven ability to deal effectively with community members, staff, media, and community agencies.
- Willingness to work flexible hours
- Project management skills and be able to work well with service contractors. This would include printers, web developers and other contract labour.
- Possess a friendly, outgoing, cooperative personality.
- Exhibits characteristics of warmth, empathy, humour and a non-judgmental philosophy of care and strong understanding and application of ethical principles.
- A clear understanding of the community development process is essential and a working knowledge of community resources in the catchment area is required. In-depth knowledge of civilian/provincial agencies and organizations that can provide support to military families
- Excellent public speaking ability is essential.
- A strong belief in the principle of volunteerism is required.
- A good understanding of the unique needs of CF families as well as a demonstrated ability to work effectively within both an inter-disciplinary team and in a self-directed environment while responding to the challenges of a demanding multi-faceted role.
- 30 hours per week (occasional evening & weekend hours are required. Flexibility is a must.)

Must complete a Child Abuse Registry Check, Criminal Record Check, and Enhanced Reliability Check.

Eligible candidates should submit by fax, mail, or email a cover letter and resumé clearly outlining their ability to fulfill all position requirements, **on or before noon on Friday, 11 July 2014** to

Michelle Thibodeau Wagner
Operations Manager

email: home@greenwoodmfr.ca
(MS Word or PDF format)

Greenwood Military Family Resource Centre
PO Box 582, Greenwood, NS, B0P 1N0

Subject line: resumé – marketing
fax: (902) 765-1747

- Please submit resumé in English.
- The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood.

Please note: Only candidates selected for further consideration will be contacted.

The Greenwood MFRC is committed to employment equity.

You can read more about the GMFRC at: www.familyforce.ca

Youth Happenings

Rebecca Dillman,
Recreation youth worker,
14 Wing Greenwood
Community Centre

Summer fun – yay! Join us at the 14 Wing Greenwood Community Centre for all kinds of youth activities and special programs. Please pre-register for events, particularly those with a cost, as organizers need to plan for supplies. If you have any questions, or to register for events, contact 902-765-8165 or specialevents@eastlink.ca.

Pre-teen
Tuesday, July 8



June 15, youth centre drop-ins walked to Avery's Farm Market for ice cream. From left are Willow Somerville, Hallie Plamondon, Brooke Jones and Autumn-Sky Martin.

4 p.m. to 5:30 p.m.
We'll walk to Greco for ice cream, so bring \$3.

Active Chicks
Wednesday, July 9
6 p.m. to 7 p.m.

Nacho night: \$3.

Teen swimming
Thursday, July 10
2 p.m. to 4 p.m.
This is free for youth with a 14 Wing Community Recre-

Submitted



Employment Opportunity Greenwood Military Family Resource Centre (GMFRC) COORDINATOR of DEPLOYMENT SERVICES (30 hours per week)

As a member of a multi-disciplinary team of professionals, this Coordinator is responsible for the education, information and outreach to families of Defence Team members who are required to be absent from the family because of military duties. Provides a wide range of direct individualized and group services to family members.

Advanced verbal and written communication skills are necessary to fulfill need for public speaking, facilitating activities, and report writing. Ability to organize and prioritize workload effectively to meet deadlines is also essential.

Experience in program/event development, management and evaluation. Excellent interpersonal and assessment skills will aid the requirement to work with people experiencing a challenging lifestyle. Strong belief in the principle of volunteer involvement and leadership is required. A solid understanding of not-for-profit board-governed organizations is necessary, along with the advanced ability to work both independently with little supervision and as part of a team.

Probationary Period: 6 months
Responsible to: Executive Director

Qualifications:

- Undergraduate degree in the Social Sciences/Community Development field
- Five years experience in program development, management, and evaluation
- Clear understanding of the community development process is essential
- Working knowledge of community resources in the catchment area is required
- Demonstrated ability in facilitating workshops
- Advanced communication skills, both written and oral
- Awareness of risk management issues
- Ideal candidate is bilingual

Hours

- 30 hours per week (some evening & weekend hours are required. Flexibility is a must.)

The successful candidate will be prepared to commence employment by end-August 2014. Must complete a Child Abuse Registry Check, Criminal Record Check, and Enhanced Reliability Check. Eligible candidates should submit by fax, mail, or email a cover letter and resume clearly outlining their ability to fulfill all position requirements, on or before noon on 11 July 2014 to:

Michelle Thibodeau-Wagner
Operations Manager

Greenwood Military Family Resource Centre
PO Box 582, Greenwood, NS, B0P 1N0

email: home@greenwoodmfrfc.ca
subject line: resumé-Deployment
(MS Word or PDF format)
fax: (902) 765-1747

Applications can also be dropped off at the GMFRC Front Desk.

The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood.
Please note: Only candidates selected for further consideration will be contacted.
The Greenwood MFRC is committed to employment equity.

Please visit www.familyforce.ca to learn more about the Greenwood MFRC.

ation Card, or \$3 for non rec card holders.

Zodiac whale watching

Saturday, July 12
9 a.m. to 9 p.m.

This is a centre-organized family trip for Community Recreation Card holders to Brier Island, Digby County. Please call 902-765-8165 for prices and to pre-register, as there are waivers and a "kit list" of suggested backpack items you should bring with you for the day.

14 Wing slo-pitch baseball begins

There will be a start up meeting Thursday, July 10 at 1 p.m. in lounge A of the Annapolis Mess, 14 Wing Greenwood, for anyone interested in participating in the 14 Wing Intersection Mixed Slow Pitch League.

The purpose of the meeting will be to establish an executive, determine the number of teams and identify team reps. The league is open to anybody with a Community Recreation Card in hopes to have spouses join in on the fun.

If you are interested in participating or would like additional information, contact Corporal Dan Berlett at Daniel.berlett@forces.gc.ca, or Graham White at 902-765-1494 local 5753.



Possibilité d'emploi

Centre de ressources pour les familles militaires de Greenwood (CRFMG)
COORDONNATEUR/COORDONNATRICE DES SERVICES D'AIDE AU DÉPLOIEMENT
(30 heures par semaine)

Le ou la titulaire du poste fera partie d'une équipe de professionnels provenant de plusieurs disciplines et sera responsable de l'éducation, de l'échange d'information et de la sensibilisation auprès des familles des membres de l'équipe de la Défense qui doivent s'absenter du foyer familial en raison de leurs fonctions militaires. Il ou elle devra offrir une grande variété de services directs individuels et de groupe aux membres des familles.

Il faut posséder de solides habiletés en communication verbale et écrite pour être en mesure de parler en public, d'animer des activités et de rédiger des rapports. Il est aussi essentiel de pouvoir organiser la charge de travail et établir l'ordre de priorité des tâches de manière efficace en vue de respecter les délais.

Il faut posséder de l'expérience en conception, en gestion et en évaluation de programmes et d'activités. D'excellentes habiletés sociales et capacités d'évaluation aideront le ou la titulaire à travailler avec des personnes qui ont un mode de vie difficile. Il faut savoir faire preuve de leadership et être convaincu de la nécessité de l'engagement bénévole. Il ou elle doit également bien comprendre le fonctionnement d'organismes à but non lucratif gérés par un conseil, et doit être en mesure de travailler de façon autonome sous un minimum de supervision et au sein d'une équipe.

Période d'essai : 6 mois

Superviseure immédiate : Directrice exécutive

Qualifications :

- Diplôme universitaire de premier cycle dans un domaine des sciences sociales ou du développement communautaire
- Minimum de cinq ans d'expérience dans l'élaboration, la gestion et l'administration de programmes
- Une excellente compréhension du processus de développement communautaire est essentielle
- Connaissances pratiques des ressources communautaires dans la région desservie
- Capacité manifeste d'animer des ateliers
- Aptitude supérieure à communiquer de vive voix et par écrit
- Bonne connaissance de la gestion des risques
- La personne idéale pour combler le poste est bilingue

Heures de travail

- 30 heures par semaine (le ou la titulaire est appelé à travailler le soir et la fin de semaine à l'occasion; il ou elle doit donc faire preuve de souplesse.)

La personne retenue devra être prête à entrer en poste à la fin du mois d'août 2014. La personne retenue doit passer les vérifications suivantes : registre des cas d'enfants maltraités, casier judiciaire et fiabilité approfondie.

Les candidats admissibles doivent envoyer, par télécopieur, par la poste ou par courriel, une lettre de présentation et un curriculum vitæ dans lesquels ils indiquent clairement en quoi ils satisfont à toutes les exigences du poste, et ce, d'ici midi, le 11 juillet 2014, à

Michelle Thibodeau-Wagner
Directrice des opérations

Centre de ressources pour les familles militaires de Greenwood
C. P. 582, Greenwood (N.-É.) B0P 1N0

courriel : home@greenwoodmfrfc.ca
objet : cv – Déploiement
(en MS Word ou en PDF)

Télécopie : 902-765-1747

Il est aussi possible de venir porter sa demande en personne à la réception du Centre, qui se trouve dans le Centre AVM Morfee, School Road, à Greenwood.

Veuillez prendre note que nous communiquerons uniquement avec les candidats retenus pour l'étape suivante du processus de sélection.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi. Veuillez visiter le site www.forcedelafamille.ca pour en apprendre davantage sur le CRFM Greenwood.



The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.alianzinc.ca. Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Thursday, 9:30 a.m., previous to publication unless otherwise notified.

Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 83A, School Road, (annexe Morfee), 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ns.alianzinc.ca. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le jeudi précédent la publication, à moins d'avis contraire.

Art at the shore

Daily through mid-September, visit the Artists Circle showings at "The Shack," Margareville, 10 a.m. to 8 p.m. Local artists working in all media, with many different perspectives: art is for sale, along with greeting cards and keepsakes. No tax, cash or cheques (with ID) only. The Artists Circle is a non-profit organization that meets the third Monday, 2 p.m., of each month, October

through May, at the Anglican church in Kingston. Contact Judy Parks, 902-528-8507, for info.

Des activités pour les francophones

L'Association Francophone de la Vallée offre à la communauté francophone des activités durant l'été. Renseignements disponibles sur facebook ou au 902-765-1078, Centre Communautaire Point de Mire, 6 Chemin Bedford, Greenwood. L'Association Fran-

cophone de la Vallée offers the francophone community activities all summer. Details available on facebook or call 902-765-1078, Point de Mire Community Centre, 6 Bedford Lane, Greenwood.

At CentreStage

Not for the faint of heart, Sleuth, the ultimate game of cat and mouse, is played out in a cozy English country home owned by celebrated mystery writer Andrew Wyke. Invited guest Milo Tindle,

a young rival who shares not only Wyke's love of the game but also his wife, has come to lay claim. This psychological thriller will capture your imagination and intrigue your mind. Not recommended for children. Sleuth runs July 11, 12; show time 8 p.m. Tickets \$15/\$12. Call 902-678-8040 for reservations. CentreStage Theatre, Kentville, www.centrestagetheatre.ca.

Strawberry supper

July 10, 4:30 p.m. to 6:30 p.m., at the Harmony hall, 992 Harmony Road. Ham cold plate with salads, fresh veggies, roll, strawberry shortcake and beverage. Freewill offering. Hosted by the Harmony Baptist Church.

5 km run

July 11: registration is open for the 4th Sparky 5 km fun run, hosted by the Kingston Fire Department as part of the Kingston Steer BBQ weekend. Visit us on facebook at Sparky 5km Fun Run for event and registration info.

Steer BBQ

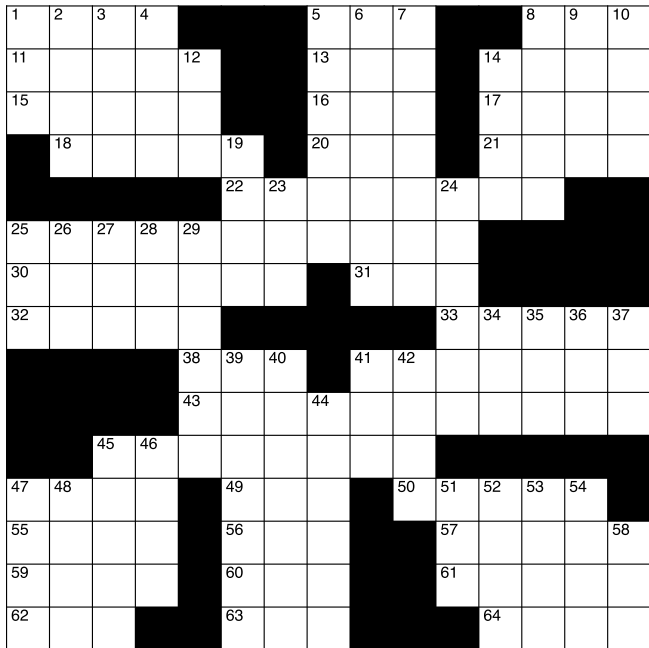
July 11, 5 p.m. to 10:15 p.m.; and July 12, 7 a.m. to 5 p.m.: 55th Kingston Steer BBQ & Village Fair, Credit Union Centre grounds, Kingston. Fireworks, 5 km fun run, entertainment, pancake breakfast, grand street parade, Canada's Strongest Man Competition, steer BBQ, children's activities and much, much more! www.kingstonnovascotia.ca/steerbbq for information.

Dessert contest

July 12, enter the Kingston Steer BBQ & Village Fair's annual Underly Delicious Dessert Contest. There are three categories: 10 and under, ages 11 to 14 and adult. Entry forms at the Kingston village office and on the village website. Deliver your dessert entry and recipe by 2 p.m. tot the Credit

metro crossword

solution page 18



- ACROSS**
- 1. Iowa State town
 - 5. Dip lightly into water
 - 8. Doctors' group
 - 11. AKA red spinel
 - 13. Actress Lupino
 - 14. Camel or goat fabrics
 - 15. TV delivery system
 - 16. Chronicles (abbr.)
 - 17. Bolivian river
 - 18. Like a moss capsule stalk
 - 20. Short 1st name for actor Bacon
 - 21. Br. boarding school
 - 22. Gorges
 - 25. Guileless
 - 30. More obstinate
 - 31. Pair
 - 32. Ablaze
 - 33. Muffled
 - 38. No seats available
 - 41. More blackened
 - 43. Proficiently skilled
 - 45. Flat highlands
 - 47. Hillside (Scot.)
 - 49. Stricken
 - 50. MN 55121
 - 55. Sutter Cnty. City
- DOWN**
- 1. Disney network
 - 2. Oldest river (alt. sp.)
 - 3. Dresden River
 - 4. Preservative
 - 5. Bargain
 - 6. Stuck fast
 - 7. Nouveau-riche
 - 8. Plural of 14 down
 - 9. Hand (Spanish)
 - 10. 7th Hindu month
 - 12. A large body of water
 - 14. Assist in some wrongdoing
 - 19. Run with a long stride
 - 23. Volt-ampere
 - 24. Oppenheimer's bomb
 - 25. Don't know when yet
 - 26. British Air Aces
 - 27. C. Clay's new surname
 - 28. Norwegian monetary unit (abbr.)
 - 29. Afternoon nap
 - 34. Actress Thurman
 - 35. '___ death do us part
 - 36. Snakelike fish
 - 37. Not wet
 - 39. Eye membranes
 - 40. Spotted wildcats
 - 41. Wildebeest
 - 42. Ascend
 - 44. Headgear for a horse
 - 45. Bura
 - 46. Foremost position
 - 47. Cowbarn (British)
 - 48. One who feels regret
 - 51. Express pleasure
 - 52. Pleased
 - 53. Swedish rock group
 - 54. Requisite
 - 58. Geological time

metro crossword brought to you compliments of

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2014 Camry

Greenwood
MILITARY FAMILY RESOURCE CENTRE
CENTRE DE RESSOURCES POUR LES FAMILLES MILITAIRES

Wacky Wednesday - Mad Science
Wednesday, July 16
1:30 p.m. - 3:30 p.m.
Registration deadline:
Friday, July 11
Cost: \$7 per child
For school aged children.

Les mercredis en folie - Science en folie
Mercredi le 16 juillet
13 h 30 à 15 h 30
Date limite d'inscription :
vendredi le 11 juillet
Coût : 7 \$ par enfant
Pour les enfants d'âge scolaire.

Brunch & Learn: A Light-Hearted look at Reunion & Homecoming
Tuesday, July 15
10 a.m. - 12 p.m.
Registration deadline:
Friday, July 11
Join us as we look at how families reintegrate following a deployment homecoming.
Childcare spaces available.

Brunch-causerie : discuter de façon amusante du retour à la maison et des retrouvailles
Mardi le 15 juillet
10 h à 12 h
Date limite d'inscription :
vendredi le 11 juillet
Venez vous joindre à nous pour apprendre comment les familles reprennent leurs activités normales après un déploiement.
Le service de garde est offert.

Intro to Bike Repair
Wednesday, July 16
6:30 p.m. - 8:30 p.m.
Registration deadline:
Tuesday, July 15
Cost: \$10
At the Community Centre
Learn basic bicycle maintenance and repair.
Bring your bike!

Introduction à la réparation de vélo
Mercredi le 16 juillet
18 h 30 à 20 h 30
Date limite d'inscription :
mardi le 15 juillet
Coût : 10 \$
Au Centre communautaire.

familyforce.ca
forcedelafamille.ca
Facebook.com/GMFRC

Venez apprendre à effectuer l'entretien et des réparations de base sur un vélo.
Apportez votre vélo!

Deployed Families: Oaklawn Farm Zoo, Picnic and Show & Tell
Tuesday, July 22
10:00 a.m. - 1:00 p.m.
Registration deadline:
Monday, July 21
Admission will be covered for deployed families.

Les familles en déploiement : zoo Oaklawn Farm, pique-nique et activité « montre et raconte »
Mardi le 22 juillet
10 h à 13 h
Date limite d'inscription :
lundi le 21 juillet
Les familles de militaires en déploiement n'ont pas à payer de droit d'entrée.

Friendly Fridays
Fridays from 10 a.m. - 11:30 a.m.

Vendredis entre amis
Les vendredis de 10 h à 11 h 30

To register, or for more information, call 902-765-5611 Pour s'inscrire ou pour plus d'informations, appelez au or drop-in to the GMFRC located at the AVM 902-765-5611 ou présentez-vous au CRFMG situé au Morfee Centre on School Road, Centre AVM Morfee sur le chemin School à Greenwood.

the **Aurora** Find & Win

Three easy ways to enter.

- Through our website: www.auroranewspaper.com
- Fax: 902-765-1717
- Drop into our office located on 83A School Road (Morfee Annex)

**Entry deadline:
Noon, July 10, 2014**

Full name _____

Phone number _____

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.

- Who is Wayne Deveau? _____
- Where can you check out Randy and Mr. Lahey? _____
- Where can you gear up? _____
- Where can you play a 12 minute game? _____
- Who has moved to 1530 Bridge Street? _____

Limited to one win per family in a TWO MONTH PERIOD.
The winner will be drawn randomly from all correct entries. Only one entry per family per week.

Congratulations to last week's winner: ANEISA WHYNOTT

Mimie's PIZZA
683 Central Ave.,
Greenwood
902-765-6888
902-765-2232

Union Centre, Westwood Street. Judging begins at 3 p.m. Refrigeration is available. Great prizes!

Breakfast

July 12, 8 a.m. to 10:30 a.m., breakfast at the Morden Community Hall. Menu: scrambled eggs, sausage, ham, pancakes, homemade fishcakes, baked beans, juice, tea, coffee. Freewill offering. All proceeds are for the hall.

Hike

July 12, come join the Valley Trekkers, members of the Canadian Volkssport Federation, as we explore Clairmont Provincial Park and the surrounding area. Meet in the park by 9:45 a.m. for walking at 10 a.m. Clairmont Park is east of Kingston on Hwy. 1. This is a 10 km walk, with a 5 km option. Information: Rick or Lynda Kanne, 902-847-1772.

Motorcycle ride

July 12, the Millville Community Hall is hosting a motorcycle photo hunt (part of the Kingston Steer BBQ) from 1 p.m. to 4 p.m., with

registration opening at noon. Starting point is the gazebo on Westwood Street in Kingston. Registration is \$15/ bike and a digital photo device is required. Prizes available. For information or early registration, visit <http://www.kingstonnovascotia.ca/steerbbq.htm>.

Strawberry supper

July 12, 4 p.m. to 6 p.m., Greenwich Fire Hall. Serving ham, turkey, potato salad, devilled egg, coleslaw, strawberry shortcake dessert and more. Adults \$11, children \$5.50 (under 5 years old eat for free). A fundraiser for the Kinette Club of Kentville & District. Free door prize draw.

Vacation Bible school

July 14 to 18, 9:30 a.m. to noon, at the former Tremont hall, 738 Tremont Mountain Road. Hosted by Peoples 25:40 Church and Church of the Nazarene, with the Doreys, for kids ages five to Grade 5. For information, contact Leon Langille, 902-825-6083.

Hand ball match-up meets schools' needs

A friendly game of mini handball was recently held between students of Kingston Elementary School and École Rose des Vents.

This is the first time students from Kingston had a chance to play an actual game, as the team formed earlier this year after several staff members offered to coach. Linda Boisvert, coach of the École Rose des Vents team, offered her support by teaching the Kingston team members basic skills. The goal was to offer an afterschool activity to the students of Kingston, while offering École Rose Des Vents a team to play against.

Mini handball is a popular sport among the French language schools in Nova Scotia. It is a ball game for children in grades 4 to 6. A team comprises six players, three boys



Submitted

and three girls, of which one is the goalie. The game has some similarities to basketball: the ball is either dribbled or

passed to the other players on the team; to score, the ball is thrown into a net similar to soccer. When playing, stu-

dents exercise, improve their motor skills and coordination and development concepts, such as fair play.

sudoku

solution page 18

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

Level: Beginner

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

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patrick's puzzle

solution page 18

RECREATION WORD SEARCH

E B B P D K G O D E R U T A N S K N F S
D D T E L F R N G N I E E S T H G I S T R
S I L U N A D A I T O S G O D D N U X R
F K R A P C Y Y M M A I B E M B I P S A
S G N I W S H S F D M U T B H E K S F V
D A O R F F O E E S N I E A O I I D R E
R W P E R R S E S T E A W X X M H E P L
E I T P S P R G V K Y K L S V A C Y Y B
T G R A E T R X C A O W A O W R L O E S
R A E C I N R O A G C Y W L E S E E R S
E R C S L B U M T R D A W A P D R R R S
A D N D F I U O C E T L T O S V I X T A
T E O N R K O H H E C I R I L G L T X P
S N C A E I K G N N O T E W O R U C R M
S Y P L T N G O C N S M E O O N R K E O
L L O H T G F I E L D S E D P G H R K C
I H Y G U I W O G P S N E R D L I H C F
D I E O B M F L N O I T A V R E S E R P
E M E X P L O R E P Y L A N O I T A N P
S P G E T I P S E R N T R A I L S T A Y

WORDS

- BENCHES
- BIKING
- BUTTERFLIES
- CATCH
- CHILDREN
- COMPASS
- CONCERT
- DOGS
- EXPLORE
- FIELDS
- GARDEN
- GREEN
- HIKING
- LAKES
- LANDMARK
- LANDSCAPE
- NATIONAL
- NATURE
- OFFROAD
- PARK
- PLAYSET
- POOLS
- PRESERVATION
- PROTECTED
- RECREATION
- RELAXATION
- RESPIRE
- RETREAT
- SIGHTSEEING
- SLIDES
- SPORTS
- SWIMMING
- SWINGS
- TRAILS
- TRAVEL
- VACATION

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horoscopes

July 6 - July 12

ARIES - Mar 21/Apr 20

Aries, you enjoy doing your part to keep your world orderly and balanced. However, into every organized life a little confusion will fall. You will handle it smoothly.

TAURUS - Apr 21/May 21

Taurus, so many good things are happening around you that you should enjoy this time as much as you can. It is a time for indulgence and entertainment.

GEMINI - May 22/June 21

Gemini, you are ready for fun and celebration. Surround yourself with friends and family so the next several days prove even more memorable.

CANCER - June 22/July 22

Cancer, focus on recreation this week. You have earned the right to relax and escape the daily grind, so make the most of your opportunities to do just that.

LEO - Jul 23/Aug 23

A welcomed gift will come your way soon, Leo. It may be something big that you have had your eye on for quite some time or something that appeals to your sentimental side.

VIRGO - Aug 24/Sept 22

Cast your analytical nature to the side for a few days, Virgo. Embrace sentimentality and emotion this week, as they will help you make the best decisions.

LIBRA - Sept 23/Oct 23

Libra, you have a lot of energy going into this week, so tackle any assignments early on. By the end of the week your energy levels may dip, so get to work.

SCORPIO - Oct 24/Nov 22

Secrets you have been keeping for some time are ready to come to the surface, Scorpio. These are good secrets, and others will be eager to share them with you.

SAGITTARIUS - Nov 23/Dec 21

Don't be nervous if you are a little introspective this week, Sagittarius. Use this time to reflect and find answers to some questions that have been on your mind.

CAPRICORN - Dec 22/Jan 20

Whatever is going on at work will still be there tomorrow, Capricorn. If you cannot get all the tasks done, do not beat yourself up over it. Just begin tomorrow with a can-do attitude.

AQUARIUS - Jan 21/Feb 18

Aquarius, your mind may wander but it is important to remain as focused as possible. Important information is revealed in the next few days.

PISCES - Feb 19/Mar 20

Pisces, a budding relationship appears ready to grow more serious. Take advantage of this opportunity.

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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 5440, visit the office, 83A School Road, Morfee Annex, Greenwood; email frontdesk@auroranewspaper.com 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 8 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 9 \$, taxes incluses.

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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

A	M	E	S		D	A	P		A	M	A
B	A	L	A	S		I	D	A	A	B	A
C	A	B	L	E		C	H	R	B	E	N
S	E	T	A	L		K	E	V	E	T	O
					O	V	E	R	E	A	T
T	R	A	N	S	P	A	R	E	N	T	
B	A	L	K	I	E	R	D	U	O		
A	F	I	R	E					M	U	T
					S	R	O		G	R	I
					T	E	C	H	N	I	C
					P	L	A	T	E	A	U
B	R	A	E		I	L	L		E	A	G
Y	U	B	A		N	O	T		A	L	B
R	E	I	D		A	T	E		H	A	B
E	R	R			S	S	R		D	A	D

sudoku solution

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

patrick's puzzle

E	B	P	D	K	G	O	D	E	R	U	T	A	N	S	K	N	F	S	
D	D	T	E	L	F	R	N	G	N	I	E	E	S	T	H	G	I	S	
S	I	L	U	N	A	D	A	T	T	O	S	G	O	D	D	N	U	X	
F	K	R	A	P	C	Y	M	M	A	I	B	E	M	B	I	P	S	F	
S	G	N	I	W	S	H	S	F	D	M	U	T	B	H	E	K	S	F	
D	A	O	R	F	F	O	E	E	S	N	T	F	A	O	I	I	D	R	
R	W	P	E	R	R	S	E	S	T	E	A	W	X	X	M	H	E	P	
E	I	T	P	I	L	S	P	R	G	V	K	L	S	V	A	C	Y	B	
T	R	A	R	X	C	A	O	W	A	O	W	R	L	O	E	S	S	S	
R	E	C	S	I	L	N	R	O	A	G	C	Y	W	L	E	S	E	R	
A	T	D	N	D	F	I	U	O	C	E	T	L	T	O	S	V	I	X	
S	T	E	N	C	A	E	I	K	O	H	H	E	C	T	R	I	G	L	X
S	Y	P	L	T	N	G	F	I	E	L	D	S	E	D	P	G	H	R	K
L	L	O	H	T	G	F	I	E	L	D	S	E	D	P	G	H	R	K	
I	H	Y	G	U	I	W	O	G	P	S	N	E	R	D	L	I	H	C	F
D	I	E	O	B	M	F	L	N	O	I	T	A	V	R	E	S	E	R	P
E	M	E	X	P	L	O	R	E	P	Y	L	A	N	O	I	T	A	N	P
S	P	G	E	T	I	P	S	E	R	N	T	R	A	I	L	S	T	A	Y

flyer delivery

Notice to 14 Wing Greenwood Residential Housing Unit occupants

Weekly delivery of flyer packages is coordinated by Valley Flyer Services.

If you have comments about delivery or need to make arrangements to hold or stop delivery, please contact 902-678-9217.

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FOR RENT - Worry free retirement living at its best, Chipman Avenue, Bridgetown. Two Bedroom Apartment, 1200+ Sq. ft. of living space including LR, DR, KIT and six appliances. Hardwood flooring throughout, R2000+ construction, electric heat. Garage, paved driveway, snow removal, lawn care and

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FOR RENT - Very clean, modern three bedroom apartment, quiet S/D in Nictaux. Fridge, stove and Dishwasher. Washer Dryer hook-up. \$850/month, heat/lights incl. No dogs. References required. Call Ross 902-840-0534. (3509-ufn)

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FOR RENT - One bedroom apartment in Kingston. Heat and lights included. \$680.00 per month. No pets, references required. 515 Pleasant Street, Kingston. Call 902-250-0181. (3526-2tp)

HOUSE

HOUSE FOR RENT - Four bedroom house in central Middleton. Heated, 2 baths (one newly installed.) Backyard, storage, parking. Non smoking and house pets only. Available immediately. Reference required \$850.00 per month. Phone 902-825-6906. (3526-2tpb)

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IN THE COMMUNITY

CHURCH SERVICE - "The Peoples 25:40 Church" There will be a church service held every Sunday at the New Beginnings Centre 1151 Bridge Street Greenwood provided by Pastor Leon Langille. Pre Service music at 2:50 pm. Service 3:00 pm. Doors will open at 2:30 pm. All are welcome. (3527-ufn)

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Come to Cadet camp

Over 1,100 Cadet youth are in Greenwood for Summer Training Camp courses and programs through August, and the public is encouraged to drop in and see what they are up to. There are a number of special events planned the community is warmly welcome to attend:

- July 10, 9 a.m. – 14 Wing Greenwood parade square: Greenwood Summer Training Camp opening ceremony, with the return to camp of the Cadet banner from hosts 14 Wing Greenwood
- July 12 – Kingston Steer BBQ parade, featuring Cadet band and marching flights
- July 12 – community car wash at Greenwood Irving. Freewill offering supports

care package assembly and delivery to deployed 14 Wing Greenwood personnel

- July 17, 6:30 p.m. – community Cadet band concerts on the Birchall Centre back lawn: all welcome, bring a blanket or chair
- July 18, 9 a.m. – 14 Wing Greenwood parade square: graduation parade of two- and three-week Cadet camp participants
- July 24, 6:30 p.m. – community Cadet band concerts on the Birchall Centre back lawn: all welcome, bring a blanket or chair
- July 25, 9 a.m. – 14 Wing Greenwood parade square: graduation parade of two- and three-week Cadet camp participants

- July 26 – community car wash at Greenwood Irving. Freewill offering supports care package assembly and delivery to deployed 14 Wing Greenwood personnel
- July 31, 6:30 p.m. – community Cadet band concerts on the Birchall Centre back lawn: all welcome, bring a blanket or chair
- August 1, 9 a.m. – 14 Wing Greenwood parade square: graduation parade of two- and three-week Cadet camp participants
- August 4 – Halifax Natal Day parade, featuring Cadent band and marching flights
- August 9 – community car wash at Greenwood Irving. Freewill offering supports care package assembly and



- August 11 – Annapolis Valley Exhibition parade, featuring Cadet band and marching flights
- August 13, 6:30 p.m. – community Cadet band concerts on the Birchall Centre back lawn: all welcome, bring a blanket or chair
- August 14, 6 p.m. - 9 a.m. –

- August 13, 6:30 p.m. – community Cadet band concerts on the Birchall Centre back lawn: all welcome, bring a blanket or chair
- August 14, 6 p.m. - 9 a.m. –

14 Wing Greenwood parade square: final camp graduation parade, featuring 550 Cadets in the full band, fitness demos and end-of-summer presentations

O, Canada!

Kelly Aucoin,
Recreation coordinator

Canada Day on the Wing was an excellent way to celebrate our nation's 147th birthday, as over 500 people attended the "party."

The 14 Wing Greenwood Community Centre and Greenwood Military Family Resource Centre offered a great afternoon of family activities and games, under blue and VERY warm skies. It was wonderful to come together as a community to celebrate

the birth of our country, our military community and, especially, to honour our deployed troops and their families.

The skateboard clinic and fun competition was a ton of fun, with the help of skateboard and BMX pro Adam Berry, a skateboarding and cycling instructor for the Ecology Action Centre and mobile skatepark coordinator for Halifax. He delivered a skateboard session as well as acted as emcee for the event. About 100 spectators came out to watch, and great prizes

were available for those taking part. A big thank-you goes out to Valley Stove & Cycle for their generous donations, as well as to 14 Wing's Military Police unit for assisting and for their donation of helmets. The next skateboard event will be September 6, part of Wing Welcome.

Family fun included a large bouncer for the children, an inflatable basketball game, cotton candy and a bunch of activities organized by fabulous staff and volunteers, including face painting, fish-

ing, crafts and a "Canada Day" photo booth.

The crew at the 14 Wing fire hall was very helpful and supportive, bringing their ladder truck - which proudly displayed a Canadian flag waving at the top. In spite of the warm weather, many children took turns sitting in the driver's seat and becoming familiar with all the equipment and gear.

The outdoor pool saw a great turn out, as the sun was out all afternoon. Pool staff is looking forward to

the summer season ahead, of lessons, casual and lane swims. Feel free to drop in and get a schedule, or contact the outdoor pool staff at 902-765-1494 local 1500 or Briana Plante, aquatics supervisor, at 902-765-1494 local 5564.

Canada Day on the Wing events would not be possible without the support and assistance of many internal partners. Thanks to Jim Stronach at Airfields and Grounds for help with closing Church Street, Wing Imaging for

capturing all the moments, and all of those who assisted with the mod-tent work party. Peter Moreland volunteers year after year to help with the set up, tear down and more during the festivities, and the Canadian Heritage Society provides flags and other souvenirs for guests. A huge thank you to all of our wonderful volunteers, summer staff, community centre and GMFRC employees for their hard work and help making this event a success.



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3 ON 3 BASKETBALL TOURNAMENT

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• **AGE 14 - ADULT** MUST have (1) player 14-15 years old per team

• **CO-ED teams** welcome

• **12 min games** (15 min. semi final and final games)

• **SINGLE KNOCK OUT** w/ random draw for additional games

• **NO ENTRY FEE**

• **16 TEAM LIMIT**

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Meritorious service

June 23, Don MacCoy was presented with the Legion Meritorious Service Medal at a presentation ceremony at Royal Canadian Legion Branch 098 in Kingston. From left are branch president Dave Geddes, MacCoy, Zone 8 Commander Brian MacDonald and awards chairwoman Linda Desmond.

Submitted

Tennis for all on Greenwood courts

Pick up a ball and racquet at the 14 Wing Greenwood tennis courts this summer, as the community centre teams up with CANgaroo Tennis Lessons for a summer of adult, youth and beginner programs.

Adult lessons are Thursdays, beginners playing be-

tween 6 p.m. to 7 p.m. and intermediate/ advanced lessons between 7 p.m. and 8 p.m.

Saturdays, juniors lessons will be offered for youth ages five to eight, 9 a.m. to 10 a.m.; for nine to 11 year olds, 10 a.m. to 11 a.m.; and 11 to 13 year olds, and beginner

teens, 11 a.m. to noon.

Programs run for eight weeks, beginning July 10. Rates vary for the full session, whether or not you have a Community Recreation Card or if you would like to go with a drop-in fee. Call 902-765-1494 local 5337 for more information.

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