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# the Aurora

Vol. 36 No. 25

JUNE 29, 2015 NO CHARGE

www.auroranewspaper.com

## Kelly ready for role as wing honorary colonel

**Sara Keddy,**  
Managing editor

Persistence has paid off for Terry Kelly, who will take on the duties of 14 Wing Greenwood honorary colonel July 6.

The well-known Nova Scotian singer, songwriter, musician and speaker is blind, but he's never let that hold him back from achieving his dreams: entertaining on international stages, running an under-five-minute mile (just the third blind person in the world to do it), downhill skiing and swimming.

"My goal in life is always to bring all the energy and gifts I've been given and share," Kelly says.

He first met 14 Wing Greenwood Commander Colonel Iain Huddleston in 2007, on a morale tour for Ca-

nadian Armed Forces' members serving in Afghanistan. He admits he'd hounded CAF leaders, including General Rick Hillier, for the opportunity to go. He accompanied the Stanley Cup and some National Hockey League alumni.

"We performed at Camp Mirage and Kandahar, and we were very fortunate to be able to experience that. We wanted to be part of it."

Kelly dates his respect and love for Canadian military members to his years at the Halifax School for the Blind, where many of the house parents the boarding students were matched with were associated with the Halifax Navy, or had military backgrounds.

"Those were my surrogate parents, and they didn't over-protect us or baby us. They'd seen lots, and being blind was



**Wing Chief Warrant Officer Pierrot Jetté, right, briefs incoming 14 Wing Honorary Colonel Terry Kelly, second from right, and his brother, Tony, left, before Corporal Jennifer Inman, 14 Wing Clothing Stores, begins her uniform fittings.**

Sergeant P. Nicholson, 14 Wing photojournalist

not the worst thing."

Kelly's brother, Tony – today, his long time business partner – was in Air Cadets, something Kelly wishes he could have experienced; or, a career himself as a pilot in the Air Force.

His musical career is nothing to downplay, though: he's won seven East Coast Music

Awards, a Juno, and Canadian Country Music Awards; performed for royalty, been inducted into the Order of Canada and presented with the Queen's Silver and Diamond Jubilee medals and honorary doctorates in civil laws and fine arts. He won the Canadian Country Music Association's Humanitarian

Award.

In 2001, Kelly wrote "A Pittance of Time," a song urging remembrance of the sacrifice and loss experienced by Canadian soldiers, veterans and their families. That was a milestone in his association with all things military, and he has since taken his presentation to thousands of schools

and organizations.

Last fall, as 14 Wing was casting about for a replacement for outgoing Honorary Colonel Barb Stegemann, Kelly's name came up for consideration.

"An honorary colonel is the interface between the general public and the military, and he helps with morale and Continued on page 2...

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## Kelly ready...

...cover

welfare with the unit he's attached to," says 14 Wing Public Affairs Officer Captain John Pulchny. "He lets people know what we do, and we look for someone outgoing, and willing to take the time to spend with forces members on special occasions. There are chances to visit the wing, fly with our search and rescue and long range patrol crews, work with our fire department – all the different organizations that contribute to the good things we do."

The Kelly brothers' visited 14 Wing June 11, where they were measured by tailors for uniforms and briefed on the next two- or three-year term.

While Kelly will be the actual representative, it's unique he comes with his own "chief warrant officer" in Tony, and 14 Wing is accommodating the arrangement. The men have long learned to "Operate as One."

"This is totally out of the blue for me, and I'm excited – this is really a dream come true," Kelly says. "We'll be here when we can."

Kelly sees this opportunity as a chance to promote CAF recruitment among youth, as he's a frequent visitor in schools.

"It's getting kids encouraged to be disciplined, find the opportunities and see the life ahead. If I could see, I'd be up there flying an airplane!"



## Service results

**Public Service workers at 14 Wing Greenwood did just that during National Public Service Week June 14 to 20, collecting food and cash donations for the Kingston and Middleton food banks, and serving up cake to Sobey's Greenwood shoppers. June 24, representatives delivered the food drive collection to the Twelve Baskets Food Bank in Middleton (108 pounds of food and \$717.38) and the Upper Room Food Bank (146 pounds of food and \$717.38). On the outside are Kingston Upper Room Food Bank volunteers Harley Hazelwood and Roger Pretty; inside are Professional Institute of the Public Service of Canada Greenwood Branch president Jonathan Tweedie and Eva Henshaw.**

S.Keddy



The Aurora Newspaper offices will be closed July 1.

Les bureaux du journal Aurora seront fermés le premier juillet.



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## Useful links | Liens utiles

**Canadian Air Force website**  
Site Web de l'Aviation royale canadienne  
[www.airforce.forces.gc.ca](http://www.airforce.forces.gc.ca)

**Community Gateway Site**  
Site du portail communautaire des Forces canadiennes  
[www.cfcommunitygateway.com](http://www.cfcommunitygateway.com)

**14 Wing Greenwood Site**  
Site de la 14e Escadre Greenwood  
[www.airforce.forces.gc.ca/14w-14e](http://www.airforce.forces.gc.ca/14w-14e)

**Personnel Family Support Services**  
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**Recruiting** | Recrutement  
[www.forces.ca](http://www.forces.ca)

**Military Family Resource Centre**  
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# Civilian air traffic from 14 Wing one step closer

**Sara Keddy,**  
Managing editor

A “win-win-win” is in the future for 14 Wing Greenwood and the Valley civilian aviation community – if lease terms for a civilian airport at the base can be drafted.

Minister of National Defence Jason Kenney and West Nova Member of Parliament Greg Kerr were at 14 Wing June 19 to announce the department’s willingness to pursue a lease arrangement.

“Who are the best partners to move this quickly?” Kenney asked. “The province and the surrounding municipalities have an interest, and the local aviation group does. Who is the most sensible leasee with DND? There are some important details to be worked out, but I believe it can be worked out with very little trouble.”

Kenney cited two precedents: Comox and Bagotville military bases both operate civilian airfields, and he also recognized the importance of supporting transportation links in Western Nova Scotia. He hopes a lease, legal and infrastructure requirements could all be met within 18 months.

Wing Logistics and Engineering Officer Lieutenant-Colonel Brian Richardson said the airfield can handle use by any extra civilian aviation traffic and, “in terms of capacity, we have staff. This lends to their proficiency and experience.”

The proposal calls for the current trailers used by summer Cadets to be decommissioned and the nearby hangar pad to be repurposed for civil-



**Minister of National Defence Jason Kenney announced June 19 at 14 Wing Greenwood the possibility of civilian air traffic at the base airfield could be an option in the next year or so. Lease details are being considered now to account for the September closure of the Kings County Municipal Airport in Cambridge.**

ian aircraft parking, storage and service. The area will open onto the 14 Wing runways under controlled access. Kenney said there is no DND money identified for any work beyond development of the lease, but pointed to municipalities, the province and the federal transportation department as potential partners.

The Kings County Municipal Airport in Cambridge is scheduled to close at the end of September, after landowners, the Municipality of the County of Kings, agreed to sell the property to the nearby Michelin plant for an as-yet unannounced possible expansion. The Waterville Airport Cooperative has run the airport for the past decade on behalf of the county, and has been vocal on behalf of aviators and aviation-related businesses operating at the airfield about three years’ worth of uncertainty. Over 30 planes and several businesses were based at the Cambridge airfield a couple years ago; that is now about halved,

according to co-operative president Bill Young.

Paul Easson heads up the Freedom Aviation Society, formed in January to work specifically with 14 Wing as the base presented its feasibility study to national counterparts on serving civilian air traffic. While he’s excited with Kenney’s commitment to move on a lease, he knows the aviation community has mixed expectations about the success of finding a home at 14 Wing.

“We’re going to be all about making Greenwood a good home for aviation in the Valley,” Easson said. “The Green-

wood runway is world-class: twice as long, with lights and infrastructure. We come down now and fly in the base’s air zone, do approaches and work with the tower – and they ask us, ‘Wouldn’t you like to do another approach?’, and they thank us. We just can’t touch our wheels down on the runway. We’re prepared to make this happen.”

The society expects to award a study for development of its business plan by the end of June, to be presented to the Municipality of Kings for continued support of air transportation in the region.

Minister of National Defence Jason Kenney June 19 took advantage of his first appearance at 14 Wing Greenwood to recognize both the “storied history” of the base’s aviation past as a British Commonwealth air training centre, and springboard for maritime patrol and search and rescue; but also the work happening daily in the skies over Iraq.

“These days, the crucial job is contributing to Operation Impact. With two modernized Auroras doing absolutely brilliant service, we’re proud of the work the men and women of the Royal Canadian Air Force are doing. The reliability of that platform is an essential part of the coalition platform.”

Greenwood, he said, “is one of the most important bases for the RCAF.”

## Request for Proposals

### Advertising sales services needed

The Aurora Newspaper is an integral and long-standing component of 14 Wing Greenwood communications.

Serving the Canadian Armed Forces and defence team associated with 14 Wing Greenwood, and the communities in Western Kings and Annapolis counties, The Aurora publishes 5,900 papers weekly, 48 issues per year, and a selection of specialty print publications.

The Aurora is soliciting proposals from potential contract partners to provide advertising solicitation services.

The Aurora is seeking the services of an established advertising company or individual to assist in the maintenance of current client relationships and in the acquisition of new advertising partners. Knowledge of and connections with the Annapolis Valley business community, life and special events will be considered an asset.

#### Services needed:

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#### Contact

If you are interested in submitting a proposal, please send it (pdf or Word doc) to the attention of Sara Keddy, managing editor, [auroraeditor@ns.aliantzinc.ca](mailto:auroraeditor@ns.aliantzinc.ca); or call 902-765-1494 local 5441.

**Deadline to apply:** July 8, 2015



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Master Corporal Theresa Schneider, centre right, and Corporal Mathieu Leblanc, centre left, recently received Maritime Proving & Evaluation unit coins, including Coin #228, the last ever issued; 415 Squadron Master Warrant Officer Austin Gaulton, left, and 415 Squadron Commanding Officer Lieutenant-Colonel Jeff Davis. Submitted



Promotion of Captain Shaun Arbuckle (centre), 14 Wing Operations, to his present rank by Major Illo Neri (left), along with his wife, Lisa Jakob-Arbuckle, and Master Warrant Officer Bob Boothby; in the IRFCC at 14 Wing Greenwood June 17. Master Corporal R. Wilson, A2 Imaging



Master Corporal Mike Sauvé, centre, recently received the Canadian Forces Decoration, 1st clasp, from 415 Squadron Master Warrant Officer Austin Gaulton, left, and 415 Squadron Commanding Officer Lieutenant-Colonel Jeff Davis. Submitted



Flight Lieutenant John Leeder, centre, recently received a Maritime Proving & Evaluation Unit Commanding Officer's Commendation from 415 Squadron Master Warrant Officer Austin Gaulton, left, and 415 Squadron Commanding Officer Lieutenant-Colonel Jeff Davis. Submitted



Sergeant Kevin Hape, centre, recently received a Maritime Proving & Evaluation Unit Commanding Officer's Commendation from 415 Squadron Master Warrant Officer Austin Gaulton, left, and 415 Squadron Commanding Officer Lieutenant-Colonel Jeff Davis. Submitted



Wing Logistics and Engineering Commanding Officer Lieutenant-Colonel Richardson, left, with newly-promoted Sergeant Gay and Chief Warrant Officer Hinchey, right. Submitted



Wing Logistics and Engineering Commanding Officer Lieutenant-Colonel Richardson, left, with newly-promoted Sergeant Mcinerney and Chief Warrant Officer Hinchey, right. Submitted



Promotion of Master Corporal Travis Nissen (centre), 14 Wing Operations, to his present rank by Major Illo Neri (left), along with Master Warrant Officer Bob Boothby, in the IRFCC at 14 Wing Greenwood June 17. Master Corporal R. Wilson, A2 Imaging



From left, Deputy Fire Chief Master Warrant Officer Bungay and Wing Construction Engineering Officer Major Button congratulate newly-promoted Corporal Scott Marshall; with Wing Fire Chief Captain Gannon. Submitted



From left are Deputy Fire Chief Master Warrant Officer Bungay, Wing Construction Engineering Officer Major Button, Aviator Townsend, Warrant Officer Jack and Wing Fire Chief Capt Gannon. Submitted



June 1, Master Warrant Officer Les Blackmore, deputy wing fire chief, had the honour of lowering the 14 Wing Greenwood Canadian flag in front of fellow 14 Fire & Emergency Services firefighters and members of Wing Construction Engineering Squadron. Blackmore retires with 37-plus years in the Canadian Armed Forces.

Submitted



Captain Mathew M.J.D Bradbury (centre), 14 Wing Operations, was presented June 22 the Canadian Forces Decoration by Major Illo Neri (left), Wing Operations acting commanding officer, and Chief Warrant Officer Fred S. Stanley.

Corporal J. Therrien, A2 Imaging



Captain Andrew A.J. Mercer (centre), 14 Wing Operations, was presented June 22 the Canadian Forces Decoration by Major Illo Neri (left), Wing Operations acting commanding officer, and Chief Warrant Officer Fred S. Stanley.

Corporal J. Therrien, A2 Imaging



Corporal Kimberley K.A. Mann (centre), 14 Wing Operations, was presented June 22 the Canadian Forces Decoration by Major Illo Neri (left), Wing Operations acting commanding officer, and Chief Warrant Officer Fred S. Stanley.

Corporal J. Therrien, A2 Imaging



Captain Barrie B.K. Ransome (centre), 14 Wing Operations, was presented June 22 the Canadian Forces Decoration by Major Illo Neri (left), Wing Operations acting commanding officer, and Chief Warrant Officer Fred S. Stanley.

Corporal J. Therrien, A2 Imaging



May 14, Master Warrant Officer Karl Derhak, a flight engineer with 404 Squadron, made his last flight in Aurora aircraft #104, over 14 Wing Greenwood. He retires with 41 years of service with the Canadian Armed Forces, and over 10,400 flying hours. Derhak was congratulated on the airfield by 14 Wing Greenwood Commander Colonel Iain Huddleston.

Master Corporal K. Low, 404 Squadron, Courseware Development



Sergeant Sean B.K. Bampton (centre), 14 Wing Operations, was presented June 22 the Canadian Forces Decoration by Major Illo Neri (left), Wing Operations acting commanding officer, and Chief Warrant Officer Fred S. Stanley.

Corporal J. Therrien, A2 Imaging



Major Elisabeth Dube, officer in command of 14 Wing Replenishment Squadron, recently presented Corporal Scott Reid with his promotion to master corporal.

Submitted



Major Elisabeth Dube, officer in command of 14 Wing Replenishment Squadron, recently presented Master Seaman Cindy Faulkner with her promotion to petty officer second class.

Submitted



Major Elisabeth Dube, officer in command of 14 Wing Replenishment Squadron, recently presented Corporal Darryl Vincent with his promotion to master corporal.

Submitted



Major Elisabeth Dube, officer in command of 14 Wing Replenishment Squadron, recently presented Corporal Trevor Reid with his promotion to master corporal.

Submitted




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# Is it a bird? Is it a plane? No, it's an unmanned air vehicle

**Captain Dave Hunter,  
14 Wing Air Traffic Control**

You may have noticed unmanned air vehicles, or “drones,” are quickly becoming a must-have item. However, they are in turn raising issues of unwanted intrusion into people’s private lives and activities, and the news media is increasingly carrying stories of close calls between aircraft and “drones”. Greenwood is not exempt from this either, as recent events on the airfield have highlighted. It is clear not everyone is operating these drones in a responsible manner, and ignorance is not an excuse.

As a military community, we are all well-versed in the principles of flight safety and understand the importance of reducing the risk to aircrews and passengers. Aircraft and lives have been lost through bird strikes, and there should be no need to spell out the potential risks of an aircraft/ drone collision. The dangers of both have been recognized – we have wildlife control operators working on the airfield to manage the risk of bird strikes, and a clear set of rules has been developed by Transport Canada for those who wish to operate a drone either for fun or as a commercial activity. A quick search of the Transport Canada website (www.tc.gc.ca) lays them out clearly.

The information provided by Transport Canada tells the operator they are responsible for using the drone safely and legally. If your drone weighs less than 35 kilograms and is being




## You're responsible to use your unmanned aircraft safely and legally

### Always:

- Fly during daylight and in good weather (not in clouds or fog).
- Keep your aircraft in sight where you can see it with your own eyes.
- Make sure your aircraft is safe for flight before take-off.
- Know if you need permission to fly and when to apply for a Special Flight Operations Certificate.
- Respect the privacy of others – avoid flying over private property or taking photos or videos without permission.

### Do not fly:

- Closer than 9 km from an airport, heliport, or aerodrome.
- Higher than 90 metres.
- Closer than 150 metres from people, animals, buildings, structures, or vehicles.
- In populated areas near large groups of people – such as beaches, sporting events, outdoor concerts, festivals, or fireworks shows.
- Near moving vehicles – avoid highways, bridges, busy streets or anywhere you could endanger or distract drivers.
- Within restricted airspace, including near or over military bases, prisons, and forest fires.
- Anywhere you may interfere with first responders.





[tc.gc.ca/safetyfirst](http://tc.gc.ca/safetyfirst)

Catalogue No. T86-6/2014E-PDF ISBN 978-1-100-25402-9



used for recreational purposes, then you do not need permission to fly – but, are you are expected to:

- Not fly within nine kilometres of an airport, heliport or aerodrome
- Not fly over military bases, prisons or in restricted airspace
- Not fly above 90 metres

The 14 Wing Greenwood airfield is surrounded by a 13-kilometre radius of controlled airspace, and extends from the surface

to 5,000 feet: in short, there is nowhere a drone can be operated in the Kingston/ Greenwood area and comply with the do’s and don’ts. If you are flying for commercial purposes, you’d best check the Transport Canada website as there are stricter regulations.

As a community surrounded by aviation activity, we can all play our part by understanding and following the rules if we choose to fly a drone, and by remain-

ing vigilant for those who, for whatever reason, decide to do otherwise. What might be intended as an innocent, fun-filled activity could end up as something far less enjoyable that places the lives of others at risk.

Safety first - if you see, or know of someone operating, a drone close to the 14 Wing airfield, please inform the Military Police (902-765-5111 local 5111) or Air Traffic Control (902-765-1494 local 3205).



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# Walkabout for FOD

May 27, 14 Wing Greenwood personnel – military and civilian, here, from 405 Squadron – covered the base on the annual FOD walk, looking for winter’s litter. “Foreign objects” on an airfield are not only unsightly, but pose a hazard to flying operations.

Corporal J. Kennedy, 14 Wing Imaging



# Canada Day fun for you!

✦ Aylesford Lake beach - Celebrate at the beach! Aylesford Lake beach hosts a party July 1, 11 a.m. to 3 p.m., with a flag raising, food, Al Bernard’s magic show, a DJ, swimming and games for kids.

✦ Middleton - Celebrate Canada Day, 12:45 p.m. to 2:45 p.m., July 1, at the Annapolis Valley Macdonald Museum, 21 School Street, Middleton. Free refreshments, musical entertainment, museum admission and children’s activities. Official remarks at 1:30 p.m. Middleton Fireflies will be on hand selling hotdogs and strawberry shortcake. All welcome. Call 902-825-6116, check out [www.macdonaldmuseum.ca](http://www.macdonaldmuseum.ca) or like us on Facebook.

✦ Greenwood – Canada Day on the Wing is a full afternoon of family fun, hosted by the 14 Wing Greenwood Community Centre and the Greenwood Military Family Resources Centre. Bounc-

ers, a free swim in the outdoor pool, BBQ, park and playground party, bubble soccer exhibition games, washer toss, volleyball, face-painting, tattoos, chalk art and more! Noon to 3 p.m.

✦ Burlington – 27<sup>th</sup> Canada Day Celebration. Street parade 12:30 p.m., flag raising to follow. Pie baking contest, silent auction, canteen, BBQ, horse pull, ice cream, lobster raffle, chicken BBQ, children’s games

and petting zoo, live entertainment (Mary’s Islanders, Country Kids and the Hilites).

✦ Berwick – Family fun in Rainforth Park, Berwick, next to the playground. Featuring entertainment, children’s games, a BBQ and cake. 2 p.m. on.

✦ Melvern Square – Canada Day at the Melvern Square Community Centre, from 11:15 a.m. on: featuring a kids’ parade, soap slide and BBQ.

## NOTICE

**Greenwood Village Celebrates Canada Day**  
July 1, 2015: Evening events

904 Central Avenue  
Village Civic Grounds  
5 pm to 10:30 pm

### Things to see and experience

- Free wagon rides, balloon animals
- Bounce rides, including Lazer tag, Hamster balls, Velcro Wall, Large and medium castles; all good for the purchase of one \$5.00 bracelet.
- BBQ by RCAFA and carnival food
- Live entertainment by the Kicking Mule Blues Band starting at 7:30 to 10 pm
- FIREWORKS show at 10 pm or so



# Greenwood Village Celebrates Canada Day

July 1st, 2015

**BOUNCE KINGDOM**  
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LIVE ENTERTAINMENT AT CIVIC GROUNDS  
Local Band  
**KICKING MULE BLUES BAND**  
7:30-10 pm

**SCHEDULE**  
14 WING COMMUNITY CENTRE  
Church Street

## AFTERNOON

12 Noon - 3:00 pm

Multi-Use Park Canada Day Party

1:00 - 3:00 pm - FREE Bounce Kingdom

Tattoos and Fire Truck visit plus other fun in the sun activities

BBQ available for purchase

1:00 - 3:00 pm - FREE Family Swim & Fun  
14 Wing Community Centre & MFRC

WAGONRIDES FREE  
5:30-8:00 PM

OUTDOOR LAZER TAG  
All Ages  
5-9 pm

VILLAGE CIVIC GROUNDS  
904 Central Ave.

Static Display  
LADDER TRUCK

## EVENING

5:30 - 8:00 pm - Wagon Rides

7:30 - 10:00 pm - Musical Entertainment - Kicking Mule Blues Band

10:00 pm - Spectacular Fireworks Display!

Wagon Rides ~ Bouncers  
Balloon Animals ~ RCAFA BBQ  
Band: Kicking Mule Blues Band  
Spectacular Fireworks Display

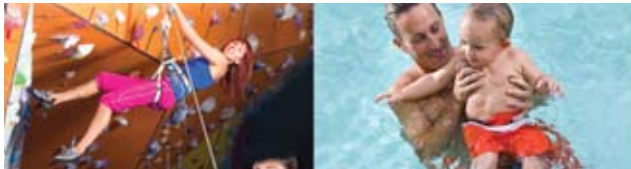
FREE BALLOON ANIMALS

RCAFA BBQ  
5-9 PM

Spectacular Fireworks Display  
2nd Largest Canada Day Fireworks Display  
Outside of HRM

**Sponsors:** Village of Greenwood; 14 Wing CC; Heritage Canada; Kingston Lions Club; Frasers Pro Home Centre; Valley Drug Mart; T&S Office Essentials; CIBC; Greenwood Mall; Greenwood Subway; Greenwood Home Hardware; Nova International; Scotia Bank; Val Connell Exit Realty; H.E. Armstrong Mechanical Ltd.





JUNE IS RECREATION MONTH  
 JUIN, LE MOIS DES LOISIRS  
**#RECREATION**matters

14 Wing Community Centre 902-765-1494 local 5341

### Summer DAY Camp

- Week 1: Under The Big Top (June 29-July 3)** Rec Card \$60 Non-Rec Card \$70
- Week 2: Down on the Farm (July 6-10)** Take a day trip to Hatfield Farms. Rec Card \$80 Non-Rec Card \$90
- Week 3: Week at Sea (July 13-17)** Rec Card \$70 Non-Rec Card \$80
- Week 4: Discovery Kids (July 20-24)** Take a trip to the Discovery Centre! Rec Card \$80 Non-Rec Card \$90
- Week 5: Cooking up a Storm! (July 27-31)** Rec Card \$70 Non-Rec Card \$80
- Week 6: Where the Wild Things Grow (August 4-7)** Field day in New Minas. Rec Card \$70 Non-Rec Card \$80
- Week 7: Holiday Extravaganza (August 10-14)** Rec Card \$70 Non-Rec Card \$80
- Week 8: Camp Favourites (August 17-21)** Day trip to Lake Pleasant. Rec Card \$80 Non-Rec Card \$90
- Week 9: Around the world in 80 days (August 24-26)** Rec Card \$60 Non-Rec Card \$70

### Summer SPORT Camp

- Week 1: Celebration of The Nations (June 29th-July 3rd)** Rec Card \$60 Non-Rec Card \$70
- Week 2: Survival of The Fittest (July 6th-10th)** Day Trip to Pirate's Cove. Rec Card \$80 Non-Rec Card \$90
- Week 3: Bizarre Sports (July 13th-17th)** Rec Card \$70 Non-Rec Card \$80
- Week 4: Fun and Fitness (July 20th-24th)** Day Trip to the Adventure Climbing Gym to go rock climbing. Rec Card \$80 Non-Rec Card \$90
- Week 5: What's All That Racket? (July 27th-31st)** Rec Card \$70 Non-Rec Card \$80
- Week 6: Take Me Out to the Ball Game (August 3rd-7th)** Field Day in New Minas. Rec Card \$80 Non-Rec Card \$90
- Week 7: Games come to Life (August 10th-14th)** Rec Card \$70 Non-Rec Card \$80
- Week 8: Outdoor Games (August 17th-21st)** Day Trip to Lake Pleasant. Rec Card \$80 Non-Rec Card \$90
- Week 9: On the Road to Rio (August 24th-26th)** Rec Card \$60 Non-Rec Card \$70

### Summer FRENCH Camp

- Semaine 1 : Semaine canadienne (29 juin-3 juillet) :** Rec Card : \$60 Non-Rec Card : \$70
- Semaine 2 : Animaux en folie (6-10 juillet) :** La semaine est une semaine incluant un voyage à Hatfield Farms. Rec Card \$80 Non-Rec Card \$90
- Semaine 3 : La semaine d'imagination (13-17 juillet) :** Rec Card \$70 Non-Rec Card \$80
- Semaine 4 : La semaine de la Terre (20-24 juillet) :** La semaine est une semaine incluant un voyage à Discovery Centre. Rec Card \$80 Non-Rec Card \$90
- Semaine 5 : La semaine de célébration (27-31 juillet) :** Rec Card \$70 Non-Rec Card \$80
- Semaine 6 : La semaine de Pirate (4-7 août) :** La semaine est une semaine incluant un voyage à New Minas. Rec Card \$70 Non-Rec Card \$80
- Semaine 7 : Semaine Disney (10-14 août) :** Rec Card \$70 non-Rec Card \$80
- Semaine 8 : Le choix du campeur (17-21 août) :** La semaine est une semaine incluant un voyage à Lake Pleasant. Rec Card \$80 Non-Rec Card \$90
- Semaine 9 : Semaine Hollywood (24-26 août) :** Rec Card \$60 Non-Rec Card \$70

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## Camp with Sarah

The Greenwood Military Family Resource Centre is excited to welcome Sarah Nyenhuis as its summer camp for preschoolers leader. Sarah is currently enrolled in her second year at Dalhousie University. As the daughter of a military member here at 14 Wing Greenwood, she understands the unique needs of being a military child and brings a great deal of enthusiasm to the GMFRC program this summer. She is excited to make this year's summer camp program a fun-filled one for your child! The GMFRC program is also fortunate to have both screened and registered GMFRC adult and youth volunteers assisting daily.



Submitted

## Summer reading is on the way

Summer time means fun in the sun, playing outdoors, and, hopefully, time to read under your favourite tree.

To encourage kids of all ages to read during the summer, the Annapolis Valley Regional Library hosts a summer reading club each year. In order to reduce the summer "slide" that many students experience, the library provides fun programs and incentives to keep kids reading and learning all summer long.

This summer, the club begins June 22 and runs through August 22. The library is excited to build programs and activities around this year's theme, PLAY! Anyone 18 and under is invited to join and read the summer away. Lots of your

favourite activities are making a comeback this year.

Upper Clements Parks will again offer a free Fast Pass to everyone who completes the summer reading club. When kids sign up, they will receive a booklet for tracking their read and play time. We have many fun activities on our booklet this year families can enjoy together! Teens will read for 25 hours to earn their Fast Pass, and can enter for great gift card prizes for every five hours they read.

Oaklawn Farm Zoo has generously agreed to host two library days at the zoo. Both July 21 and August 11, if you are 18 years old or under, get into the zoo free just by showing your AVRL library card. The bookmobile

will be onsite and we'll have lots of fun activities for kids.

Little Ray's Reptiles, a musical zoo and a marionette show from Montreal's Panadream Theatre are also lined up; along with book giveaway days, made possible in part by Adopt-a-Library. Chirpy, our little owl friend, is ready to travel. Send us a picture of Chirpy and you could win some great prizes! The travelling "Maker Labs" have been refreshed, and the library has some fun robotics toys to play with, too. C@P youth are back, and they'll host a wide variety of technology programs.

All branches are planning plenty of fun programs and activities, so check in to see what's going on.

# Second Annual Inventory Wipeout Sale Event

Celebrate **Canada Day** in style with Valley Volkswagen and take home a brand new to you vehicle today!

**2011 Audi A4 Quattro**

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This Audi A4 Quattro looks pretty darn snazzy with its aggressively tapered roof line and high quality interior! Being all-wheel drive, you'd be all set for any Canadian weather! #15-075

**2015 Volkswagen Jetta Comfortline 1.8T**

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**\$500\***  
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\* From May 19 through December 31, 2015, Valley Volkswagen will be offering a \$500 rebate on new and used vehicles to Canadian Armed Forces staff.

**Valley Volkswagen**  
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 7181 Highway 1 Coldbrook, NS  
[www.valleyvw.ca](http://www.valleyvw.ca)  
 \* Some conditions apply, see in-store for details



## Kingston sets fun calendar

Summer fun is underway in Kingston, and village residents and friends are welcome to join in.

Free outdoor basketball at 6:30 p.m. (weather permitting) continues Wednesdays for players ages 14 to adult, at the Kingston Basketball Courts on Elm St.

Free beach volleyball every Tuesday and Thursday evening, starting at 7 p.m. (weather permitting), will take place at the court on Elm Street. This will be fun, recreational/competitive volleyball.

The Greenwood Running Club meets Sunday mornings, between 8 a.m. and 9 a.m. Contact the group

on Facebook by searching "Greenwood Running Club," or email pkdooks@eastlink.ca. All levels are welcome.

Summer day camp will be offered for youth ages five to 12, running eight weeks from July 6 to August 28 at the Kingston Rec Hut, adjacent to the rink, on Westwood St. Fun times, making friends, adventurous outings, bus trips, walks to the 14 Wing pool, crafts and more are planned.

Drop-in ball hockey will be on the floor at the Kingston Credit Union Centre Tuesdays, 6 p.m. to 7:15 p.m. Ages 14 to adult, helmets required – and the drop-in

fee is \$2.

Cangaroo Tennis will offer July and August adult and youth lessons at Kingston tennis court. Keep an eye on kingstonnovascotia.ca for registration and play details.

A reminder the Kingston rink is available for your group all summer: seat up to 220 people, have a party, make a presentation or put your sports team through dry land training! Visit wkaa.ca or call 902-765-2516 and leave a voice mail.

For further information on summer fun in Kingston, contact 902-765-2800 or recreation@kingstonnovascotia.ca.

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2.5 L, I-4 cyl, 4WD, SUV, A/C, Extended Warranty, PW, PL, CD, 60,042 kms



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**2014 Honda CR-V EX-L** • \$29,950 + tax  
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Stock Number 15-231A  
**2011 Chev Cruze LT Turbo** • \$10,950 + tax  
• \$117 BIWEEKLY  
1.4 L, I-4cyl, Keyless Entry, A/C, PW, PDL, CRU, 37,240 kms, Excellent Condition

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## Kingston Summer Day Camp 2015

Summer is upon us and the best way to spend it is having fun at the Kingston Summer Day Camp! Camp will take place at the Kingston Recreation Hut, which is located adjacent to the Credit Union Center at 429 Elm St. by the playground. Regular camp hours are from 8 a.m. – 3:30 p.m. with before and after care available ½ hour before and after camp hours at an additional cost. With only 24 spots available, camp is sure to fill up quickly! Theme weeks and tentative trips are listed below. Please note some trips have extra associated trip fees.

- Week 1: Welcome to the Jungle (July 6-10)** – Oaklawn Farm Zoo & Aylesford Lake
- Week 2: Superhero Week (July 13-17)** – Fire Station, RCMP station (pending) & Blomidon Nurseries
- Week 3: Holiday Week (July 20-24)** – Superstore Cooking Class, Yogi Bear Campground
- Week 4: Olympics Week (July 27-31)** – Paragon, LMK Bowling Lanes, Emera Oval & Putting Edge
- Week 5: Splish Splash Bash (Aug 4-7)** – Raven Haven (pending), Base Pool – **NO CAMP Mon Aug 3rd**
- Week 6: To Infinity & Beyond (Aug 10-14)** – Aviation Museum & Base Pool, Upper Clements Park
- Week 7: Wild West Week (Aug 17-21)** – Noggin's Farm, Overnight trip to Yogi Bear Campground – **NO CAMP Fri Aug 21st**
- Week 8: So Long Summer (Aug 24-28)** – Disc Golf in New Minas, Zedex Theatre (pending) & Base Pool

To register your child or to find out more information, print the form off our website or stop into the Village of Kingston office.  
www.kingstonnovascotia.ca • Camp Phone: 902-804-2267 • Village Office: 902-765-2800  
Email: daycamp@kingstonnovascotia.ca



**CANgaroo Tennis at the Kingston Tennis Courts – Elm st. Tuesdays & Thursdays @ 6-8pm**  
**6-7pm for youth or 7-8pm for Adults**  
**At Kingston Tennis Courts Pre-Register @ Village Office**  
**Cost \$5/hr. for Instruction**  
**Call – 902-765-2800**



# Recreation takes community effort

**Sara Keddy,  
Managing editor**

All around team effort was acknowledged June 19, as 14 Wing Greenwood Community Recreation hosted its first June is Recreation Month club appreciation event.

Community recreation manager Jill Jackson said the centre was a beehive of activity all day, as rec staff worked to decorate the newly-renovated youth centre space and prepare a BBQ supper for guests.

“Together, we wanted to thank you for the hard work and effort clubs give to recreation services and 14 Wing

– we wouldn’t be able to do it without you,” she said.

The centre, with its staff support team and network of 24 special interest clubs run by volunteers, offers 177 programs and 10 major special events, with 3,500-plus participants involved last year.

“Greenwood is one of the top recreation programs in the Canadian Armed Forces – and we’re not just saying that. Tonight, we celebrate you. You make our job fun: we’re here to help you and, in turn, you help our community.”

The centre recognized three significant contributors to local recreation, including



**Olga, left, and Gary Young, right, Greenwood Canadian Tire owners congratulated 14 Wing Greenwood recreation’s “club of the year,” Greenwood Minor Soccer, represented at a community and club appreciation night June 19 by Cynthia Martin, second from left, Francine Breen and Tim Lalonde.**

S.Keddy

volunteer adult and youth of the year, and club of the year. Kodiak Cousins was named youth volunteer for his valued membership in the Hachikin Judo Club. He missed the presentation as he was attending a coaching clinic: in his three years with the club, he has advanced from a new youth athlete to a role model and coach of the kinderjudo program. The adult volunteer was Eric Rubin, representing Greenwood Minor Basketball. He coached the under-14 boys’ team this winter, but also stepped up to coach the under-12 boys when their coach left and helped his own son’s under-10 team when he could. The club of the year, with 592 youth and adults involved, was Greenwood Minor

Soccer. Hundreds of hours invested in the program by 70-plus coaches, and managers and officials, “has grown this club into one the greatest success stories,” Jackson said.

Also present for the event were Olga and Gary Young, Greenwood Canadian Tire owners, representing the national commitment Canadian Tire has made to Canadian Armed Forces recreation and family programs. In addition to the well-known youth-in-sport funding program JumpStart, Canadian Tire this spring donated canoes and kayaks to all CAF bases in Canada, which, here in Greenwood, will be loaned at no charge to families through the community centre. The new Canadian Tire Big Play initiative, with Hockey



**Kodiak Cousins, centre, was congratulated as 14 Wing Greenwood recreation’s youth volunteer, for his valued membership in the Hachikin Judo Club; by community recreation manager Jill Jackson and club president Matthew Peddle.**

Submitted

Canada, will also encourage people know about that – 30,000 youth to get involved come see us,” Jackson said. “Without Canadian Tire, we wouldn’t be able to grow our great programs.”

## ~ Obituary ~

**MACPHEE, Gloria Jean,**  
Greenwood, NS

MACPHEE, Gloria Jean – age 75 of Greenwood passed away Wednesday, June 17, 2015 at Soldiers Memorial Hospital, Middleton. Gloria was a daughter of the late Jack Day and Velma (Summerville) Pritchard. She was a retired cook from the Combined Mess, 14 Wing Greenwood. She was a very active volunteer at the Royal Canadian Legion Branch No.98, Kingston and at the Valley Wing No.107, R.C.A.F.A. She was also a member of the local Eastern Star Chapter (Mayflower). Gloria enjoyed her retirement socializing with friends and travelling. She collected teddy bears, which she used for various fund raising efforts in the community and was fondly known as the “Bear Lady”. Gloria is survived by her son Charles, Toronto; sisters, Jackie (Ken) Adams, Toronto and Valerie Leach, Toronto. She was predeceased by her husband Raymond “Ace” and her brother Keith. Cremation has taken place. A memorial service was held at 2:00 p.m., Thursday, June 25, 2015 at Branch #98 Royal Canadian Legion, 1472 Veterans Lane, Kingston, followed by a reception. Donations in memory may be made to Breast Cancer Research Foundation; Royal Canadian Legion Branch No.98 Poppy Fund or Wounded Warriors. Arrangements have been entrusted to Middleton Funeral Home, 398 Main St., (902) 825-3448. Online guest book may be signed by visiting: [www.middletonfuneralhome.com](http://www.middletonfuneralhome.com)



## Christmas In July

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# FORCE enhancements part of renewed CAF emphasis on 'culture of fitness'

**Sara Keddy,**  
Managing editor

No matter what test the Canadian Armed Forces uses as its fitness standard for soldiers, it's "not the ultimate answer," say researchers with the Personnel Support Programs, a division of Canadian Forces Morale and Welfare Services.

"If we count on a test to improve the culture of fitness, we'll fall flat on our face," says Dr. Michael Spivock, senior officer – human performance research. "It's a test once a year so that you can do your job. If we can build a culture of fitness and a military esprit de corps... we may be able to influence this."

Spivock and Denis Couturier, senior manager fitness and sports, were at 14 Wing Greenwood May 14 to meet with Atlantic Region PSP fitness and Health Promotion staff. The topic most on the minds of base-level PSP staff is this coming summer's trial of the FORCE Fitness Profile, the second component of last year's introduction of the new FORCE fitness standard for



**Dr. Michael Spivock, senior officer - human performance research, left; and Denis Couturier, senior manager fitness and sports, spoke to Atlantic region fitness and Health Promotion staff May 14 about research, planning and new programs coming out of the Personnel Support Program's national centre.** S.Keddy

CAF personnel. The FORCE test as it stands now is a pass/fail measure of a person's ability to do the job. The FORCE Fitness Profile will expand the concept, allowing for a measure of health-related fitness as well, encouraging people to strive well beyond the minimum standard. Using that data, and building a culture of individual and collective fitness culture with the coming incentive program, is exciting.

14 Wing PSP staff and

personnel will be one of four partner bases in this summer's Fitness Profile pilot testing, which will gather information on how the new measures perform, how the electronic data collection system performs – and how it can be improved and made even more versatile. With levels beyond the simple pass/ fail, individuals will know where they fit in the profile, and a brief description of what that means for operational and physical fit-

ness. Beyond that, testing results may be plotted by unit, squadron, wing or base and element: CAF leaders can see at a glance how members at all levels and formations are fitting into a new culture of fitness.

Amongst its programs, PSP is currently finishing development of the DFit.ca resource, it spearheaded the growing National Sports Day in Canada and is involved with the development of the next fitness and wellness strategy.

"In the last few years, we've done a good job in research," Couturier said. "We've really collected a lot of information to make decisions, and research has guided our decisions for effective program delivery. We continue to evaluate and support our programs to better our services."

## Day camp fun, week by week

The best way to spend summer is having fun at the Kingston Summer Day Camp.

Camp will take place at the Kingston Recreation Hut, adjacent to the Credit Union Centre, at 429 Elm St. by the playground. Regular camp hours are 8 a.m. to 3:30 p.m., with care available a half-hour before and after camp hours at an additional cost. With only 24 spots available weekly, camp is sure to fill up quickly!

Theme weeks and tentative trips include:

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Week 3: Holiday Week (July 20 to 24) - Superstore cooking class, Yogi Bear Campground

Week 4: Olympics Week

(July 27 to 31) – Paragon, LMK Bowling Lanes, Emera Oval and Putting Edge

Week 5: Splish Splash Bash (August 4 to 7) – Raven Haven (pending), base pool

Week 6: To Infinity & Beyond (August 10 to 14) – Greenwood Military Aviation Museum, the 14 Wing outdoor pool, Upper Clements Park

Week 7: Wild West Week (August 17 to 20) – Noggin's Farm, overnight trip to Yogi Bear Campground

Week 8: So Long Summer (August 24 to 28) – Disc golf in New Minas, Zedex Theatre (pending) and the 14 Wing outdoor pool

To register your child or to find out more, phone 902-804-2267 or contact the village office, 902-765-2800. You may also print the registration form from [www.kingstonnovascotia.ca](http://www.kingstonnovascotia.ca) and bring it in to the office; or, drop by to register in person.

**Celebrate all things Canadian!**

**Marc Thibodeau,**  
Kingston

The Aurora Newspaper is pleased to give away one pair of tickets to the Royal Nova Scotia International Tattoo's preview show June 29 to ...

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26 Commercial St. MIDDLETON 902-825-4822

**Kingston Legion Br 98 ~ July 2015**

Office 902-765-4920 • Bar 902-765-4428 • Fax 902-765-2479 • E-Mail legion98sect@eastlink.ca

Sun	Mon	Tues	Wed	Thu	Fri	Sat
Find us on Facebook Kingston Legion (Branch #98)		1 CANADA DAY		2	3 TGIF: NO FOOD	4 No Breakfast Entertainment: DJ - 9 pm - 1 am
5 BINGO 1:30	6 EUCHRE	7 BINGO 7:30	8	9	10 TGIF: NO FOOD	11 No Dance
12 BINGO 1:30	13 EUCHRE	14 BINGO 7:30	15	16	17 TGIF: NO FOOD	18 Entertainment: DJ - 9 pm - 1 am
19 BINGO 1:30	20 EUCHRE EXEC MTG 7:00	21 BINGO 7:30	22	23	24 TGIF: NO FOOD	25 No Dance
26 BINGO 1:30	27 GENERAL MTG 7:00	28 BINGO 7:30	29 EUCHRE	30	31 TGIF: NO FOOD	 Kingston Legion (Branch #98)

Legion Calendar Sponsored by

613 Main St. KINGSTON 902-765-2103

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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.aliantzinc.ca](mailto:auroraeditor@ns.aliantzinc.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.aliantzinc.ca](mailto:auroraeditor@ns.aliantzinc.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.

**Adult aphasia camp**

June 30 is the deadline to register for The Stepping into Life.... Together! adult aphasia camp at Brigadoon Village, August 28 to 30. Have a holiday in an aphasia-friendly environment. Contact: Judy Arbique, [nsaa@bellaliant.net](mailto:nsaa@bellaliant.net), or 902-445-4960.

**Library program**

June 30, 10:30 a.m. to 12:30 p.m., the Kingston library hosts a MakerLab. Build with things like Squishy circuits, race Brush Bots and play computer games with a banana using MakeyMakey.

Discover the world of circuits and electronics. For ages seven and up. Pre-registration required: call 902-765-3631.

**Luncheon**

July 2 at Christ Church Hall, Commercial Street, Berwick, from 11:30 a.m. to 1 p.m. Hot casseroles, meat dishes, baked beans, salads, homemade bread and rolls, yummy desserts, tea and coffee: \$10.

**Supper**

July 3, 4:30 p.m. to 6:30 p.m., strawberry supper at the Harmony hall. Pork cold plate, potato

salad, coleslaw, fresh veggies, roll, strawberry shortcake and a beverage. Freewill offering, sponsored by the Harmony Baptist Church, 992 Harmony Road.

**Supper**

July 4 at the Rebekah Hall, Cottage Street, Berwick, starting at 5 p.m. Hearty salad plate, dessert, tea and coffee. Tickets \$12. Call Julie, 902-538-7762, in advance for tickets.

**Concert**

July 4, 8 p.m., hear Tomato, Tomato at the Evergreen Theatre, 1941 Stronach Mountain Road, Margaretsville. Price \$20: tickets

at [evergreentheatre.ca](http://evergreentheatre.ca) or 902-825-6834. Tomato, Tomato is husband and wife team John and Lisa McLaggan, who perform a mix of old timey bluegrass, roots, and folk music.

**Yard sale**

July 4, 8 a.m. to 1 p.m., Melvern Square and area yard sale, featuring giant sale at the United Baptist Church and fabulous homemade bake table, and the hotdog, hamburger and refreshment stand at 377 Stronach Mountain Road. Rain or shine.

**Meeting**

July 8, the Companion Animal Protection Society board of directors will meet, 7 p.m., at the Municipal Building in Lawrencetown. All members and friends are invited to attend. For info, contact 902-825-2277.

**Supper**

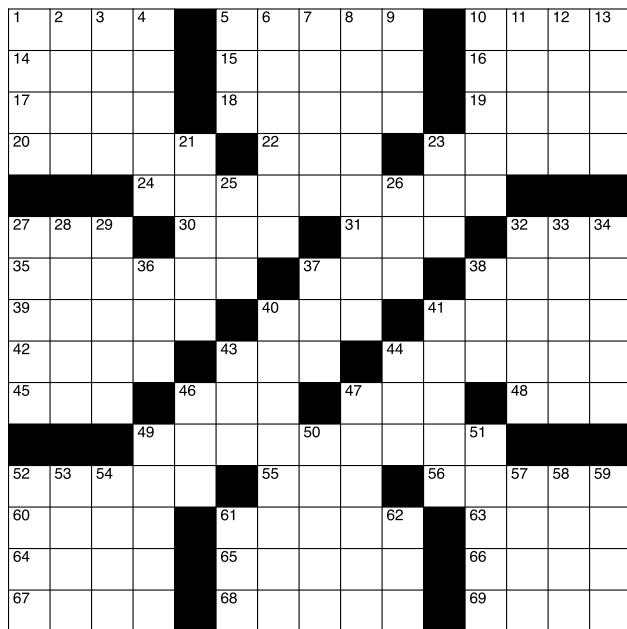
July 8, 4:30 p.m. to 6 p.m., at the Kingston United Church, 733 Main Street. Menu: cold plate, tea, coffee, juice, strawberry shortcake with real whipped cream. \$10 adults, \$5 children 12 and under.

**Steer BBQ**

July 10 and 11, 56th Kingston Steer BBQ & Village Fair at the Credit Union Centre, Kingston. July 10, 5 p.m. to 10:30 p.m.: Sparky 5K Fun Run, entertainment, Atlantic Canada's Strongest Man Competition, food/ refreshments, Bounce Kingdom, beer garden and fireworks (10:15 p.m.). July 11: fire hall pancake breakfast, street parade (10:45 a.m.), craft fair, beer garden, Bounce Kingdom and youth events, bingo, Atlantic Canada's Strongest Man Competition, live entertainment and more!

**metro crossword**

solution page 14



- ACROSS**
- 1. Suns
  - 5. Bog
  - 10. Woodcutter hero Ali
  - 14. Aquatic reptile (abbr.)
  - 15. Cape Verde capital
  - 16. Chemical compounds
  - 17. Maple genus
  - 18. "All \_\_\_\_ on deck"
  - 19. Roman public squares
  - 20. Leavened rum cakes
  - 22. Quilting gathering
  - 23. Large hero sandwich
  - 24. Oprah's BFF
  - 27. London radio station
  - 30. Downwind
  - 31. Frosty
  - 32. Brake horsepower
  - 35. In a way, removes
  - 37. Bridge-building degree
  - 38. Mother of the Titans
  - 39. Nostrils
  - 40. \_\_\_\_ choy: Chinese cabbage
  - 41. A.K.A. rose-red spinel
  - 42. Blue goose genus
  - 43. Take in solid food
  - 44. Speak incoherently
  - 45. Chop with an axe
  - 46. Wrapped package (abbr.)
  - 47. Auricle
  - 48. Former CIA
  - 49. Highway Patrol's Crawford
  - 52. Yemen capital
  - 55. John \_\_\_\_, Br. statesman (1584-1643)
  - 56. Expressed pleasure
  - 60. First Chinese dynasty
  - 61. Indian dresses
  - 63. Swiss river
  - 64. Teen skin disease
  - 65. Takes dictation
  - 66. Husk of wheat
  - 67. Went quickly
  - 68. Stud with jewels
  - 69. Recess
  - DOWN**
  - 1. Wound crust
  - 2. Killer whale
  - 3. Leopold & \_\_\_\_
  - 4. Bony piece of meat
  - 5. Speed measure (abbr.)
  - 6. Productive land
  - 7. Rajah's wife
  - 8. Close companion
  - 9. Possesses
  - 10. Make less visible
  - 11. Buffalo
  - 12. Tennis player Bjorn
  - 13. Mountain range in Kyrgyzstan
  - 21. Gross revenue
  - 23. Honey (abbr.)
  - 25. Affirmative
  - 26. Frozen water
  - 27. Carpenter's work table
  - 28. \_\_\_\_ Danish astronomer
  - 29. 1977 AL MVP Rod
  - 32. Italian Air Marshal Italo
  - 33. Mends
  - 34. Bullfighting manoeuvres
  - 36. 1/100 yen
  - 37. Board of Trade
  - 38. Idle talk
  - 40. Hairless scalp
  - 41. Hannibal's surname
  - 43. Old Tokyo
  - 44. Spoken in the Dali region
  - 46. Women's undergarment
  - 47. Weasel's winter fur
  - 49. Blatted
  - 50. Medieval circuit courts
  - 51. Muslim shrine in Mecca
  - 52. Former ruler of Iran
  - 53. Fungal spore sacs
  - 54. Baseball team #
  - 57. Stringed instrument
  - 58. Geological times
  - 59. Sandy piece of seashore
  - 61. Sino-Soviet block (abbr.)
  - 62. Drunkard

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

**Entry deadline:  
Noon, July 2, 2015**

**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.

1. Who is a non-practicing lawyer? \_\_\_\_\_
2. What is the price of the 2014 Dodge Charger SXT? \_\_\_\_\_
3. Kira Place has how many appliances provided? \_\_\_\_\_
4. What time does Greenwood celebrate Canada Day? \_\_\_\_\_
5. Greenwood Mall now has who in it? \_\_\_\_\_

**Congratulations to last week's winner: PHILLIP KELLY**

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

# Community conversation on mental health, stigma engaging

**Daisy Dwyer, Chairwoman, Kingston/ Greenwood Mental Health Association**

Research shows stigma associated with mental health consumers is pervasive. What is even more troubling is that self-stigmatization compounds societal stigma. In an effort to begin to change this complex issue, we need to begin the uncomfortable conversations. Mental Health Awareness Week earlier in May provided an opportunity to open the dialogue on mental health.

The Kingston/ Greenwood Mental Health Association engaged in a one-day event May 8, "Addressing Mental Health Stigma Together," at the Kingston Lions' hall. A

diverse mix of professional and first voice people came together to share experiences and knowledge.

Andria Hill-Lehr, from the Nova Scotia Community College Middleton Campus, shared stories on how compassion when dealing personally or with others facing mental health challenges can change relationships and impact outcomes.

Research on the effects of early childhood trauma and the connection with mental health disorders was shared by Dr. Eileen Donahoe, who highlighted the exorbitant cost to people, the health care system and society of failing to adequately treat people needing interventions.

Highlighting the positive



**Lynn Swan shows how art is a part of mental health.**

Submitted

difference that community support can make in addressing mental health challenges were Shannon Doubleday and James Schofield from PeopleWorx, who provided a presentation on the success of their program, connecting clients with supportive workplaces.

Peter VanFeggelen captivated the audience with his personal journey with depression and how valuable supportive relationships were in his recovery and return to employment.

Also presenting were four young adults connected with a "youth speak" program at

Laing House, peer support organization for youth with mental illness based in Halifax. Each delivered a poignant account of their personal struggles and stressed the vital role of a supportive environment and appropriate treatments in their journey.

Healthy Minds Cooperative,

a stand up for mental health comedy group, lightened the conversation. Participants heard about the value of humor as one of many methods to give consumers a voice to help reduce stigma.

Mindfulness and yoga was introduced as a practice to help the mind stay focused and balanced. Greg Ross from Inner Sun Yoga Studio led the group in some basic breathing exercises, poses and techniques.

"Events like these should be attended by everyone and held on a regular basis," said Susan Davis, secretary of the Kingston/ Greenwood Mental Health Association.

The day was funded by the Mental Health Foundation of Nova Scotia.

## sudoku

solution page 14

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

## patrick's puzzle

solution page 14

### COASTAL WORD SEARCH

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

### WORDS

- |           |          |             |           |          |
|-----------|----------|-------------|-----------|----------|
| BEACH     | DUNES    | OCEAN       | SALT      | SURF     |
| BOARDWALK | EROSION  | OVERTOPPING | SANDY     | TIDAL    |
| BRACKISH  | FISH     | PICNIC      | SCAVENGER | TIDE     |
| BREAKER   | GULLS    | POOLS       | SEAWALL   | TROUGH   |
| COASTAL   | JETTY    | REEDS       | SEAWEED   | UMBRELLA |
| CRABS     | NAUTICAL | REEF        | SHELL     | UNDERTOW |
| CURRENTS  | NEAP     | RIPPLE      | SHORELINE | WATER    |
|           |          |             |           | WILDLIFE |

patrick's puzzle brought to you compliments of

## horoscopes

June 28 - July 4

### ARIES - Mar 21/Apr 20

Your mood is pleasant and playful this week, Aries. It's a perfect time to plan a social engagement or party at your home. Invite friends and family and have a good time.

### TAURUS - Apr 21/May 21

Taurus, take time to find ways to relax and unwind. This could mean removing yourself from tense or competitive situations for a little while until things calm down.

### GEMINI - May 22/June 21

Your imagination is ignited this week, Gemini. This can clear the path for new beginnings. Make sure decisions you make now are centered and empowered.

### CANCER - June 22/July 22

Cancer, your energy levels are elevated this week. Make the most of this newfound energy by tackling all of those projects you have been putting off.

### LEO - July 23/Aug 23

This week brings all sorts of interesting ideas and desires, Leo. There's much to keep you busy, but make sure you don't overdo things. Avoid the urge to stretch yourself too thin.

### VIRGO - Aug 24/Sept 22

Don't be surprised if your feelings are all over the place this week, Virgo. The week might feel like a roller coaster, but you will feel great by the end of the week.

### LIBRA - Sept 23/Oct 23

Libra, an irritating issue seems to fix itself and that is relieving. Remember, you do not have to take on everything yourself. Plenty of people are willing to lend a hand.

### SCORPIO - Oct 24/Nov 22

Scorpio, you have lately been more comfortable with your role in life and your responsibilities. It seems you have everything all together, and others may seek out your advice.

### SAGITTARIUS - Nov 23/Dec 21

Sagittarius, when your imagination is stimulated, there's nothing you cannot accomplish. This may be an interesting week for you, as restless energy has you seeking an outlet.

### CAPRICORN - Dec 22/Jan 20

Capricorn, you may need to look at a problem from another perspective to find the best solution. Discuss your findings with others and see if they have any suggestions.

### AQUARIUS - Jan 21/Feb 18

Take things easy and let your intuition work for you, Aquarius. Financial or business-related projects fall in your lap, and you work through them quite easily.

### PISCES - Feb 19/Mar 20

Emotions reach a high after hearing good news this week, Pisces. It's okay to let your guard down a bit around your loved ones.

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 TIM-BR Mart

# classifieds

Classified advertisements, 35 words or less, are \$8 tax included. Additional words are 10 cents each, plus tax. Bold text \$9, tax included.

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 auroranews@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 8 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 9 \$, 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 5440, visiter notre bureau au 83A, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à auroranews@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

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

## sudoku solution

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

## patrick's puzzle

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

## APARTMENTS

**FOR RENT** – 3 bedroom split level entry apartment located behind Greenwood Mall. Newly renovated. Fridge/stove, washer/dryer included. Lawn care and snow removal provided \$750 plus utilities. Available as soon as June 20. Please call 902-765-4206 (Sue) (3623-ufn)

**FOR RENT** – 1 bedroom, upstairs apartment. 677 Central Avenue, Greenwood. \$350 per month plus utilities. References required. No pets. Available June 1, 2015. Call Kathy 902-765-2938. (3624-2tp)

**FOR RENT** – Very clean modern 1, 2 & 3 bedroom apartments. Middleton to Cambridge. Well managed properties. Seniors units available. References required. Call Ross at 902-840-0534. (3539-ufn)

**FOR RENT** – Kingston Lincoln Shire Apartments. 2 Bedroom, 5 Appliances \$800 per month, plus Utilities. Available, April 1st. Phone 902-765-6669 (3608-ufnb)

**FOR RENT** – Kingston 2 bedroom

apartment centrally located. 925 +/- sq.ft. Unfurnished 2 B-R, L-R, kitchen, bath, \$825.00 month available July 1st. References, lease required, no pets. Includes heat, A/C, utilities, ground care and snow removal (negotiable HD cable and HS internet) 7 appliances: Fridge, stove, toaster oven, microwave, washer, dryer and BBQ. 902-760-0002 email: nsvalley@hotmail.com for full description, photo's, viewing appointment. 20 minute or less walk to golf club, school(s), doctor(s), RCMP, pharmacy, post office, library, bank, Atlantic Superstore, C-store(s), Tim Hortons, motel, restaurant(s), gas, Branch #98 Legion. (3623-ufnb)

**FOR RENT** – 2 Bedroom duplex on Glebe Road. Adult living. 5 appliances, attached garage. Utilities extra. Laminated/ceramic floors, front verandah, back deck. Snow and lawn care included. Available July 1, 2015. Phone 902-765-4709 or 902-847-1312. (3623-ufn)

**FOR RENT** – Two-bedroom Duplex, 636 Alrude Drive, Greenwood. Adult building, non-smoking, no pets. Fridge and stove, washer & dryer

## DUPLEX FOR RENT

**FOR RENT** – Two-bedroom Duplex, 636 Alrude Drive, Greenwood. Adult building, non-smoking, no pets. Fridge and stove, washer & dryer

## FOR RENT

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hook-up. Heat pump. Available immediately. \$600 plus utilities. 902-765-2432 leave a message. (3625-ufn)

**FOR RENT** – 2 Bedroom duplex available August 1st, behind Greenwood Mall. Fridge, stove, storage shed, washer and dryer hook-up, private back yard deck and driveway. No pets. \$550 per month plus utilities. 902-825-2464. Call between 6-9 pm evenings. (3625-3tpb)

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**OFFICE SPACE TO SHARE** – I have an office to share with other professionals on the Vault Rd., Kingston. Space is available for mental health professionals to conduct sessions. I also have a space for massage or like profession. I am renting the space by the half-day, or full day, including evenings. Please contact Joe at 902-765-1898 or joeben699@gmail.com. (3622-4tp)

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**HAPPY HEALTHY HOUR** – Happy Healthy Hour with Arbonne Independent Consultant Nicole Des-Roche. Come experience and learn how our Swiss formulations, cutting edge technology and healthy ingredients, are great for you! 14 Wing, Greenwood Fitness & Sport Centre, Tuesday, June 30 at 7:00 p.m. (3625-1tpb)

**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)

## SERVICES

**SERVICE** – Bilingual handyman carpenter available, 25 years of experience with finish work, flooring, stairs, tile work and more. Reasonable rates – flexible hours. Call Mike at 902-242-2465 or 902-840-0529. Greenwood/Kingston (3614-ufn)

**SERVICE** – Learn to play guitar this summer. A few afternoon openings available during the week. Experienced teacher. Keith Lewis at 902-847-2244 or 902-993-0241. (3623-3tpb)

**SERVICE** – Local lawn care, mowing and trimming, Spring & fall clean-up, fertilizer & lime spreading, gutters & leaves. Call Lenny 902-840-0222 (3618-12tp)

**SERVICE** – Ernst Locksmithing – Commercial and Residential, locks re-keyed, repaired and installed. Auto and home lockouts. Call Graham at 902-765-6248. (3620-6tpb)

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# West Kings Duke of Ed unit going strong

**Captain Robert Albert**

The Duke of Edinburgh Award Unit at West Kings District High School has a long history, awarding its first award in 1981 and over 250 awards at all levels since then, including 44 Gold. The program has some new volunteers this year, and a large number of participants from last year's program at one of its feeder schools.

The Duke of Edinburgh program is open to all youth between 14 and 25 years of age. Members must spend a minimum amount of time developing in skills, physical recreation and in service to their community, in addition to spending time on an adventurous journey. The time requirement in each area increases as members progress through Bronze, Silver and Gold levels, and Nova Scotia recognizes the amount of effort through an academic credit. Progress is tracked online.

Senior leader at West Kings, Robert Albert, started volunteering with the program at West Kings in 2013. After attending training, he was ready to take on the challenge.

I believe in the program and what it stands for," he says. "This is my way of giving back to the community."

This year, the West Kings group has an adventurous journey coordinator. Don Hyslop has been with the Duke program in the Valley for some time and, with his help the group is now able to offer its own in-house training, practice and qualifying journeys to



**Duke of Edinburgh participants Cassidy Joudrey, left, and Maisie Campbell, preparing supper.** Submitted

award participants. Early in the school year, he led a practice hike over the North Mountain to the Bay of Fundy. Everyone had a great time and saw some beautiful fall scenery. The qualifying journey waited until spring, and the group just returned from a two-day camping/ hiking trip at Kejimikujik National Park, where they completed one Bronze-level journey and started seven Silver-level journeys.

Student council president and Gold level participant Meghan Breckon has been involved in the program for three years.

"Being a part of this program has allowed me to become a more determined and confident person. I am very happy that I joined this program, as I have made many memories and met many new people, and am excited for what my year at the Gold level will bring!"

Megan Gibson is a Grade 9 Silver level participant who earned her Bronze in the Ber-

wick school program.

"I thought it was really great that there is a program that acknowledges what kids do, and being able to get a high school credit for that is really cool. I had a great time last year, and being able to spend time with my friends and learn new skills together was really fun! The Duke of Ed program has taught me many things, and I am looking forward to learning many more this year!"

The group maintains contact through meetings twice a month, emails and a Facebook group. There are plans for a

page on the school website for interested students to get more information on the Duke of Edinburgh program at West Kings.

Barry Squires is the principal at West Kings.

"I am extremely proud of the Duke of Edinburgh program at West Kings District High School. Duke of Ed has been an integral part of the fabric of our school community for some years now, and it continues to challenge students of all backgrounds to be better citizens. We have consistently seen our student leaders grow and prosper through Duke of Ed, and I very much wish to see it continue to grow at West Kings."

Some examples of the group's volunteer service activities this year included student council leadership, Me to We, food drives, nursing home volunteers, after school programs, Run for the Cure, a veteran walk-about, Sunday school teaching, a vacation Bible school music director, swimming instructors and more.

"I don't know where they



**Hiking the trails at Kejimikujik National Park earlier this spring.** Submitted

find the time for all these activities," says Robert, "but they do, and I am very proud of all our youth and our program at West Kings."

For more information about

the Duke of Edinburgh program in Nova Scotia, check out [www.dukeofed.org/ns](http://www.dukeofed.org/ns), and don't forget to check us out at Greenwood's Wing Welcome in September.

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CADET DANCE			CADET DANCE		SHADOW DAY LUNCH		
			FIRST AID TRAINING		BACK BAR ENTERTAINMENT KARAOKE - JADEN		
12	13	14	15	16	17	18	19
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# Volunteers cook, serve student success

Morning Munch, the breakfast program at Kingston and District School for all students, is an opportunity to sit with friends and socialize. For others, it's an added boost to an earlier breakfast which has burned off already.

The program relies heavily on volunteers. In previous years, it was a struggle to get parents and guardians to commit to one day a week, let alone for the entire year. Food choices were limited to what could be served when volunteers were available. Two years ago, the school reached out to the community, including the Kingston Lions Club, and the response was more than expected! We have 10 volunteers, two for every day, who come in to help serve and clean up. The students have come to know them over the school year and the volunteers look forward to serving the students and listening to the stories about something exciting in their lives.

Kingston school staff and students would like give a big thank you to these service-minded community members for supporting a very important program at the school.



Morning Munch volunteers at Kingston school's breakfast program include, back row, Don Osmond, Wayne Lincoln, Dale Harty, Len Gregory, Dan Praught, Ray LeBlanc and Sergeant Pat Nixon. Across the front are Janice, Doris Arenburg, Doris Glavine, Carol Gregory and Elaine Harty

Submitted

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