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the **Aurora**

Vol. 41 No. 31

AUGUST 24, 2020 NO CHARGE

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Bikers, quilters team up to recognize special vet

Sara White,
Managing editor

A number of volunteers from a couple of local groups made a special presentation August 6, recognizing the contributions made by and the example set by Greenwood Second World War veteran Ken Keddy.

Keddy is already a valuable member of the Commandos Canada MC, as Nova Scotia Chapter sergeant-at-arms Chris Crandell patched him as an honorary member at their anniversary party last fall. The club welcomes and supports retired military service men and women as its primary members.

On this occasion, chapter president Steve Sampson and Derek "Snowman" Snow presented Keddy with a specially-designed, Second World War-themed handmade quilt, sewn by the Valley chapter of Quilts of Valour, including volunteers Mary Ewing and Debbie Long.

Keddy will be 98 September 18. In 1943, at age 22, he left his family's Greenwood Square farm and work in the local woods and apple factory to join the West

Nova Scotia Regiment. He travelled with the WNSR through North Africa and Italy, where he heard about the American Special Forces – the Devil's Brigade, the model for the future Green Berets and Navy Seals. Keddy joined the brigade and continued through Italy, Belgium and Holland. At the end of the war, ranked as a private, he returned to the Canadian Army. In 2015, the United States Congress presented him a Congressional Gold Medal, the highest civilian honour it can award.

Sampson says it was very hard not to shake Keddy's hand, "as much as I wanted to!" as he and Snow presented him his quilt.

"We knew it could just be a small event with COVID-19, but Ken was reaching out to shake our hands. I wanted to do it, but we couldn't."

The Quilt of Valour now hanging on the back of Keddy's living rocking chair represents the respect of both the motorcycle club and quilting group volunteers.

Sampson traveled to Winnipeg for the Commandos MC meeting last year, and 150 bikers visited the Deer

Lake Veterans Memorial Hospital. At a second meeting in February, the attendees presented 50 Quilts of Valour to veterans.

"I took that idea, and said 'We're going to do that here in Nova Scotia,'" he said.

Ewing, the national Quilts of Valour president, lives in Nova Scotia, and the two started working on the local motorcycle club's goal. Sampson made initial contact with the South Shore hospital's veterans' wing – and then the COVID-19 pandemic limited progress, as vulnerable people and spaces were protected from the virus. Keddy's quilt is the first the groups have been able to present.

"Others may paint people riding motorcycles with the same brush, but we have a lot of interest in the veterans' world and in our veterans," Sampson says. "We're here for each other, and we're certainly here to the veterans before us. There's a brotherhood and a camaraderie in the military that, when you get out of the service, you just can't find that. We're there to help any vet out in any capacity as best we can. Mr. Keddy knows that, too." →



Greenwood Second World War veteran Ken Keddy, centre, received a special gift August 6, as Commandos Canada MC – Nova Scotia Chapter president Steve Sampson, right, and Derek "Snowman" Snow visited to present him with a specially-made Quilts of Valour quilt. Submitted

Pipes vandalized in 14 Wing housing neighbourhood

The Greenwood Military Police are investigating tampering and damage to the water lines at or near First and Second crescents in the 14 Wing Greenwood Residential Housing Units neighbourhood over the August 8 and 9 weekend.

This area is under construction, and the RHU occupants need these temporary water lines to have accessible, potable water in their homes. Damaging or disassembling these temporary water lines is considered a criminal offence, with a possible

punishment of up to 10 years in prison. The water lines have now been charged with water, and any tampering could result in serious injury.

Patrols in the area have been increased. If you see anything suspicious on the base, please report it: MPs will take your call 24 hours a day. If you have any information about the damage done to the temporary water lines, contact the MPs at 902-765-1494 local 5544 or 902-765-5111. →



Submitted

The 14 Mission Support Squadron command team visited a Construction Engineers' work site July 28, checking in on the new lodge progress at the Lake Pleasant Campground. 14 MS Commanding Officer Lieutenant-Colonel Chris Pratt praised workers, that day battling the 40-degree temperature. From left are Officer Cadet Eshlem, Corporal Houle, Warrant Officer Goffton, Pratt, Corporal Cooper, Chief Warrant Officer Fortin and Major Gannon.



Lodge build back at full steam

Lieutenant Peter Kearley, 14 Wing Fire Emergency Services, 14 Mission Support Squadron

After years of planning and preparations, 14 Mission Support Squadron Construction Engineers were on the ground in September 2019, with their sights set

Phase One of the construction of a new Lake Pleasant Campground lodge. The campground is operated by the 14 Wing Greenwood Personnel Support Program.

Phase one entailed erecting structural components and ensuring the building was weather-tight before winter weather fell. The team

encountered a few trials and challenges, mostly surrounding the new experience of using a crane to install pre-fabricated trusses to close the large, 60-foot span. Due to a spirited team effort, and level-headed decisions, the phase one objective was achieved right before the holiday season.

Planning for phase two

continued throughout the winter into 2020, with a goal of a grand opening in late May to commence the camping season. However, like many other things around the world, the COVID-19 pandemic and the realities of mitigating that threat, along with maintaining readiness for OP LASER, made that target an impossibility.

Once business resumption plans and a "new normal" started to return some stability to our everyday work life in late June, a small crew of highly committed and competent tradesmen and women returned to Lake Pleasant and completed the interior framing of the lodge, along with wiring and plumbing. Now, the tedious

job of dry walling and mudding, is underway.

Under this adjusted tempo, the CE crew anticipates the project to be complete mid-fall. First impressions from the campers as work progressed in recent weeks have been enthusiastic, as all anticipate being able to make use of a completed lodge. →

Notice to readers:

Newsprint is a porous material: there are no known cases of transmission of COVID-19 through paper products. The World Health Organization says potential transmission of the virus is extremely low via commercial goods. Papers are mechanically printed and bundled, wrapped for delivery and placed on news stands or delivered to outdoor points by our neighbourhood carriers. Be reassured, all of us involved in getting The Aurora to you are taking the recommended handling and distancing precautions.

If you are staying close to home and do not have delivery, read The Aurora in full online at auroranewspaper.com.



the Aurora

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Royal Canadian Air Force website
Site Web de l'Aviation royale canadienne
www.rcaf-arc.forces.gc.ca

CAF Connection Site
Site du portail communautaire des Forces canadiennes
www.cafconnection.ca

14 Wing Greenwood Site
Site de la 14e Escadre Greenwood
www.airforce.forces.gc.ca/en/14-wing/index.page

National Defence and the Canadian Forces
Défense nationale et Forces canadiennes
www.forces.gc.ca

Combat Camera | Caméra de combat
www.combatcamera.forces.gc.ca

Recruiting | Recrutement
www.forces.ca

Military Family Resource Centre
Centre des ressources pour les familles des militaires
www.cafconnection.ca

VPI | VPI
www.vpiinternational.ca

bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



July 27, Aviator Kaleb Michner, centre, of 407 Squadron in Comox was promoted to aviator trained by acting commander of 404 (Long Range Patrol and Training) Squadron Major Dan Arsenault, right, with Chief Warrant Officer Jon Freeman in front of AC CP140109 in Hangar 11, 14 Wing Greenwood.



June 23, Captain Jacinda Smit, centre, was presented with the Canadian Forces Decoration by Acting Commanding Officer of 404 (Long Range Patrol and Training) Squadron Major Daniel Arsenault, left, and Chief Warrant Officer Jonathan Freeman in the Hornell Centre foyer.



June 23, Master Corporal Trevor Johnston, centre, was presented with the Wing Commander's Commendation by Acting Commanding Officer of 404 (Long Range Patrol and Training) Squadron Major Daniel Arsenault, left, and Chief Warrant Officer Jonathan Freeman.



June 23, Major Geordie Prangle, centre, was presented with a certificate of achievement for 5,000 flying hours in support of Royal Canadian Air Force operations by Acting Commanding Officer of 404 (Long Range Patrol and Training) Squadron Major Daniel Arsenault, left, and Chief Warrant Officer Jonathan Freeman.



June 23, Master Corporal Shaughn Bartram, centre, was presented with a CP140 Lockheed certificate for having logged more than 1,000 flying hours by Acting Commanding Officer of 404 (Long Range Patrol and Training) Squadron Major Daniel Arsenault, left, and Chief Warrant Officer Jonathan Freeman.



June 23, Warrant Officer Reg Patoine, centre, was presented with the Wing Commander's Commendation by Acting Commanding Officer of 404 (Long Range Patrol and Training) Squadron Major Daniel Arsenault, left, and Chief Warrant Officer Jonathan Freeman.



July 16, Lieutenant Navy Victoria Cluney, left, was presented with the Platinum level FORCE test incentive award by 14 Mission Support Squadron Commanding Officer Lieutenant-Colonel Christian Pratt for her 2019 test result. FORCE test incentive awards are presented to those members who achieve results well beyond the required standard, with Platinum being the highest level, only being achieved by one per cent of the Canadian Armed Forces' population. Cluney is the 14 Wing Personnel Selection Officer, balancing her work schedule with a strict fitness regimen and very active family lifestyle. Not only is this a testament to Cluney's dedication to fitness, but also to setting the finest example for a CAF member.



July 27, Warrant Officer Daniel Gaudette, right, was assisted by his spouse, Sergeant Dominique Poulin, fixing into place his new rank of lieutenant, as he was commissioned from the ranks into the aerospace engineering (AERE) trade. The presentation took place in front of AC CP140109 in Hangar 11, 14 Wing Greenwood, with acting commander of 404 (Long Range Patrol and Training) Squadron Major Dan Arsenault and Chief Warrant Officer Jon Freeman overseeing proceedings.



July 27, Aviator Alexandre Tremblay, right, of 407 Squadron in Comox was promoted to aviator trained in front of AC CP140109 in Hangar 11, 14 Wing Greenwood; by acting commanding officer of 404 (Long Range Patrol and Training) Squadron Major Dan Arsenault (not pictured), with Chief Warrant Officer Jon Freeman.



415 (Long Range Patrol Force Development) Squadron marked a change of command on the open floor of 10 Hangar at 14 Wing Greenwood August 14, as the event was limited by COVID-19 to just required participants. From left are the incoming commanding officer, Lieutenant-Colonel Patrick LeBlanc; Wing Chief Warrant Officer Dan Campbell, 14 Wing Commander Colonel Brendan Cook, Master Warrant Officer Stewart Greenslade and the outgoing commanding officer, Lieutenant-Colonel Ross Freeman.

Corporal J. Fox, 14 Wing Imaging

415 Squadron marks change of command in changing times

Sara White, Managing editor

The 415 (Long Range Patrol Force Development) Squadron change of command ceremony August 14 was about as small as you could plan in these times of COVID-19 public health precautions. The intimacy of the event, though, added something very special.

On a first-name basis, 14 Wing Commander Colonel Brendan Cook thanked the outgoing commanding officer, Lieutenant-Colonel Ross Freeman, and welcomed the incoming Lieutenant-Colonel Patrick LeBlanc. The podium went almost unused, as each moved to the front of the row of seven chairs set in a line across the hangar floor. Beyond the squadron flags, as the hangar's doors were pulled open to the airfield, sat the squadron's pride: the first of the new Block IV CP140 Aurora aircraft.

"These are changing times," said Cook, "but change drives 415. It is embedded in what you do."

"Ross, the squadron was in good hands when you arrived, with a lot of work to operationalize the Block III and the Block IV steaming ahead – and a whole host of other projects you know full well, making the task daunting. 108 here in front of us, 111 coming and another aircraft in Halifax – that's a massive amount of work done by 415, and the vast majority of that work happened while the rest of the world went home. You've charted a course for 415, set them up to achieve these milestones and helped navigate them to the mark. As 415 does."

Cook welcomed LeBlanc as the "exact kind of person" to do the work ahead.

"Pat, you know the important thing now is to breathe, get

a feel for the aircraft, and then guide it. It's not about putting it in high gear to see what it can do. And, that's not something you can do with a squadron. Take command, meet your squadron, build a plan to take the squadron to that mark: this is what 415 is known for."

Freeman said he'd already said his goodbyes to the larger number of squadron members, and shared the gift he'd presented them with LeBlanc.

"I'd be honoured if you would display this," he said, offering LeBlanc a look at a photo of 108 in the sky over 14 Wing Greenwood as it flew for the first time in its reconfiguration February 21, 2020.

"This photo, this aircraft, symbolizes the Block IV to all of us. It was a full squadron deal to get this first flight in. This photo will refresh the heritage we have in our squadron, and remind us of our good work."

Freeman leaves the squadron – and the Royal Canadian Air Force, taking a civilian position as engineering test pilot with the Aerospace Engineering Test Establishment in Ottawa. The role means he won't be a stranger to 415 Squadron, or 14 Wing, as the Block IV work continues.

"I'm sad to leave, but I'm not cutting ties: I'll be back."

LeBlanc is excited to join 415 Squadron, himself coming from Ottawa where he worked most recently as the executive assistant to the director general military careers.

"I will do everything in my power to make the best of this opportunity," he said. "I was originally trained on the Block II, I went back and was back-trained on the Block I. Now, I'm happy to be leading the charge on Block IV. Let me know what we're doing right, kindly let me know where we can improve – and we'll move ahead." →

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14 MSS leadership in command, squadron members: 'a team approach'

Sara White, Managing editor

One of 14 Wing Greenwood's largest squadrons was represented by a contingent of representatives in distanced seats for a change of command ceremony August 13; in other years, multiple flights of 14 Mission Support Squadron would have spread over the parade square, representing the work they do for their commanding officer, and 14 Wing peers.

"COVID-19 has shown all of the wing exactly what you people do here, every single day," said 14 Wing Commander Colonel Brendan Cook, as he presided over the change of command from Lieutenant-Colonel Chris Pratt to Lieutenant-Colonel Sherri Buckler.

"Without you, the wing would not have functioned. You have fed, fueled, supplied, contracted, provided personnel services for this wing. No aircraft flies, no operations are conducted and no deployments happen from this wing without you there. Thank you. That takes a team approach, and a coherent team."

Cook extended those thanks to Pratt for also managing "a huge span of tasks and assignments" over his fuller two

years with 14 MSS. He asked 14 MSS members to now support Buckler in her new command, as they did Pratt, "through thick and thin."

Pratt thanked his squadron with pride, acknowledging the opportunities he had to "develop so many professional relationships, learn so much.... It was exhausting, it was exacting – but a good ride. Every week was a new adventure, and I leave proud of the work you've done."

Pratt remains in Greenwood for the next year, working from his "deep, dark basement" on a year-long French course. Buckler will be on her own in Greenwood, as her husband, a military firefighter, and two teenagers remain in Halifax; but she is confident she will not be alone in her work.

"To the members of 14 MSS: there is no doubt in my mind I'm joining a diverse team of professionals, dedicated to the mission of this wing. I'm excited to join and see the challenges in the years ahead, and how we succeed together. I thank Lieutenant-Colonel Pratt for the leadership he has provided the squadron: it didn't take me long to see his role and effect. I will do my best to lead the squadron down that ever-evolving path to success." →

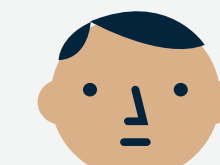


Outgoing 14 Mission Support Squadron Commanding Officer Lieutenant-Colonel Chris Pratt, left, signed the formal paperwork August 13 to pass command to incoming Lieutenant-Colonel Sherri Buckler during a change of command ceremony in the Annapolis Mess, 14 Wing Greenwood.

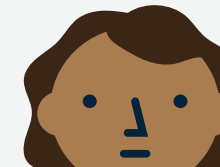
Leading Seaman L-P Dubé, 14 Wing Imaging

Masks are now mandatory in most indoor public places. When you are out, wearing a mask protects others.

COVID-19 Carrier



No Mask



No Mask



Mask



Mask

Transmission Probability



VERY HIGH



HIGH

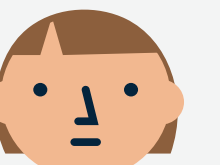


LOW



VERY LOW

Healthy Contact



No Mask



Mask



No Mask



Mask



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, 61 School Road (Morfee Annex), 14 Wing Greenwood, by fax, 902-765-1717; or email 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 Wednesday, 9:30 a.m., previous to publication unless otherwise notified.

NOTICE: Many community events are affected as gatherings are affected by public health guidance around COVID-19. Please check ahead with the organizers, as submission dates and Aurora press deadlines are in advance of distribution.

Saturday Maker Space
Saturdays, noon to 3 p.m., check out a new project or theme every week, with 7Arts in Greenwood (619 Central Ave, next to Avery's Farm Market). Check out our Facebook page for updated information and events listings. Ages 10-plus, \$10/ person. Email 7arts@7arts.ca to reserve a spot, or drop in. 7Arts adheres to the government's

COVID-19 guidelines. Signs are posted inside and out, surfaces are regularly disinfected and masks are available for your safety.

Op Shop now open
The Op-Shop, located in the Greenwood Mall, is open Monday to Friday, 1 p.m. to 3 p.m. Donations are welcome. All proceeds support health care programs and services in our community.

Church services
Sundays, 11 a.m., open air church services (weather permitting) at Wilmot Baptist Christian Fellowship Centre. Bring a lawn chair, sit in one of our chairs in the shade or stay in your car. Government regulations still require social distancing and forbid bulletins, collection, hymnals or the use of our washrooms. Call 902-765-2386 for information on our open air services or our live on-line Bible study or recorded Sunday and mid-week messages.

Opportunity to volunteer
The Op Shop is a local non-profit run by the ladies of the Greenwood Health Auxiliary, located in the Greenwood Mall. They are planning to open the shop mid-July

and are in need of volunteers. Hours are afternoons, Monday to Friday. The funds they raise through sales are donated to various health initiatives and hospitals in the area. Even one shift every week or two would be greatly appreciated. For information, call Mary 902-765-3063.

Yard sale donations
The Kingston Lions are now accepting items for their fall yard sale. Please call Cecil at 902-765-2128 to arrange a delivery time. We hope to see you at the yard sale!

Virtual fibre arts exhibit
To August 29, "Common Threads," presented by the Kings Hants Heritage Connection, showcases historical, creative and original fibre arts from Kings and Hants counties. Join our collective of museums and artisans as we weave through eight weeks of fibre art virtual experiences, from sheep shearing to needlework. Through photographs, live videos and project tutorials, we invite you to explore the many threads that express creative vision in the world of fibre arts. Find the

virtual exhibit on the Kings Hants Heritage Connection Facebook page. Participating contributors include Haliburton House, the Kings County Museum, Prescott House Museum, North Mountain United Tapestry, members of the Kings Hants Heritage Connection and fibre arts artisans from our counties' communities.

Wounded Warriors bike ride
August 29, 9 a.m. to noon, cyclists of all skill level are invited to ride for Wounded Warriors, in support of a Nova Scotia team, the Blue-nose Crew, heading to Holland in June 2021 for the 75th (76th) anniversary of the Liberation of Holland. The ride leaves Greenwood and follows mostly side roads to Wolfville. Registration is \$20, with all proceeds to Wounded Warriors. Includes ride support, prizes and refreshments. To register, contact Dean Peach, 902-840-0325 or peachdf@hotmail.com.

Chase the Ace
August 29, 1 p.m. to 3:30 p.m., the Kingston Legion hosts its Chase the Ace. Tickets are available at Browns Auto, Kingston Pharmasave, Kingston Needs and the Legion during bar hours. \$1 each, and the draw takes place at 3:30 p.m. You must be over 19 years old to purchase tickets. You do not have to be present to win.

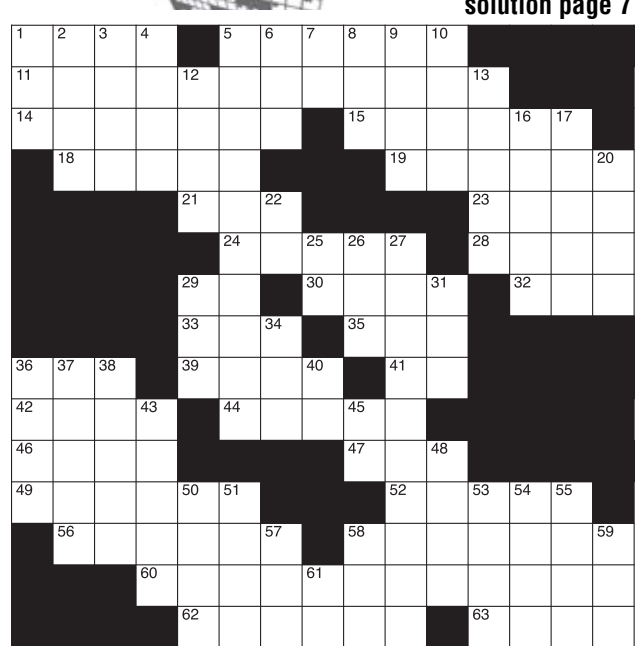
Yard sale
August 29, 9 a.m. to 2 p.m., and August 30, 10 a.m. to 2 p.m.: huge

two-day indoor yard sale at 107 Valley Wing, upstairs, 904 Central Avenue. Not enough room to put out all the items for a one-day sale! Proudly supporting our local Air Cadets. Masks must be worn.

Lions 50/50 online fundraiser
The Lions Clubs of Nova Scotia are excited to announce a monthly online 50/50 fundraiser. Money raised will go right back to your local Lions Club, allowing Lions across Nova Scotia to continue doing their community work. Tickets at https://rafflebox.ca/raffle/lionsclub. Select the Lions Club you wish to support (including the Kingston Lions Club). Open to N.S. residents over 19. Tickets sold monthly for the draw on the first Thursday of the following month.

Chase the Ace
September 5, 1 p.m. to 3:30 p.m., the Kingston Legion hosts its Chase the Ace. Tickets are available at Browns Auto, Kingston Pharmasave, Kingston Needs and the Legion during bar hours. \$1 each, and the draw takes place at 3:30 p.m. You must be over 19 years old to purchase tickets. You do not have to be present to win.

metro crossword



- ACROSS
1. Popular musical awards show
5. Speech in one's honor
11. A state of poor nutrition
14. Not ingested
15. More lacking in taste
18. 'Popeye' cartoonist
19. Helps to reduce speed
21. January 1 greeting (abbr.)
23. Georgian currency
24. Proverb expressing a truth
28. Jewish calendar month
29. Volume measurement
30. Fair-skinned
32. Patti Hearst's captors
33. Have already done
35. Touch lightly
36. Autonomic nervous system
39. Plant part
41. College degree
42. Military alliance
44. Tokyo's former name
46. Carpenter's tool
47. Before
49. Consent to receive
52. Passages
56. The Duke of Edinburgh
58. Utter repeatedly
60. Linked together in a chain
62. Quality that evokes pity
63. Maintained possession of
DOWN
1. U.S. military school
2. Controls
3. Away from wind
4. Grab quickly
5. Being everlasting
6. Vase
7. Atomic #3
8. Type of medication
9. Encircle with a belt
10. Belonging to you
12. American state
13. City in Zambia
16. Good Gosh!

- 17. Of the country
20. Helsinki district
22. 36 inches
25. Reporters' group
26. The voice of Olaf
27. Explains in detail
29. Tooth caregiver
31. One point south of due east
34. Scottish river
36. Elsa's sister
37. Civil Rights group
38. Line of poetry
40. Doctor
43. Fatty acid
45. Avatar (abbr.)
48. Awe-inspiring garden
50. Fall down
51. Rock icon Turner
53. Asian country (alt. sp.)
54. UK museum network
55. Stairs have at least one
57. Part of (abbr.)
58. Simpson trial judge
59. Sun up in New York
61. Exclamation of surprise

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horoscopes

August 23 to August 29

ARIES - Mar 21/Apr 20
Aries, you feel a desire to be of service to others. Humanitarian tendencies are a trait that you should be proud to display. Keep up all of the good work.

TAURUS - Apr 21/May 21
Taurus, if you have been seeking a romantic partner you may fall in love over the next few days. For those who are in relationships, the bonds of love only grow stronger.

GEMINI - May 22/June 21
Several powerful events have the potential to improve the positive energy surrounding you, Gemini. Bask in this warmth and the good news it is likely to bring.

CANCER - Jun 22/Jul 22
Cancer, you may meet some new people who can introduce you to some other new and influential people. It is always beneficial to expand your network.

LEO - Jul 23/Aug 23
Some exciting experiences are coming your way this week, Leo. You may discover a talent you didn't know you had, or you may involve yourself in a creative endeavor.

VIRGO - Aug 24/Sept 22
Virgo, you usually approach situations rationally and scientifically, but sometimes you need to throw caution to the wind. You might be surprised with the results.

horoscopes brought to you compliments of FRASER'S PRO Home Centre

sudoku

Sudoku grid with solution page 7

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!

Food for thought from the Upper Room

Despite the continued gradual loosening of limitations by Nova Scotia public health as we continue to flatten the COVID-19 curve, our COVID-19-related procedures at the Upper Room Food Bank in Kingston remain in place.

During July, the Upper Room Food Bank served 92 families, consisting of 149 adults and 69 children, with 9,125 pounds of product going out and 14,217 pounds coming in. The incoming total includes 3,400 pounds provided by the Feed Nova Scotia network and 1,544 pounds purchased with local cash donations. The remainder is from local donations, including regular arrangements with several local businesses.

We continue to remind our clients no one other than volunteer workers is allowed inside the building, as we have no protocol in place to ensure it remains virus-free. This means everyone. We have

a small, consistent group of volunteers to reduce the risk, and we are not prepared to remove restrictions just yet. As mentioned in past articles, this policy prevents the use of the bathroom facilities during your visit, so please plan accordingly.

Clients are being interviewed through the window; volunteers then bag up the order and deliver it to the parking lot, where it is picked up. There is no contact between clients and volunteers, and everyone seems to have adapted well to this new process. We have also started limited delivery to sick and shut-ins.

Donations are being accepted as usual, with drop off at the door only or at the Kingston village office (located in the former CIBC building at 655 Main Street). Processing of donated food items will continue in accordance with directives from

Feed Nova Scotia and Nova Scotia public health. Cash donations may be dropped off as normal, or call the office and someone will arrange to pick it up.

A word on our numbers and how we record them. Any time a donation of food arrives from any source, it is weighed on our digital scales. Any product going out for any reason (to a client, thrown out due to spoilage or passed along to another food bank), it is weighed out. A typical family of four receives, on average, 120 pounds of food per month.

Our summer hours are currently in effect, with the food bank open Thursdays, 7 p.m. to 8:45 p.m. This will continue until September 10, when we return to normal hours. Our office number is 902-765-0303, or email us at upperroomfoodbk@hotmail.com. We may also be found on Facebook. →

Commissionaires announces Watson as new chief of staff

Commodore (retired) Mark Watson took over as Commissionaires Chief of Staff July 3.

Watson will be responsible for building on the solid foundation and momentum achieved by his predecessor, Captain Harry Harsch, retiring after five years with the organization. "Commissionaires is a truly unique Canadian institution serving veterans and our country for nearly a hundred years," said Watson. "I hope that my military and business experience will prove to be an asset so as to improve our institution's effectiveness and efficiency. To that end, I look forward to working with the various boards, management teams and commissionaires across Canada."

Watson had a three-decade-plus career with the Canadian Armed Forces, in which he reached the rank of commodore and senior logistics officer in the Royal Canadian Navy. Prior to joining Commissionaires, Watson held executive positions with large organizations, both in Canada and abroad, overseeing teams of up to 7,000 personnel. His former appointments include chief logistics advisor, African Union Mission in Sudan; executive director, Canadian Forces Liaison Council with

the Department of National Defence; Director General Compensation and Benefits, Director Maritime Material Operation Support, and J 4 Canada Command, all with the Canadian Armed Forces.

Commissionaires is Canada's premier security provider and the largest private sector

employer of Canadian Armed Forces and RCMP veterans. Commissionaires employs 22,000 people from coast to coast to coast. Commissionaires is a completely self-funded, not-for-profit organization that serves a diverse range of public and private sector organizations. →

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

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Club championships tee off busy schedule ahead

Wendy Richardson

The Greenwood Golf Club held its club championship tournaments on the weekend of August 15 and 16. There were 24 men and 12 ladies who competed. The weather was great, the course is in excellent shape and the pin placements were challenging - fitting for these tournaments.

In the ladies' field, Sandra Cathcart came from behind to defeat two-time defending champ Barb Comeau. Barb won the field senior trophy and Wendy Richardson won the field low net. Other winners in the ladies' division were 1st low net, Betty Saltzman; 2nd low net, Kim Garby; 3rd low net, Donna Hill; 4th low net, Dina MacDonald; and 5th low net, Ruth Hunter. Thanks to all the ladies who came out to support

the tournament, and thanks to Donna for doing the organizing in Cyndi's absence.

The men's division was won by Stu Nauss, with a 157. Net club champion is Wayne Pellerine, with a 146. The 1st Division winners were 1st gross, Doug Carpenter; 1st net, Mike Logan; 2nd low gross, Scotty Cooper; 2nd low net, Bill McDonald; 3rd low gross, Todd Lalonde; 3rd low net, Dale Hardy. The 2nd Division winners were 1st low gross, Brian Bent; 1st low net, Don Rawding; 2nd low gross, Bob Young; 2nd low net, Tom MacDonald; 3rd low gross, Paul Comeau; 3rd low net, Fred Tappan. Congrats to all the winners.

Thanks to Ryan for organizing the tournament, and thanks to Linda, Diane, Braydon, Sebastien and Bruce and the maintenance staff. Hats off to



Ladies' field leaders from the Greenwood Golf Club championship included, from left, Wendy Richardson, field low net; Donna Hill, holding the senior ladies' trophy won by Barb Comeau, and club champion Sandra Cathcart.



Sandra Cathcart and Stu Nauss won the ladies' and men's Greenwood Golf Club championship titles, respectively.

Submitted

all of you.

The Guys and Dolls tournament is coming up September 6. This is a mixed, two-person scramble for members of both Greenwood and Eagle Crest clubs. The entrance fee is \$20 per person. Give the pro shop a call and sign up, or call Wendy.

Come out and have some fun.

The Oktoberfest four-person mixed scramble is slated for September 26. Your team must have one female. There will be prizes, German food and karaoke after the golf. There are nine teams signed up already, and we are only taking 18

teams. The signup sheet is on the bulletin board at the club. Cost is \$20 for members and \$40 for non-members.

The Fall Ball mixed tournament is slated for September 12 to 13, and we have a full compliment of 72 teams already, with a couple on the wait list.

There is a busy month coming up, but it is all fun. Remember: keep up the pace of play, keep up to the group in front - not just ahead of the ones behind. Repair your ball marks on the greens. And, most of all, enjoy a game of golf at the Greenwood Golf Club. ➔

Kings RCMP launch 'Caughtcha' bike helmet promotion program

Kings District RCMP school safety resource officer Constable Jeff Wilson will patrol throughout Kings County, with a focus on Wolfville and Berwick, on a police bicycle over the next few weeks. Children and youth will be rewarded with a Tim Hortons gift certificate if they are found wearing a bicycle helmet and operating their bicycle safely.

The following are some laws that affect motorists and cyclists:

- Every bicycle must be equipped with a bell or horn.
- Cyclists must signal their intention to turn and make lane changes. Cyclists are

encouraged to learned and practice the use of hand signals.

- Cyclists may not ride on the sidewalk or use crosswalks while riding.
- Children (16 and under) may cycle on a sidewalk in a public square, park, city or town unless there is local legislation apposing it.
- Motor vehicles may only pass a bicycle if it is safe to do so and there is at least one metre of open space between the vehicle and the person cycling. Motor vehicles may cross a line to pass a bicycle safely.
- Cyclists of all ages must

wear a helmet. Parents may be given a summary offense ticket for knowingly allowing their child to ride a bike without a helmet under the age of 16. Bicycling is a popular and

healthy activity. However, it is also a leading cause of recreational injury in children and youth. Head injuries are among the most severe injuries that occur while bicycling and account for a leading

cause of hospitalization in children and youth. Kings District RCMP encourage cyclists to wear a helmet at all times and it must fit properly to be most effective.

Kings District RCMP wish

all cyclists safe riding, and look forward to meeting children wearing bike helmets as they cycle for the last few weeks of summer and begin their preparations for back to school. ➔



Chris d'Entremont
Member of Parliament for West Nova/Député - Nova-Ouest

We are now open to the public.
We are also available by phone or email.

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