



Officer Cadet L. Lascelle



## Ball hockey back! 14 Wing men heading to regionals July 8

**Officer Cadet  
Laura Lascelle**

14 Wing Greenwood men's ball hockey team has been hard at work preparing for the Canadian Armed Forces Atlantic regional tournament, coming up at 12 Wing Shearwater July 8 to 12.

"I think we always look forward to team activities, and I think regionals is a big event for building camaraderie, sportsmanship and work relationships," says team coach Warrant Officer Jimmy Rose, excited to see the tournament return to Atlantic Canada for the first time since COVID-19.

Making their way to the tournament are teams from 14 Wing, the host 12 Wing Shearwater, CFB Halifax and 5 Canadian Division Support Base Gagetown.

Rose began coaching the

Greenwood team when he first arrived at the wing in 2017. During his tenure, the team won regionals and progressed to nationals in both 2017 and 2018. And, while Rose is happy to be back in the arena, he is also excited to see new faces joining the sport.

"There are some new to

ball hockey, some new to the base, some play ice hockey and just transitioned to ball hockey as well."

The 2024 14 Wing ball hockey roster includes Corporal Dylon Thrussell, Sergeant Dave Jenkins, Aviator Ethan Howie, Warrant Officer Jimmy Rose, Corporal Dave Brent,

Sergeant Evan Burchell, 405 Squadron; Corporal Dylan Ventresca, Master Corporal Adam Foley, Warrant Officer Pier-Olivier Poulin, Master Corporal Luke Verran, 404 Squadron; Sergeant Andrew Amos, Sergeant Matt Pittman, Corporal Stephen Best, 413 Squadron; Corporal Simon

Landry, Corporal Riley Allen, Corporal Tyler Currie, Sergeant Kyle O'Keefe, 14 Air Maintenance Squadron; Corporal Wyatt Magarvey, Sailor Second Class Ryan Hoskins, 14 Mission Support Squadron; Corporal Tyler Williams, 5th Canadian Division Support Base Detachment Aldershot.

While the ice and ball hockey may seem like similar sports, Rose says the transition from the frozen surface to rink pavement can be a tough - but rewarding - change for players.

"It's not the same sport at all; it's a lot more physical effort."

Magarvey, who started playing ball hockey this season, agrees with Rose's comparison.

"It's a lot more hard work than you think. I also play for

the 14 Wing Greenwood ice hockey team, and it's a little bit more different strategy, a little bit more physical and a little bit more running around."

Howie, who also transitioned from intersection ice hockey, likes the intensity of the exercise ball hockey provides.

"It's fun and it's more tiring for sure because, in ice hockey, you can just glide, and this one you've always got to be running."

Howie invites anyone interested in ball hockey to "come out and try it out," and Magarvey encourages all those interested to come meet the team.

"We're a very open group here," says Magarvey, who also playfully recommends the game as an opportunity to "try and get your cardio in when you can." →



### Regional schedule

#### Wednesday, July 10

- 7:45 a.m. - opening ceremonies
- 8:30 a.m. - Halifax vs Shearwater
- 10:30 a.m. - Greenwood vs Gagetown
- 6 p.m. - Gagetown vs Halifax
- 8 p.m. - Shearwater vs Greenwood

#### Thursday, July 11

- 8:30 a.m. - Gagetown vs Shearwater
- 10:30 a.m. - Halifax vs Greenwood
- 6 p.m. - semi-final 1st vs 4th
- 8 p.m. - semi-final 2nd vs 3rd

#### Friday, July 12

- 9:30 a.m. - final



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## Aurora announces change to biweekly print publication

The Aurora Newspaper, serving 14 Wing Greenwood, announces a change in print publication frequency, from weekly to bi-weekly. Publication continues weekly through to July 22; the bi-weekly schedule takes effect August 12, as The Aurora returns from its summer vacation publication break.

The move to a bi-weekly print publication will reduce print and delivery costs but, more importantly, ensure a continued connection between 14 Wing Greenwood, Defence Team personnel and their families, and a wider community readership.

The Aurora is a Canadian Forces Newspaper Association member, operated by the Personnel Support Program for the personnel, families and community of 14 Wing Greenwood. The Aurora prints 4,500 free copies, delivered into wing workspaces, the military housing neighbourhood, and the major Kingston/Greenwood subdivisions; and is available on community newsstands between Coldbrook and Middleton. The Aurora Newspaper employs two full-time and one part-time staff, and contracts close to two dozen paper carriers, many of them youth, to deliver the print paper. The Aurora Newspaper is printed by Advocate Printing.

Publishing since the 1950s, The Aurora Newspaper was first titled Wings over Greenwood; then, The Argus; now, The Aurora. Online news is available at [auroranewpaper.com](http://auroranewpaper.com), Facebook @The Aurora News and YouTube @CFB Greenwood Aurora News. →



The RCAF Heritage Fund supports both an annual scholarship and an annual essay-writing contest. To mark the RCAF 2024 Centennial, the value of the scholarship and the essay contest awards are doubled!

The **Keith Hodson Scholarship** is named after Air Vice-Marshal Keith Hodson. This annual scholarship is worth up to \$4,000, open to Canadian students pursuing a graduate degree (MA or PhD), provided at least one year remains in their program. The thesis should focus on a topic from nine areas: Canadian military aviation - history/ historical operations, RCAF and national security, RCAF policy and doctrine, RCAF organizational and development issues, RCAF operations, RCAF and equipment acquisition, Canadian space policy and issues, Canadian air defence, as well as sovereignty policy and issues; or global air and space power issues (such as coalition operations, air policing, future aviation technology and space).

Applications for the Keith

Hodson Scholarship must be received no later than the first Friday of the year in which the award will be given. The application must include the applicant's name and contact information; the academic institution; the degree program; a letter of reference from the thesis advisor; the contact information of the thesis advisor; and a short (750-word) synopsis of the thesis topic.

The **J. A. Wilson Air Power and History Essay-Writing Contest**, focused on the same topics as the scholarship, annually awards \$1,750 for the winner and \$750 for the runner-up. These researched, scholarly papers must be original and not previously published. Submissions are to be received no later than the last Friday of November. Late submissions will not be considered. For more information on the contest and J. A. Wilson's contribution to the RCAF as an airminded thinker, refer to the "Essay Contest" article in Royal Canadian Air Force Journal volume 9, issue 4.

Submissions may be in either official language. Submissions must be between 3,000 and 5,000 words in length, not including endnotes or footnotes; must be written in accordance with The Chicago Manual of Style; and must use Oxford English Dictionary or Petit Robert spelling. Submissions must be submitted digitally in Microsoft Word or rich-text format. All supporting tables, images and figures that accompany the text should be sent in a separate file (not embedded in the text). Original vector files are preferred; high-resolution (not less than 300 dpi) PSD or JPG files may be submitted. Copyright permissions are required for all materials that do not originate from the Department of National Defence or the author. For full scholarship and contest details, visit [rcfaf2024arc.ca/wp-content/uploads/2023/10/Scholarships-and-Awards-EN.pdf](http://rcfaf2024arc.ca/wp-content/uploads/2023/10/Scholarships-and-Awards-EN.pdf).

Submissions must include a brief biography of the author (250 words), including their current position/ occupation and contact information. Scholarship applications and essay submissions must include "Essay Contest" or "Scholarship" in the subject line and must be sent to the RCAF History and Heritage group mailbox. Please ensure an acknowledgement of receipt is obtained no later than two weeks after submission. If there are any questions about the suitability of a thesis topic or the applicability of an essay, please contact the RCAF chief historian, Dr. Richard Mayne. The selection criteria for the scholarship and essay are based solely on the RCAF Heritage Fund Committee's assessment of how the submission will advance air and space power studies.

All scholarship applicants will be notified of the results, but only the top three essay authors will be notified. By submitting an essay, authors agree winning essays may be published in the Royal Canadian Air Force Journal. →



**14 Air Maintenance Squadron incoming Chief Warrant Officer Randy Halvorsen returns to the Stingers in a June 14 change of appointment ceremony.**



**Chief Warrant Officer Dave McDowell closes his Canadian Armed Forces career this summer, leaving his final posting as 14 Air Maintenance Squadron chief.**

Corporal C. Hichey, 14 Wing Imaging

## 'I could never ask for anything more' McDowell on troops, family, career at 14 AMS change of appointment

**Sara White,**  
Managing editor

With a packed Annapolis Mess, loud applause and cheers, Chief Warrant Officer Dave McDowell was given a Stingers' send-off June 14, leaving his role with 14 Air Maintenance Squadron to prepare for his August 6 retirement from the Canadian Armed Forces.

In 2021, McDowell was supposed to be heading to 413 (Transport and Rescue) Squadron, but "jumped at the chance when the phone rang to come to 14 AMS – my home, where I started my air force career. And, it's where I'm going to end."

"I'm truly honoured and proud to have been the CWO for 14 AMS. You've always stepped up for me, and I could never ask for anything more."

McDowell described a "tough" three years, coming out of COVID-19 conditions, a steady number of transfers and departures from the unit, continuing to work on an aging aircraft, deployments, helping other units at 14 Wing Greenwood....

"No one ever balked, I never had to ask twice - our members step up, do their job and do it well: proving they are proud, determined, driven and ready. I hope I was able to provide guid-

ance, compassion and empathy to all the members of the squadron."

McDowell also thanked his senior executive team and CWO peers across the wing.

"I've enjoyed our tables. Rants? It's just passion for our troops as we worked to fix problems, and I appreciate your support in all of that."

McDowell grew up in Pictou, and first joined the Reserves as a member of the 1st Nova Scotia Highlanders. Time here included a six-week tour in Germany, and a tour with 2nd Battalion, Princess Patricia's Canadian Light Infantry in 1993, with UNPROFOR, during which he earned a unit Commendation in Chief for work in the Medak Pocket, in the former Yugoslavia. He accepted a direct entry Regular Force role with the 2PPCLI after that, and a NATO tour of Bosnia followed in 1997. In 1998, McDowell accepted a voluntary transfer to avionics technician and was posted to 14 AMS in Greenwood in 1999. In 2009, he was posted again to Greenwood, to 404 (Long Range Patrol and Training) Squadron.

Travis said Halvorsen, who he worked with years ago at 404 Squadron, has "big shoes to fill, in a big squadron, but you have all the ability to excel. Welcome to the family." →

Travis said Halvorsen, who he worked with years ago at 404 Squadron, has "big shoes to fill, in a big squadron, but you have all the ability to excel. Welcome to the family." →

"To my family: it's been a rough military career, and we spent a lot of time apart.

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

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**14 Wing Fitness** Online work-outs, resources and tips | **PSP Greenwood Community Recreation** Online activities, resources and fun | **Annapolis Mess** Special events and entertainment | **14 Wing Greenwood Winter Carnival/ 14e Escadre Carnaval d'hiver** Annual winter Defence Team fun and challenge events | **14 Wing Greenwood PSP** A wider resource for PSP entities (recreation, fitness, health promotion, news and events) | **Greenwood Military Family Resource Centre** Resources, activities and program highlights | **14 Wing Greenwood Bowling Centre** Updates | **14 Wing Aquatics** Pool recreation, competitive, training, news | **Greenwood Military Police – Police militaire de Greenwood** Safety, security and public information from 24 Military Police Flight | **14 Wing Combined Charities** Wing activities in support of our community | **14 Wing Spiritual Resilience Page** Hosted by the 14 Wing Chaplains, with spiritual support and resources | **GMAM.ca** Follow news and events at the Greenwood Military Aviation Museum | **14 Wing Welcome** Schedule of events details | **Lake Pleasant Campground** 14 Wing's family campground | **14 Wing Greenwood Curling Club** Open to military, community members | **14 Wing Health Promotion** Tips, program highlights and resources | **14 Wing Greenwood Rec Hockey Club** – youth hockey programs open to military families and community members

# CFHS change of command home-coming for incoming CO

**Sara White**  
Managing editor

Major Leslie Fillmore is happy to be home in Greenwood, and at 26/27 Canadian Forces Health Services.

Fillmore took command of the unit June 10, as Major Hayley Pye leaves her position, and the Canadian Armed Forces; in a ceremony at the Annapolis Mess. The reviewing officer was Colonel Franz Kirk, commander, 4 Health Services Group.

"I am truly honoured to be in front of you today – my dream goal, to be a unit commander right here at home," Fillmore said. He described his father and mother's 46- and 38-year military careers, respectively; his sister's former posting with 26/27 CFHS, his own beginnings as a health care administrator here; and his family connections to the Valley through his spouse.

"My path has led me to this moment – who I learned from, who I made mistakes with. I will continue to serve, dedicated to support the community we serve."

Pye, who arrived in Greenwood in 2022, describes her two years in command as "pretty fast."

"A blink of an eye. Coming out of COVID-19, we had the opportunity to progress a few things: we grew our unit, we overhauled our emergency response plan and unit duty, we successfully added a mental health position in Goose Bay, we cleared a huge backlog of second signature files, we modernized our clinic IT and hired a commissioner, we survived a public service strike and the challenges of a lack of TD – we've made a huge effort in everything we do, and I can't say enough about the people in this unit."

"Thank you for the opportunity to command the clinics under 26/27 CFHS. Thank you for the trust in me."

Pye is retiring, rejoining her family in Sydney after logging 40,000 kilometres of commuting over the past two years.

"I'm leaving reluctantly," she said. "All the staff of 26/27 – this has been my favourite posting of my career. The team has been amazing, the staff has your back and will give you what you need – and they're wonderful to work with. Their professionalism and compassion has been well-recognized by the command team and unit members we serve."

"Major Fillmore, I have no doubt you will be amazed by this wonderful group of people."

Kirk commended the 26/27 CFHS team as well, a "small but mighty unit, a strong team that accomplishes a lot with a little."



Members of 26/ 27 Canadian Forces Health Services Group gathered June 10, in person from clinics at 14 Wing Greenwood and online from 9 Wing Gander and 5 Wing Goose Bay, as Major Hayley Pye, seated left, signed command of the unit over to the incoming Major Leslie Fillmore, seated right. 4 Health Services Group Colonel Franz Kirk, seated centre, was the reviewing officer, and the event was witnessed by 26/ 27 CFHS Warrant Officer Ken Rowbottom, standing left, and 4 HSG Chief Warrant Officer Michael Walters.

Corporal L. Broly, 14 Wing Imaging

"Major Pye took what she had and made it better, as managing the operational space is much more complex than ever. Hard work, but I'm humbled by the stories of the unit's behind-the-scenes efforts and sacrifices in aid of our members."

Kirk is pleased Fillmore is back in Greenwood, "grounded and connected to this area; great that you have roots and understand the lay of the land. There is no doubt in my mind you are the right person for the job." →

## Search, rescue works takes crews to Azores

June 20, the Halifax Joint Rescue Coordination Centre tasked 413 (Transport and Rescue) Squadron to assist in a distress call response at 2:52 p.m., as an open dinghy was stuck in high winds. Cormorant

Rescue 905 was stood down prior to take-off.

June 24, Cormorant R908 left Greenwood at 5:21 a.m. to assist with a patient transfer of two individuals from Grand Manan to the Saint John airport,

returning to Greenwood at 9:29 a.m.

June 29, 413 Squadron Cormorant R905 and Hercules R334 were tasked to medevac a 55-year-old individual with chest pains from a fishing vessel off

Shelburne. R905 was airborne at 8:40 a.m., followed by R334 at 9:08 a.m. The patient was picked up and transferred to a waiting ambulance, and taken to the Yarmouth Regional Hospital. R334 returned to

Greenwood at 11:13 a.m., followed by R905 at 11:54 a.m.

July 2, Hercules R334 was airborne at 11:55 a.m. to provide aerial search support for an overdue vessel southwest of Sable

Island to the Azores islands, Portugal. The Hercules returned to the Lajes Air Base, Terceira Island, at 6:20 p.m., with nil results from the search. After crew rest, they returned to Greenwood July 3. →

## bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



June 4, Corporal Nicholas Kane, centre, was presented the Special Services Medal by 413 (Transport and Rescue) Squadron Major Brittani Jeans, left, with Chief Warrant Officer Stephen Bates.



June 4, Aviator Nicholas Kane, centre, was promoted to corporal by 413 (Transport and Rescue) Squadron Major Brittani Jeans, left, with Chief Warrant Officer Stephen Bates.



June 21, Master Corporal Geoffrey Penny, centre, was appointed to current rank by 405 (Long Range Patrol) Squadron Major Hugh MacKinnon, left, with Master Warrant Officer Johnny Hunter.

Sergeant R. Beers



June 4, Corporal Will Slack, centre, as appointed master corporal by 413 (Transport and Rescue) Squadron Major Brittani Jeans, left, with Chief Warrant Officer Stephen Bates.



June 4, Corporal Edward Shaw, centre, as appointed master corporal by 413 (Transport and Rescue) Squadron Major Brittani Jeans, left, with Chief Warrant Officer Stephen Bates.



June 21, Master Corporal Ramy Hasbini, centre, was appointed to current rank by 405 (Long Range Patrol) Squadron Major Hugh MacKinnon, left, with Master Warrant Officer Johnny Hunter.

Sergeant R. Beers



The 14 Wing Greenwood RCAF Centennial Ball March 20 was the premier event of the wing's RCAF 100 celebrations. Replenishment Flight's food services team prepared an elevated and exceptional culinary experience for more than 400 guests and dignitaries. Many months of planning and dedication was evident, and the results are a source of pride for all involved and an example of the 14 Wing motto, "Operate as One." April 22, Colonel Jeff Davis, left, with Wing Chief Warrant officer Jonathan Proulx, right, presented the team with a Commander's Commendation.

Submitted



May 17, Captain Andrew LaVallee, second from right, was presented a letter of appreciation for his support of the Kingston/ Greenwood Soccer Club by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Alex Gignac, second from left, with Master Warrant Officer Jerry Reid, left, and Honorary Colonel Judy Rafuse.



May 17, Master Corporal Tyler Leslie, second from right, was presented a Lockheed Martin 1,000 hours certificate and pin by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Alex Gignac, second from left, with Master Warrant Officer Jerry Reid, left, and Honorary Colonel Judy Rafuse.



May 17, master corporals Scott Lyons, centre, and Wyatt Keenan, second from right, were presented letters of appreciation for support to CP140 upgrades in Mississippi by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Alex Gignac, second from left, with Master Warrant Officer Jerry Reid, left, and Honorary Colonel Judy Rafuse.



April 10, two pilots, Captain Julie Dupuis, centre, and Captain Karina Sheardown; successfully completed their first test flight on the CP140 Aurora at 14 Wing Greenwood, under the supervision of 404 (Long Range Patrol and Training) Squadron Captain Mary Cameron-Kelly, bottom.

Master Corporal S. Arcand



May 17, Master Warrant Officer Cam Fletcher, centre, and Captain Jeffrey Matos, second from right, were presented with Royal Canadian Air Force 2,000 hours certificates by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Alex Gignac, second from left, with Master Warrant Officer Jerry Reid, left, and Honorary Colonel Judy Rafuse.



# Kingston Steer BBQ

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Schedule is subject to change. Follow the Kingston Steer BBQ Facebook page for updates.



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- Wednesday, July 10**  
6:30pm Indoor movie night "Ferdinand" at the Credit Union Centre arena (1490 Westwood St.).
- Thursday, July 11**  
2:00pm Colouring Contest awards presentation at the Kingston Post Office (681 Main St).  
10:00am - 1:30pm First Round of Disc Golf Tournament (Ravenwood Park), food trucks!  
4:30pm Disc Golf award presentation at the Kingston Farmers Market stage.  
3:00 - 7:00pm Check out the Steer BBQ themed Kingston Farmers Market on the grounds of the Aurora Inn (831 Main St.), cow calling contest and more!
- Friday, July 12**  
9:00am Golf Tournament at Paragon Golf and Country Club, register teams at the Village Office.  
5:30pm - 8:30pm **Friday Night Foam Party!** For all ages! (429 Elm St.).  
• Music by Route 12 and Carson Fullerton at Steer BBQ stage.  
• TJ's Food Truck, Mama Pita, Snow Cones, lawn games & more!
- Saturday, July 13**  
7:30am - 9:30am Rodeo Breakfast, Kingston Fire Hall, \$10/ Adult, \$5/child (5 and under free).  
9:30am - 4:30pm Market inside Credit Union Centre arena, (1490 Westwood St.).  
10:45am - 11:45am Grand Street Parade along Main St. **Sensory Friendly Zone:** Maple St. to Sparky St.  
11:30am - 5:00pm **Main attractions on Steer BBQ grounds and Centennial Park!**  
• Burger Bits, Hamburgers, Hot Dogs, Fries, Poutine, Beverages, Strawberry Shortcake by the Kingston Lions (Rec Hut, 429 Elm St.). Food tickets to be purchased at Ticket Booth.  
• Bounce castles, obstacle courses, **Mechanical Steer**, Lions' Kiddie Train, Petting Zoo, Henna Artist, Kingston/Greenwood Soccer club games, 7-Arts face painting & craft sale, Mid Valley ATV Club, COOL RIDES BMX demonstration (various times!)  
• Legion Beer Garden.  
**Welcome from the Town Crier on Steer BBQ Stage.**  
**Mechanical Steer riding competition**, featuring MLA Chris Palmer, Brad Beardsley & Kingsley!  
**Live Entertainment on Steer BBQ Stage:**  
• 12:30 - 2:00pm - Piori  
• 2:30 - 4:00pm - TBD  
1:00pm 3x3 Basketball Tournament, e-mail president.gmbc@gmail.com to register.  
1:00pm - 3:00pm The Flying Hotdog - with Aurora the Mermaid & Billy Bones the friendly pirate! (Centennial Park).  
2:00pm - 4:00pm Kingston Fire Display, Vehicle Extraction Demo (2:45pm) and Sprinkler Fun Time (3:30pm).  
3:30pm **Topple time** - Domino Man's Toppling Time inside the Arena.  
8:00pm - midnight 19+ Dance Featuring: **Darrin Beaton Band** at the Kingston Legion, \$10 tickets at door.  
**Sunday, July 14**  
9:00am - 11:00am  
• Running of the Steer Family Fun Run, fundraiser for the Kingston Farmers Market (429 Elm St.).  
• Baby Bull (5 and under) 200 m @ 9:00am, Miniature Matador (ages 6-12) 1Km @ 9:15am  
• Running of the Steers (all ages) 5Km @ 10:00am  
Strongman Exhibition - Crowd participation! Arena ball field.  
Bingo at the Kingston Legion, Doors open at 11:00am.
- 12:00pm  
1:00pm
- \*Schedule is subject to change. Follow the Kingston Steer BBQ Facebook page for updates\**  
Do you want to be a vendor at our Market? Call 902-765-2800/ Interested in entering the Parade? Call 902-765-4920

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## Tee up for first-ever disc golf tourney

Ready for golf with a disc twist? From 10 a.m. July 11 (first round in by 1:30 p.m.), take in the Steer BBQ's first-ever disc golf tournament at the nine-hole Ravenwood Park (end of Balsar Drive) – with \$500 in prizes from Greenwood Auto Sales, a free disc with your entry and food trucks on site. This is an all-ages/ all experience levels welcome event! If you need to borrow discs to practice up before the big day, contact the Village of Kingston's rec office for a free loan. Register for the tournament at [udisc.com/events/kingston-steer-bbq-disc-golf-event-7uCARO](http://udisc.com/events/kingston-steer-bbq-disc-golf-event-7uCARO), or on the day. Questions? Email [laughingbenjaimn@gmail.com](mailto:laughingbenjaimn@gmail.com). Prizes will be awarded at the Kingston Farmers Market at 4:30 p.m.

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**Kingston Steer BBQ**

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## 3-on-3 outdoor tourney looking for teams

Who is ready to play some basketball? The Steer BBQ 3x3 basketball tournament is set for Saturday, July 13, from 1 p.m. at the Elm Street court. Gather your team of three or four co-ed players, ages 13-plus, and get ready for 12-minute games (defence calls fouls), and the 15-minute semi-final and final games. There are prizes for the top three teams. Register your team and get scheduled ASAP by contacting [president.gmbc@gmail.com](mailto:president.gmbc@gmail.com).

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# Kingston Steer BBQ

Credit Union Centre grounds • 1490 Westwood Street, Kingston

## Kingston Steer BBQ events set for July 10 to 14

Kingston is laying plans for a time-honoured tradition July 13, feting our village mascot, Kingsley the Steer. Kingsley has come out of the barn where he winters and is mounted on his perch on Main Street, in front of the Kingston Superstore - up for a party!

Even before July 13, there will be a colouring contest run by Canada Post Kingston to entice the children to get their creative juices flowing, with prizes from Mind Bender Toys awarded July 11. Drop into the post office before then to pick up your colouring sheet, as entries are due back July 10.

From 10 a.m. July 11 (first round in by 1:30 p.m.), take in the disc golf tournament at the 9-hole Ravenwood Park (end of Balseur Drive) - with \$500 in

prizes from Greenwood Auto Sales, a free disc with your entry, food trucks on site and all-ages/ all experience levels welcome! Register at [udisc.com/events/kingston-steer-bbq-disc-golf-event-7uCARO](http://udisc.com/events/kingston-steer-bbq-disc-golf-event-7uCARO), or on the day.

Also Thursday, July 11, any time from 3 p.m. to 7 p.m., wander down to the eastern end of the village and take in the Steer BBQ-themed Kingston Farmers' Market on the lawn of the lovely Aurora Inn. The event will include a cow-calling contest (!), the prize presentations from the disc golf tournament and more!

Then, Friday, July 12, Paragon Golf and Country Club hosts the Steer BBQ golf tournament, with a 9 a.m. shotgun start. Your four-person team registration is \$340, and

includes a day's best-ball scramble, prizes, and a BBQ chicken sandwich lunch. To register, visit Paragon, the Kingston Village Office or get an application form at [kingstonnovascotia.ca](http://kingstonnovascotia.ca)

Friday evening, there will be an all-ages foam party from 5:30 p.m. to 8:30 p.m. at 429 Elm Street, Kingston. Come to the foam party with the intention of getting very wet! Plus - there will be music by Route 12 and Carson Fullerton on the Steer BBQ stage, and food from TJ's Food Truck, Mama Pita, snow cones, lawn games and more!

On the morning of July 13, between 7:30 a.m. and 9:30 a.m., plan to attend a full rodeo breakfast at the Kingston District Fire Department fire hall to start your day.

Saturday's main attraction is the grand parade down Main Street, stepping off at 10:45 a.m. from Old French Road. Does your village, town or business have a float you would like to enter in our parade? See Kingston STEER BBQ's Facebook page to find an application, or call 902-765-4920. There will be a sensory-friendly zone between Maple and Sparky streets, and the parade ends at the Credit Union Centre, Westwood Street, around noonish.

One aspect of the 2023 Steer BBQ will be a market inside the Credit Union Centre Arena. Between the breakfast and the parade, you may want to visit to admire all the

wares, and shop before the crowds build. Vendors of all kinds have the opportunity to display their creations and products for sale; or, you or your club may want to think about arranging a stall at our market. Applications for vendor space are available at [kingstonnovascotia.ca](http://kingstonnovascotia.ca), or call 902-765-2800.

The Steer BBQ showpiece steer comes off the spit before noon: probably the most important thing to most Kingston residents steeped in the tradition of feting our steer are the burger bits. Succulent morsels of beef, roasted to perfection, chopped into bite-size pieces and served over a bun, kissed with a splash of delightful gravy. There is nothing more delicious than burger bits, and we have waited a whole year to enjoy them again. There will be other food offerings as well - hot dogs, hamburgers, fries, strawberry shortcake and more; but the burger bits define our festival.

The brief grand opening at noon gives all in attendance the opportunity to show appreciation to the community groups, levels of government, the Canadian military, and members of the business community that have contributed time and money to make this BBQ a success.

From 11:30 a.m. into late afternoon, there will be food, entertainment and activities for folks of all ages. Music, an all-ages treasure hunt, carnival games, henna art-

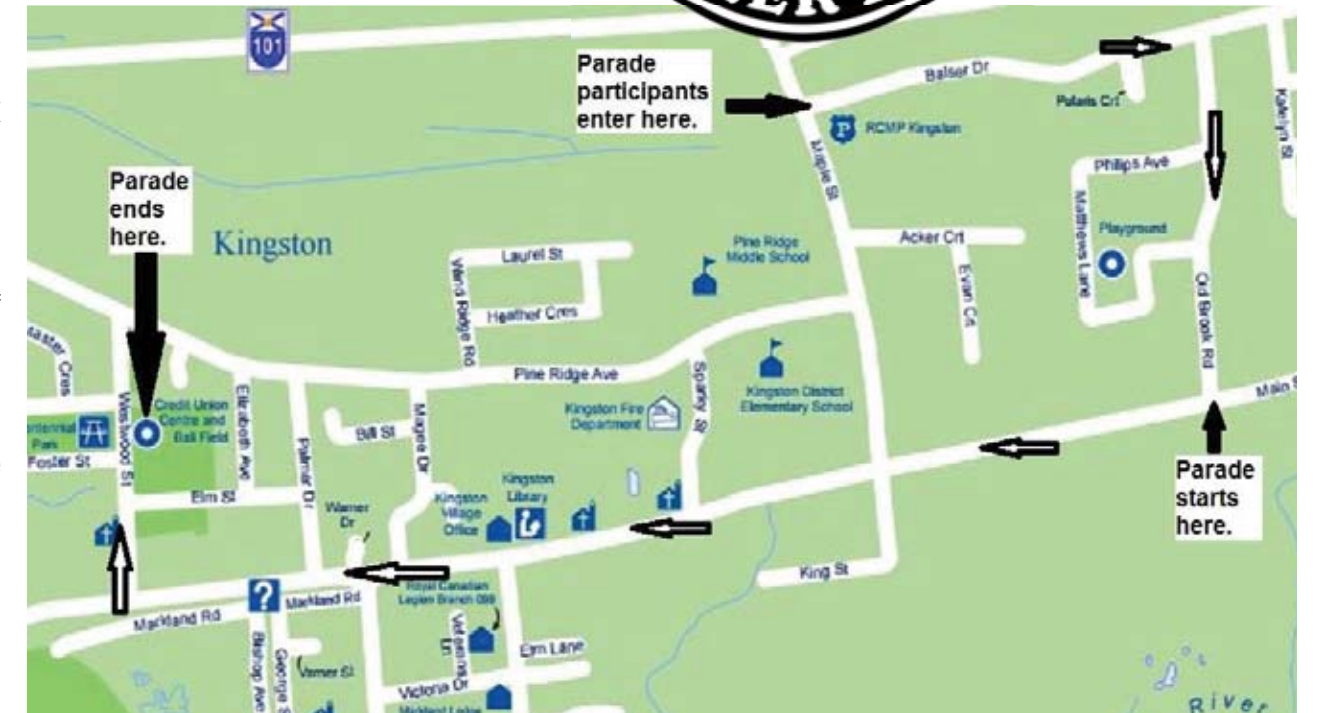
ist, domino topples, BMX bike demonstrations, a fire fit event, a petting zoo, 3x3 basketball event, face painting, the Lions' kiddie train, bounce castles, Legion beer garden, featuring Roof Hound Kingsley Cream Ale; and the mechanical bull (watch for the MLA Chris Palmer vs Kingsley vs Brad Beardsley ride-off!) will all be bucking awesome!

And, besides all this on the Saturday, the Kingston Legion is hosting a 19-plus dance from 8 p.m. to midnight, featuring the Darrin Beaton Band. Tickets are \$10 and will be available at the door.

July 14, to start off Sunday, register for the Running of the Steers Family Fun Run (run, walk or jog!) from 4 29 Elm Street, a Kingston Farmers' Market Society fundraiser. First, at 9 a.m., it's the 200-metre Baby Bull (free, five and under) event, followed by the 9:15 a.m. 1K Miniature Matador (free, ages six to 12), and the all-ages 5K Running of the Steers (\$25, children under 12 free) event at 10 a.m.

At noon Sunday, on the ballfield behind the Credit Union Centre, take part in a crowd participation Highland Games/ strength competition. At 1 p.m., the Kingston Legion bingo event gets underway, at the Legion.

Check the 2024 Kingston Steer BBQ Facebook page frequently, as plans for the BBQ evolve. We hope to see you there!



## Great day for a parade

July 13 is the Kingston Steer BBQ's main attraction: the kick-off Saturday grand parade down Main Street, underway at 10:45 a.m.

Does your community organization, village, town or business have a float, decorated car, walking group, band or other showpiece you would like to enter in our parade? Visit the Kingston Steer BBQ on Facebook to find an

application, or visit [kingston-novascotia.ca](http://kingston-novascotia.ca). Deadline to register for the parade is July 10. For information, email [legion98sect@eastlink.ca](mailto:legion98sect@eastlink.ca).

The parade forms up July 13 from 9:30 a.m. Please enter Ravenwood Park via Balseur Drive (next to the RCMP detachment on Maple Street) to be directed to your parade position number. Entry judging is underway



at 10 a.m. The parade enters Main Street from Old French Road,

and ends at the Credit Union Centre Arena, Westwood Street, around noonish. There will be a sensory-friendly zone on Main Street, between Maple Street and Sparky Street (no sirens, or horns, no lights, lower music).

Check the 2024 Kingston Steer BBQ Facebook page frequently, as plans continue to build.

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# Kingston Steer BBQ!



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# Kingston Steer BBQ

Credit Union Centre grounds  
1490 Westwood Street, Kingston



## Steers ready to run loose!

July 14's Running of the Steers Family Fun Run in Kingston celebrates the longest running BBQ of its kind in North America, the Kingston Steer BBQ. Spectators and participants alike are encouraged to wear red and white and bring their cowbells for the event!



Walk, jog or run through any of the three races. First, at 9 a.m., it's the free 200-metre Baby Bull (five and under) event, followed by the free 9:15 a.m. 1K

Miniature Matador (ages six to 12), and the all-ages 5K Running of the Steers (\$25, children under 12 free) event at 10 a.m. All events start and finish

at 429 Elm Street, just across from the Credit Union Centre Arena. Race check-in opens at 8 a.m. Register for the fun run at [raceroster.com/events/2024/87916/running-of-the-steers](http://raceroster.com/events/2024/87916/running-of-the-steers). The Running of the Steers is a fundraiser for the Kingston Farmers' Market Society.

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## Tee-up Steer BBQ fun

A little golf, a warm-up BBQ chicken sandwich? Prizes? Sounds like a great way to tee-up your annual Kingston Steer BBQ fun! The Kingston Steer BBQ is hosting a golf tournament Friday, July 12, at the Paragon Golf & Country Club. A four-member team entry is \$340, which includes the 9 a.m. shotgun start to a day of golf fun (best ball scramble) and a BBQ sandwich lunch. Register via the entry form online at [kingstonnovascotia.ca](http://kingstonnovascotia.ca) or at Paragon; registration and payment may be made via email or at the Kingston Village Office, 655 Main Street, Kingston.



## Big breakfast, firefighter-style

On the morning of July 13, plan to attend a full rodeo breakfast at the Kingston District Fire Department fire hall, 570 Sparky Street, to start your Kingston Steer BBQ day. Firefighters and volunteers will be serving up sausage, scrambled eggs, baked beans, pancakes and toast, plus coffee and tea, between 7:30 a.m. and 9:30 a.m. Breakfast is \$10 for adults, \$5 per child (5 and under free). Bring the family (or treat your staff!) for this delicious plate of favourites!



## Market call: vendors, visitors welcome to Steer BBQ showcase

Saturday, July 13, you will want to visit the Steer BBQ indoor, all-day market at the Credit Union Centre Arena at 1490 Westwood Street. Admire all the wares: shop that morning before the crowds build, or take advantage of a cool, shady visit during the afternoon, as displays will be in place to 4:30 p.m. Vendors of all kinds have been invited to display their creations and products for sale; or, you or your organization may want to present an information or fundraising stall.

To book a market space, call 902-765-2800, or complete an application at the Kingston village office or [kingstonnovascotia.ca](http://kingstonnovascotia.ca). Stall space is 12 feet square (\$20 – you may have multiples; six-foot tables are \$5 each and electricity is \$5; bring your own chair). Set-up time is from 8 a.m., with planned opening for 9:30 a.m.

Check the Kingston Steer BBQ Facebook page frequently, as plans for the BBQ build. We hope to see you there! →

**Kingston Lions**  
902-765-2128  
[klionsclub@eastlink.ca](mailto:klionsclub@eastlink.ca)

The Kingston Lions Club invites you to join them at the 2024

**Kingston Steer BBQ**

Come to the Rec Hut and enjoy hot dogs, hamburgers, burger bits, fries, poutine, pop, water and homemade strawberry shortcake.  
*Kids, come ride the Kiddle Train!*

Welcome to our community and enjoy your time at the **Kingston Steer BBQ**

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To all the organizers and volunteers, thank you for your time and commitment. Join me in welcoming your community to this year's

# Kingston Steer Barbecue

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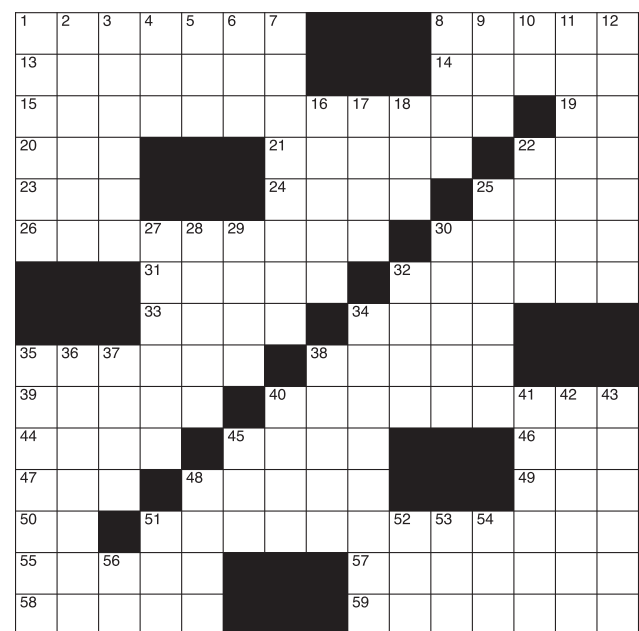
The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.alianzinc.ca. Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Wednesday, 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 61, School Road, (annexe Morfee), 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ns.alianzinc.ca. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le mercredi précédant la publication, à moins d'avis contraire.

**Volunteer call – The Op Shop, Greenwood**  
The Greenwood Health Auxiliary, which operates the Opportunity Shop in the Greenwood Mall,

needs volunteers to work in the thrift shop part-time. If you have a couple of hours a month to spare, please call Kay Amos at 902-765-3809. Thank you.

### crossword solution page 13



- ACROSS**
- 1. Book size
  - 6. Indonesian Island
  - 13. 'The Sopranos' character
  - 14. Plants often found in stews
  - 15. Stern
  - 19. Atomic #52
  - 20. Often seen after a company name
  - 21. Silk garments
  - 22. Inhibiting hormone (abbr.)
  - 23. Type of beer
  - 24. Margarine
  - 25. Throw lightly
  - 26. Explains again
  - 30. Raccoon-like animal
  - 31. Sneaker parts
  - 32. Platforms
  - 33. Scored perfectly
  - 34. One's essence
  - 35. Strikes with a firm blow
  - 36. Makes tractors
  - 39. Music term
  - 40. Lack of energy
  - 44. Vestments
  - 45. ...and feathers
  - 46. Total
- DOWN**
- 1. About visual sense
  - 2. Part of a horse's saddle
  - 3. In a way, interchanged
  - 4. Rucker's accessory
  - 5. Very important person
  - 6. It precedes two
  - 7. Flavored
  - 8. Musical notes
  - 9. String instrument (slang)
  - 10. Mister
  - 11. Fine, light linen fabric
  - 12. Absence of bacteria
  - 16. Discounts
  - 17. Area units
- ACROSS**
- 18. A description of one's life
  - 22. Gazelles
  - 25. Plumbing fixture
  - 27. Makes especially happy
  - 28. One side of something many-sided
  - 29. Frosts
  - 30. Defunct monetary unit of Guinea
  - 32. Female animal species
  - 34. School terms
  - 35. Written law
  - 36. Unpleasant aroma
  - 37. Nuclear weapon
  - 38. One who challenges
  - 40. Opposite of first
  - 41. Able to be utilized
  - 42. Less interesting
  - 43. Implants
  - 45. Canister
  - 48. Gestures
  - 51. After B
  - 52. Rumanian monetary unit
  - 53. Long-term memory
  - 54. Cash machine
  - 56. The Volunteer State

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### Fibre arts group

July 10, 17, 24 & 31, 6:30 p.m. to 8:30 p.m. Are you a female-identifying fibre craft artist (knitting, crochet, cross stitch, embroidery, felting or rug hooking) over the age of 25? Drop by 7Arts in Greenwood for our craft and chat group. Bring your own materials or purchase a kit from us! Suggested donation \$5.

**Drum circle – seniors**  
July 11, 1 p.m. to 2 p.m., 7Arts in Greenwood hosts Health-RHYTHMS, a community drum circle, free to seniors! Reserve your seat by emailing mindfullymore@gmail.com.

**Friday night BBQ**  
July 12, and summer Fridays, 5 p.m. to 6:30 p.m., the Berwick Legion hosts casual summer BBQs, including hamburgers, cheese burgers, sausages and hotdogs; as well as salads and desserts. Individually priced, or a meal price is \$13; with cheesecake (when available) \$14. Open to the community – let us cook for you!



## horoscopes

July 7 to July 13

**ARIES - Mar 21/Apr 20**  
Aries, you may be full of more energy than you have had in a while, helping you to sail through all of your tasks this week at a record pace. Enjoy this wave while you ride it.  
**TAURUS - Apr 21/May 21**  
Taurus, heed your body's messages that it needs some rest right now; otherwise, you may not be up for social engagements that are on the horizon. Pisces comes into your life this week.

**GEMINI - May 22/June 21**  
You cannot hang out with every person who is trying to get a piece of your time right now, Gemini. It's likely you will need to space out socializing over a few weeks to meet with them all.

**CANCER - Jun 22/July 22**  
Cancer, you have been working hard to make professional progress, and it might be time to think about your next step. It could be time to take your talents elsewhere.  
**LEO - Jul 23/Aug 23**  
Leo, you are often drawn to unfamiliar experiences that can teach you something new. This week could provide a host of opportunities to try something new.

**VIRGO - Aug 24/Sept 22**  
It is time to get off the fence and commit to one decision or another, Virgo. Your professional life hinges on your ability to take a path and then stick with it.

### MakerSpace

July 13, 20 & 27, 12:30 p.m. to 3:30 p.m.; 7Arts in Greenwood hosts an open MakerSpace. Bring a project to work on, purchase one of our kits, or participate in the project of the week. Drop-ins welcome and encouraged! Cost is \$5. Caregivers free.

**Tiny art show**  
July 16 to 20, pick up your art take-home supplies for the Rosa M. Harvey Middleton & Area Library's tiny art show (August and September). You'll receive a miniature 3" x 3" canvas and easel, a submission form and a booklet of inspiring ideas. Use your preferred medium to create an original tiny work inspired by a famous piece of art, then return it by July 30. See your tiny art on display at the Middleton Library for the months of August and September! Ages 18+. Registration required. Available while supplies last.

**Youth art lessons**  
July 16, 23 & 30, 4:30 p.m. to 5:30 p.m.; 7Arts in Greenwood

offers youth art lessons. New projects each week. Ages seven to 12, 4:30 p.m. to 5:30 p.m. \$25/lesson or \$80 for four lessons. Register at info@7Arts.ca.

**Be the Maker**  
July 16 to August 28 (Tuesdays and Wednesdays), 3:30 p.m. to 4:30 p.m., Kingston Library. Calling all Makers aged eight to 13! Discover a different Maker activity each week: create alarms and sirens with Snap Circuits, invent a game with Turing Tumble, build a structure you can stand in with MakeDo, code with WeDo, learn some basics of electricity using playdough, build a bridge with Keva Planks, show off your imagination building a bulldozer with Gears, Gears, Gears - and more! Registration required. Call your library for further details or go to valleylibrary.ca.

**Games afternoon**  
Fridays (second and fourth), the Kingston Area Seniors Association (KASA) hosts fun afternoons at the Kingston Royal Canadian Legion, beginning at 1 p.m. Cost \$2. Enjoy an afternoon of cards, games, easy conversation and light refreshments. Open to seniors 50+. Questions: 902-765-4228.

**Volunteers needed – Kingston Scouting**  
1st Kingston Scouts is looking for adult volunteers to help keep this wonderful youth program

**LIBRA - Sept 23/Oct 23**  
Libra, you might be tempted to accept every invitation that comes your way. However, it is better to be smart about the people with whom you associate. Use every opportunity to network.

**SCORPIO - Oct 24/Nov 22**  
Scorpio, take a look at how things should operate before you hit the floor running. You want to be strategic in how you expend your energy; otherwise, you may experience burnout.

**SAGITTARIUS - Nov 23/Dec 21**  
You lean toward being one of the more passionate signs in the zodiac, Sagittarius. That passion will be on full display this week. You'll wear your heart on your sleeve.

**CAPRICORN - Dec 22/Jan 20**  
Domestic issues come to the forefront, Capricorn. You're inclined to spend time at home with loved ones. Take this time to work around the house and yard.

**AQUARIUS - Jan 21/Feb 18**  
Aquarius, your popularity is growing and it's time to get out there and hang with the movers and shakers. Soon even more people will learn who you are.

**PISCES - Feb 19/Mar 20**  
Strengthen your ideas with a concrete foundation, Pisces. Only then will your plan come to fruition in the right manner, leading to better success.

### 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

solution page 13

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

Level: Beginner

# The five Rs: benefits can't be ignored

### Wing Environment

We all know about the three Rs: Reduce, Reuse, Recycle. There is plenty of information about them out there. Our kids are taught about it in school and are happy to point out when we are not sorting our waste properly at home.

Did you know there are actually two more Rs? Add Refuse and Repurpose to the list.

So, what do they mean in our everyday waste management?

**Refuse** is an interesting one. A great way to take waste out of the equation is to refuse: say no to participating in a waste-generating activity; refuse to accumulate things you don't need; don't buy or use products that harm the environment. Just saying no to single-use straws and disposable cutlery makes a big difference. When you think about it, Refuse may be the easiest of the five Rs to practice and, possibly, the most important. If we say no to unnecessary waste more often, we have the power to stop things from being produced at all and/or ending up in our

landfills. How about **Repurpose**? This one may take a little more ingenuity, but can be a great activity to do with the family and friends. Repurposing keeps items out of the landfill; or, at least keeps things from going to the landfill for much longer. An old dresser can be a great organizer in the basement or garage, and can become a special piece if you let the kids paint it with their own flare. Turn old T-shirts into cleaning rags (maybe to clean up from painting projects like the afore mentioned dresser repurpose). Turning wooden pallets into furniture or garden decor is very popular - and surprisingly easy! There are great DIY projects online to check out. You may also have a kid who would love a tire swing in the yard. Tires make great planters around sensitive plants, too. Google is an amazing resource of ideas to make repurposing a part of your every day life.

When done correctly, the five Rs have benefits for all of us. Waste reduction and its impact on the environment and, of course, the economic savings, are positives that

cannot be ignored. Here at 14 Wing Greenwood, the five Rs protect us from non-compliance fines and possible loss of waste management and collection services. We all must do our part to comply with all rules and regulations surrounding waste management. →

## classifieds

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

Classified advertising must be booked and prepaid by 9 a.m. Wednesday 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 568-5699, visit the office, 61 School Road, Morfee Annex, Greenwood; email auroraproduction@ns.alianzinc.ca or fax 902-765-1717.

To place a boxed, display ad, contact 902-765-1494 local 568-5833; email auroramarketing@ns.alianzinc.ca.

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

Les annonces classées doivent

être réservées et payées à l'avance avant 9 h, le mercredi 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 568-5699, visiter notre bureau au 61, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à auroraproduction@ns.alianzinc.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 568-5833, ou un courriel à auroramarketing@ns.alianzinc.ca.

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SOMETHING FOR EVERYONE INDOOR FLEA MARKET – 812 King St., Kingston, N.S. Behind Tim Hortons and Freemans ESSO. Sundays only 9 a.m. to 3 p.m., weather permitting. Admission \$1.00 (Adults) Children under 12 free. Everyone welcome. Christmas crafts, antiques, furniture, fire hydrant, 1920's car fenders, records, books, old tools, tea towels, knitted scarfs, hats, hanging shelves, rock hummingbird carvings, dream catchers, trees of life, toys, sport cards, filing cabinets and other interesting items. Be kind to each

**FIREWOOD FOR SALE**

Clear Dry or Green Hardwood Cut, Split and Delivered Valleywide. Quality Guaranteed please phone T: 902-825-3361

other. Tables available for rent call 902-847-0324. Thank you. (4524-4tpb)

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## the Aurora find & win

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1. Through our website: www.auroranewspaper.com
2. Fax: 902-765-1717
3. Drop into our office located at 61 School Road (Morfee Annex)

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Full name \_\_\_\_\_ Phone number \_\_\_\_\_

Complete the following questions from ads in this week's issue and win a \$20 coupon to play Friday Night BINGO from Aylesford & District Lions Club. Coupons valid for 1 year. Age 17+ on regular games.

1. Who are your local insurance specialist? \_\_\_\_\_
2. How many veterinarians are with the Greenwood Animal Hospital? \_\_\_\_\_
3. What local business deals with scrap metal? \_\_\_\_\_
4. Who is wearing a red, white and yellow outfit? \_\_\_\_\_
5. Where can you buy with no money down, not even the taxes? \_\_\_\_\_

Congratulations to this week's winner: KAYLA SIMPSON

## Paper carriers needed

**Route #17 Ravenwood Park West**  
Balsor Drive and Polaris Crescent  
59 papers  
Available July 22

**Route #10 Pine Ridge East Subdivision**  
Elizabeth Avenue, Elm and Foster Streets, Lincoln Street from Westwood intersection to McMaster/Lincoln Intersection  
Westwood Drive, Lincoln Road up to McMaster Crescent including Lincoln and McMaster Crescent and the seniors complex south corner of Elm and Elizabeth  
156 papers  
Available July 22

**Route #20 Forest Brook Subdivision**  
Cherry, Mapplewood and Princess Lanes, Oakwood and Sunset Drives, all of Marshall Road to Highway 101 and the seniors complex at the corner of Highway 1 and Marshall Road  
170 papers  
Available now

**Route #14 Robie Route**  
Brittany, Robie and Tufts Avenues, Maggie Drive and William Street  
100 papers  
Available now

902-765-1494 local 5440  
auroranewspaper.com



# 'Jolt' of injury, aging doesn't have to end love of the game: coach 14 Wing sports awards highlight year's best

Officer Cadet Laura Lascelle



Warrant Officer Alain Chalifoux, centre, is well-known in 14 Wing Greenwood, Canadian Armed Forces and community sports circles for his sports leadership as an athlete and, in more recent years, as a coach. He was presented a Special Edition Royal Canadian Air Force Centennial Coin by 14 Wing Commander Colonel Jeff Davis, left, with Wing Chief Warrant Officer Jonathan Proulx, during the June 4 annual base sports awards.

Corporal B. Webb-Brown, 14 Wing Imaging



Individual athlete, volunteer, coach and sports award winners, and team representatives, show off some of their hardware at the 14 Wing Greenwood June 4 annual base sports awards.

Corporal B. Webb-Brown, 14 Wing Imaging

"Mostly retired" elite athlete James Peppard discovered the secret to aging in sports over the course of his impressive competitive career, a secret he shared as guest speaker at the June 4 14 Wing Greenwood Personnel Support Programs annual sports awards breakfast.

Peppard's high school years were spent participating in a variety of athletics, cultivating a passion for the game that led him to earn a degree in physical education at Acadia University, while competing on both the hockey and football teams.

"I love the competition. Everyone in this room loves to compete, and that burns the fire in us and brings out our best," said Peppard. "There's a strong desire to improve, too, that burns inside us."

This fire fueled Peppard's pursuit of rugby after university. In 1993, his team won the rugby world indoor championships and, in 1998, he earned a place on the Nova Scotia team for the Canadian Rugby Super League and the All-Canadian Rugby team.

"There's probably people in this room that are just blessed with God-given talent, they're going to compete at a high level with minimum training; I wasn't one of those," Peppard said. "I was a good athlete but, if you want

to pick one thing I was good at, it was the grind. I could grind, and I trained through pain. I could get an injury and I could do everything else around that injury so that I kept training."

Moving through those injuries can be particularly challenging for athletes, Peppard said.

"Injuries happen, right? You hurt something, you dislocate something, you wake up and people are looking down at you. That happens; that's sports. It's the rehab that's tough, you know, it's not the injury itself. It's the mental drain of getting back to where you were that's tough," he said.

He developed a habit of transitioning his training throughout the year to allow his body to heal and become

stronger. "These adjustments in training are what you have to make on a regular basis to keep yourself fit and to be competitive with the best. If you ignore that, slowly your performance declines, and you've had a very short, high-end competitive career."

Aging, he said, is no different.

"Those adjustments allow you to physically age in the way you want. If you don't make attempts to adjust your training, then you'll age quickly."

He himself transitioned from rugby to weight lifting, inspired by his uncle, Herb Peppard, a Second World War veteran who served in the Canada-USA First Special Service Force "Devil's Brigade" and retired to become a powerlifting enthusiast, earning the title of Nova Scotia Masters Bodybuilding Champion twice - at ages 63 and 68, as well as a place in the Colchester Sport Hall of Fame for bodybuilding. James Peppard's free lifting won him several titles of his own, including the 2003 All Strength Challenge Strongest Man in Canada, and ninth Strongest Man in the World.

"When you get out of competitive sports, it's kind of tough, because you're missing the jolt from when you win something, or you're on a team that wins something. That very special feeling you get from winning is hard to replace. It is. You fill it with other things but, for some people, unfortunately, it's

very negative for them." Peppard was able to find that missing "jolt" again through the coaching and mentoring of other young athletes, and he encourages his peers to do the same.

"Coaching is an important way to fill that gap. You've worked hard, you've developed a knowledge base for your sport, you've developed techniques and the ability to grind. You can share those with someone. You pick a few people that you share that with, and you train with them, and you work hard and, when they win something, you get that jolt back."

And the best part about sharing that space in the sport you love with someone new, he said, is to then see the people you trained turn around and share their experience and knowledge with somebody else.

"The feeling that you get knowing that you're leaving things a little better, it's fantastic. It really is. So that's my secret, that's what I'm leaving the 14 Wing group of athletes with. Thanks for letting me share your space."

14 Wing Greenwood Commander Colonel Jeff Davis thanked Peppard for his inspirational story and commented him on his dedication to both self-improvement and the mentoring of peers.

"Jamie brought to light why we love sports: the competition, the dedication we give from our lives, the disciplines that we have. He also highlighted, though, what sports is. That dedication

Jamie spoke of where you take that experience, you go back, train harder; you seek coaching and mentoring, and you get better - it's what's key, and it's our way to challenge ourselves to do better and to succeed in the future," Davis said.

"Hugely important and hugely relatable to what we do in these uniforms on a day-to-day basis. The things that we get from team sports, individual sports - to challenge each other and competing at a high level - is what this organization is all about."

Davis announced the presentation of a Special Edition Royal Canadian Air Force Centennial Coin to Warrant Officer Alain Chalifoux for his years of sports volunteerism, both at work and in the community's schools. Greenwood was provided seven coins to present to deserving members who have had an impact in the Royal Canadian Air Force and on the wing. Chalifoux's coin was the first to be awarded in Greenwood.

"When I think back to Jamie's words on coaching and mentoring, that's what I see Warrant Chalifoux doing now as well: coaching young people, making them better, challenging them to get everything they can out of themselves - for themselves and for their teams. It's for that determination, that dedication, that desire to make the community we live in better; that 14 Wing wanted to recognize Alain Chalifoux," said Davis. →

## 14 Wing Greenwood sports awards nominees (winners in bold)

**Female Athlete of the Year: Private Anais Messier**, Warrant Office Amanda Jardine, Master Corporal Sandra McLean, Corporal Brandi Weibel

**Male Athlete of the Year: Lieutenant Jonathan Wilson**, Master Corporal Edrian Vlaar, Master Warrant Officer Andrew Grove, Master Corporal Wesle Aucoin, Warrant Officer Pier-Olivier Poulin, Sergeant Jeff Baker

**Team of the Year:** women's soccer, **Bombers men's basketball**

**Official of the Year:** Master Warrant Officer Greg Arseneault, **Master Corporal Yannick Gagnon**

**Coach of the Year:** **Alyssa DeAdder**, Chief Warrant Officer David McDowell

**Volunteer of the Year:** **Corporal Brandi Weibel**, Sergeant Wayne Jones

**Leadership Award:** Corporal Brandi Weibel, **Master Warrant Officer Andrew Grove**, Master Corporal Trisha Chipman

**Sportsmanship Award:** Master Corporal Trisha Chipman, Corporal Cassidy Durling, **Master Corporal Jeff Bond**, Corporal Brandi Weibel, Master Corporal Tracy Smith

**Most Improved Award (two winners):** **Corporal Elena Barter**, Master Corporal Emily Doyle, PSP Alyssa DeAdder, **Corporal Warren Reiger**



## All about appreciation Volunteers feted by wing organizations

Officer Cadet Laura Lascelle

Families gathered at 14 Wing's Community Recreation Centre on the evening of June 20 for the Personnel Support Programs and Military Family Resource Centre joint volunteer appreciation night.

Though the sun was shining outside, everyone was happy to get away from the heat wave and cool down in the air-conditioned teen room as they enjoyed the barbecue event, provided by CANEX's Volunteer Recognition Program. The evening featured a prize draw and a sundae bar equipped with a variety of sweets - the highlight of the night for the many children who waited with great anticipation to choose their own toppings.

The event also featured a beautiful cake, served by GM-FRC outreach and relocation navigator Brooke Robson.

Prior to the start of the draws, Community Recreation manager Jill Jackson voiced

her appreciation to the group of volunteers for their dedication to the wing's Canadian Forces Morale and Welfare Services activities over the past year, and gave a special thank you to volunteer couple Ken and Debra Billingham, who gave their time that evening to prepare the meals for everyone.

One of the GMFRC staff's children also assisted during the draw, cheerfully running from table to table, presenting the many prizes to each winner - demonstrating it's never too early to start volunteering. →



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## ~ Obituary ~

GASTON, Jeanette Althia "Jan", Greenwood, NS

GASTON, Jeanette Althia "Jan" (nee Freeman) age 85 of Middleton passed away peacefully on Saturday, June 29, 2024 in the Annapolis Community Health Centre, Annapolis Royal. A celebration of life will take place later this summer. Donations may be made to the Arthritis Society of Canada or Behcets Canada. Arrangements have been entrusted to Middleton Funeral Home, 398 Main Street, 1-855-825-3448. Full obituary and online guest book may be viewed by visiting: www.middletonfuneralhome.com



## ~ Obituary ~

REX, Arthur James "Jim", Greenwood Square, NS

Rex, Arthur James "Jim" ~ 89, of Greenwood Square, passed away Monday, July 1, 2024 in Valley Regional Hospital, Kentville. Born in Port Rexton, NL, he was a son of the late Robert Maxwell "Max" and Mary (Watts) Rex. Jim was a company clerk with the Hudson's Bay Company at Pond Inlet on Baffin Island from 1951-1954. Jim retired from the Canadian Air Force after serving 31 years from 1955 - 1986. He was a lifetime member of Royal Canadian Legion Branch No. 98, Kingston, an associate member of the Middleton Curling Club, and a former scout leader with Scouts Canada. Jim enjoyed golfing and travelling and led an adventurous life. Surviving are his sons, Robert James (Diana) Rex, Winnipeg, MB; William Thomas (Theresa) Rex, Davidson, SK; John Wallis Rex, Brampton, ON; Peter Allen Rex (Steve Martin), Toronto, ON; sisters, June Anthony, St. John's, NL; Rosemary Hart, Fogo Island, NL; ten grandchildren; twelve great grandchildren; numerous nieces and nephews. He was predeceased by his wife Joan Anne (Wallis) Rex; sons David Andrew, Michael Wayne; sister Iris; brothers Harry and David; brother-in-law Austin Hart; and daughter-in-law Joan. Memorial service was held 3:30 p.m. on Friday, July 5, 2024 in the Royal Canadian Legion Branch No. 98, Kingston and Chaplain Wade Seymour officiated. Live Streaming was available at 3:25 p.m. on the funeral home website for those who were unable to attend in person. Interment in Wiswall Cemetery, Wilmot. Donations in memory may be made to the Royal Canadian Legion Branch No. 98, Kingston or a charity of choice. Arrangements have been entrusted to Middleton Funeral Home, 398 Main Street, toll free 1-855-825-3448. Online guest book may be signed by visiting: www.middletonfuneralhome.com



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James Peppard was the guest speaker at the 14 Wing Greenwood June 4 annual base sports awards. Peppard, principal at the Lawrencetown Education Centre, described his journey from student athlete through elite sport - and age and injury - to sharing his love of the game as a coach. Officer Cadet L. Lascelle



## Partnered practice

Heading into the woods behind the Greenwood Military Aviation Museum's airpark, 14 Wing Greenwood's Fire Emergency Services firefighters were first on the scene of a mock emergency in May, followed quickly by 26 Canadian Forces Health Services personnel. Both sections put their skills into practice with response, resources, on-site triage and treatment, extraction and after-action examination through this joint medical training exercise.

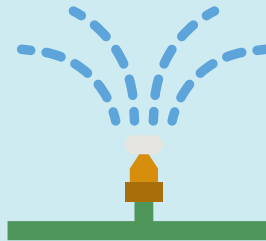
Sailor 1st Class J. Morris, 14 Wing Imaging



# WATER CONSERVATION

SMART WATER USE BEGINS WITH YOU!

The Municipality of the County of Kings is asking residents and businesses to practice responsible water consumption. Customers of the Greenwood Water Utility are reminded of **By-law 107**, which regulates the consumption of water according to the Municipality's Source Water Protection Plans.



*Did you know the average sprinkler puts out about 4 m3 of water/hour?*

*That is equal to 16,000 glasses of water, which is way more than your lawn and garden likely need!*

### WHEN TO WATER YOUR LAWN AND LANDSCAPES

Did you know it is best to water your lawn and garden during the coolest part of the day?

Water landscapes early in the morning, when air is still and evaporation loss is minimal.

### REDUCE YOUR NEED FOR FRESH WATER

Help soil retain moisture! Mulches are a great option for holding water in soil and keeping weeds under control.

Mowing a lawn less frequently helps it stay healthy and gives you more time for... basically anything that is not mowing.

### REUSE WATER

Rain barrels are a great way to collect and store water for gardening/watering plants. Don't want to buy a rain barrel? No problem! Any container that holds liquid will work.

### DO YOU REALLY NEED TO?

New lawn? We get it - you want your grass to grow and thrive. If you must use a sprinkler, run it on a timer and make sure all of the water is landing on the grass (not driveways, or roads).

Thinking of washing your car? If you must, please do so sparingly. Conserving water is good for everyone and not washing your car also saves you time and energy.

### TIPS FOR CONSERVING WATER INDOORS

1. Turn off the tap when brushing, shaving and soaping up.
2. Install low-flow showerheads and set timers.
3. Switch to low-flush toilets.
4. Use a two-sink system for dishes.
5. Do full loads of laundry (in cold water!)

For more information on By-law 107 please visit [www.countyofkings.ca/bylaw107](http://www.countyofkings.ca/bylaw107) or call: 1-888-337-2999

