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(Image: Pte Crystal Smith, Image Tech, 14 Wing Imaging)

A Look Back at Run the Runway... Take Three!

Story page 2.



(Image: Pte Mathieu Gaudreault, Image Tech, 14 Wing Imaging)

A Look Back at Run the Runway...Take Three!

While many of us travel from time to time taxiing, taking off and landing on a runway, 14 Wing Greenwood has found an alternative use for one of its runways at least once a year. The third annual Run the Runway event took place on Friday, June 25, 2010 with what could be described as under perfect weather conditions. This event is in support of the Canadian Forces Health and Physical Fitness Strategy Launch that took place back in April of 2008. The number of participants which included military, retired military, Department of National Defence (DND) personnel and some of their families reached 750!



(Image: Cpl Vincent Carbonneau, Image Tech, 14 Wing Imaging)

The runners started showing up early in anticipation of the event and were greeted by

great music compliments of our Wing Telecommunication and Information Services

Squadron technicians.

An aerial photo was taken by a C-130 Hercules aircraft from 413 (Transport & Rescue) Squadron just prior to the start. Personnel Support Program (PSP) instructors (led by Eric Plante) then moved forward to commence the warm up and shortly afterward Lieutenant Colonel Pamela Smith McBride (acting Wing Commander) and Wing Chief Warrant Officer, Jim Jardine addressed the crowd and praised the participants for their commitment to health and physical fitness and wished them all a great event.

The Military Police took off down the runway just prior to the official start and then runners, joggers, walkers and wagons began one by one hitting the 1.25 kilometre (km) water stop where they were greeted by volunteers. Walkers turned around and headed back while the runners continued on to the 2.5 km water stop where they were once again greeted by the smiling volunteers. Although not deemed a race, our top finisher this year was Master Corporal Tim Keith from Aldershot who finished ahead of Major Brendon Cook and his stroller which included two family members.

As the participants crossed the finish line they were guided through another water stop and they then went to the Fitness and Sports Centre for some healthy snacks provided by 14 Wing Fund and Atlantic Superstore. As the event drew to a close for the third time it was deemed yet another very successful event by all accounts.

Many thanks to the Wing Leadership who continue to support this initiative, the supervisors for allowing their staffs to attend, the families

for making this a great morale and welfare family event and our newest partner, the retired members who are an important component of the Defence Team. Many thanks to our PSP partners at the Fitness and Sports Centre, The Aurora Newspaper, 14 Wing Community Centre, Greenwood Military Family Resource Centre and Health Promotion who are dedicated to the wellness of 14 Wing members and families. The support of all of the Units and Squadrons and volunteers who assisted to make this event successful was greatly appreciated and to the media from AVR, K-Rock and the Kings County Register who covered it.

Last but not least, this event would not have been possible without the hard work of Fred Williams and Major Brenda Milligan for their dedication to this and many other PSP events that have taken place at 14 Wing over the years. They are a role model for your people and an inspiration to us all.

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UAV Payload Operator Instructor (Suffield, Alberta)

The Payload Operator Instructor will train "ab initio" POs on performing checks and inspections of UAV payloads and equipment, troubleshooting technical issues, using maintenance records and other documentation, and mission preparation. He/She will be responsible for preparing lesson plans, tracking student progress, and briefing and debriefing students.

For complete job descriptions, terms of employment, and a summary of skills and experience necessary for consideration, please visit us online at:

www.mdacorporation.com/careers.

Deux militaires canadiens tués par un engin explosif improvisé

CEFCOM NR – 10.014 - le 26 juin 2010

OTTAWA – Le 26 juin 2010, à environ 11 h (heure de Kandahar), deux militaires ont perdu la vie lorsque le véhicule à bord duquel ils se trouvaient a été frappé par un engin explosif improvisé. Leur véhicule, qui faisait partie d'un convoi, se trouvait à environ 20 kilomètres au Sud-ouest de Kandahar, dans le district de Panjwa'i.

Le Caporal-chef Kristal Giesebrecht, du 1^{er} Hôpital de campagne du Canada, basé à Petawawa, Ontario, a perdu la vie. Elle était en service en Afghanistan au sein de l'unité des soins de santé de la Force opérationnelle de Kandahar.

Le Soldat Andrew Miller, de la 2^e Ambulance de campagne, basé à Petawawa, Ontario, a perdu la vie. Il était en service en Afghanistan au sein de l'unité des soins de santé de la Force opérationnelle de Kandahar.

Nos pensées accompagnent les familles et amis de nos militaires tombés au champ d'honneur au cours de cette période difficile. Nous n'oublierons pas le sacrifice de ces militaires alors que nous continuons d'apporter la sécurité et de l'espoir aux habitants de la province de Kandahar.

Le Canada, en collaboration avec les Forces de sécurité nationales afghanes, le gouvernement afghan et la FIAS, demeure engagé à améliorer la sécurité afin de mettre en place les conditions nécessaires à la reconstruction et au développement dans la région. Ensemble, les Forces nationales de sécurité afghanes et la Force opérationnelle interarmées – Afghanistan, continuent de garder l'initiative dans la province de Kandahar.



Caporal-chef Kristal Giesebrecht
Master Corporal Kristal Giesebrecht (DND Image)



Soldat Andrew Miller
Private Andrew Miller (DND Image)

Two Canadian soldiers killed by improvised explosive device

CEFCOM NR – 10.014 - June 26, 2010

OTTAWA — Two Canadian soldiers were killed when the vehicle they were travelling in as part of a convoy struck an improvised explosive device. The incident occurred approximately 20 kilometres southwest of Kandahar City, in the Panjwa'i District at approximately 11:00 a.m. Kandahar time on 26 June 2010.

Killed in action was Master Corporal Kristal Giesebrecht from 1 Canadian Field Hospital, based in Petawawa, Ontario. She was serving in Afghanistan with the Task Force Kandahar Health Services Unit.

Killed in action was Private Andrew Miller from 2 Field Ambulance, based in Petawawa, Ontario. He was serving in Afghanistan with the Task Force Kandahar Health Services Unit.

Our thoughts are with the families and friends of our fallen soldiers during this difficult time. We will not forget the sacrifice of these soldiers as we continue to bring security and hope to the people of Kandahar Province.

Canada in partnership with Afghan National Security Forces, the Afghan government and ISAF remain committed to improving the security situation in order to set the conditions for reconstruction and development in the region. Together, Afghan National Security Forces and Joint Task Force Afghanistan continue to maintain the initiative in Kandahar Province.



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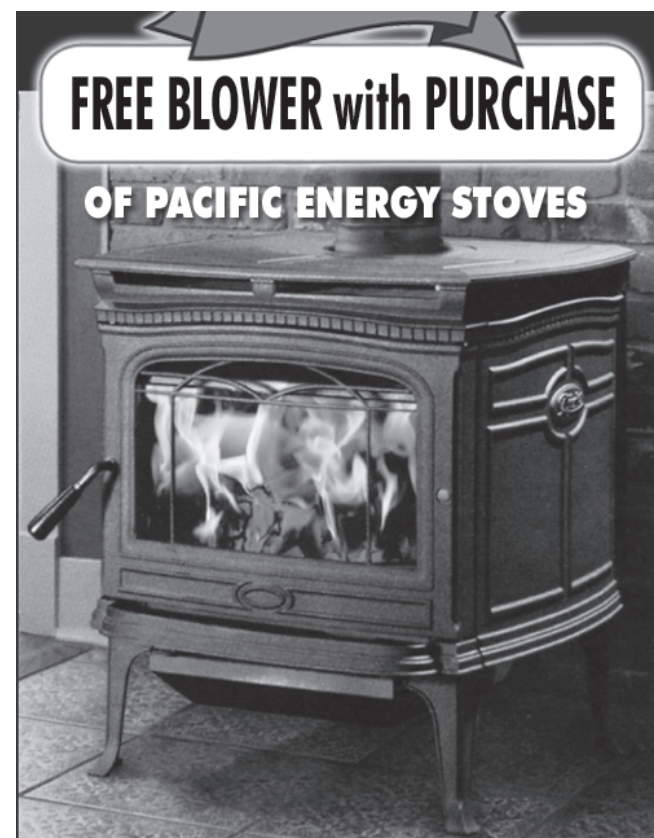
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405 Squadron Honours 100 Year Old Veteran

Submitted by Captain
Nick MacDougall

On 24 May 2010, Mr. Horace Morton, a Second World War member of 405 Squadron (SqN), celebrated his 100th birthday. In honour of Mr. Morton and this rare occasion the Deputy Commanding Officer, Major Mike Adamson, Squadron Chief Warrant Officer, Al Houston, and the Squadron historian, Captain Nick MacDougall visited Mr. Morton at his home in Kentville. The group shared stories of his wartime experiences, Squadron life and members both past and present. On behalf of the Squadron's Commanding Officer, Lieutenant Colonel Jim Irvine, Mr. Morton was presented with a book celebrating the entire history of 405 Squadron, complete with personal remarks from the CO. It was truly an honour to share in the camaraderie of Squadron members on such a special occasion and present

a small token of gratitude for his service to Canada and 405 Squadron.

In 1939, Horace A. Morton enlisted in the Royal Canadian Air Force and was called to serve his country in 1940 at the age of 30. He enrolled as an Aircraftman (AC2) in Vancouver; by September he was sent to Camp Borden and was quickly promoted to AC1 after his initial interview deemed him to be fit to fight. Training to be an aircraft electrician, Mr. Morton remained in Canada until January, 1942, when he boarded a ship in Halifax and steamed across the violent North Atlantic to land in Gourock, United Kingdom (UK), a few weeks later. Once in the UK, AC1 Morton was posted to the newly formed 405 Squadron, in Topcliffe, England. After a short time working on Handley Page Halifax aircraft, AC1 Morton was promoted to Sergeant (Sgt). When 405 Squadron was

assigned to Coastal Command Detachment at Royal Air Force Beaulieu, he was selected to move with the Squadron and participate in this important assignment. This was a crucial posting as the aircraft were conducting submarine hunting operations in the Bay of Biscay in support of North African convoy movements.

Once the Squadron completed their task for Coastal Command, it was once again designated a bomber Squadron and attached to No 6 Bomber group. Soon after, the squadron was appointed a Pathfinder Squadron, under No 8 Bomber Command, a revered post within the Command. In April 1943 the Squadron was once again moved, this time to Gransden Lodge, where it would remain throughout the war. Another significant change came for Sgt Morton, and the Squadron, with the introduction of the Avro Lancaster to replace the Halifax. Sgt Morton stayed with 405 SqN at Gransden Lodge for the remainder of



the war, achieving the rank of Flight Sergeant (FS) in early 1945. FS Morton was then posted to Scotland to guard the Ile de France, a troop

ship destined for Canada. He was repatriated to Canada on June 27th, 1945. After a well deserved month of leave, FS Morton officially released

from the Royal Canadian Air Force (RCAF) after serving the RCAF for most of the Second World War.

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Thank You from the West Kings Safe Grad

One hundred and seventy West Kings students and guests enjoyed a memorable evening at the 14 Wing Mess during Prom 2010! This was followed by a fun-filled night of Safe Grad activities at West Kings High School and the Grad Banquet, on

June 24th, at the Kingston Lions Hall. On behalf of the graduates, we'd like to thank the West Kings Staff, students and parents, along with 14 Wing and the many local businesses, service groups and individuals in our communities, for your outstanding support!

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Terry Fox 30th Anniversary

This year the Terry Fox Foundation is honouring the 30th anniversary of The Terry Run. Terry's Marathon of Hope may be one of the most iconic events in Canadian history with Terry running an unprecedented 143 straight marathons, one for every day. Along the way he inspired a country and to date supporters of The Terry Fox Foundation have raised over 500 million dollars toward cancer research.

When Terry dipped his artificial leg into the Atlantic Ocean on April 12, 1980, he had no idea how important his name and legacy would be, not only to all Canadians but to people around the world.

In at least thirty countries in the world you can meet someone who Terry has touched with his display of selflessness and determination. Today we can only strive to emulate his example.

This year The Terry Fox Run is being held on Sunday, September 19th and we encourage everyone to come out and get involved with this year's historic run. As this is the 30th anniversary of The Terry Fox Run we would love to make this one of our most successful years to date. Nova Scotians have always been more than generous and we are once again counting on your support. For more information on Terry Fox Events or how to donate please contact our toll free number: 1 888 836-9786 or the Nova Scotia Office at 902 423-8131.

"From the very beginning, from this day forward 30 years ago, Terry challenged all of us to work together to eradicate cancer. He would be so thankful and proud that we have continued to run and walk together." – Betty Fox, Terry Fox's mother.



The Village of Kingston

NOMINATION DAY July 21, 2010

The Village of Kingston will receive nominations for the office of **one (1) Commissioner. 3-Year Term.** Nominations must be accepted at the Village Office no later than 4:00pm on Wednesday, July 21, 2010.

Nomination papers are available at the Village Office or on our website. Per the Kingston Nomination Day/Election Process By-Law, no person shall be eligible to the office of Commissioner of the Village unless that person has been nominated as a candidate in accordance with the By-Law by not less than five persons who, on Nomination Day, are qualified electors within the meanings of section 403 of the Municipal Government Act.

If more than one candidate is nominated by Nomination Day, Election Day is designated as Thursday, August 5, 2010. Polling will be located at the Kingston Village Office, 671 Main Street, Kingston, NS between the hours of 5:00pm and 9:00pm.

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Poley, Robin Anne	Stevens, Raymond Douglas
Pyne, Alexander Ronald	Stevens, Trisha Dawn
Reid, Jennifer Rae	Stevenson, Kirsten Jeannine
Reid, Rebecca Viola	Stoddart, Kyla Faith
Richard, Brandon James	Strnadova, Michala (<i>Int. Student</i>)
Robar, Anthony Glen Paul	Stronach, Kristen-Lee
Robar, Jacob Harold	Alexandra May
Roland, Melissa Elizabeth	Sweet, Timothy John
Roop, Jonathan Murphy	Tertsakian, Edward Anestis
Ryerson, Melanie Lynne	Tessier, Elise Marie
Ryerson, Shawn Eugene	Thomas, Sarah Elizabeth
Samms, John Patrick	Tinnion, Zachary Gage
Saunders, Theodore Ronald	Ubbens, Sara Elizabeth
Savage, Brittany Anne	Van Nieuwenhove, Alize
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Schofield, Katelyn Marie	Violette, Brian Peter Marcel
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Scott, Stephanie Alexandra	Wagner, Mitchell Aaron
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We begin our history of the Kingston Steer Barbecue with a quote from that grand old man, the late O.H. Armstrong: "Well now, you understand, somebody has to pay for this steer." So it was that some ten men in the Kingston and District Board of Trade each pledged fifty dollars to guarantee the wholesale costs for the meat, food and 'vitals' of that first Kingston Steer Barbecue back on July 9, 1960. For some time, the secretaries of the Board had been inquiring across the nation whether anyone had barbecued a whole steer. Letters were dispatched to as far away as Dallas, Texas and Calgary, Alberta, as well as to other likely sources who might provide us with the know how for such a venture. Answers came back to the effect that steers had been cooked in pits of live coals, but no one seemed to have any experience barbecuing a whole steer. Consequently, it was decided that we would embark on such a project using our own ideas. After all, the most we could lose was fifty dollars each and the gamble seemed well worth the effort. The then President of the Kingston and District Board of Trade, Mr. R.A. Boates

acted as the General Chairman of the various committees, some fourteen

"Well now, you understand, somebody has to pay for this steer."
O.H. Armstrong

in all were formed as follows: General Chairman – Reg Boates; Advertising Committee – R.G. Simms; Setup of Cooking Stands – George Balcom, Ward Hallman; Preparations of Grounds and Facilities – Lewis McMaster; Parking and Policing – H.O. Stronach; Food Committee – L.B. Foster, C.A. Pierce; Table Committee – C.C. McMaster; Concession Committee – K.C. Marshall; Entertainment



The first Kingston Steer Barbecue, July 1960. The late Mr. L.B. Foster, the author of this historical article, is the gentleman with the cap and bow tie to the left of the photo.

Committee – M.S. Elliot; Carving Committee – E.G. Pierce; Electrical Committee – E.A. Howitt; Tickets and Collections – W.M. Brehaut; Accommodation Committee – Mrs. S.S. Barr; Coleman B. Burner Committee – J. Ferguson.

The stage was set for an occasion which was to become an annual event which continues to this day. The late Philip Devine volunteered the use of his field to the west of his home in the east end of Kingston for the site of the event. A sandpoint was driven and crystal clear water was procured for the Barbecue. The first steer was to be hung in a wire mesh sling in an enclosure of concrete blocks containing a fire-brick wall between the jets and the barbecuing area. This allowed

the fat falling on the bricks to add a succulent flavour to the meat as it cooked and prevented the direct heat from the propane jets from burning the steer and provided even heat for the cooking process. The barbecuing began about midnight of the previous day. Messrs. George Balcom and Gordon Kinsman kept a night vigil over the baking beast. Finally, late on Saturday morning, Ralph Veinot declared the steer cooked and ready to be served. To

the delight of the crowd and the sponsoring committee, the succulent beef was a delight to all. In addition to the steer, hundreds of pounds of steaks were barbecued over the charcoal pits, to suit the taste of one and all.

Homemade bread was in abundance thanks to the ladies of each church, who baked loaves by the dozens. These were delivered to Armstrong's Frozen Food Plant and sliced by Douglas Armstrong on the bacon

slicer while some dozen ladies buttered the sliced delicacy and packed it in plastic bags for the morning feast. While the ladies prepared the bread, several hundred pounds of cabbage were shredded for coleslaw. This was kept in the coolers overnight and the ladies prepared it for serving the next day. For many years the late Mr. Harry Slaunwhite peeled 100 pounds of onions for the hamburger canteen and ne'er a tear he shed. In addition to the coleslaw, some one hundred gallons of Grave's Sweet and Sour whole pickles graced the serving tables to add that extra touch of flavour. The following week, the papers carried this article: **Five Thousand Beef Lovers Have Their Fill at 3,000. lb. Barbecue**

KINGSTON – Five thousand beef eaters were attracted to an elaborate outdoor steer barbecue Saturday at Devine's 5 acre field in Kingston. The event was staged by the Kingston Board of Trade in celebration of the New Englanders' Planters' Bicentenary. Three thousand pounds of local beef were barbecued on charcoal and propane gas burners. The affair, according to Commission Chairman George Balcom, "was a marvelous success and will be repeated next year on a bigger and even larger basis". Favoured by fine weather throughout the day the event was action-packed from the formal opening by Queen Annapolis, Margaret

Thorburn, until the conclusion of the festivities. Agriculture Minister Haliburton, said he had never tasted better beef and viewed the affair as a fine piece of publicity for Nova Scotia raised beef. Dr. R.S. Longley, Mayor of Wolfville and Chairman of the Bicentenary Committee, congratulated President Reg Boates of the Board of Trade on the barbecue's success. The second year the headline read: **'7,000 Eat a Ton of Beef'**. The article concluded with the following paragraph: Music by the R.C.A.F. Greenwood Band, loud speaker record playing, the vending of soft drinks, coffee and ice cream, a floor show, bingo and dancing, combined with the barbecuing, made the day the biggest and jolliest in the history of this thriving Kings Co. Community. As the years passed, many events have been added to or discontinued.

Street Parades, Children's Parades, Barbecue Queens, a Circus, Slide Shows, Fairs, Horse Pulls, Riding Clubs, Bands, Entertainment Groups, visit by Miss Canada, Heritage Day, Sports events and many more. However the highlight of the event is still the barbecuing of the steer, which in recent years has grown to three steers. A special thank you goes out to all who have worked so diligently on the Barbecue for the last forty plus years and in closing may we extend to one and all an invitation to visit us again this year in **Kingston, Home of the Steer Barbecue.**



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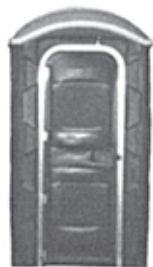
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SATURDAY, JULY 10th

7:00 - 9:30 am

FAMILY BREAKFAST

Kingston & District Fire Hall, Sparky St.

10:45 - 11:45 am

GRAND STREET PARADE

Sponsored by JOY-EL-Investments Army Surplus

10:00 am - 6:00 pm

CRAFT FAIR - In the Arena

10:30 am - 2:30 pm

DUNK TANK - Sponsored by B&H Wholesalers

11:00 am - 6:00 pm

FOOD SERVICES

Burger Bits & Fries, Hamburgers, Hot Dogs,
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Tea & Coffee.

11:00 am - 6:00 pm

FUN & GAMES - with Bounce Kingdom
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1:00 - 3:00 pm

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STEER TAKEN FROM BBQ PIT**

12:00 - 6:00 pm **BEEF DINNERS** - Served in the Arena
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12:00 NOON

MOTORCYCLE SHOW & SHINE

- Centennial Park (across from arena)

12:00 - 4:00 pm

BEER GARDEN - Centennial Park

12:30 pm

**PICNIC IN THE PARK WITH THE
PRINCESSES** - in Playground

12:30 pm

GUESTS LUNCH - in Arena

1:00 - 5:00 pm

BINGO - In the Arena

1:00 - 3:00 pm

**JUDGING OF UDDERLY DELICIOUS
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Entertainment

12:00-12:30 pm

Princess & Guest Introductions

12:30-1:00 pm

DansXpress

1:00 - 2:00 pm

Paul Marshall & the Best of Intentions

2:00 - 3:00 pm

David Burbine & Traditional Country

3:00 - 4:00 pm

Ernie Marshall & Friends

4:00 - 4:30 pm

Straight Out

4:30 - 5:30 pm

Dance Conxion

9:00 pm - 1:00 am - Adult Dance
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Bats and Rabies – What You Need to Know!

Summer is here and with summer comes a beneficial, yet potentially dangerous creature – the bat. Bats are an important part of our natural environment as they can eat their weight in insects each night. Bats help control the pest insect population that negatively affect agriculture, so one should never be killed needlessly. The potentially dangerous aspect of bats is the fact they are often a source of rabies and in fact are the main source of rabies in Nova Scotia.

What is Rabies?

Rabies is a serious disease of mammals that can be passed to humans from either the saliva or brain tissue of an infected mammal and is normally always fatal (if left untreated). Three people in Canada have been confirmed to have died from rabies between 1998 and 2008.

What Causes Rabies?

Rabies is caused by a virus that is most commonly passed to humans from the bite of an infected animal. The virus lives in the saliva and brain tissue of the infected animal and in addition to a bite, it can be spread if the saliva or brain tissue of the infected animal

enters through the eyes, nose, mouth or broken skin.

You can not catch rabies through contact with blood, feces (poop), urine (pee), or by being sprayed by a skunk. You can not get rabies by touching the fur of an animal or by simply seeing a bat in your home or a cave.

How to help prevent rabies.

- Teach children to never handle animals they do not know – even if the animal appears friendly. This includes pets, farm animals and wild animals. “Love your own and leave others alone,” is a good safety rule.
- Capture and save bats for rabies testing if someone has been in close contact with it – for example if you wake up to find a bat in your bedroom.
- Prevent bats from entering living quarters or occupied spaces in homes, cottages, churches, schools, and other areas where they may have contact with people or pets.
- Keep rabies vaccines current for dogs, cats and ferrets. Call animal control to remove stray animals in

your yard/neighbourhood. How can I tell if a bat has rabies?

The only way to tell for sure is through laboratory testing. However, any bat that is active during the day or found in a place where bats are not usually seen (such as on the lawn) or is unable to fly, is far more likely to have rabies. Such bats are often the easiest to approach and should not be touched. Bats found in your home are normally there by accident.

What should I do if I come in contact with a bat?

If you are bitten by a bat or if the saliva or brain tissue of a bat gets into your eyes, nose, mouth or a wound you should:

- Wash the affected area
 - Contact your local public health office as soon as possible
 - Capture the bat and keep it until Public Health Services can determine if the bat needs to be tested for rabies
- Note: you may not know if you have been bitten as bats have small teeth and bite marks are not easy to see. If

you suspect you have been in close contact (for example – if you awaken and find a bat in your room, see a bat in the room with an unattended child, or see a bat near an unattended mentally impaired or intoxicated person) seek advice from Public Health Services.

If at all possible, safely capture the bat for testing

How to safely capture a bat for testing.

- Close the doors and windows to trap the bat in one room.
- Find the following things: leather work gloves, small box or empty coffee can, piece of cardboard and tape
- Put on leather work gloves
- Approach the bat slowly and place the box or can over it
- Slide the cardboard under the container to trap the bat
- Securely tape the cardboard to the container and punch small air holes in the cardboard
- Contact Public Health Services to determine if testing is necessary

- If you prefer, you can call a private pest control company to handle capturing the bat.

How to safely free a bat from your home.

If you find a bat in your home or cottage and no one has been in contact with it, safely encourage it to leave.

- Remove everyone from the room
- Open the windows and doors that lead outside
- Turn off the lights
- Leave the room and close the door

The bat should leave on its own at dusk – if not capture the bat as indicated above and release it outdoors, away from people and pets if it appears healthy.

If it does not leave the room, has difficulty flying, or appears sick, call your local Public Health Service office.

How to bat-proof your home.

- Carefully examine your home for holes or gaps that may let a bat enter – caulk any openings larger than 1/4 inch.

- Use window screens, chimney caps, and draft-guards beneath doors to attics
- Fill electrical and plumbing holes with stainless steel wool or caulking
- Make sure that all doors to the outside close tightly.

Learn more about bats at: www.batcon.org and click the link “Bats, Rabies and West Nile.”

www.gov.ns.ca/natr/wildlife/Nuisance/bats.htm
www.cdc.gov/rabies/bats.html

Learn more about rabies:

Nova Scotia Health Promotion and Protection website: www.gov.ns.ca/hpp/cdpc/rabies.asp

Public Health Services offices:

Wolfville: 902-542-6310
Contributed by: Colin J Muise, RN, Community Health Nurse, 26 CF Health Svcs Centre

Reference: Pamphlet – “Bats and Rabies – enjoy the outdoors safely” from Nova Scotia Health Promotion and Protection/Public Health Services.

Greenwood Minor Hockey School Coaches Required

GMH is now accepting applications to assist with this year's Hockey School. If you are interested in helping with on-ice activities as a coach or assistant please send in your coaching history/resume to the coaching coordinator, Dave McDowell at mcdowellfamily@ns.sympatico.ca.

The Hockey School will be run 24 - 31 August 2010 inclusive in three age groups. The 8 - 10 year olds in the morning, followed by 11 - 12 in the afternoon and 13+ in the evening. Please specify which group you would prefer to work with in your application.

All applications must be submitted prior to July 31, 2010.

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Family Separation, Reunion and Support Services

Greenwood Military Family Resource Centre (GMFRC)
By Sergeant Pete Nicholson

That is quite a long name for a very valuable asset at the GMFRC. In short it is referred to as Deployment Services. If you are separated from your military family member for a period longer than twenty four hours, you are a deployed family! Therefore you are entitled to the services provided by this office when a CF member is deployed, on

Imposed Restriction, attending Career courses, supporting a Technical Assist Visit.

Families recognize the challenges they face when a spouse or family member is going to be away for an extended period, but there is ample support available to make them feel connected to their community and Wing. The main focus of Deployment Services is to support the families through the complete emotional cycle of deployment

that they must navigate through as soon as the loved one receives the word that they will be separated from their family. This emotional cycle includes; the pre-deployment withdrawal, the deployment and upon completion, the re-integration with the family. All the little things that we do every day and take for granted, from emergency house keys to car repairs to wills are part of a fourteen page checklist that has been developed to expedite all

these situations.

The GMFRC can help make a deployment a very positive experience, providing real information on the family's time when *they* want it! A Pre deployment information package is sent out to families thirty to sixty days in advanced to prepare them for their member's departure. Other provisions include a Warm Line Outreach contact, a monthly outreach phone call made by one of the many GMFRC Volunteers; video tele-conference (VTC), arranged at the members request and coordinated with the deployed unit and monthly socials and support gatherings. A Post deployment info package helps with re-integration into family mode. All of these efforts are made in order to make the GMFRC and 14 Wing the common denominator for the CF family!

Ann Gaudet is the GMFRC Coordinator of Deployment Services at local 5583. She has spent 5 years in Greenwood and has held this position for nine months. Ann shares a common thread with her



(Image: Sergeant Pete Nicholson, Photojournalist)

clients with experience as an ex-member of the CF and is a spouse of CF member. She sincerely loves her job and being bi-lingual really assists in helping our families! The GMFRC supports an average of 150 service personnel a year, from Windsor to Yarmouth Nova Scotia. They also handle referrals from other CF Bases if they have a family member living in our local area. It never really ceases! So realistically the GMFRC extends Deployment Support to about 200 families per year. Families can contact Wing Duty OPS after hours at 765-1494 local 5457. The Mission Information Line (MIL) is a valuable resource

that is available to military families 24 hours a day 7 days a week. The MIL has qualified counsellors available to toy Monday to Friday from 8:00 am to 4:30 EST.

Like all other facets of the GMFRC they have a fantastic relationship with 14 Wing who is very supportive of the deployment program. Education is the key, which is carried out through briefings and peer support and self-help groups. Families who prepare themselves for the challenges of a deployment often experience the greatest success.

www.familyforce.ca= all Military Family Resource Centres on one site

Hometown - HMCS Algonquin (At Sea)



Photo by: Cpl Charles A. Stephen, CFB Esquimalt Imaging Services

RIMPAC 2010
Corporal Megan Carey, originally from Greenwood NS, is a clerk on board Her Majesty's Canadian Ship (HMCS) Algonquin. Here, she shows off her 'pipes' as well as her Damage Control Rounds armband. The Damage Control Rounds person is responsible for the conduct of continuous rounds of the ship to ensure there are no unnoticed fires, floods or casualties in the many spaces of the ship.
HMCS Algonquin is currently participating in the Rim of Pacific Exercise 2010 (RIMPAC) is a biennial, multi-national maritime exercise held off Hawaii designed to improve interoperability and understanding between military forces from nations with an interest in the Pacific Rim. As such, the series of exercises has contributed to the security and stability of the region for 22 years. Canada has participated in every RIMPAC exercise since 1971.

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478U	2004	Chev	Optra LS	4 Dr	Auto	Blue	95,000	\$ 7,375
526U	2004	Nissan	Sentra	4 Dr	Auto	Maroon	100,000	\$ 7,450
569U	2004	Hyundai	Accent GL	4 Dr	Auto	Silver	94,000	\$ 6,600
570U	2005	Chev	Optra LS	4 Dr	Auto	Silver	93,000	\$ 8,500
635U	2005	Pontiac	Grand Prix	4 Dr	Auto	Silver	65,000	\$ 10,900
508U	2004	KIA	Rio RS	4 Dr	Auto	Green	80,000	\$ 6,475
586U	2005	Mazda	3	4 Dr	Auto	Red	98,000	\$ 11,900
597U	2005	Mazda	3	4 Dr Hatchback	5 Spd	Copper	95,000	\$ 12,900
604U	2007	Ford	Focus	4 Dr	Auto	Maroon	83,000	\$ 10,800
619U	2007	Ford	Fusion SE	4 Dr	Auto	Maroon	65,000	\$ 13,500
644A	2006	Chrysler	Sebring Touring	4 Dr	Auto	Silver	70,000	\$ 10,995
625U	2006	Honda	Civic	2 Dr	5 Spd	Blue	73,000	\$ 11,900
TRUCKS, VANS & SUVs								
646U	2006	Dodge	Caravan	4 Dr	Auto	Tan	50,000	\$ 12,995
613U	2005	Dodge	Gr Caravan	Ext Van	Auto	Red	115,000	\$ 11,900
624U	2007	Ford	Ranger Sport	Ext Cab, SOLD	Auto	Blue	57,000	
624U	2007	Ford	Ranger Sport	Ext Cab, 4x4, 4 Dr	Auto	Red	75,000	\$ 15,975
633U	2006	Pontiac	Torrent AWD	4 Dr	Auto	Silver	87,000	\$ 15,900
639U	2007	Ford	Edge SEL AWD	4 Dr	Auto	Purple	90,000	\$ 21,995
643U	2006	Ford	Escape XLT	4x4, 4 Dr	Auto	Grey	73,000	\$ 15,995
651U	2006	Dodge	Journey SXT	4 Dr SOLD	Auto	Grey	72,000	
499A	2004	Chev	Venture	4 Dr	Auto	Green	90,000	\$ 7,900
649U	2007	Ford	F150 XLT	4x4, Ext Cab	Auto	Red	91,000	\$ 19,995

***Rust check, Free Motor Vehicle Inspection for as long as you own the vehicle & a Full Tank of Gas with every vehicle sold.**
***Except wholesale and as is units**

Contact David Corkum (w) 765-2219 after hours 765-6466

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PRICE

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1 gal.
Hydranga.
(reg. \$8.49)
33-5805



1/2
PRICE

Sale
\$4²⁹

1 gal. Dogwood.
(reg. \$8.49)
33-5802



1/2
PRICE

Sale
\$17⁴⁹

100 cm Emerald
Cedars.
(reg. \$34.99)
33-7026



55%
OFF

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1 gal.
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(reg. \$8.99)
33-6601



All Annuals/
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All Perennials
Choose from
Assorted Hostas,
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Daylillies etc.

30%
OFF



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2 Gallon
Shrubs

30%
OFF



All Shade
and Fruit
Trees

25%
OFF



All 1 and
2 Gallon
Roses

30%
OFF

Advertised items are available only at 730 Central Avenue, Greenwood • 765-6338 • Store hours Mon-Sat • 8:00 a.m. - 9:00 p.m. Sun • 12:00 - 5:00 p.m.

Bookmobile Schedule

Monday 5 July

Cherryfield - 1:30 - 2:15
East Dalhousie - 2:30 - 3:30
Springfield - 4:00 - 5:30
New Albany North - 6:45 - 7:30

Wednesday 7 July

Mt Hanley - 1:45 - 2:30
Margaretville - 3:00 - 4:00
Morden - 4:30 - 5:15
Wilnot Centre - 6:30 - 7:30

Monday 12 July

Avonport - 11:00 - 11:45
Belmont - 1:15 - 2:00
Brooklyn - 2:15 - 3:00
Ste. Croix (Hants Co.) - 3:15 - 4:00
Vaughan - 5:30 - 6:30

Tuesday - 13 July

Kings Rehab Centre - 10:00 - 11:30
Casey's Corner - 12:45 - 1:30
Sunken Lake - 2:00 - 2:45
White Rock - 3:00 - 3:45
New Minas - 5:00 - 6:30

Wednesday 14 July

Waterville - 1:30 - 2:15
Cambridge (King's Co.) - 2:45 - 3:30
Bess View Sub-Div - 3:45 - 4:30
Coldbrook Centre - 5:45 - 7:00

Tuesday 20 July

Calvary Baptist Academy - 1:00 - 1:45
Charity Baptist School - 1:50 - 2:25
Torbrook Mines - 2:30 - 3:15
Meadowview - 3:35 - 4:30
Aylesford - 5:45 - 7:00

Wednesday - 21 July

Maitland Bridge - 10:15 - 11:15
Clementsvalle - 11:45 - 12:30
Cornwallis Park - 1:30 - 2:30
Bear River East - 3:00 - 4:00
Bear River - 5:30 - 6:45

Tuesday - 27 July

Upper Canard - 10:00 - 10:45
Baxter's Harbour - 11:15 - 12:00
Scott's Bay - 1:00 - 1:45
Canning - 2:15 - 3:00
Sheffield Mills - 3:15 - 4:30
Centreville - 5:45 - 6:45

Wednesday - 29 July

Hants Shore Clinic - 12:45 - 1:15
Cambridge (Hants Co.) - 1:30 - 2:15
Cheverie - 2:30 - 3:00
Summerville - 3:15 - 4:00
Upper Burlington - 5:15 - 6:00



(Image by: Eva Kilmister)

Mystery Solved!

Submitted by: **Kim Dixon, GMFRC**
Coordinator of Child and Youth
Services at 765-1494 local 1812

On Tuesday, June 22 there were many sightings of local super hero's around the Morfee Centre Building. With capes flowing in the wind, these brave little super hero's were hot on the trail of the Mysterious Red Cardinal. Using only a map and their special hero powers, 10 adventurous little boys aged 3 - 5 years participated in the GMFRC Little Boy Super Hero Party. Our little hero's had a great time solving the mystery and

then enjoyed a yummy snack before decorating their own wooden bird houses to take home.

Programs such as the Little Boys Super Hero Party provide CF children with the opportunity to make connections with other children their own age while having fun learning through play in a supervised activity. Special thanks to our GMFRC Hero Volunteers Miss Audrey, Eva, and Miss Samantha! If you would like more information on programs for your child to participate in this summer call Kim Dixon at the GMFRC at local 1812.

www.upperclementsparks.com

Open Daily 11am - 7pm

Buy Three Fast Passes
online, at participating Sobeys
or local businesses and
Get One Free
when you arrive at the Park.

Saturday July 10
The Acadians & South Shore Kippers

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Get In FREE On Your Birthday!
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RED FRIDAY
Military Members
Get in FREE on Fridays

Volunteer Firefighters
Get in FREE on Sundays

Parade Notice

51st Annual Kingston Steer Barbeque & Village Fair

July 10th, 2010 - 10:45 a.m.

Form up on Old Brook Road in
Ravenwood Sub-Division, by 9:30 am

All participants are welcome:
Floats - Cars - Horse-drawn Wagons
Marching Groups - etc.

Come out and take part and
advertise your business or group!

For more information, contact:
Trevor Campbell at (902) 847-9815
Sponsored by: JOY-EL-Investments Army Surplus

Walk the Walk for Autism



Along Main Street, Kingston.

Submitted by: Norm Donovan

Saturday morning, 19 June 2010, the Valley Autism Support Team families and their friends conducted the first-ever Walk the Walk for Autism by walking from the Kingston Elementary School to the West Kings Arena. This walk was one of four being conducted in Nova Scotia to raise awareness of autism and to raise funds to provide support to individuals with autism. The funds raised by VAST will be used for a summer camp in 2011. Approximately 125 adults and children participated in the walk and approximately \$7500 was raised.

We would like to thank the generous people and volunteers in the Annapolis Valley who formed teams, collected pledges and donated to the Walk. Also a big Thank You to the local businesses who donated goods as well as monetary donations. Your contributions helped make this a very successful, 1st time walk for autism.

The Valley Autism Support Team has support meetings the



Rewards for reaching the Arena included these two cakes.

first Thursday of every month from 7:00 – 9:00 p.m. at the Kingston Elementary School (Autism Centre) New members and friends are always welcome. For details about VAST, please visit our website at: www.annapolisvast.ca.

26 CF Health Services Centre Greenwood

By Sergeant Pete Nicholson

They are a “one stop shopping” comprehensive outpatient facility! That

statement best describes the 14 Wing medical facilities! 26 Health Services in Greenwood is not a hospital! It is a Clinic with “kicked up services”, open Monday to Friday 730am to 400pm. A sixty person staff provides physiotherapy, lab work, pharmacy, x-ray, mental health, case managers, immunizations and vision testing to all Regular and Class B and C Reserve force members. Class A reservists are looked after on duty only. No prescriptions!

Approximately one half of the staff is civilian. This enables the Military to deploy and not disrupt the health care provided to the CF member, more continuity, and more maintenance of care. A case in point, the Hospital Warrant Officer is away on deployment and 14 Wing has been without a Wing Surgeon since the summer of 2009 due to an unexpected release and no backfill, but one is posted in this summer! They are always involved in every exercise

where emergency response is required and stand ready when there is an “any” bell in flight emergency!

Our health services are being accredited every three years to comply with the standards across Canada which ensures the highest standard of health care. All Medical Techs are qualified as Paramedics as part of their occupation training at CFB Borden, Ontario. Trained to the paramedic standards of British Columbia or Quebec, this now gives our medics an equivalency with their civilian counterparts. Warrant Officers and above are Physician Assistants (PA) after they successfully complete a two year course (6B). This course now carries a degree, through the United States only. Doctors and Nurses use a civilian University for their education.

The Wing medical clinic has a walk in clinic concept that offers primary care vice tertiary care. It has nothing to do with the Wing's new Dependant Health Clinic at the MFRC, which is a provincially funded responsibility. Canadian Forces (CF) medical specialists are embedded into

civilian hospitals, so there is a marriage between the CF and local provincial facilities. In order that they maintain their skill sets with civilian hospitals, ambulances and other health care sections, they are augmenting the staff at hospitals for free (no salary expense). With a chronic shortage of family physicians, there is little or no impact with the very few specialist referrals to the civilian sector!

26 and 27 Health Services is in command of Lodger units in Pictou, Bridgewater and Yarmouth Nova Scotia, and Gander Newfoundland and Goose Bay Labrador. The Commanding Officer, Major Christine Drab is in contact with those Units every day via

email, however, ideally she would travel three to four times per year to those Units. Each one has its own uniqueness and challenges, and has a PA on staff.

More than anything else the medical staff want to see the construction of the new hospital! To be located over by Checkpoint Charlie and the transient quarters, it will have all the Wing medical services under one roof, providing better communications and access for all patients. There will be more treatment rooms on the ground floor and a larger Physiotherapy department on the second floor with an elevator for the ease of their clients. Everyone should have more room and be less



(Image: Sergeant Pete Nicholson, Photojournalist)

cramped!

Most of us, do not realize how well we are looked after in the Military Health care system. With all the checks

and balances throughout, they are held to a very high standard!

Military Health Care is the best care anywhere!

CUCINA AURORA



20 Minute Potato Salad

2 lb. Quartered medium red potatoes
1/4 cup Sliced green onions
1 sm. Red or green bell pepper, sliced
1/2 cup Salad dressing
1 tbs. Coarse ground mustard

Add potatoes to boiling water; cook 12 minutes or until tender. Drain.

Toss with remaining ingredients; refrigerate. Makes 6 servings.

NO PROVINCIAL TAX ON ESSENTIAL PRODUCTS



As of July 1, you no longer pay the provincial portion of the HST on: children's footwear, clothing, disposable & cloth diapers, liners, training pants, and feminine hygiene products.

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Bravo Zulu

Images by 14 WIng Imaging unless otherwise indicated.



WOps O, LCol DF Cummings presents WO Steven Purcell with his new rank.



MCpl R.A.G. Lamarche receives his promotion from Capt D.C.A. Sweet, AWCEO. (Image submitted)



Mr. Anthony Watton receives the WLE Civilian Leadership Award from LCol Ubbens, WLEO.



Cpl AT Matthews receives the CD from LCol Ubbens, WLEO.



MWO Smith receives her new rank from Maj Travis, A/CO 14 AMS.



The WOps O, LCol DF Cummings presents MCpl Glen Fisher with his new rank.



Cpl RS Thomas receives the CD from LCol Ubbens, WLEO.



MWO WR Brown is presented the CD2 by LCol Ubbens, WLEO.



WO SP Worden is presented with the CDS Commendation by LCol Ubbens, WLEO.



Cpl Beyer receives his three month advanced promotion from LCol Flynn, CO 14 AMS.



Cpl Venedam is presented with his six month advanced promotion by LCol Flynn, CO 14 AMS.



Cpl SA Arsenault is presented with a six month accelerated promotion by LCol Flynn, CO 14 AMS.



Cpl Spence is awarded her six month accelerated promotion from LCol Flynn, CO 14 AMS.



MCpl Baer receives his promotion to current rank from LCol Flynn, CO 14 AMS.



MCpl Bagnall receives his promotion to current rank from LCol Flynn, CO 14 AMS.



MCpl Pye is presented with his new rank by LCol Flynn, CO 14 AMS.



MCpl Wood receives his new rank from LCol Flynn, CO 14 AMS.



Pte Noella Kennedy(Supply Tech) receives promotion to Cpl, presented by Capt Williams WTEMEO and MWO Gregoire Tn Controller.



Cpl Greg Gillis (Tfc Tech) receives JTF Commanders Commendation Presented by Capt Williams WTEMEO.



Pte Denis Pittman receives promotion to Cpl Presented by Capt Williams, WTEMEO.



WO Edwards receives his promotion to his new rank from LCol Flynn, CO 14 AMS.



Sgt Blinn accepts his new rank from LCol Flynn, CO 14 AMS.

Two New Honour and Awards at 14 Wing

14 Wing Commander, Colonel Seymour and Wing Chief Warrant Officer Jardine presented two new awards at the 14 Wing Honours and Awards ceremony that was held on June 8, 2010 at the Annapolis Mess. These awards are designed to recognize on a regular basis (quarterly)



Warrant Officer (WO) Ken Clarke
WO Clarke is an extremely hard working and loyal supervisor who continually puts the needs of the Squadron (Sqn) ahead of his own. WO Clarke consistently produced exceptional work as the Engineering Project Officer for 14 Air Maintenance Squadron (14 AMS) and always went the extra mile to ensure all his areas of responsibility are covered off to perfection. His ability to liaise with senior staff and peers both locally and across the Canadian Forces is most impressive. WO Clarke's efforts have lead to the development of a unified focus on mission completion between 14 AMS, 407 Long Range Patrol Sqn, and the Weapons System Manager, decreasing response times and improving communication lines.

the noteworthy contributions of our military members and civilian employees at 14 Wing Greenwood. Recipients of these awards were Warrant Officer Ken Clarke (14 Air Maintenance Squadron), and Mrs. Ruth Kirkey (405 Long Range Patrol Squadron Administration Assistant).



Mrs. Ruth Kirkey
Ruth has been employed as the 405 Sqn Commanding Officer Administration Assistant (CO AA) since April 2005. In addition to her extensive duties as CO AA, she has taken on all similar duties to assist the entire Sqn Executive. She is an active member of the Sqn Ground Safety team, and is instrumental in taking care of the Sqns lounge and canteen. An integral member of the 405 family, Mrs Kirkey also takes the initiative to ensure Sqn spaces are well looked after, including seasonal decorating, and works with the Sqn Executive to ensure the well-being and morale of the unit are maintained at a high level.



Sgt Lemire accepts his new rank from LCol Flynn, CO 14 AMS.



Sgt Arsenault is presented with his new rank by LCol Flynn, CO 14 AMS.



MCpl Ramsdale is presented with her new rank by LCol Flynn, CO 14 AMS.



MCpl Bouchard is presented with his new rank from LCol Flynn, CO 14 AMS.

Greenwood Military Family Resource Centre Offerings

The workshops, programs, and services offered in this issue cover the next couple of weeks. For future and ongoing programs and services, please view our newsletter or monthly calendar on-line at www.greenwoodmfr.ca or www.familyforce.ca.

Note: The only methods of payment accepted for workshop registrations are cash or cheque. To ensure your spot for a workshop, payment is required at the time of registration

*To register call 765-5611 or drop-in at the Centre located

at the AVM Morfee Centre on School Road (Greenwood).

Education and Employment Services

Coordinator: Stephanie Townsend at 765-1494 local 1816 or email Stephanie.Townsend@forces.gc.ca

Upcoming Program BoatSmart

Monday, July 12, 2010
9:00 a.m. – 4:00 p.m.
GMFRC Classroom #1
Cost is \$55.00 for Military families & \$70.00 for Civilian
Registration Deadline: Thursday, July 8, 2010

Ongoing Services

- Resume and Cover Letter Creation and Modification
- Resume Updating
- Career Assessment / Counseling
- Job Search Assistance
- Interview Skill Building
- Small Business Planning
- Information on Military Family Home-Based Business Group
- Magazine and Book Exchange
- Employment Computer Available
- Portfolio Development

Prevention, Support

and Intervention Programs

Social Worker: Jennifer Hill BSW, SWC at 765-1494 local 1811 or email jennifer.hill2@forces.gc.ca

Upcoming Programs Maintaining Healthy Relationships: For Couples

Wednesday, July 14, 2010
1:00 p.m. – 3:00 p.m.
GMFRC Classroom
FREE
Registration Deadline: Wednesday, July 7, 2010

Reignite the Spark: For reuniting families affected by deployment

Tuesday, July 20, 2010
6:00 p.m. – 8:00 p.m.
GMFRC
FREE
Registration Deadline: Friday, July 16, 2010
Free Childcare will be provided. Please let us know that you need childcare when registering.

Ongoing Services

- Emergency Shelter
 - Assessment and Referral
 - Short Term Support
 - Crisis Intervention
- Please feel free to contact me to set up an appointment to discuss any of these services or to receive more information.

Child And Youth Services

Coordinator: Kim Dixon at 765-1494 local 1812 or email Kim.Dixon@forces.gc.ca

Upcoming programs or services

Friendship Bracelets
Wednesday, July 14, 2010
10:00 a.m. – 12:00 p.m.
Children aged 6 – 9 years
GMFRC
\$5/child – bring a friend for free!

Registration Deadline: Monday, July 12, 2010

Respite Dates

Saturday, July 10, 2010
12:00 p.m. – 5:00 p.m.
Children up to age 12
Registration Deadline: Thursday, July 8, 2010
Saturday, July 24, 2010
12:00 p.m. – 5:00 p.m.
Children up to age 12
Registration Deadline: Thursday, July 22, 2010

Deployment Services

Coordinator: Ann Gaudet at 764-1494 local 5583 or email Ann.Gaudet@forces.gc.ca

Upcoming Programs or Services

Reignite the Spark - Re-

establishing Relationships after Deployment

Tuesday, July 20, 2010
6:00 p.m. to 8:00 p.m.
Location: GMFRC
Registration Deadline: Friday, July 16, 2010

Join us for a relaxed coffee night to discuss family reunion after deployment.

Call for Deployment Planning Group Members

Due to the upcoming posting season the Deployment Planning Group is seeking individuals to help plan activities and special events for deployed families. We all experience family separations whether it is due to a deployment, IR posting, or career course, to name a few. We are looking for ideas for activities and events that will help our families feel supported and connected to each other. Maybe you have been posted in from another Wing or Base and you participated in an activity there that you would like to see here. Have you been through a deployment recently? Was there an event or activity you really enjoyed or you think another family would like to participate in? This is your opportunity to help develop activities for you and other military families in our community to enjoy.

Is your military member away?

If you have a military family member who is away (spouse, son, daughter, partner, grandchild, etc) on operational duty - including deployments, courses, TD, & so on - & you haven't heard from the GMFRC, please give us a call & we'll set you up with any of our programs/services/activities that may interest you. We do not know you're out there unless you let us know.

All of our ongoing activities are open to ALL families experiencing a family separation due to operational requirements. We offer pre, during, & post deployment information, assistance, outreach, & support to anyone who chooses to participate. Just give us a call!

** For respite childcare offerings for deployed families, see details under Children and Youth Services*

Special Events and Promotions

Coordinator: Michelle Thibodeau Wagner at 765-1494 local 1421 or email michelle.thibodeau-wagner@forces.gc.ca

Upcoming Events 3rd Annual Sobey's Support our Troops BBQ

Friday, July 9 and Saturday July 10, 2010
10:30 a.m. - 3:00 p.m.

Sobeys Greenwood
Drop by to get a deliciously BBQ'd hotdog, meet GMFRC staff and volunteers. All proceeds from the BBQ are generously donated by Sobeys to the GMFRC to fund programs and services for 14 Wing military families.

Red Friday
Don't forget to wear red on Fridays to show your support of the men and women of our Canadian Forces.

- Ongoing Services**
- Red Friday Promotions
 - Yellow Ribbon Campaign
 - Support our Troops Awareness Campaign
 - Military Families Strength Behind the Uniform Campaign
 - GMFRC and Community Special events planning
 - Morale Mail Packages to the Troops

Volunteer Services

Manager: Kristen Lawson at 765-1494 local 5938 or email Kristen.Lawson@forces.gc.ca

Volunteer Opportunities

Summer Camp Assistants*
Camp 2: July 12 to 16, 2010
Camp 3: July 19 to 23, 2010
Camp 4: July 26 to 30, 2010
9:00 a.m. to 12:00 p.m.
GMFRC
Volunteers needed: 1 adult,



30 June - 8 July

The Twilight Saga: Eclipse

Playing each evening at 6:30 & 9 pm

Matinee - 1 July at 3:30 pm
Rated PG

The website (www.zedex.ca) & email at information@zedex.ca are currently under renovation, sorry for any inconvenience this may cause.

See You At The Movies

\$\$ Save Money \$\$

Buy Pre-Paid Admission Cards

8 Admissions - \$40

16 Admissions - \$75

www.zedex.ca

Kingston Legion



Prize Money
Guaranteed: \$2,500

BOOKLET BINGO

Sunday, 1:45 p.m.

Tuesday, 7:30 p.m.

Regular Games - \$100

- 1 Early bird - 60/40
- 2 - 60/40
- Letter H - 80/20
- 1 Lucky 7 - Progressive
- 1 Bonanza - Progressive
- Jackpot - 3 Chances
- Double Action

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Notice

Effective Immediately Announcements

There will be a charge for all
**Birthdays,
Anniversaries,
Engagements,
Weddings, Births,
Card of Thanks,
& Memoriams**

**Text without a photo
2 col by 2 inches
\$15.00 (tax incl)**

**Text with a photo
2 col by 2 ½ inches
\$20 (tax incl)**

**Text without a photo
2 col by 4 inches
\$25 (tax incl)**

**Text with a photo
2 col by 4 inches
\$30 (tax incl)**

**There will be no charge
for Military Obituaries
of 150 words or less.
For more information,
contact Anne Kempton
at 765-1494 local 5833**



1 youth

The Summer Camp Assistant will assist in program facilitation, participate in outside activities, need to love working with children from 3 to 5 years old, need to be an active and energetic person.

GMFRC Fundraising BBQ*

Day 1: Friday July 9, 2010

Day 2: Sat., July 10, 2010

10:30 a.m. to 3:15 p.m.

Volunteers needed: 5

Meet at Sobeys parking lot We will be selling hot dogs, inviting people to sign a Support the Troops Banner, and selling t-shirts.

Craft Facilitator for Children 6 to 9 Years Old

Wednesday, July 14, 2010

9:30 a.m. to 12:00 p.m.

GMFRC

Volunteers needed: 2

*Suitable for our awesome Youth Volunteers!

Ongoing Volunteer Opportunities

Board of Directors

If you are interested in becoming a member our Board of Directors and/or wish to receive more information let me know and I will put you in contact with the recruiting BOD member. The GMFRC is a not-for-profit organization lead by a BOD that must be comprised of at least 51%

civilian spouses of full-time serving CF members.

Warm Line Caller

A Warm Line Caller is a volunteer who has been trained by the GMFRC to provide a monthly call to families of a deployed member. The call is a wonderful way to connect with the families and to also inform them about the programs and services of the GMFRC. Two to three hours

per month.


Rainbows Facilitator

Rainbows is a peer support program that helps children deal with difficult transitions such as divorce and deployment. This program involves a weekly commitment of 3 hours for 18 weeks.

Tutors


To provide educational assistance to children enrolled in elementary, junior and high school that are experiencing difficulties with a particular subject. You must enjoy working with children and have a comfort level in the subject area.

One hour per week – for 7 weeks.



The Aurora Newspaper Offices will be closed to allow for block leave from Tuesday July 27, 2010 until Monday August 9, 2010. Returning at 8:00 a.m. Tuesday August 10, 2010.

There will be no newspaper published on August 3 and August 9, 2010!



Greenwood Minor Hockey Presents

2010 Hockey School
27 - 31 Aug 10
(Friday-Tuesday)

Over 20 hours of on-ice instruction
excellent coach to player ratio

Group will fill up fast so register early.

3 separate age groups but limited to 36 skaters
and 6 goalies per age group

Due to schools starting prior to Labour Day Weekend, this year's school has been shortened to 5 days instead of the normal 6 days

Registration may be done by calling the 14 Wing Community Recreation Centre at 765-1494 local 5341/5331 or in person.

Costs:

\$190 for rec card holder (\$100 down with remainder by 15 Aug 10)
for groups 1 & 2, \$160 for group 3

\$220 non-rec card holder (\$120 down and remainder by 15 Aug 10)
for groups 1 & 2, \$190 for group 3

Hard Days Knights



FRIENDS OF THE EX FUNDRAISER
July 24th 7-9:30pm
(Rain Locations: Pulls Ring)
\$10 Admission, All proceeds to Barn 7 & 8 Replacement Fund
COME JOIN IN THE FUN ON OUR RIVERSIDE STAGE!

Beatles Cover Band
Annapolis Valley Exhibition Grounds
570 Main St., Lawrencetown, NS
Saturday, July 24th
7.00pm-9.30pm
Tickets \$10.00
contact for tickets 902-584-3339 or
www.annapolisvalleyexhibition.com
Halifax band performs favorite hits.

Phone: (902) 483-0120 / 489-3799
E-mail: knights.leblanc@gmail.com
www.myspace.com/harddaysknights



CONGRATULATIONS

Connor Bell

on receiving one of our six Atlantic Subway \$1000 Scholarships!



Think fresh. Eat fresh.®

FOR YOUR INFORMATION

UP-COMING EVENTS • CLUBS • ORGANIZATIONS • GROUPS

FYI is The Aurora Newspaper's format for publishing items of interest to the community submitted by NOT-FOR-PROFIT Service Groups, Clubs and Organizations. Due to space limitations, submissions are limited to approximately 25 words. Items MUST be submitted each week either in person to our offices located on School Road (Morfee Annex), 14 Wing Greenwood, by FAX to (902)765-1717 or e-mail: aurora@auroranewspaper.com. These announcements will be published on a first-come, first-served basis and are limited to the space available for that particular publication. To guarantee that your announcement will be published, you may choose to place a paid advertisement at our current advertising rates. The deadline for FYI submissions is Thursday at 9:30 a.m. previous to publication unless otherwise notified.

HOUSE OF COMMONS CHAMBRE DES COMMUNES

Greg Kerr
Member of Parliament/Député
West Nova/Nova-Ouest

233 Water Street
Yarmouth, BSA 1M1
Office/Bureau (902) 742-6808
Fax/Télécoeur (902) 742-6815

14373 Highway 1
Wilmot, N.S. B0P 1W0
Office/Bureau (902) 825-2320
Fax/Télécoeur (902) 825-3785

Toll Free/Sans Frais 1-866-280-5302
KerrG1a@parl.gc.ca



HOROSCOPES

July 4 - July 10

ARIES - Mar 21/Apr 20

Patience is a virtue, Aries. The best will be in store for you later in the week. There's not much chance for adventure Monday or Tuesday, but things pick up on Wednesday.

TAURUS - Apr 21/May 21

Taurus, a good night is in store this week. The night brings rewards you did not expect. Working hard yields more than financial success.

GEMINI - May 22/June 21

Trust your instincts, Gemini. Someone who seems like they have your best interests at heart really may have ulterior motives. Heed Capricorn's sage advice.

CANCER - Jun 22/Jul 22

Cancer, you may feel like you're the only one keeping the ship from sinking. However, this is not the case. Behind-the-scenes work is taking place, too.

LEO - Jul 23/Aug 23

Leo, it seems as if drama is always following you. That's because you tend to be the life of the party or prefer all eyes be on you. Think about being less conspicuous.

VIRGO - Aug 24/Sept 22

Virgo, it's hard to keep friends if you are overly critical of the way they live their lives. Remember, no one is perfect N including you. Keep an open mind.

LIBRA - Sept 23/Oct 23

Libra, start thinking about curbing your spending. Your finances are in trouble if you don't make some changes. More is going out than is coming into your accounts.

SCORPIO - Oct 24/Nov 22

Scorpio, there's not much you can do about the current situation. Complaining about things won't solve anything, so why waste the breath? Better news is on the horizon.

SAGITTARIUS - Nov 23/Dec 21

You're in over your head, Sagittarius. Too many projects and not enough helpers can leave you feeling overwhelmed. You may want to tackle one thing at a time.

CAPRICORN - Dec 22/Jan 20

Capricorn, new beginnings have arrived and you're excited about all of the prospects. Others may share your joy but not to the extent that you do.

AQUARIUS - Jan 21/Feb 18

Aquarius, it's alright to be cautious with your decisions, but taking much too long could indicate you're not ready for a change. Soon a spouse or partner will grow impatient.

PISCES - Feb 19/Mar 20

It's hard to accept help sometimes, Pisces. But help is what you need right now. Accept it with open arms.

FAMOUS BIRTHDAYS

JULY 4	Geraldo Rivera, Reporter (67)
JULY 5	Huey Lewis, Singer (59)
JULY 6	Geoffrey Rush, Actor (59)
JULY 7	Michelle Kwan, Figure Skater (30)
JULY 8	Kevin Bacon, Actor (52)
JULY 9	Fred Savage, Actor (34)
JULY 10	Jessica Simpson, Singer (30)

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Udderly Delicious Dessert Bake Off

Come to the Kingston Steer Barbeque, Saturday, July 10, at the Kingston Arena on Westwood Street, Kingston. Good cooks, young and old, should consider preparing an entry for the Udderly Delicious Dessert Bake Off. This year, prizes will be awarded in several categories: 10 and under, 14 and under, and adult. Desserts should be at the Kingston Arena by 2:00 p.m. for judging at 3:00 p.m. Refrigeration will be available. Please bring along your recipe, too. Following the judging, dessert portions will be sold for 1 ticket. Registration forms are available at the Village Office (902-765-2800). Challenge your friends to prepare the very best dessert ever! Muriel West, UDDBO Committee.

The Greenwood Wood Hobby Club

The Greenwood Wood Hobby Club will be closed in July and August. We wish everyone a relaxing summer and look forward to seeing you again in September.

'High Seas Expedition' Vacation Bible School

Takes place July 26-30 at Middleton Baptist Church! All kids age 3 - grade 6 are invited to this exciting week which runs from 9:30 - 11:45 a.m. each morning! Free registration. Our Special Closing & BBQ is Sunday, August 1 at 10:45 a.m. For more info or to pre-register please phone Holly at 825-3537.

ASDU/14SES

30th Anniversary Celebrations, 5-6 August 2010. For information and registration, check out our website: English: <http://www.airforce.forces.gc.ca/14w-14e/sqns-escs/page-eng.asp?id=1206>. French: <http://www.airforce.forces.gc.ca/14w-14e/sqns-escs/page-fra.asp?id=1206>.

Garden Tour & Tea

July 10th, 2010. 1:30- 4:00 p.m. Five Fabulous Gardens in the Greenwood, Kingston and Aylesford area. Map on Tickets. Tickets available at the Kingston Pharmasave or Chisholm's Pharmacy in Aylesford. Shortcake Tea at Aylesford United Church. Sponsored by Aylesford United Church.

CentreStage Acting Workshop July 10

Calling all actors/directors! Professional actor, Andrew Kasprzak will be teaching an all day workshop on acting at CentreStage Theatre on July 10th, from 9:00 a.m. - 5:00 p.m. with a break for lunch (not included), and the cost will be \$20/person. There are 15 spaces available, and you must reserve your space in advance. Please contact Mindy Vinqvist-Tymchuk (mindyvt@gmail.com). Some of the elements that will be covered include: - improvisation - character development - the spirit of play - scene creation - the 'status' of characters - finding energy in the role. CentreStage is located at 61 River Street, Kentville. For more information phone 678-3502.

Morden Saturday Breakfast

There will be a breakfast held at the Morden Community Hall on Saturday, July 10th from 8 - 10:30 a.m. The menu will be scrambled eggs, sausage, ham, pancakes, homemade fishcakes, baked beans, juice, tea and coffee.

It is a free will offering. All proceeds are for the Morden Community Hall.

Overeaters

Anonymous (OA)

Is a fellowship of men and women who through shared experience and mutual support are recovering from eating disorders that include BULIMICS, ANOREXICS and OVEREATERS. No dues ... no fees ... no weigh-ins. We are not a diet and calories club. Every Friday at 7:30 p.m., the Kingston Freedom Group meets at the Multi-Addiction Centre Society (MACS), 2080 Bishop Mountain Road, North Kingston. For more information, contact Lorraine at 681-0613. To learn more, visit www.oa.org.

Mid-Valley After 5 Women's Connection (Ladies' Club)

July 8, 7:00 - 9:00 p.m. Melvern Sq. C/C - Carla Emin will tell us about "The Green Barn" in Granville. Also, guest speaker Carole Philips from S. California shares: "A Door No Man Can Close". Strawberry shortcake included - all for \$6! RSVP Velma: 825-4747 or veljour@gmail.com.

Greenwood Horse and Rec Club Activities and Events

To date, it has been an extremely busy summer at GHRC with Bowie Langille, Terry Myers and France Vanier clinics in May and June.

The weather was perfect for The Tip Top Tack Shop sponsored Walk Trot Show on Sunday June 27th which saw over seventy-five horses come to our facility to participate in this outdoor event. Individual classes saw as many as twenty-four horses

and riders competing - an exceptionally huge turnout by all accounts with many travelling long distances to participate. With the large numbers of spectators, supporters and entrants, the GHRC facility and grounds were overflowing with vehicles and horse trailers. Our sincere appreciation is extended to Bowie Langille for his time in preparing the arena's and, for the loan of his farm equipment to maintain


our grounds and, to Debbie Young for volunteering her day to become our events announcer along with Cathy MacDonald the events and class organizer. A very long, but rewarding day for these dedicated GHRC supporters. The canteen facility was running overtime to keep up to the demand for cold drinks, hotdogs and hamburgers to the 200+ people at the GHRC.

Upcoming events include:

- The 4H Point Show on

July 3-4

- Bowie Langille Clinic July 17-18 (Spectators Welcome)
 - Youth Day Camp July 29 - August 1 (Openings Still Available)
 - Bowie Langille Clinic August 7-8
 - Youth Day Camp August 9-13 (Limited Openings Are Available)
 - GHRC Open Horse Show September 5 (Early Registration Is Recommended For This Popular Show)
 - GHRC Halloween Show October 31 - Always A Popular And Fun Filled Event For All Ages
- Birthday Party Bookings are Available Year Round - Early Bookings Recommended To Ensure The Date You Require
- Information on any of these upcoming events can be obtained by calling the GHRC Barn Manager @ 765-2310.



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3. Drop into our office located on School Road (Morfee Annex)

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Deadline: Noon, Thursday, July 8, 2010.

Make sure you include your full name and phone number.

NAME _____ PHONE NUMBER _____

Limited to one win per family in a TWO MONTH PERIOD.

The winner will be drawn randomly from all correct entries. Only one entry per family per week.

Complete the following sentences from ads in this week's issue and WIN a large 2-topping Pizza from Pizza Delight, Greenwood! Coupon Valid for 30 days!

1. For more information on Spurr's Strawberry U-pick call what phone number _____
2. Which student won a \$1000 Subway Scholarship _____
3. Who is having a Dinner Special during July 4th week _____
4. What is the music teacher's name with over 30 years teaching experience _____
5. Mimie's Pizza's Family Package costs how much _____

This contest is brought to you by:

Pizza Delight, Greenwood

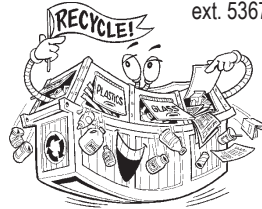
765-4477

Congratulations to last week's winner: CAROL ENVIK

Make a Difference

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This newspaper can be recycled through the recycling program at 14 Wing Greenwood, curb side collection programs or at your nearest Enviro Depot. Contact the Environment Office, at 14 Wing Greenwood 765-1494 ext. 5367



The 19th Hole

Submitted by: Wendy Richardson

The month of June is over and now schools are out and the family vacations begin. We had a few rainy days but for the most part June was a great golf month. The Ladies held their Rose Bowl tournament on June 27th and it was a great day. If my memory serves me correctly, there were 17 ladies out for the tournament...thanks Donna for getting the registration started...always there to help out. I heard that Betty S had a little luck out on the course, something about a “horseshoe”?...but I am sure there must have been others who experienced a little bit of Lady Luck. The results of the tournament are as follows: The Field Low Net winner was Betty S. and the Field Low Gross winner was Cyndi L...well done ladies. 1st Division winners: 1st LN- Ruth Hunter; 2nd LN Donna H.; 3rd LN Sandra C and the winner of low putts was Audrey Costin. The 2nd Division winners were: 1st LN Sue Burke (I hear you played awesome); 2nd LN Gail Croucher and 3rd LN Hazel McEwan and the winner of low putts was Brenda Crossman. Thanks to all who helped with the scoring and a special thanks to Sandy who organized the tournament. The next tournament will be July 11th, the President’s /Vice President’s...this is the qualifier to go to the Provincial Bronze tournament. Sign up sheet will be in the Ladies Locker Room.

The results of June 22nd Men’s Night is as follows:1st Division: 1st LG Scott Cooper; 2nd LG Steve Lake: 1st LN Charlie Costin and 2nd LN Doug Carpenter: Skins were won by Youden #1, Cooper # 2,4,14 and 17, Costin #3,13 and Carpenter #12. 2nd Division: 1st LG Wayne Pellerine, 2nd LG Glenn Watters (WELCOME BACK GLENN), 1st LN Glen Paul, 2nd LN Nelson Mullen: Skins were won by Clarke #3, Cathcart #4, Mullen # 5 &14, Watters #7 and Belanger #12. 3rd Division: 1st LG Eric Marshall, 2nd LG B J Lenton, 1st LN Darren Hennessey, 2nd LN Frank Croucher and the winners of the skins: Stoddart #2, Gaudet #6 and Fayant #16. Winner of the 50/50 was Ian MacKenzie. Nice to see Mike Clarke home for a few weeks. Just a quick

note from the Men’s Night coordinator: You must play with someone else who is playing Men’s Night and score cards added up wrong or incomplete will be filed under “W”... wastecan. The results from the June 29th will be in next issue.

The Junior Program will be held on Thursday starting at 1:00 p.m. There are over 50 junior members, please be patient with them on the course. They are our next generation of golfers. I over heard a conversation in Clare about their junior program and how they are turning out such good golfers and it was stated that part of the reason is they encourage them to play and don’t restrict them... food for thought.

The week of July 5-11th looks like this: July 5th • July 6th- Men’s Night • July 7th- Officers Mess- 10:00: Intersection and then Ladies Night • July 8th - Ladies Morning; 9:00 and Juniors 1:00 • July 9th- Friday Night 2-Ball • July 10th • July 11th - Men’s and Ladies - President/Vice President’s--9:00.

Looking ahead -The Guys and Dolls tournament is scheduled for July 25th and I see on the calendar that July 24th is the LEAFS vs the Habs competition...sorry I will miss that one but I am sure the LEAFS will be the Victors... GO LEAFS GO! (Is that showing favouritism?)

Thanks Kitty for being the bartender during my surprise Retirement Party: to all at the Golf Club who knew about it and didn’t say anything, Thanks, it really was a Surprise. Hopefully with more time to play golf, my game will improve...that’s the plan anyway.

Still noticing a lot of ball marks on the greens, take a few seconds to repair them...if you are not sure how...ask someone you are playing with. KEEP UP THE PACE OF PLAY. Until next week, enjoy this great game of GOLF and I will have the results of our Canada Day Scramble in the next issue...hope there was a lot of Red and White worn on July 1st.

Parenting Tips

Submitted by: Kim Dixon, GMFRC Coordinator of Children and Youth Services at 765-1494 local 1812

The next time you are working outdoors, give your little helper a clean good sized paintbrush and a bucket of water and ask them to “paint” the house or the fence. As the water temporarily darkens the surface, your child will have the feeling that he or she is actually painting and is Mom or Dad’s little helper.

*If you would like information on parenting issues such as toilet training, tantrums, separation anxiety, or any other question or concern, please contact Kim.

Canadiana Crossword

Trains A’ Coming

By Bernice Rosella and James Kilner

Solution page 23

1	2	3		4	5	6	7		8	9	10
11				12						13	
14			15			16			17		
		18						19			
20	21				22	23					
24				25	26			27		28	
29				30				31		32	
		33	34		35				36		
	37			38					39		
40						41	42				
43				44	45		46			47	48
49				50			51			52	
53				54					55		

ACROSS

1 Yukon and White railway
4 Glitch
8 Dickensian expletive
11 African antelope
12 Avowed
13 Braun, for one
14 Awaiting a pitch
16 Canadian rail passenger service
18 One of the five W’s
19 Ambrose and others
20 Cry of despair
22 Calgary’s LRT
24 Remit
25 Old world buffalo
27 _____ myself and I
29 Movie rating
30 Montreal subway
32 Thus
33 Italian river
35 British school
36 Quebec land claim confrontation
37 The true north?

DOWN

39 Mythological river
40 Skater Brian
41 Daminozide
43 Toronto area rail transit
46 Old
49 Oilers’ Tikanen
50 Strain
52 Annoy
53 Alphabet’s 19th letter
54 Plant
55 Bet
1 Weir’s org.
2 Picnic predator
3 Toronto transit
4 Compass pt
5 Calendar mo.
6 Aristotle to his buddies
7 Snarl
8 Topper
9 Concerning birds
10 Harolds
12 Letters before Marie and Agathe
15 Sighs
17 Wander

20 Maple Leaf great Sylvanus
21 Fall behind
22 Terra _____
23 Starchy root
25 Radio mode
26 Require
28 Fraud
31 Atop
32 Vancouver’s _____ train
33 Macaroni and spaghetti
34 Ace
36 Ottawa transit
37 Crucifix
38 Popular saddle horses
39 Calendar ref.
40 Double curve
42 Sixties
44 hallucinogen
44 Anger
45 Born as
47 Edmonton’s transit sys.
48 Make do
51 Broadbent or Shore

Canadiana Crosswords brought to you compliments of:

Sudoku

Solution page 23

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

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!

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PATRICK'S PUZZLE

Cell Phone Word Find

See how many related words you can find and circle in the puzzle.

CALL	MAIL	TALK
CAMERA	MINUTES	TEXT
CELLULAR	PHONE	VOICE
COMPACT	PHOTO	

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

Cell Phone Scramble

Unscramble the words to complete the sentences.

- L I A D numbers to make a call.
- How many E M G S S E S A do you have?
- Cell phones have several Y K S E.
- A photo appears on the E N S R C E.

Answers: 1. dial 2. messages 3. keys 4. screen

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FOR SALE - 48" round pub style table with 4 chairs. Light maple in color. Asking \$200.00. Located in Berwick. Phone 538-0333. (3127-2tpb)

FOR SALE - 3-Bedroom bungalow. 840 Fales River Drive. \$143,500.00 negotiable. The house is listed on property guys ID#0008659. Please call 765-3324. (3127-2tp)

MOVING SALE - Saturday July 10, 2010 from 8 a.m. to 1 p.m.

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FOR RENT

FOR RENT - Office space to rent in CANEX mall. 14 Wing Greenwood. 431 sq ft. Contact Ken Keddy at 765-6994 local 5423. (3115-ufn)

FOR RENT - Large, fully furnished 2 bedroom apartment, ideal for military IR. Recently renovated and rent includes all utilities (phone, internet, cable, heat, etc.) Phone if interested. 765-9274 (3125-ufnb)

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For information on Placing a Boxed Business Ad in the Classified Section call Anne Kempton at 765-1494 local 5833. Business or Boxed Ad Sizes for the Classified Page Range from 1 Column to 7 Columns.

FOR RENT - 2-Bedroom lower level duplex in subdivision behind Greenwood Mall. Available mid July. Fridge, stove and w/d hook-ups. \$575.00 a month. Call Sue at 765-4206. (3127-ufnb)

FOR RENT - 3-Bedroom upper level duplex in subdivision behind Greenwood Mall. Available mid July. Fridge, stove and w/d hook-ups. \$625.00 a month. Call Sue at 765-4206. (3127-ufn)

FOR RENT - Room for rent in bungalow located in Berwick. Walking distance to hospital. \$425.00 a month utilities included. Own TV located in room. Non smoking. Available as soon as possible. Call Charlene at 375-2091. (3126-2tpb)

FOR RENT - 1 furnished bedroom apartment. Mature employed person or student. West Nic-taux, Middle Road. Shared home living areas, bathroom, kitchen and laundry. All utilities included. Wireless internet and

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FOR RENT - Available Aug 1, 2010. Located in Greenwood near Zellers. Two bedroom adult apartment. Fridge, Stove, Paved Parking, Lawn care and Snow removal provided. No animals. Asking \$500.00 a month, utilities extra. Phone 765-8203. (3127-4tp)

SERVICES

SERVICE - Self Storage located in Kingston, units available 5'x12', 5'x13', 8'x10'. Prices vary call 825-3607. (2931-ufnb)

SERVICE - Bilingual handyman carpenter available, 25 years of experience with finish work, flooring, stairs, tile work and more. Reasonable rates - flexible hours. Call Mike at 242-2465 or 840-0529. Greenwood/Kingston (3024-ufn)

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SERVICE - Odd Jobs lawn Mowing, Snow Removal, Power Washing, Rotor-tilling all require a large start-up expense, so why not have someone else do it for you. Call Geoff at 902-670-2533 for a quote on your next odd job. (3124-4tp)

SERVICE - Annie's Palm readings & Tarot readings. Couple's reading and gift certificates available. To book an appointment, please call 765-0712 or e-mail angels_helper@live.ca. (3125-6tpb)

SERVICE - Looking to babysit in my smoke-free home, Monday to Friday. Large yard for outdoor play. Years of experience. Contact 242-2465. (3126-4tpb)

WANTED

WANTED - COUNTRY CREATIONS is soon opening in the Kingston/Greenwood area. Looking for crafters. For more details contact Jackelyn Timmins at 840-2112 or country-creations@live.ca. (3127-1tp)

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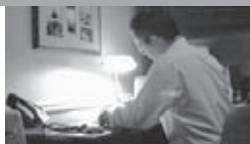
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Crossword Solution

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

Sudoku Solution

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



~ NOW OPEN ~
Monday-Friday • 8am-7pm ~ Saturday • 8am-12pm
Located on Stronach Mountain Road in Melvern Square
Please call 765-4300 for more information

Graduation Day!

Submitted by Ann Marie
June 29th was Graduation Day for the grade five students at Dwight Ross Elementary School ... congratulations! It was an exciting day for everyone. Good luck to all students leaving DRES this year and thank you for the great memories you leave behind!
(Image Submitted)



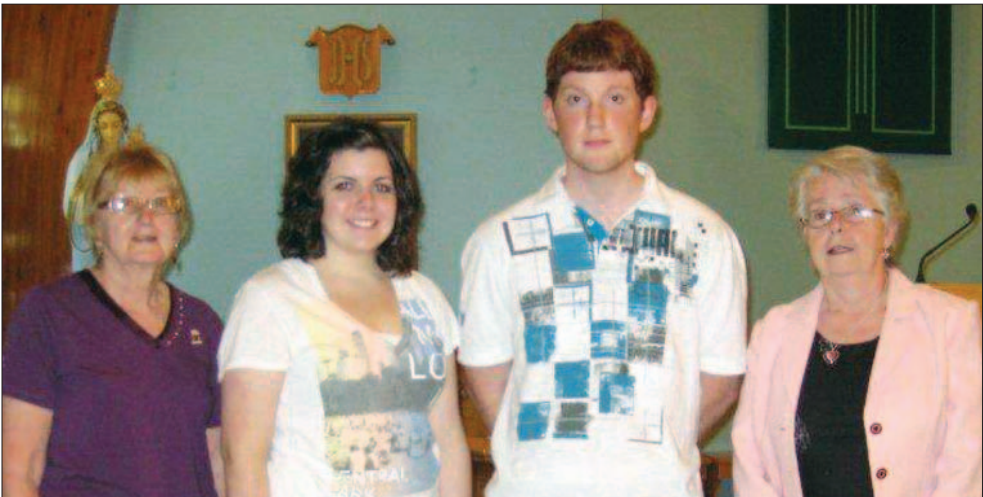
14 Wing Summer Camp Staff 2010

CWL Education Bursaries 2010

Submitted by: Shirley Penney, CWL Communications Chairperson
In June, the Catholic Women's League presented Education bursaries to West Kings High School Grads, Brianne Muise & William MacFarlane. Congratulations!
(L-R) CWL President - Marlene Deal, Brianne Muise, William Macfarlane, CWL Health & Education Chairperson - Wanda MacInnis.

Summer Camp Here We Come

Let the summer begin because this week is our first official week of camp! The three camps will be getting together a lot this week because it's a tri-camp kick off themed week! Monday, we will be starting the day of with some ice breaker games with all three camps. Tuesday, Day and French Camp will be heading to the Apple Bowl to play some games that will be set up, while sports camp will be doing their thing in the gym. Wednesday, the Canada Games Winter torch will be coming to visit the camps at the Community Centre and we will be involving all three camps in lots of group activities. Thursday, we will be back into our own camps doing some of our normal camp activities. Last but not least, the three camps will get together Friday for a camp wide dodge ball tournament in the gym! Our staff members this year are extremely excited to see returning campers and meet some new campers this summer! All three camps have a great summer planned for all aged campers including lots of activities, games, crafts, and trips! We are ready to make some new camp memories, so grab your sunscreen, towel, swimwear, and lunches, its off to summer camp you go!



AIR QUALITY HEALTH INDEX (AQHI)

1	2	3	4	5	6	7	8	9	10	+
RISK: LOW			MODERATE			HIGH		VERY HIGH		
1-3			4-6			7-10		10+		

The Air Quality Health Index is a scale from 1 to 10+ that relates outdoor air quality to health risk. Want to know about the outdoor air quality in Nova Scotia?

Be air aware and visit www.airhealth.ca for details today!



Friends of the Greenwood Library Society

Submitted by King Lion Bob Lyle

Kingston Lions present a cheque for \$300.00 in support of the "Adopt-

A-Book" program sponsored by the Friends of the Greenwood Library Society. Through this program Best Seller

Books will be purchased and placed in the 14 Wing Public Library. Because of the need, this Registered Society was formed and has five Directors and a present Membership of 15 with a primary objective to raise funds to buy needed Books for the Library. A special thanks

to the Kingston Lions Club for their generous donation. Pictured in the photo from left to right are: Lion Chuck Calder, Librarian Judy McCool, Joanne Sealby President of the Friends of the Greenwood Library Society and King Lion Bob Lyle presenting the cheque.



(Image Submitted)

Grand Chief Membertou 400



(Image submitted)

Submitted by 14 Wing's Employment Equity Diversity Council

On 24 Jun 10, five members of the Wing's Employment Equity Diversity Council (EED) travelled to Port Royal National Historic Site, Annapolis County to take part in the Re-enactment of Grand Chief Henri Membertou's baptism. The celebratory Mass and re-enactment were delivered in English, French and Mi'kmaq. There was an opportunity afterwards to enjoy the celebration feast – and to taste moose meat, salmon, bannock. There were also cultural demonstrations on the grounds.

The EEDC members took part in this event as part of the Wing's commitment to Aboriginal Awareness.

Head Honcho Head Shave; Let's Make Their Hair Fall!

14 Wing Greenwood will once again be hosting another Terry Fox Run on Sunday September 19th, and this run will be part of the 2010 Wing Welcome which will start on Friday September 17th. However, this year's Terry Fox Run will be a special occasion because it also marks the 30th anniversary of Terry's Marathon of Hope.

To help celebrate this remarkable anniversary, 14 Wing will also be participating in the Terry Fox Head Shave, known as the Great Canadian Hair "Do", for the second time! This wonderful event is scheduled to take place on Friday September 17th at 3:45 p.m. in the Back Bar of the Annapolis Mess.

In 2008, the former 14 Wing CWO JK Hamalainen and WComd Col DW Joyce set a goal of \$5,000 to have their heads shaved and help raise funds for cancer research. The response and support from 14 Wing and the surrounding communities was overwhelming and, as a result, over \$6,500 was raised. In addition, a total of over \$11,000 was collected for the Terry Fox Foundation, in combination with the funds raised during the Terry Fox Run!

This year, 14 Wing CWO JM Jardine and WComd Col WF Seymour have agreed to support this worthy cause and shave their heads if \$7,000 is raised. Plus, for the first time ever,

another head, which will be a squadron CO, will be shaved for every additional \$1,000 collected, and the WAdminO LCol Smith McBride is willing to lose her locks if \$12,000 is raised! However, not one single hair will fall from the head of the WCWO or WComd unless the \$7,000 goal has been reached, and the other participants are only willing to do the same if their respected goals have been achieved.

In order to achieve this goal, several fundraising initiatives are being planned to ensure that the funds will be raised and their locks will fall. Please note that if the goal is not reached then all individuals involved will get to keep their locks but all monies raised will be donated to the Terry Fox Foundation as a 14 Wing Terry Fox Charity donation.

In order to monitor the funds collected, it is our plan to once again place the Fundraising Thermometer adjacent to the 14 Wing Head Quarters. Please note that this sign will be updated bi-weekly so the status of this great fundraising initiative can be displayed.

If you have any further questions about this wonderful event or if you are interested in volunteering, then please contact Eric MacKenzie, at the 14 Wing Community Centre, by calling 765-1494 ext. 5337.

THE GREAT CANADIAN "HairDo"
A single dream. A world of hope.
The Terry Fox Foundation
14 WING GREENWOOD

HEAD HONCHO HEAD SHAVE

Wing Commander
Wing Chief Warrant Officer
Will Lose Their Locks
17 September 2010
Annapolis Mess Back Bar
1545hrs

\$7,000.00 Goal
for every additional \$1,000.00
a CO Will Lose Their Locks
\$12,000.00 Goal
W Admin O Will Lose Her Locks