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14 WING • ESCADRE 14 GREENWOOD, NS
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By Eric Plante, Fitness coordinator, OPI Run the Runway

Under ideal conditions, the fourth edition of the Run the Runway June 24 went very well.

Over 500 people took part, including military, retired military, Department of National Defence and Non Publicly Funded employees and family members. This event is the first event of the wing commander's new Health and Fitness Strategy, an initiative instituted by Colonel Bill Seymour to get our people healthier and fitter through certain fitness, sport, recreation and health promotion events.

Participants arrived wearing their red "Support the Troops" T-shirts and registered with volunteers from the community centre, under the guidance of Eric Mackenzie, community recreation coordinator. Members of the Greenwood Family Resource Centre were set up to sell their "Support the Troops" T-shirts. When registration was complete, everyone gathered at the start line for an aerial photo by the CH 149 Cormorant helicopter, supplied by 413 Squadron, and by the 14 AMS Wing imaging technician standing on the sky jack. The 14 Wing Nijmegen team was introduced

...continued page 3.





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#### Page 2

## More fit, more healthy Base sets sights on energized fitness strategy

By Sara Keddy, Managing editor, The Aurora Newspaper

Not only are there the health and wellness benefits to being physically and mentally fit, there is a certain element of

"From intersectional sports to recreational days or aquatics opportunities, sure, there's a competitive element on any base – including 14 Wing," says Mike Taylor, the manager of Personnel Support

Programs.
"We're going to kick it up a notch."

Wing Commander Colonel Bill Seymour has set a goal to re-invigorate the base's health and fitness strategy.

"More fit, more healthy that means more people are ready for Operation Next. There's a focus on deployment readiness - the demands are higher, and also general health and wellness.

When former Wing Commander Colonel Derek Joyce set a wellness plan in motion in 2008, it timed well with the imminent release of the Canadian Forces' health and fitness strategy that revolved around members challenges meeting physical fitness expectations. Joyce's emphasis on wellness did see more people at the gym, at physical activity-based events and "wellness" was definitely a "buzzword on the base, Taylor says. This time, the focus is on the health and fitness of the forces' personnel for operational readiness.

"Canadian Forces' members in general continue to face some significant challenges – weight levels, stress levels...," Taylor says of the 2008/2009 national Health and Lifestyle Information Survey. "The reinvigorated 14 Wing health and fitness strategy will continue to address health and fitness issues from our local



Wing Commander Colonel Bill Seymour kicks off the 2011 Run the Runway June 24 - and the year's health and fitness strategy focused on personnel.

perspective."

Seymour and Taylor are both confident with the past few years' effort to build increased wellness into base life. From family-focused snowshoe outings to the inter-base competitive sports leagues, 'we can show our base has come a long way," Taylor says.

"The key to continuing success is buy-in from



The 14 Wing Nijmegen team puts a few more training kilometres under foot, taking part in the Run the Runway event. (Images: 14 AMS Wing Imaging)

leadership on down. We need significant support, and we have that here at 14 Wing."

Seymour says wellness is included as a general concept, 'but it's hard to measure.

"How do we gauge what we're doing? I'm not looking

everybody - from the for so much statistical information, but there are numbers that can tell us we're fit, we're ready to deploy. I can work on that.

The end result of a fit forces membership? Personnel who meet Canadian Forces' standards, but also healthy people less likely to hurt themselves on the job, take sick leave for stress-related illnesses, develop conditions including diabetes or heart disease - and have some fun along the way.

Included in the 2011/2012 health and fitness strategy are more fitness-focused events, starting with September's Terry Fox Run, an interunit volleyball tournament and the Boomer's Legacy cycling challenge. Increased emphasis on the wing health promotion program will also be prominent. Seymour kicked off the initiative June 24 at the 4th annual Run the Runway event, with 500 people on the tarmac. Potential incentives for personnel who meet individual fitness targets, and prizes for units who rack up participation points at basesponsored fitness events, are being considered.

"And, there's pride," Taylor adds



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## Nom du membre des Forces canadiennes décèdé de blessures non liées au combat

Le 26 juin, le brigadier-général Dean Milner, commandant, de la Force operationnelle interarmées-Afghanistan, a annoncé le nom du membre des Forces canadiennes qui a été trouvé mort de blessures non liées au combat le 25 juin.

Le Caporal-chef Francis Roy du Régiment des Opérations spéciales du Canada basé à la BFC Petawawa, Ontario, servait avec la Force opérationnelle des Opérations spéciales en Afghanistan.

Une enquête du Service national des enquêtes des Forces canadiennes est présentement en cours afin établir les circonstances de cet incident.

## Name of Canadian Forces member who died from non-combat related wounds released

June 26, Brigadier General Dean Milner, Commander, Joint Task Force Afghanistan, announced the name of the Canadian Forces member found dead from non-combat related wounds June 25.

Master Corporal Francis Roy, from the Canadian Special Operations Regiment based at CFB Petawawa, Ontario, was serving in Afghanistan as a member of the Special Operations Task Force.

The incident is under investigation by the Canadian Forces National Investigation Service.

## Run the Runway 2011!

...cover story continued. - arriving just on time after a little hike of 25 kms. They will be participating in the famous march held in Nijmegen, Holland staring July 19.

Seymour and Wing Chief Warrant Officer JM Jardine kicked off the pre-walk/ run with opening remarks, followed by a warm up led by Carl Brown, a fitness and sports instructor. On "go, all participants took off running and walking, led by a military police cruiser driven by Sergeant Ken Grossett. The first water station was set at the 1.25 kilometre mark, where walkers turned around and



(Image: 14 AMS Wing Imaging)

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second water point was for the runners, set at the 2.5 km mark of the runway.

Although not deemed a race, for the second year in a row, Master Corporal Tim Keith from Aldershot finished in first place, with a time 18:30, with a 15-year-old coming in just 10 to 15 seconds behind him.

As participants crossed the finish line with great enthusiasm, PSP staff members were on hand providing much needed water and were directed to go to the Fitness & Sports Centre to pick up a "Strong and Free Canada" T-shirt and much needed healthy snacks.

JUST IN

This year's Run the Runway was successful due to the many volunteers and the wing for supplying the equipment necessary to host such an event. Thank you all for participating, and also thanks to the wing commander and unit commanding officers for allowing people to participate and strengthen the culture of health and physical activity at 14 Wing Greenwood. Many thanks to my co chairwoman, Captain Catherine Chabot, and Fitness & Sports Centre staff who always provide exceptional services to our military personnel and the community.









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From left are Lisa Jessome, A/Regional Director Client Services, Atlantic; Peggy Nash-Butt, Client Service Team Manager, Halifax; Katherine Morrow,

> Appeals Unit, Charlottetown; and Tony Sweet, District Director Advocacy Services, BPA.

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## **Veterans Affairs** Canada visits 14 Wing

**By Officer Cadet** Lisa White, Wing Personnel Administration

As part of the on-going improvement for Canadian Forces personnel, veterans and their families, Veterans Affairs Canada (VAC) has been conducting town halls across the country advocating the programs and services available through the New Veteran's Charter (NVC).

June 14, Assistant Chief Military Personnel Brigadier General (BGen) Madower and a team of senior VAC delegates afforded both retired and serving personnel an opportunity to hear about recent changes to the NVC, followed by a question and answer period.

Madower and the senior VAC delegation team

participated in a series of demonstrations conducted by various units at 14 Wing. 404 Squadron provided a static display of the CP-140 Aurora, along with a familiarization of the functionality and maintenance requirements of the aircraft. 413 Search and Rescue Squadron displayed rescue manoeuvres. The demonstrations were summed up with a briefing at 14 Air Movements Squadron regarding the complexities of fuel cell repair. The intent of these demonstrations was to convey the often rigorous and demanding conditions military personnel are exposed to. The senior VAC delegates readily participated, with the expectation of gaining firsthand knowledge of the sometimes adverse working conditions associated with serving personnel.

To conclude the visit, Madower and the senior VAC delegation team were welcomed by a filled-to-capacity theatre at the Birchall Training Centre. VAC representative Katherine Morrow gave a brief overview of the projected changes of the NVC, expected this fall. These changes were a direct result of recognizing the previous VAC charter was inadequate in meeting the needs of veterans and their families. The NVC will introduce a comprehensive approach to treating veterans, as well as their families. Attendees of the town hall were also provided with a chance to ask general questions of a panel of VAC experts. Those requiring more in-depth responses were given an opportunity to speak individually with VAC representatives.

All in all, the event successfully relayed a concise version of the collaborative efforts being put forth on behalf of veterans and their families. For information. visit www.vac-acc.gc.ca.



Congratulations go out to Jerry and Pat Meade (nee Pat Flemming) of Greenwood, NS on the occasion of their '50th" Wedding Anniversary. They were married on July 8th, 1961 in St. Anne's Church in Portuguese Cove. Jerry and Pat have been blessed with 2 sons; Paul and Stephen (Trisha) Meade. Also 6 grandchildren; Michael (Maryann), Matthew, Zachery, Benjamin, Madison and Alex. In addition, they have 3 great grandchildren; Alycia, Jacob and Isabella Patricia. A celebration of family and friends will be held at the home of Barbara Flemming (sister of the groom) and a gathering of friends will be held in Greenwood at a later date.



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26 Canadian Forces Hospital Greenwood Nursing Officer Captain Denise J. Olson shaking hands with author and Holocaust survivor Philip Riteman.

(Images Private Alex Bouchard, 14 AMS Wing Imaging)

## Riteman shares story of survival

By Sara Keddy, Managing editor, The Aurora Newspaper

Philip Riteman's book is a story of survival and strength - and it doesn't end now that it is in print.

The Second World War Holocaust survivor made his second visit to 14 Wing Greenwood June 22, hosting a book signing event for his life story, "Millions of Soul." He first spoke of his personal experiences in February 2010, hosted by Wing Commander Colonel Bill Seymour. That presentation is available on DVD from the base learning centre.
"It was never my

intention to write a book or tell the story of my life, but so many people were after me. I survived; many times, I wished I hadn't.'

Riteman is the sole surviving member of his family: his parents, five brothers and two sisters, aunts, uncles and cousins all died in concentration camps during the war. He spent 40 years keeping the memories and pain to himself. When he was first asked to speak of the Holocaust 20 years ago, he did so reluctantly; now, he speaks regularly to schools, groups and communities. He has been awarded honourary degrees from both St. Thomas and Memorial universities, and an Order of Nova Scotia, for his work. Proceeds from the sale of his book support the Atlantic Jewish Council's Holocaust Education Fund.

"All of you living in Canada are living in heaven. You don't know how lucky you are. Canada, Great Britain, the United States – you fought evil, and thank God you won. Many gave up.

Riteman speaks for the 'thousands and millions" killed because of their race, beliefs or what seemed to be any reason at all.

"I beg you: don't ever hate anyone. Don't ever let anyone brainwash you. Stand up against evil.

'Evil is always around don't give it a chance to do something bad.'

He admits he "never in my life" thought what happened to him and his family would ever have taken place, "but it did.

"I wrote the book to tell you it could happen to you or your children or your grandchildren."

He urged those attending the book-signing to cherish their ability to call police when in trouble, their armed forces when in danger of being conquered.

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Falcourt Inn owner-operators Dianne and Derek LeGard Perfect Pear Dining Room: he calls it a welcoming and without a name for the first weeks. When he designed his Valentine's Day Menu, he devised a potato serving moulded to look like a pear. A guest described this as a perfect pear, and Chef Scott realized how many meanings there are for that phrase: the pairing of his potato dish with the food on the plate is perfect; Chef Scott and the Falcourt Inn are an ideal combination. The historic beauty of the Falcourt Inn pairs with its central Annapolis Valley location to be an accessible destination for a broad area. Naming the dining room The Perfect Pear celebrates all of these arrangements.

Chef Scott is excited about the atmosphere in the improve at the same time."

welcomed Chef Scott Foeller to the Inn in January of 2011. relaxed place without anything pretentious. Dinner guests Chef Scott's new approach to dining at Falcourt operated can enjoy excellent, professional service and quality, love-filled food prepared by Chef Scott [and his sous-chef Sonja Sapach].

> "I like wowing people," says Chef Scott, his eyes bright and his excitement expressed in gestures as well as words. "We are offering good food in beautiful surroundings and really reasonable prices. I like people receiving their food and being sated with their eyes. I like them tasting it and wanting more, and when they leave they are leaving fulfilled."

Chef Scott moved to Greenwood when his wife, Major Christine Drab, was posted as Commanding Officer of the Innkeeper Derek LeGard is generous in his praise for 14Wing Health Unit. Their daughters, Chenoa and Saje, the new dining facilities. The menu is new and unique. It now attend school at Ecole Rose-des-Vents. "Everywhere changes with the seasonal availability of fresh food. "Any- Christine goes takes me to a new place," says Chef Scott. one who has not yet sampled the cuisine at The Perfect "It is good. Change prevents complacency and laziness. Pear can't say they have dined at Falcourt," says LeGard. For me, change is a chance to prove myself again, and I

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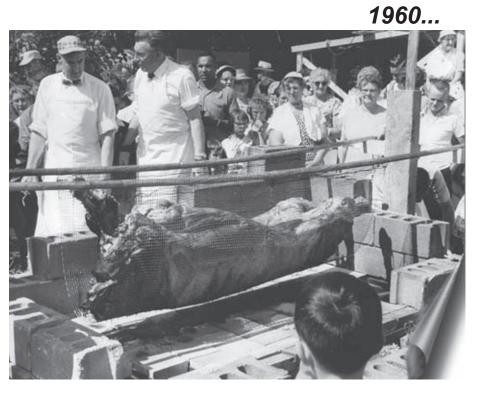


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We begin our history of New Englanders' Planters' Bicentenary. The late R.A. Boates, President of the Kingston & District Board of Trade, and General Chairman of the various committees; fourteen in all were formed. Three thousand pounds of local beef were barbecued on charcoal and propane gas burners in a field owned by the late Philip Devine. Three thousand pounds of local beef were barbecued on charcoal and propane gas burners in a pit starting around midnight

week following the event, a local newspaper published an article on the 1st Kingston Steer BBQ titled "Five thousand beef lovers have their fill at 3,000 pounds at barbecue". Thus the stage was set for what has become an annual event

In most recent years the steer is carefully wrapped and barbecued in a steel container over a large bed of charcoal at very high temperatures. The Kingston Lions take turns rotating the into burger bits, what the Boates' son Stephen Boates Steer BBQ is famous.

A couple of years ago the Village of Kingston held a contest to name the big black steer mascot which stands prominently on Hwy #1 in the area close to the BBQ grounds. The winning name was drawn and the announcement made the Steer had been officially named Kingsley. What is noteworthy is that the gentleman who submitted the winning name is none of Kingston.

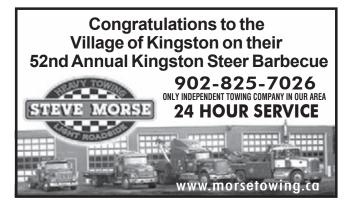
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fair held in the arena, a dunk tank, family games, motorcycle show and shine, a beer garden at the Centennial Park, Bingo and the famous judging of the Udderly Delicious Dessert Bake off. The musical entertainment includes various bands performing and the big dance held in the arena is the final event.

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## **52nd Kingston Steer BBQ & Village Fair**

JULY 8TH - 9TH, 2011

PRESENTED BY THE KINGSTON LIONS CLUB, the VILLAGE OF KINGSTON and the **ROYAL CANADIAN LEGION Branch #98** 







#### FRIDAY, JULY 8th "Entertainment for Young & Old"

6:00 - 9:30 p.m., Bands: Speed of Dark, Little Tim, & Smil E Guy 6:00 - 9:30 p.m., Hamburgers, Hot Dogs, French Fries, Pop & Water sold by The Royal Canadian Legion - Branch #98

#### **Kingston Fire Dept Chili Fund Raiser**

Come see the new fire truck & show support for the Fire Fighters & MD

#### Fire Works at Dusk

Sponsored by The Village of Kingston

#### **SATURDAY, JULY 9th**

7:00 - 9:30 am

**FAMILY BREAKFAST** Kingston & District Fire Hall, Sparky St.

10:45 - 11:45 am

GRAND STREET PARADE (Main St.) Sponsored by Exit Realty, Greenwood

10:00 am - 6:00 pm CRAFT FAIR - In the Arena

11:00 am - 6:00 pm

**FOOD SERVICES** Burger Bits & Fries, Hamburgers, Hot Dogs, French Fries, Poutine, Strawberry Short Cake, Cotton Candy, Milk Shakes, Pop, Water,

Tea & Coffee

11:00 am - 6:00 pm FUN & GAMES - with Bounce Kingdom (Bounce Castle, Obstacle Course & Castle Slide, Bungee Race, Jousting), Train Rides

#### **12:00 NOON** STEER TAKEN FROM BBQ PIT

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

12:30 pm **GUEST & PRINCESSES LUNCHES - in Arena** 

BINGO - In the Arena, upstairs 1:00 - 5:00 pm

2:00 - 3:00 pm

**UDDERLY DELICIOUS DESSERT** JUDGING CONTEST - Sponsored by: Best Western Aurora Inn - in Arena

#### **Entertainment**

**Princesses & Guest Introductions** 12:00-1:00 pm 12:30-1:00 pm 14 Wing Concert Band - in Arena 1:00 - 2:00 pm **David Burbine & Traditional Country** 2:00 - 3:00 pm **Dance Conxion** 

3:00 - 4:00 pm Allen Butler 4:00 - 5:00 pm Vintage

5:00 - 6:00 pm **Best of Intentions** 

> 9:00 pm - 1:00 am **Dance at the Legion Auditorium** with STRAIGHT OUT

This event would not take place without the help of all the community volunteers THANK YOU.

#### **Congratulations Kingston** on your 52<sup>nd</sup> Steer Barbecue

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## Catholic Women's League update

June 15, a gathering of women from the Queen of Heaven Catholic Women's League (C.W.L.) and St. Mark's Protestant Chapel Guild met at St. Mark's in celebration and thanksgiving. Seven months of renovation have culminated in a beautiful new annex at St. Mark's, and this was the guild's chance to thank both the C.W.L. and the Queen of Heaven congregation for welcoming St. Mark's congregation – and, in particular, the guild - into its facility during the renovation. The ladies from the C.W.L. were given a tour of the renovated area, including the new kitchen, before refreshments were served.

## Join trip to Halifax Market

By Amy Snow, GMFRC, Coordinator of Deployment Services

What better way to spend a Saturday then exploring the unique culture of the Halifax Seaport Market.

This market has it all, from Andrea's Jewellery Design to Your Main Squeeze Juicery. Join the Greenwood Military Family Resource Centre's trip July 23 for a fun-filled day. This will be a great opportunity to shop at a variety of unique vendors as well as try some interesting and delicious food. The bus will depart the GMFRC parking lot at 8:30 a.m. and returning at approximately 4:45 p.m. Childcare will be provided from 8:15 a.m. to 5 p.m. at the GMFRC (free for deployed families).

Space is limited, so register early. Call 765-5611 by July 18.

## Le marché d'Halifax en folie

Par Amy Snow, Coordonnatrice des services de déploiement du CRFMG

Quelle meilleure façon de passer un samedi, que d'explorer la culture unique du marché du port d'Halifax.

Ce marché vous en mettra plein la vue. Des bijoux fait à la main par Andrea's Jewellery Design jusqu'au jus fraîchement pressé de Juicery Main Squeeze, le marché du port d'Halifax a tout de A à Z et pour tous les goûts ! Alors, venez passer une journée fantastique le 23 juillet. Vous aurez l'occasion d'acheter des produits auprès d'un large éventail de fournisseurs ainsi que d'essayer des aliments intéressants et délicieux. L'autobus partira du stationnement du CRFMG à 8h30. Nous serons de retour vers 16h45. Le service de garde d'enfants sera assuré de 8h 15 à 17h au CRFMG pour ceux qui le souhaitent. Le service de garde est gratuit pour les familles en déploiement mais il y a des frais pour les membres de la communauté.

Pour s'inscrire, veuillez téléphoner à la réception au 902-765-5611 avant le 18 juillet.



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The pre-refurbished Argus will anchor the museum's air park displays.

The Lab helicopter stored at 10 Hangar will make its way to the museum's air park July 11.

(Images M. Uhlman)

# Two BIG moves at museum

By Malcolm Uhlman, Greenwood Military Aviation Museum

The Greenwood Military Aviation Museum has an exciting "double header" coming up.

Weather permitting, July 10, the Argus 717 will be towed back to its display pad across the Canex parking lot. Seeing such a colossus inching along, one can only imagine how such a giant could have flown. A volunteer team from 14 AMS and 404 Squadron are dedicating their Sunday to restoring the Argus to its place of prominence next to the main gate of 14 Wing Greenwood and the entrance to the museum. The Argus will sport a fresh coat of paint and markings, completed again by a dedicated group of volunteers from 14 AMS, which battled Mother Nature with her spring winds and rains. The team completed the refurbishment and painting of this giant in an unprotected outdoor setting.

July 11, a team from IMP have offered to tow the CH-113 Labrador helicopter, stored in 10 Hangar, through the main gate to its new display pad in the museum's air park between the Argus and the T-Bird.

Museum staff and volunteers are anxious to see and offer aviation enthusiasts a new look at the air park this summer. The museum is open every day from 9 a.m. to 5 p.m.



## **PARSONS MOTORS**



### **New RV Sales locations Open at** 56 Brooklyn St. Middleton



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Parsons Motors RV Center also owning an RV? Parsons Motors RV carries the Rockwood Roo a hybrid Center can make it easier than you model that offers all the features of a think. They offer a Full line of RV's to travel trailer but also has Tent Bunks to maximize floor space.

In addition, Parsons Motors RV to enjoy the outdoors and they can be Center has a large inventory of Travels trailers ranging in size from 18ft. to 35 ft. and starting at \$18,995.



This drum-style bear trap was set June 28 off Daffodil Street to, hopefully, live capture a black bear spotted in the nearby PMQ area. (Image by S.Keddy)

## Visiting bear spotted in PMQs

By Sara Keddy, Managing editor, The Aurora Newspaper

A black bear roaming the backyards of Rose Street after supper June 27 startled residents.

A wing wide notice the next morning advised residents to watch for further sightings, and keep their distance from a live trap set by the Department of Natural Resources on Daffodil Street nearby.

DNR forestry technician Webster Andrews says the barrel-style trap, which sits on a trailer, is an effective way to capture a bear – if it is still in the area.

"There won't be a bear in keep their garbage under control," Andrews says.

"It is common to see them don't be surprised. Bears are looking for easy food, and green bins and BBQs are easv.

Andrews says bear complaints seem to be on the rise, as his department has been busy in various neighbourhoods

"They're looking for food. They're not hunting people, they are hunting food.

No food no bears he says If the Daffodil Street trap

doesn't catch a bear in a couple of days, Andrews said it would be moved. The bear could also have wandered along on its own. If it is caught, the bear will be moved and released in a more remote area.

Any further bear sightings should be reported immediately to the 14 Wing duty watch officer (765-5457 ext. 5457) or 14 Wing Military Police (765-5111 ext 5544).

#### **Keeping bears** at bay

Practicing some preventative steps can reduce the odds of attracting bears. Find out more from the provincial the community if residents Department of Natural Resources' website, www.gov. ns.ca/natr/wildlife/nuisance/ bears.asp.

#### At home

- Store garbage indoors or in metal, bear-proof containers. On collection day, put garbage out as close to pickup time as possible.
- Never put meat, fish, bones or seafood shells in the compost. Put meat or fish scraps in a plastic container or bag and store in the freezer until collection day.
- Turn compost often to prevent odours and hasten

decomposition. Apply lime to reduce odour.

- Keep your green cart in a shady area, away from forest cover. Rinse your cart periodically.
- Keep barbecue grills clean and free of grease. The smell of a BBQ may attract a hungry bear. Store the barbecue indoors if possible.
- If pets are fed outside, remove spillage and leftovers promptly. Remove bird feeders once their natural food sources are available. If you continue bird feeding, and if a bear has been seen in your neighbourhood, put feeders indoors at night and clean up spillage.
- Pick fruit and berries growing near your home that may attract bears. Even if you don't want the fruit, dispose of it before attracts a bear's attention.

#### If you encounter a bear

- Stay calm.
- Try to keep up wind from the bear as you leave the
- Speak in a firm, authoritative voice and slowly back away. Do not look the bear in the eyes.
- Leave escape routes open for the bear.
- If the bear begins to follow you, drop something - not food - to distract the bear as you move away.
- Do not make threatening gestures or sudden moves unless you are being attacked.
- Never run or climb a tree. Bears excel at both activi-
- If a bear attacks you, fight back with anything and everything you can, and make a lot of noise. Do not play dead. Use pepper spray if you have it.



#### **WLEO Charity Golf Tournament**

In Support of the IWK Children's Hospital

Everyone Welcome 19 August 2011 at 14 Wing Greenwood Golf Course Registration deadline – 4 August 2011 Cost \$50 (Includes 18 holes of golf, steak dinner and prizes) Registration Time 8:00 a.m. Tee-off at 9:00 a.m. Contact Roger Walsh at local 5109 or Sgt Strickland local 1919

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## The Aurora Newspaper Offices will be closed to allow for block leave from Tuesday July 26, 2011 until Monday August 8, 2011. Returning at 8:00 a.m. Tuesday August 9, 2011.

There will be no newspaper published on August 2 and August 8, 2011!



July 03 - July 09

#### ARIES - Mar 21/Apr 20

Social interaction will put a smile on your face, Aries. This week you will find you spend a lot of time with friends, simply enjoying their company.

#### TAURUS - Apr 21/May 21

Taurus, if you question too many things, you will never get anything accomplished. Ambivalence leaves you feeling paralyzed. It's time to make a move

#### GEMINI - May 22/Jun 21

Recent admissions by someone close to you has you wondering what the ulterior motive could be. Gemini. Take things at face value and don't be so suspicious.

#### CANCER - Jun 22/Jul 22

Cancer, planning a birthday bash takes on new meaning when you're ready to pull out all the stops. If done right, it has the makings of a party to remember.

#### LEO - Jul 23/Aug 23

Leo, regardless of what you believe, the world will keep turning if you don't have ultimate control of everything. Therefore, lighten up and share the workload.

#### VIRGO - Aug 24/Sept 22

Financial concerns come to the forefront, Virgo. Without some assistance, your accounts could dip much lower than you would like. Take action immediately!

JULY 9

#### LIBRA - Sept 23/Oct 23

Libra, focus on personal issues that need to be resolved. Once you tackle these things, you will have more free time to devote to guilty pleasures that have been

#### SCORPIO - Oct 24/Nov 22

Scorpio, you and your spouse or partner don't see eye-to-eye on many things. This can lead to misunderstandings that need to be resolved. Have a little patience.

#### SAGITTARIUS - Nov 23/Dec 21

Sagittarius, a relationship that you thought might be long-term has ended prematurely. Don't dwell on what might have been; move on to greener pastures this week.

#### CAPRICORN - Dec 22/Jan 20

Capricorn, matters of the heart must be temporarily set aside because you have other pressing requirements. Just don't neglect family life for too long.

#### AQUARIUS - Jan 21/Feb 18

Aquarius, sometimes you have to lighten up or people may not want to spend time with you. Now is the time to let loose and enjoy yourself. Try to make new friends

#### PISCES - Feb 19/Mar 20

Don't get too lost in your own thoughts this week, Pisces. You need to be focused to handle a few tasks at hand.

#### **FAMOUS BIRTHDAYS**

Julian Assange, Journalist (40) Malia Obama, President's child (13) JULY 3 JULY 4 JULY 5 Shane Filan, Singer (32) JULY 6 Sylvester Stallone, Singer (65) Michelle Kwan, Athlete (31) JULY 7 JUI Y 8 Toby Keith, Singer (50)

Tom Hanks, Actor (55)

Horoscopes brought to you compliments of:

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## **GMFRC** welcomes summer camp leaders

By Kim Dixon, GMFRC, Coordinator of Child and Youth Services

The Greenwood Military Family Resource Centre GMFRC) is excited to welcome this year's summer camp leaders, Katie Therrien and Mick Tanner.

Katie is a recent graduate of West Kings and will attend Acadia University in September to study psychology and

French. Mick has lots of experience working in camps with children and is currently on an internship with the YMCA as the GMFRC community development assistant.

Leaders are planning a summer program filled with fun and adventures for children aged three to five years. There are only a few spaces left in the six-week camp program. Register your child for a summer of fun at the GMFRC.

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 83A 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, firstserved 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.

#### Blood donor clinic

July 4 & 5 Canadian Blood Services will hold a two-day donor clinic at the Kingston Lions Hall. 1 p.m. to 3 p.m. and 5 p.m. to 8 p.m. both days. Please bring identification, new donors are welcome! To book an appointment, call 1-888-236-6283.

Strawberry supper July 7 Roast pork loin and strawberry supper at the Harmony Baptist Church, 4:30 p.m. to 6:30 p.m. Freewill offering.

**Kingston Steer BBQ** July 8 & 9 - 52nd Kingston Steer BBQ & Village Fair. July 8 – entertainment at the Western Kings Arena, 6 p.m. to 9 p.m., BBQ canteen and chili, fire works at dusk. July 9 - family breakfast at the Kingston fire hall. Grand street parade forms at 9:30 a.m. on Old Brook Road, Ravenswood Subdivision, underway at 10:45 a.m. BBQ steer off the spit at noon at

the arena grounds: beef dinner, burger bits and canteens. Games for children, entertainment on stage between 1 p.m. and 6 p.m. Udderly Delicious Dessert Bake-off judging at 3 p.m. Following the judging, dessert portions will be sold. Breakfast

July 9 at the Morden Community Centre, 8 a.m. to 10:30 a.m. in conjunction with the Fundy Shore Yard Sale. The menu will be scrambled eggs, sausage, ham, pancakes, homemade fish cakes, baked beans, toast, juice, tea and coffee. Freewill offering for the hall.

#### Church service

July 10, 7 p.m. There will be a praise service at the Kingston Baptist Church, Main St. Music provided by Graham Morehead & Friends. Freewill offering will be donated to Kingswood Camp. Refreshments after the service. All are welcome.

#### Heart of the Valley parade

July 16 Heart of the Valley Festival, Middleton, IODE children's parade. 10 a.m. at the Macdonald Museum. Registration 9 a.m. to 9:30 a.m. Categories include comic, animal, original, fairy tale. group and miscellaneous. No ATVs, bicycle riders require helmets. Prizes and fun for all, come out and enjoy the parade.

#### Ticket auction

July 17 at the Multi-Addiction Centre, 2080 Bishop Mountain Road, North Kingston. 10 a.m. to 2 p.m.50/50 draw, canteen. Proceeds to the centre. Contact: Dale Veinot, 765-8709.

#### Yard sale

July 17 at the Multi-Addiction Centre, 2080 Bishop Mountain Road, North Kingston, 8 a.m. to 2 p.m. Proceeds to the centre. Contact: Dale Veinot, 765-8709.

#### **Port George Country** Jamboree

The 29th anniversary of the Port George Country Jamboree July 30, rain or shine. Gates open at 7:00 a.m. Pancake breakfast from 7 a.m. to 9 a.m. Giant all-day flea market (200 tables) starts at 7:00 a.m. Eleven hours of fantastic country music by local artists from 9 a m Enjoy fish & chips, strawberry shortcake, lobster rolls, fruit smoothies, hamburgers and

hotdogs. Watch the little ones having fun in the bouncer and riding the kiddie train. Kids can enjoy face painting, the duck pond and our lolly pop pull for prizes. Supper 4 p.m. to 6 p.m.: homemade baked beans with ham and potato scallop, dessert, tea or coffee. Call 825-3860 for camping information. This is a family event: no alcohol allowed. For more info, call 765-3225 or check out www. countryjamboree.ca

#### **Vacation Bible school**

August 1 to 5 Panda Mania Vacation Bible School, Middleton Baptist Church, 9:30 a.m. to noon each morning. All children age 3-grade 5 are welcome to come to this awesome day camp! Free registration. For info or to register, phone Holly Gosbee, 825-3537. Online registration: www.middletonbaptist.

#### Farmers' market

Are you a local group or non-profit organization looking to do some fundraising? The Greenwood Mall Farmers Market allows one group or organization per week to set up FREE! Have a BBO. sell raffle tickets - all in the name of a good cause! Call Jennifer, 840-0890, to book vour space.

#### BIANS - Brain Injury Association of Nova Scotia - Valley Chapter

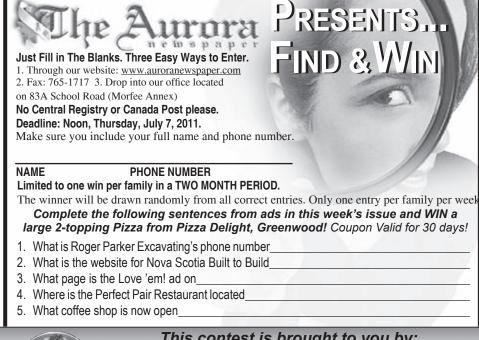
Valley Regional Hospital, Kentville – Support meeting every third Thursday of the month, 6 p.m. to 7 p.m. and the general meeting from 7 p.m. to 9 p.m. Valley Chapter executive; Soldiers Memorial Hospital, Middleton - every 3rd Wednesday of the month, 7 p.m. to 9 p.m.; Annapolis Community Centre, Annapolis Royal - every second Thursday of the month, 7 p.m. to 9 p.m. For information, contact Barry Schaffner, 902-582-7443; Jake MacDonald, 902-542-4289

#### Church service

Sundays 9:45 a.m. Sunday school, 11 a.m. and 6 p.m. worship services at the Fellowship Baptist Church, 174 Bridge Street, Melvern Square. 765-6361.

#### **Church service**

You are invited to attend the Sunday morning worship service at New Beginnings Centre, 1151 Bridge St., Greenwood. We are an Evangelical church. Everyone is welcome to the service, which includes a children's program. New Beginnings, 765-8155.





This contest is brought to you by:

Pizza Delight, Greenwood 765-4477

Congratulations to last week's winner: RITA BOURASSA

## 4 Wing hosts Atlantic region ball hockey

By Graham D White, Sports coordinator, 14 Wing Greenwood

14 Wing Greenwood hosted the Atlantic Region Ball Hockey Championship June 20 to 24 at the Greenwood Gardens Arena. Four teams participated: Halifax, Gagetown, the 2010 defending champions 12 Wing Shearwater and 14 Wing Greenwood. Wing Commander Colonel Bill Seymour dropped the ball for the first game, between Greenwood and Gagetown.

Gagetown came out strong, and it was evident they had been playing in a league prior to the championship. This was the first real game the Greenwood team had played. As the game went on, the home team's play improved; scoring chances went back and forth and the game ended in a scoreless tie. One of the rules stated all tied games must have a shoot out, if it's required as a tie breaker for teams to advance. Greenwood came out on top.

Next, Halifax played the defending champs Shearwater, a seesaw battle from start to finish. Shearwater came out on top 8-5.

The last game of the first day had Halifax playing Greenwood: as Halifax had already suffered a loss, it made this game very important for them. Even though Greenwood was shorthanded, five on three for nine minutes of the first period, they kept themselves in the game and only gave up one goal during this time. Back at full strength, Greenwood seemed to have a little edge, but the game ended again in a tie, 3-3. Again, shootout was required and, once again, Greenwood was victorious. This left Halifax in a tight spot: they would have to beat Gagetown in the final round robin game.

Day two started off with Shearwater vs Gagetown. Both teams already having recorded points in their first game, the winner would have a good shot at a bye to the final. Gagetown played well but, once again, the defending champs proved too strong, winning 6-3.

The next game was Halifax vs Gagetown, Halifax's last chance for a chance at a crossover. Despite a valiant effort, injuries and some old legs from Halifax, Gagetown played a very good game and proved to be the stronger, defeating

Level: Beginner

#### **Fun By The Numbers**

Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Sudoku brought to you compliments of:



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Halifax 5-1 and earning a spot in the semi-final.

The last game of the round robin had Greenwood facing Shearwater to determine who finished first – and who would earn the important bye to the finals. In a game that went back and forth for two periods, Shearwater came out on top 3-1.

This set up a rematch between Gagetown and Greenwood, deciding who would move on to play the defending champions in the final. It proved to be a rematch of their round robin meeting: end to end for two periods, then Greenwood taking a 1-0 lead, Gagetown tying things up, then Greenwood taking the lead again. Things stayed 2-1 until the last 52 seconds, when Gagetown tied things up. It looked like overtime for sure but, with five seconds left and an unfortunate turnover by Gagetown, Greenwood took advantage to win 3-2 - and a earned a rematch with Shearwater for an all-Air Force final.

Greenwood had grown throughout the round robin, a much better team and looking forward to the chance to win the championship. The final started out with some chances for both teams, and then Shearwater took a 1-0 lead with eight minutes left in the first period. With 13 minutes left in the game, Greenwood realized it was now or never. Shearwater, with lots of legs left, were able to capitalize on Greenwood taking its chances to take a 3-0 lead with only three minutes left in the game. Shearwater kept up the pressure and defend their title as regional champs.

The tournament MVP award went to 12 Wing Shearwater's Master Corporal Barry Noseworthy. All the best to 12 Wing at the national championship in Borden August 6 to 12.

Ice Cream Word Find

Just in time for warmer weather,

find the hidden words in the puzzle.

ICE

PREMIUM

REFRESHING

TMSQSITUQRMK PRFTGUDFESUE

T R D X

S E Q N A

R E E Z E J L

LPEEAZR

**Ice Cream Favorites** 

Put the flavors in order according to favorite.

Answers: I. Vanilla 2. Chocolate 3. Butter pecan 4. Strawberry

Patrick's Puzzle brought to you compliments of:

S E N O

IDPERL

H O G D C

V S O B I K C M U C

Chocolate

Strawberry

Butter pecan

Vanilla

V B V S G N I P P O T

HQEOEENFOX

P

P

**SUNDAE** 

**SYRUP** 

**TOPPINGS** 

WHIPPED

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**CONE** 

**CREAM** 

DESSERT

**FREEZE** 

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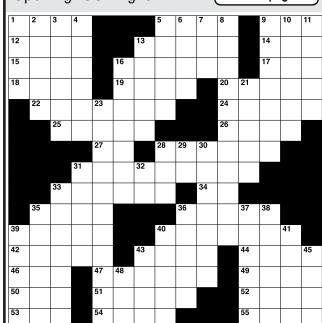


14 Wing's ball hockey base team made it to the June 24 finals of the Ball Hockey 2011 Regional Tournament, hosted in Greenwood June 21 through 24.

(Image: Private Mathieu Gaudreault, 14 Wing AMS Imaging, Imagery Technician)

## **Metro Crossword** Spelling: US English PATRICK'S PUZZLE

Solution page 14



#### ACROSS

- 1. Daminozide
- 5. Celestial body
- 9. Actress Thurman
- 12. Wait for an opportunity 13. K-2 Airbase in S. Korea
- 14. ChildÕs grandmother
- 15. Aquatic reptile (abbr.) and Ladders
- 17. Macaws
  18. Capital of Yemen 19. 8th Hebrew letter
- 20. Travels by water
- 22. Open and genuine 24. Asian country
- 25. Retail sales
- 26. Arabian Gulf
- . Atomic #42 28. Repaired a sock
- 31. A smoky quality
- de, seats you
- 34. Sodium
- 35. Turfs
- 36. Adventure stories 39. Ascetic holy man

- 46. Dekaliter
- 49. Alt. sp. of 13 across

40. An unknown person

43. A pigmented nevus 44. Farthest from the front

42. Alt. sp. for Emir

- 50. They \_\_ 51. Container weight
- deductions
  52. Muslim summons to
- prayer 53. Small amount
- 54. Geological times

#### DOWN

- 1. Basics
- 2. Old Italian currencies 3. Youth loved by Aphrodite
- A formal retraction
   Briefly fry
- 6. 9th Hebrew letter
  - 7. The time someone has existed
  - 8. Perovskia atriplicfolia

- 9. Unassisted 10. AKA spearfish
- 11. Squash bug genus
- 13. Not here
- 16. A cigar with square ends 21. S. Am. mountains
- 23. Condole
- 28. Small gaming cubes
- 29. Article
- 30. Rechristens 31. 18th Hebrew letter
- 32. Atomic #36 33. Created a miniature
- likeness
- 35. Maple or elm fruit
- 36. Shoe bottoms
- 37. Of a main artery
- 38. Gets you a gazundheit
- 39. Egyptian peacemaker
- Anwar 40. Open lesions 41. MN 55122
- 43. MN 55051
- 45. Campaigns for office 48. 1776 female
- descendants ora

Metro Crossword brought to you compliments of:



Come in & check out our **New Parfaits** 

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954 Central Avenue Greenwood

765-6381

\* Source: Internationl Ice Cream Association

Veteran of

the Month

Comrade Kathy

Chapman hails from

Amherst. She joined

the Canadian Forces

in November 1977 as

an aerospace defense

technician, later renamed

aerospace controller

technician, and her

postings included St

Margaret's NB, Comox

BC, North Bay ON,

Chevenne Mountain,

Colorado Springs, US; Sydney NS, Trenton ON;

and CFB Greenwood,

NS, in wing operations

and training. Chapman

was honourably

discharged in 2004 and

joined the Alvin H.

Foster MM Memorial

Branch #098 in 2004.

Chapman is an active

England

## assifie

Classified advertisements, 35 words or less, \$7.00 tax incl. Additional words are 10 cents each plus tax. Bolded text \$8.00 tax incl. If you require a receipt and/or invoice via Canada Post a surcharge of \$1.00 including tax will be added. Classified advertis ing must be prepaid and be in our office no later than 12:00 noon Wednesday previous to publication. Acceptable payment methods include VISA, MasterCard, AMEX, Debit or Cash. Classified advertisements can be accepted by telephone if paying by Credit Card. The Aurora Newspaper is not responsible for the products and/or services advertised in this section. Readers should exercise their best judgement with the content.

PLEASE NOTE: June 1st Regular print \$7.00, Bold print \$8.00 per week

To place a Classified Ad by Word Count call Candace Ernst at 765-1494 local **5440**. The Aurora Newspaper office is located on 83A School Road, Morfee Annex, 14 Wing Greenwood. Email classifieds to aurora@auroranewspaper.com. Fax: 765-1717.

#### **FOR SALE**

FOR SALE - Floral Love seat and matching armchair for sale. Asking \$85.00. In good condition. One Please phone Jaquie at 825-1559. (3227-1tp)

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Phone: **902-765-4992** Fax: **902-765-4120** Serving the Western Valley Since 1977



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www.colesawlerlaw.ca Evening and Weekend Appointments Available FOR SALE - 2007 Nissan Sentra. 68000 Kms. Excellent condition. Auto, cruise, air and power everything. 6.0 L/100 KM (47 mpg). One owner, treated very gentle. Power train warranty until April 2012. \$11,500.00. Call 765-2212 for details. (3227-2tpb)

FOR RENT - Lincolnshire

room apartment in quiet subdivision in Nictaux. Fridge,

Valleywide In-Home

**Computer Repair** 

Offers a full range of

services in the comfort

of your home

• Upgrades • Sales •

• Networking • Tutoring •

• Pickun/Return •

• Laptop Repair •

• Eve-Wkend Appointments •

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For Fast, Economical,

Convenient Service

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Web: www.davidproudfoot.com

T: 902-765-3301 F: 902-765-6493

Crossword Solution

E R M O L E R E A R
A D O R E S T E G U

TARES

M E E R D A L A R E

### **FOR RENT**

Apartments. New building. appliances & balcony. Fridge, stove, dishwasher & dryer. \$750.00 per month plus utilities. Phone 765-6669. (3224-ufnb)

FOR RENT - Clean three bed-

#### of prime space at Village Plaza. 805 Central Ave, **RALPH** FREEMAN (Esso) MOTORS LTD.

stove. dishwasher included.

Washer & drver hook-ups.

\$850.00 a month, heat &

lights included. Call 840-

FOR RENT - 2 bedroom du-

plex located in Kingston.

\$475.00 plus utilities. 2

Bedroom mobile located in

Kingston. \$600.00 a month

heat & lights included. Phone

FOR RENT - 2 bedroom

duplex on 636 Aldred

Drive. Adult building, no

smoking. \$575.00 a month plus utilities. No pets.

Call 765-4132 for more

information. (3227-ufn) COMMERCIAL SPACE FOR

RENT - Approx 600 Sq feet

847-5046. (3226-ufn)

0534. (3225-ufn)



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#### Greenwood NS. Ideal for office space currently set up as 4 offices plus reception area. Also great for other types of business. For complete details please contact Gerald Chase at 542-3398 or Tim Fay at 765-4987. (3225-6tpb)

FOR RENT - Fully furnished, completely renovated one bedroom ground floor apartment. Comes with new appliances, utilities, heat, cable, high speed internet, lawn care and snow removal included. Country setting on 10 acres, private deck overlooking a large pond and just ten minutes to base. No pets and no smoking. IR's welcome. Call 847-1878 or 847-5483. (3225-4tp)

FOR RENT - New Construction duplex in Ayelsford. Private setting, professional neighbor, two bedrooms, 5 appliances, lawn care and snow removal. No smoking & no pets. \$800 a month plus utilities. Call 538-7274. (3225-3tp)

FOR RENT - Worry free retirement living located centrally between Kingston and Greenwood on

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### One of the Most Viewed Pages in the Newspaper

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.



Sampson Drive. New built 2 bedroom duplex, with in floor heating, 5 appliances, attached garage, spacious lots with back patio and front deck. Paved driveway with snow removal and lawn care included. 5 minutes away from 2-18 hole golf courses, Greenwood base gym facilities and Greenwood Mall shopping center. Transit services. Available August. For more information or viewing please contact 902-765-0339 or 902-848-6279. (3227-4tpb)

#### **SERVICES**

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

#### **CHILDCARE**

Childcare – Looking to watch children in my home on Toor-brook Road. Part-time or Full time. Will provide lunch & snacks. Please phone 765-2713 for more information. (3227-1tp)

and Mirror Ltd.

ampson Dr., Greenwood 902-765-2105

SPECIALIZING REPAIRS/ REPLACEMENTS OF

WINDSHIELDS

Many Used Windshields Available at Reduced Prices

INSURANCE CLAIMS OUR SPECIALTY"

#### WE BUY FURNITURE By the piece or lot. We do local moving 765-4430 **Future Glass** 812 Maple Street Ext., Kingston

Steve Lake's Light Trucking

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16' Cube Van 844 0551

Storage

Inside & Heated

STORAGE UNITS

From -- 420 cu.ft 6'x7'x10' Up to -- 1920 cu.ft 12'x16'x10' (next to 14 Wing)

ALSO

Auto - Boats - Campers

**Military Discount** 

847-0490 or 847-5074

djrstorage.com

## volunteer at the Legion, currently the membership

(Image submitted) chairwoman. Branch 098 is proud to present Chapman as July's veteran of the month.

## GUITAR GURU GUITAR LESSONS

Play & Learn in our comfortable home studio Electric or Accoustic Guitar All ages, all styles of music Beginner to Advanced Over 26 years experience Call Steve 825-6553

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Hardwood, \$200 a cord Softwood, \$160 a cord Cut, Split, Delivered Ph: 825-6424 

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**Great Rates** Leave Message ~ 309-0268

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Clear Hardwood Cut, Split and Delivered Quality Guaranteed Please Phone 825-3361

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## JASON BEZANSON ROOFING

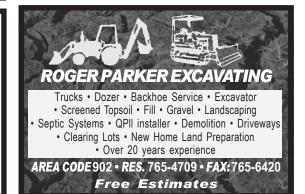
9594 South Farmington RR1 Wilmot, NS BOP 1W0 840-0552

Specializing in Roofing • Free Estimates

#### A L A R B I D E N A N A R A T A E G U C H U T E S A I L S C E R E I N D I A T O R E A D E N M O D A R N E D S M O K I N E S S M A I T R E N A S O D S S O M E O N E S A D H U

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





## Youth Happenings

By Megan LeMoine, Recreation Youth Worker

Drop into 14 Wing Greenwood Community Centre and get your July calendar, or sign up for one of the centre's great family trips!

#### Walking program

July 5, 3- p.m. to 4 p.m.

New times for July and August! This is a great opportunity for both preteens and teens to get the recommended daily 60 minutes of physical activity, while being social and meeting friends.

#### Games night

July 5, 6 p.m. to 8 p.m.

Teens, come to the centre and play your favorite board games.

#### **Active Chicks**

July 6, 6 p.m. to 7:30 p.m.

Girls, bring your bike and helmet. We'll bike to Avery's and back. Please bring money for a treat. If the weather isn't cooperating, we'll have a back-up plan at the centre.

#### **Teen activity**

July 7, 6 p.m. to 7:30 p.m. Teens, bring your bathing

suit and towel to the centre, and we will walk to the

## **Notice**

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



Fitness and Sport Centre for swimming.

## Summer fun and games

July 8, 6 p.m. to 8 p.m.

Our first summer fun games of the season: we'll have water balloon games, a slip 'n slide and then a BBQ. Please dress to get wet!

#### Pre-teen dance

July 15, 6 p.m. to 8 p.m.

Come dance the night away. We'll have great music, prizes and lots of fun. Cost is \$3

### Movie and treat night

July 16

Pre-teen is 6 p.m. to 8 p.m., show TBA

Teen is 8 p.m. to 10 p.m., show TBA

Cost is \$2/\$3.

Graveyard visit July 19, 8:30 p.m. to midnight

Join us for a family trip to take in the Annapolis Royal graveyard tour. Cost is TBA.



Major Dan Boisvert and Master Warrant Officer Donald Mainville with the Matte Cup.



Captain Kevin Campbell and Les Smith pose with the trophy for lowest score during the 14 Wing commander's golf tournament.

(Images Private Mathieu Gaudreault, Image Technician, 14 Wing Imaging)

# On course at commander's golf cup

By Sergeant Steph Lambert

The 6th annual 14 Wing Commander's Cup golf tournament was held at the wing's golf course June 27.

While one part of the tournament was a friendly competition between all of the commanding officers and their unit warrant officers (or designates) for the Matte Cup, named after General Perry Matte, a 14 Wing commander from 2004 to 2007; the other part of the tournament was for teams to compete for the lowest score trophy.

This year's challenge brought 42 players to compete in twoperson teams in a best ball format. The Matte Cup winning team was Major Dan Boisvert and Master Warrant Officer Donald Mainville, Long Range Patrol Standardization and Evaluation Team. The winners of the lowest score were Captain Kevin Campbell and Les Smith, Software Engineering Squadron. The closest-to-the-hole contest winner was Warrant Officer Max Pennell, and the longest drive went to Chief Warrant Officer Robert Viel.

The tournament concluded with the awarding of trophies and drawing for various prizes. This annual event would not have been possible without the tremendous assistance of the golf course staff, as well as Sergeant Peter Nicholson and Wing Imaging photographers.





For strawberry U-picks, recipes and more visit

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## Words Are Not Enough!



The Royal Canadian Legion is grateful to the serving men and women, and their families, for their dedication and commitment during the Afghanistan combat mission . . .

You make us proud to be Canadian!