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GMFRC supports youth through military lifestyle transitions

The Greenwood Military Family Resource Centre (GMFRC) is proud to launch the first youth welcome kit for youth between the ages of 12 to 18 newly posted to 14 Wing Greenwood. It can be challenging to relocate to a new area, and this package is designed to acquaint youth with various local activities, resources and businesses that would be of interest to them.

The kit is meant to be fun, appealing and funky (it comes in a pizza box!). A USB key is included to introduce youth to the area and help them become familiar with all the fun things to do in Greenwood. The GMFRC is pleased to offer these kits in partnership with local businesses to send out a warm welcome and ease the transition for youth new to our area. To accompany the pizza box theme, Mimie's Pizza generously donated one free 9" pizza to each youth who will get the kit. The Greenwood Bowling Centre kindly donated one free string of bowling per youth and Roo's Playhouse & Family Adventures donated a coupon for a free game of

laser tag. Dairy Queen has included a coupon for a free ice cream treat as well! The GMFRC sincerely thanks these businesses for their support and generosity.

Upper Clements Parks has donated a family season pass that entitles a family of four to unlimited access to rides, attractions and live entertainment. A draw will be made for this fabulous prize during the month of July.

The GMFRC would also like to thank the True Patriot Love Foundation, which generously sponsored this initiative. TPL is dedicated to supporting community-based programs for military families through MFRCs.

The GMFRC invites all youth ages 12 to 18 years newly posted to 14 Wing Greenwood this summer to come to the GMFRC and pick up their youth welcome kit. Youth may also get their kit through their parent when he/ she comes to the GMFRC to complete their clearing in routine. For more information, please contact the GMFRC at 902-765-5611, or come visit us.



It may have been Lancaster vs Mosquito flights at the Apple Bowl sports field in 2013, but summer Cadet training camp is also all about camaraderie.
Corporal J. Kusche, 14 Wing Imaging

Cadets are coming! Cadets are coming!

Sara Keddy,
Managing editor

When the ropes go up, Cadets are coming in.

The annual influx of youth and staff associated with the Greenwood Air Cadet Summer Training Camp is just around the corner, with organizing staff already on the ground. Site and program prep – includ-

ing setting out the strings of posts-and-ropes that delineate marching pathways along 14 Wing Greenwood's roads – are well underway.

Major Nicole Whiteway started her 16th summer as a camp staffer June 22, with a core group of fellow administrators, instructors and camp leaders. June 29, the camp's full staff of 230 staff Cadets and associated

support, logistical and instructor providers were in place. July 6, the first waves of 1,100 youth Cadets come for a range of programs and periods.

"We'll have up to 550 Cadets in camp at any given time," Whiteway says.

"My favourite part? It's not any particular day: just a lovely day in Greenwood, not too hot so the Cadets can march around,

you can see them in their flights, engaged in some fun, working in the model parliament class – it's the days that are just every day."

Whiteway is a Reservist with the Cadet Organization Administrative Training Service. She knew at age 19, after having been a youth Cadet for a number of years, she "wasn't done" with Cadets, and became a civilian volunteer while she

Continued on page 2...

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Cadets...

...cover

went through a year of recruiting school and also pursued becoming a high school teacher.

"It all made sense," she says of her plan, which has now put her back in Cadet camp every summer, once her Halifax West High School classes wrap for the year. She's the officer commanding A Squadron, responsible for three courses on this summer's schedule. Brand new Cadets, with maybe a winter's worth of squadron activity at home, will be arriving for a series of two-week general training camps, with instruction on everything Cadets – including making your bed. The three-week basic drill and ceremonial course teaches Cadets "how to become a good follower to be a good leader," Whiteway describes, as the parade practice, emphasis on dress and deportment and traditional skills are solidified in more experienced Cadets. The six-week drill and ceremonial instructor course is even more advanced.

Add in programs for band Cadets, fitness keeners, outdoor survival training and the opportunity for 10 lucky Cadets to



Greenwood Air Cadet Summer Training Camp staff - from left, Captain Lloyd Francis, basic fitness and sports director; Major Nicole Whiteway, officer commanding A Squadron; and Lieutenant Kelsey Bower, training coordinator B Squadron – have their heads together planning for the influx of close to 1,300 youth and staff associated with this summer's Cadet camps at 14 Wing Greenwood.

S. Keddy

take the power flight program, and it's a busy summer.

"There is not a lot of difference between Cadets when I was young and now: all youth want to improve themselves, take as much out of the Cadet program as they can, and we continue to challenge them to get out in their community and be active. Delivery is different from when I joined, but we're doing what youth want."

For just a quick example of that, and knowing where the kids are, check out Cadets on Flickr

for mass albums of youth on parade, on course, on the sports field, chillin' and more.

"We own social media!" Whiteway says.

And that presence provides parents at home a good chance to see what their young Cadets are up to, some away from home for the first time.

"Some are away from TV, video games, their friends and home for the first time, and homesickness can be an issue – but they figure out the opportunities that exist here at camp

and they walk away crying – they don't want to leave!"

Even more important than skills and training, Whiteway says, is the self-confidence, independence and respect Cadets develop through their experiences.

"I have 1,400 kids in my high school, and I can tell who the Cadets are – the way they carry themselves, they have their own sense of self-confidence, their respectful not only of adults but of their peers.

"We get good kids."

14 Wing Greenwood is "vitally important" to the success of the Greenwood Air Cadet Summer Training Camp, Major Nicole Whiteway says: not just as hosts, but for the welcome extended the camp's hundreds of youth and staff.

"We use the base facilities, we're marching and eating, we disrupt the flow, but there is always a big welcome back from Greenwood. We have fostered a great relationship: we're very lucky."

The base's Military Police, drivers and medical clinic staff are a much-valued resource, and Cadets recognize - and love - the Mess cooks summer after summer.

"The Cadets know we're on 14 Wing property, and to treat it with respect. They love watching the operations, and the planes taking off and landing behind you while you're on the parade square? A thrill!"

Le CRFMG supporte les jeunes à travers les transitions reliées au mode de vie militaire

Le Centre de ressources pour les familles militaires de Greenwood (CRFMG) est très fier de lancer sa première trousse de bienvenue pour les jeunes âgés entre 12 et 18 ans qui sont nouvellement affectés à la 14e Escadre de Greenwood. Il peut être difficile de déménager dans une nouvelle région. Cette trousse est conçue pour familiariser les jeunes avec différentes activités, ressources et entreprises locales qui peuvent être intéressantes pour eux.

La trousse se veut amusante, attrayante et branchée (elle a la forme d'une boîte de pizza!). Une clé USB est incluse dans la trousse afin de présenter la région aux jeunes et les aider à se familiariser avec les choses amusantes à faire à Greenwood.

Le CRFMG est heureux d'offrir cette trousse en partenariat avec des entreprises locales afin d'accueillir chaleureusement les jeunes nouvellement arrivés dans la région et faciliter leur transition. Pour accompagner notre thème de la boîte de pizza, Mimie's Pizza a généreusement fait don d'une pizza gratuite 9" à chaque jeune qui recevra sa trousse. Greenwood Bowling Centre a gentiment offert une partie gratuite de quilles à chaque jeune et Roo's Playhouse &

Family Adventures a offert une partie gratuite de jeux de laser. Dairy Queen a aussi inclus un coupon échangeable contre une surprise glacée gratuite. Le CRFMG remercie sincèrement ces entreprises pour leur support et leur générosité.

Upper Clements Parks a également donné un laissez-passer familial (valable pour une famille de quatre personnes) donnant un accès illimité aux manèges, attractions et spectacles. Le tirage de ce magnifique prix sera effectué au cours du mois de juillet.

Le CRFMG tient également à remercier La patrie gravée sur le cœur, qui a généreusement commandité cette initiative. TPL se consacre à supporter les programmes communautaires locaux offerts par les CRFMs à nos familles militaires.

Le CRFMG invite tous les jeunes âgés de 12 à 18 ans qui sont nouvellement affectés à la 14e Escadre de Greenwood de venir au CRFMG pour obtenir leur trousse de bienvenue. Les jeunes peuvent également obtenir leur trousse par l'entremise de leur parent lorsqu'il ou elle vient au CRFMG pour compléter sa procédure d'arrivée. Pour plus d'informations, communiquez avec le CRFMG au 902-765-5611 ou visitez-nous.



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Canadian Air Force website
Site Web de l'Aviation royale canadienne
www.airforce.forces.gc.ca

Community Gateway Site
Site du portail communautaire des Forces canadiennes
www.cfcommunitygateway.com

14 Wing Greenwood Site
Site de la 14e Escadre Greenwood
www.airforce.forces.gc.ca/14w-14e

Personnel Family Support Services
Services de soutien au personnel et aux familles des Forces canadiennes
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National Defence and the Canadian Forces
Défense nationale et Forces canadiennes
www.forces.gc.ca

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

Recruiting | Recrutement
www.forces.ca

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

VPI | VPI
www.vpiinternational.ca

405 'challenges' change hands

Sara Keddy,
Managing editor

Lieutenant-Colonel Brendan Cook put his best foot forward June 19, stepping in just a tad eagerly to take on the 405 Long Range Patrol Squadron standard.

Cook took on command duties from the outgoing Lieutenant-Colonel Mike Adamson in a change of command parade and ceremony on 14 Wing Greenwood's parade square. 14 Wing Commander Colonel Iain Huddleston was the reviewing officer, and passed the squadron standard from Adamson to Cook in the formal exchange.

Adamson said the day was one of mixed emotions: he is sad to leave 405 Squadron and Greenwood, but was enjoying the knowledge of the opportunities he was leaving for Cook to take on in the months and years ahead.

Adamson thanked his "girls:" his wife, Laura, and two daughters, Corynne and Elise; and squadron administrative assistant Ruth Kirkey. He described his squadron executive team as a "stable of trusted advisors: no one

person can do it all. The squadron's successes are your successes." He thanked the 14 Wing command team for its professionalism and support, led by Huddleston, "who provided me trust and latitude, patience when we strayed and the opportunity to fix it."

To 405 Squadron members, "the guardians of the East coast – and the free world," Adamson extolled: "you have proven success." The squadron took on first line maintenance responsibilities through Adamson's tour, including close to 150 new members; and will see the last of its flight crews transitioned to the Block III CP140 Aurora in July, after over a decade of design, aircraft renovation, systems development and training. "You met the challenges."

Huddleston reminded those on parade and guests of 405 Squadron's on-going impact, as he described how 45 members, currently deployed, gathered for their own parade and sent a YouTube video home to 14 Wing commending Adamson upon his departure.

"They are showing they



Incoming 405 Squadron Commanding Officer Lieutenant-Colonel Brendan Cook, left, and departing Commanding Officer Lieutenant-Colonel Michael Adamson share the 14 Wing parade square June 19 during the change of command ceremony.

are with us in spirit, and that reflects entirely on the focus Lieutenant-Colonel Adamson has brought to his people, and the respect they show for him and that they hold him in. Mike has motivated the team

to buckle down, and 405 has set an example for me and my team here at 14 Wing."

Huddleston expects the same contribution from the in-coming Cook, and said he'd continue to have high

tion and procedures development for the Block III acoustic system, then as deputy commanding officer, of Maritime Proving and Evaluation Unit 2005 to 2010. He went even further back in his own address, just over 73 years to the day's date, to describe 405 Squadron's first operational mission.

"That was success, the first of many, and that is the tradition of excellence I see before me here today. You have overcome many challenges, and we will in the future."

First and foremost is the operationalization of the Block III.

"For 405, this is natural work – doing work no one else has done or experienced. We will lead the way for all members of 405 Squadron to come."

He challenged them: excel, come back safely – "and I ask you now to come back smarter: in systems, how we manage them, how we work out the bugs, how we grow them. Subject matter experts are needed – don't look very far."

Corporal N. Clarkson, 14 Wing Imaging

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Things to see and experience

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- Bounce rides and Outdoor Lazer Tag with the purchase of a bracelet for \$5.00 good for the whole evening
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The Village of Kingston

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The Kingston Area Advisory Committee invites applications from residents of Kingston to fill three vacancies on the Area Advisory Committee. These positions are for two year terms.

For more information, please contact the Kingston Village office at (902) 765-2800.

Interested persons must submit a letter of application by July 15, 2014 stating qualifications and reasons for serving.

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Summer DAY Camp

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Week 1: *Through the Ages* (July 2-4) The summer kicks off with a week devoted to time travel. Campers will start off the week travelling back in time to the days of the pioneers. We will fast forward to the present day and then end the week heading back to the future. Cost: Rec Card \$60 Non-Rec Card \$70

Week 2: *Mad Science* (July 7-11) Our craft materials will be used in unusual ways this week. Campers will discover some mysteries of science and our trip to the Discovery Centre in Halifax will lead us to even more new discoveries. Are you ready? Cost: Rec Card \$80 Non-Rec Card \$90

Week 3: *Circling the Globe* (July 14-18) Bonjour! Hello! Konnichiwa! We will travel around the world this week, exploring different countries and the cultural practices that take place in those countries. Cost: Rec Card \$70 Non-Rec Card \$80

Week 4: *Movie Genre Extravaganza* (July 21-25) Do you have a favourite genre of movie? This week we will explore activities based around different movie genres from Westerns in the wild west to things that are out of this world, like in Sci-Fi movies. We will make this a week to remember by travelling to Margaretsville and watching a movie on the big screen. Cost: Rec Card \$80 Non-Rec Card \$90

Week 5: *Stormy Seas* (July 28-August 1) Ahoy! Are you ready to explore the seven seas? Explore the land searching for buried treasure or move out into the ocean, to see what critters you can find. Cost: Rec Card \$70 Non-Rec Card \$80

Week 6: *Environmental Endeavours* (August 4-8) This week we will explore the precious environment around us. While incorporating each of the seasons, we will create crafts using natural and recycled materials. We will also explore the natural environment around us in our trip to Kejimikujik National Park. Let's Go Green! Cost: Rec Card \$70 Non-Rec Card \$80

Week 7: *Celebration Bonanza* (August 11-15) Join us as we celebrate a different holiday each day of the week. We'll be wrapping up the week with a birthday bash celebration! Cost: Rec Card \$70 Non-Rec Card \$80

Week 8: *Mash-Up* (August 18-21) The last week of camp will be filled with an assortment of new activities and camp favourites from the summer. All camps will be heading to Aylesford Lake this week to enjoy the sunny beach as we end our camp season. Cost: Rec Card \$70 Non-Rec Card \$80

Summer SPORT Camp

Week 1: *Racket Extravaganza* (July 2-4) Campers will get to experience various racket sports such as squash and badminton. We will also be making a trip to the tennis court! Cost: Rec Card \$60 Non-Rec Card \$70

Week 2: *Professional Sports Week* (July 7-11) This week we will be trying out all sports from the MLB, CFL, and PGA Tour. The trip this week will be to the Greenwood Golf Club driving range! Cost: Rec Card \$80 Non-Rec Card \$90

Week 3: *Fitness Fanatics* (July 14-18) Fitness is the focus for this week! Campers will be doing all kinds of activities from Zumba to gymnastics! There will also be guests performing yoga, dance, and cheer! Cost: Rec Card \$70 Non-Rec Card \$80

Week 4: *Olympics* (July 21-25) This week we will be playing some of the most popular sports in the summer and winter Olympics, such as hockey and track and field events! This week also includes a movie on the big screen and a trip to Margaretsville shore! Cost: Rec Card \$80 Non-Rec Card \$90

Week 5: *International Sports Week* (July 28-August 1) Campers will get to try out different sports from around the world! The main focus will be on rugby and soccer, including drills, a soccer tournament and also a game of flag rugby! Cost: Rec Card \$70 Non-Rec Card \$80

Week 6: *Survivor* (August 5-8) Outwit, outplay, outlast. Campers will separate into two tribes and then compete in numerous challenges to see which tribe will come out on top! There will also be a trip to Kejimikujik to go biking and also hike the trails! Cost: Rec Card \$70 Non-Rec Card \$80

Week 7: *Ball Madness* (August 11-15) This week the focus will be on sports ending with 'ball'! We will be doing drills and games in basketball, volleyball, and the camp favorite; handball! Cost: Rec Card \$70 Non-Rec Card \$80

Week 8: *Camp Favorites* (August 18-21) Campers will get to choose their favorite activities from the summer and play them again! There will be a dodgeball tournament and also a trip to Aylesford Lake to enjoy the beach! Cost: Rec Card \$70 Non-Rec Card \$80

Summer FRENCH Camp

Semaine 1: *Les voyageurs du temps*. (2-4 juillet) Cette semaine, les différentes époques seront explorées. Le passé, le présent et le futur seront visités par les voyageurs. Cost: Rec Card \$60 Non-Rec Card \$70

Semaine 2: *La science en folie*. (7-11 juillet) La semaine sera remplie d'activités scientifiques amusantes ainsi qu'une excursion au Centre Discovery à Halifax. Cost: Rec Card \$80 Non-Rec Card \$90

Semaine 3: *Sur et sous l'océan*. (14-18 juillet) Les pirates et les animaux aquatiques seront le sujet de cette semaine. Cost: Rec Card \$70 Non-Rec Card \$80

Semaine 4: *Thème de cinéma*. (21-25 juillet) La semaine sera diversifiée avec les différents thèmes de films et des activités fantastiques prévues chaque jour pour les campeurs. Il y aura une sortie à l'amphithéâtre et à la plage. Cost: Rec Card \$80 Non-Rec Card \$90

Semaine 5: *La découverte des cultures*. (28 juillet-1er août) La semaine sera remplie d'activités spécifiques à différentes cultures ainsi que le partage de plats uniques provenant de différente culture. Cost: Rec Card \$70 Non-Rec Card \$80

Semaine 6: *L'esprit de la nature*. (5-8 août) La semaine sera dédiée aux activités à l'extérieur et aux animaux. Laissez la nature faire son travail et nous apportés de la joie. Il y aura un voyage au parc national de Kejimikujik. Cost: Rec Card \$70 Non-Rec Card \$80

Semaine 7: *Cinq sens*. (11-15 août) Venez tester vos capacités en relevant les défis de la semaine en vous servant de vos cinq sens. Cost: Rec Card \$70 Non-Rec Card \$80

Semaine 8: *La semaine des campeurs*. (18-22 août) La semaine sera décidée par les campeurs avec quelques activités déjà préparé pour eux pour la semaine. Nous planifions aussi d'amener les campeurs à la plage de Aylesford pour leur dernière semaine de camp. Cost: Rec Card \$70 Non-Rec Card \$80



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Training Flight

14 Wing Readiness Training Flight (WRTF), a section under 14 Wing Operations comprised of four Regular Force and 17 Reserve Force members, provides refresher, deployment and mission specific training to 14 Wing Greenwood and its integral and lodger units. Staff includes a standards cell, integral administration and logistics services and command element. Instructors have been at WRTF for an average of four years and possess, on average, 30 years of military service and experience in multiple land, sea and air trades.

WRTF manages the Birchall Training Centre, the gas hut and all 14 Wing ranges, including the Granville Range and Training Area, 25-yard, skeet and archery ranges. Range scheduling, as well as the annual review of Range Orders, are integral aspects of this management function. The flight qualifies its own personnel as range safety officers and instructors.

Ranges support a variety of activities, including live fire familiarization training and qualification shoots. Weapons in use include the C7 rifle, C8 rifle, 9MM Browning pistol, C6 general purpose machine gun and C9 light machine gun, SAR rifle 30.06, Sig Sauer pistol, and the police Remington shotgun.

WRTF conducts C7 rifle training to qualify personnel for the personal weapons test. The flight has also conducted C7 rifle low light shoots. The first C7 shoot of 2013 was mid-March and the last range practice for the year was December 16, a PWT 1 and familiarization shoot of the C6 and C9. There were 40 C7 shoots in 2013, a busy year.

Many outside agencies used

the Granville range throughout the year, including 36 Svc BN, (Halifax, as well as other units from 36 CBG in Nova Scotia), and 1714 Royal Canadian Army Cadets from Annapolis Royal (other regional Cadets corps unit also use this facility). The Granville range, just outside Annapolis Royal, closes mid-December to mid-March. The range and training area is suitable for general military training, field craft, navigation and bivouacking. Formerly used and managed by CFB Cornwallis for its recruit school, ownership and responsibility transferred to 14 Wing in the early 1990s. This facility has been in use since the Second World War.

The 25-yard range is located in 14 Wing itself. Open year round, the first shoot of 2013 was January 11 and the last shoot was December 13; in all, there were 43 shoots in 2013. Visiting units, regional Cadet corps and Military Police from 31 MP Flight also use this range.

The 14 Wing Greenwood outdoor 3D archery range consists of a 3D range and a practice range, used by WRTF to conduct navigation training. Navigation and communications is a combined, full-day course, including a practical group exercise using a compass and radio. This training takes place at the 14 Wing skeet range training area, on the eastern perimeter of the base.

The 14 Wing ranges need to be in peak condition to accommodate the high volume of shooting and traffic, and meet safety requirements and ensure operational readiness. There has been a significant amount of work done at the Granville range this past year, including an upgrade of the 300-metre range and modern targets.

WRTF is busy with chemical, biological, radiological and nuclear (CBRN) train-



A C7 rifle qualification shoot at the Granville range.

Master Corporal S.Caron, Wing Readiness Training Flight

ing, as well as gas mask fit-testing. WRTF provides this training to non-14 Wing personnel, including 14 Construction Engineering Squadron (Bridgetown, Pictou and Gander) in support of their annual training requirements, including Exercise Blue Foundation at Camp Aldershot. The gas hut at 14 Wing simulates a chemical environment, and people will test protective gear, which includes a gas mask, suit, gloves and boots; in survival drills.

The 14 Wing first aid program includes Military Standard First Aid, Combat Related Resuscitation and Automated External Defibrillation. The flight provides Standard, Emergency and CPR first aid training to military members, their dependents and DND civilian employees. More than 1,000 personnel were trained in 2013 in over 70 courses. Other 14 Wing members who are first aid instructor qualified augment the flight on a regular basis.

WRTF further briefs and trains deploying personnel on subjects that may include field craft, information security, conduct after capture and mine awareness. Field craft training enables proficiency

in core soldier skills, such as convoy drills, sentry duties, targets, range cards, search and detain personnel and hygiene in a field environment. The flight also provides individual combat skills training, a component of higher readiness training required for personnel in the contingency operations unknown mission readiness cycle. Guest lecturers frequently provide briefings on rules of engagement, law of armed conflict, the use of force, preventive medicine, media awareness and mental health.

WRTF also participates in WASF and other training exercises by providing players and simulation. Added realism includes a suicide vest, mines and explosives devices; an indoor small arms trainer simulator system installation is underway.

Approximately 2,500 training spaces were filled in 2013. 14 Wing military members who require training should go through their unit training officers. For details on first aid training for CAF members' spouses, call 902-765-1494 locals 5048 or 5477. The 14 Wing Greenwood Readiness Training Flight is located in the Birchall Training Centre, Building 221.

On the river

The 14 Wing Greenwood Officers Mess hosted a shad fishing derby on the Annapolis River June 6, based out of Middleton's Riverside Park. Twenty-six hopeful anglers cast their lines, with prizes awarded as follows: First Catch of the Day, Captain M.K. Kim; Biggest Catch of the Day, Corporal R.F. Skinner; Smallest Catch of the Day, Corporal P. Thongsouvanh; Most Catch of the Day, Captain K.M. Matheson; Last Catch of the Day, Sergeant J.N. Plamondon. Draw prize winners were Thongsouvanh, a Rapala rod and reel combo, and Corporal D.M. Vadeboncoeur, a Yukon blade knife.

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One step at a time

Following a long and rewarding military career, Chief Warrant Officer (retired) Yves Roy, a National Capital Region veteran who served Canada for nearly 40 years, will embark on a 1,938 kilometres long distance walk July 14 to October 19.

A dedicated walker, he has covered thousands of kilometres. This has taken him on the famous routes of the Way of St-James in France and Spain, retracing the Freedom Trail, known as the toughest Second World War escape and evasion trail across the Pyrenees from France to Spain; and as part of the 2012 Canadian Nijmegen contingent in the Netherlands.

In 2013, as he was on a long distance trek in the French Pyrenees, he thought of combining his passion of walking and a fund raising activity to help his brothers and sisters in arms. His aim is to raise money for each kilometre walked, and donate the proceeds to the Soldier On Fund and The Canadian Forces Morale and Welfare Funds CFMWS – SBMFC, organizations

which support and assist ill and injured soldiers on their road to recovery. Having spent almost his entire life serving Canada, the military community has always been there for him: he considers it his extended family.

Walking has helped Roy sort out the many issues he was facing.

"I am not one to boast, but walking is one of the things I am good at. It has been an healing factor for me, and it has definitely increased my self-esteem, and benefited my mental, physical and spiritual state. I consider walking to be the best medicine or therapy there is for me."

The name chosen for this summer's long distance walk is "Operation Wàbigan," an Algonquin Native word meaning "poppy." This flower symbolizes remembrance and pays tribute to fallen soldiers since the end of the Great War in 1918, and the language choice honours his wife's Algonquin heritage, as she was his greatest supporter through his worst struggles.

Roy's goal is to reach at least 2,000 donations. Contribute to support ill and injured soldiers by donating directly to the Soldier On Fund at www.soldieron.ca and enter "OPERATION WÀBIGAN" in the box "Name of Fundraising Activity". Tax receipts will be issued for donations of \$10 and above. Even the smallest donation of one cent per kilometre will generate almost \$20 per donor and will generously contribute in supporting our deserving veterans in improving their quality of life and that of their families.

Visit <http://opwabigan.wordpress.com>, on the "Operation Wàbigan" Facebook page or on Twitter @opwabigan.

Kingston Legion

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Aviation legacy due to volunteers, wing support

Sara Keddy,
Managing editor

Their “job” is “the history of Greenwood: who we are,” Major-General (retired) Ian Patrick reminded dozens of volunteers at the seventh annual appreciation afternoon – pizza and drinks at the VPI centre, hosted by the 14 Wing Greenwood Military Aviation Museum and the museum’s non-profit society.

“A lot of you, I know you get something out of doing the work you do because of the twinkle in your eye when some child asks, ‘How does that work?’ The museum and its programs are a magnificent thing you are leaving behind for others, especially young people.”

The aviation legacy grew exponentially over the past year, as a number of projects and milestones came to fruition. Colonel (retired) Brian Handley reviewed the year’s achievements and recognized a range of line crews – all volunteer – who made it all happen.

The museum’s Dakota restoration, a labour of many over the past half-dozen years, took a huge leap ahead with a move from hangar storage to the museum’s outdoor air park in June. The Sperwer aircraft display was installed in May, showcasing its Afghanistan



Volunteers, community friends and 14 Wing Greenwood branches who lend support to the Greenwood Military Aviation Museum were feted with a pizza party June 18, a casual thank you to the team that makes the museum so successful.

S.Keddy

work in a “world-class, in-your-face display.” Continued small steps keep the Bolingbroke restoration going: “It’ll all be done in another year, right?” Handley asked, to laughter from the crowd. The nose to the air park’s Lancaster is almost through from-scratch reconstruction to better depict era-correct fittings, the Labrador helicopter is now (for sure!) leak-proof, and the museum’s extension is steadily re-creating a feel

for RCAF Station Greenwood during its Second World War recruitment, training and operations role. The memorial gardens are getting a much-needed tidying and, inside the museum, displays are constantly being re-lit, added to, re-configured and adjusted to showcase RCAF history to best effect.

“The flight education team: this is the flagship program of our museum, now in its twelfth year. We had over

600 students through this year – and that makes 5,900

through all 12 years,” Handley said. “The program is great PR for us, with an exponential return as these students come, enjoy what they see and hear – delivered by professional serving and retired volunteers. I could be accused of bias, but this year was a very deserving year for our volunteers to be recognized as CTV’s ‘Maritim-ers of the Week,’ we had a national feature in ‘Our Canada’ recognizing the program: well done!”

Handley didn’t forget the “un-sung heroes” amongst museum volunteers: those who collect, catalogue and store artefacts, look after translation, and jack-of-all-trades tasks.

“The other side of the coin is the tremendous support we received from the wing, every day. That starts in the wing commander’s office, with financial and moral support – he’s even got his father vol-

unteer with us! It extends throughout the wing, through Wing Imaging, Logistics and Engineering’s many sections, 14 Air Maintenance Squadron.... We are grateful for all of that.”

14 Wing Greenwood Commander Colonel Iain Huddleston compared the museum he returned to last summer to the one he left 12 years ago: “very impressive, an incredible set-up – and labour of love.

“It is very obvious how much of your blood, sweat and tears have gone into the museum. It would be completely wrong for the wing not to support you,” Huddleston said.

“I wish I was over there some days with you, bending metal and putting in rivets – I’d probably be bending rivets! Hats off to the volunteers and the success you’re having. I pledge to you the continued support of the wing to meet your goals.”



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Winners of 14 Wing Air Force Triathlon events June 15 in Greenwood included, in the back row, from left: Jarod McCallum, Top Male 16-17; Captain Michelle Guertin, Top Military Female; Kimberly Cox, Top Female; Adam Deveau, Top Male; Corbin McCallum, Top Male 14-15. In the front are Leading Seaman Shawn Miller, Top Military Male, Fraser MacPhee, Top Parathlete; and Sergeant Chris MacIntyre, race director.

Corporal J. Kennedy, 14 Wing Imaging

Triathletes all in for ZX runs

Eighty-two competitors took to varied courses June 15 at 14 Wing Greenwood for the annual Air Force Triathlon, hosted by the Greenwood ZX Multisport Club.

Fifty-six competitors were in the sprint triathlon field (750m swim/ 20k bike / 5k run),

with Adam Deveau, Halifax (competing in the Male 20-29 division), finishing first overall in 1:01:30. Top local finisher, in eighth place, was Raphael Choquette, Auburn (competing in the Male 16-19 division), in 1:10:26. Kimberley Cox was first in 1:10:52 in the female division, with top local entrants Eveline Choquette coming in second (1:14:00, U19) and Michelle Guertin in third. Top military finishers were Leading Seaman Shawn Miller (Greenwood Multisport Club), Major Derek Salley (Greenwood Multisport Club), Second Lieutenant Simon Authier (Gagetown Warriors); and, among the females, Guertin (Greenwood Multisport Club), Lieutenant Isabelle Allain (Gagetown War-



riors) and Lieutenant (Navy) Marie-Claude Lambert (Gagetown Warriors).

There were nine entrants in the duathlon, with Ian Loughead, Beechville (competing in the Male 40 to 49 division) first overall in 1:04:42. Top local finisher, in sixth place, was Chris MacInnis, New Minas (competing in the Male 30 to 39 division), in 1:17:44.

Only one individual entered

the 5 & 5 Aquathlon: Lisa Price, registered in the Female 40 to 49 division) had a total time of 39:44.

In the Youth Points Series junior triathlon (300m swim/ 10k bike/ 3k run), of four entrants in the 12 and 13 year old division, the overall youth winner was Alexis Donovan in 55:29. In the 14 and 15 year old age group competition, with four entrants, Corbin McCallum, Bedford, was top male in 37:57; and Rebecca Roach, Dartmouth, was top female in 44:10.

Fraser MacPhee of Cornwall, Prince Edward Island, was the single entrant in the paratriathlon, as a competitor in the Male 40 to 49 division. He finished in a time of 1:54:04.



Adam Deveau, Halifax, crosses the line in 1:01:30 to take the top male spot in the 14 Wing Air Force Sprint Triathlon.



Emily Secord quickly dons her running shoes in the bike-to-run transition zone.

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14 Wing Imaging unless otherwise indicated



Lieutenant-Colonel Scott Murphy, commanding officer of 413 Transport and Rescue Squadron, left, April 17 presented Captain Eric Lemieux with a certificate recognizing over 3,000 flying hours in the CC130 Hercules aircraft.



Master Corporal Cameron (centre), 14 Wing Fire and Emergency Services, receives his new rank from Wing Construction Engineering Officer Major Button (centre right), Wing Fire Chief Captain Paradis (centre left), Unit Master Warrant Officer Knight and Deputy Fire Chief Master Warrant Officer Blackmore.



Maritime Proving & Evaluation Unit Major Al Harvey recently gave the “thumbs up” following his last CP140 Aurora flight. Harvey retired from service this spring, after 35 years of service and more than 10,000 flying hours.



14 Wing Greenwood Colonel Iain Huddleston recently presented Master Warrant Officer Dave Macleod with a Certificate of Appreciation from Royal Canadian Air Force Commander Lieutenant-Colonel Yvan Blondin. Macleod retired this spring, after 35 years in service in both the Navy and Air Force.



Maritime Proving & Evaluation Unit Master Warrant Officer Gaulton presents Sergeant Mark Maher with the Unit Master Warrant Officer leadership award during the recent MP&EU spring dinner. Maher was commended for his dedication and leadership, as he personally oversaw the development of techniques that lead to acceptance of the Block III radar system into service.



Maritime Proving & Evaluation Unit Commanding Officer Major Bernie Thorne presented Captain Martin Labbe with a CO's Commendation during the MP&EU spring dinner. Labbe was commended for his leadership and professionalism as a project officer for a major new build of software for the CP140M.



Maritime Proving & Evaluation Unit Commanding Officer Major Bernie Thorne recognized Sergeant Ken Moore with the Golden Tern award during MP&EU's spring dinner. The award is voted upon by unit members, and presented to the person who demonstrates significant leadership, hard work, dedication, morale and team spirit.



Lieutenant-Commander Hankins (United States Navy) presented Sandra McDonald with a nomination for the Elsie MacGill Northern Lights Award during the Maritime Proving & Evaluation Unit spring dinner. The award recognizes outstanding women in aviation and aerospace, and McDonald was selected for her significant contribution to the CP140 fleet and influence as a role model in aviation and aerospace. The award will be presented in Toronto September 26.



Plumbing and Heating Technician Private Myra, right, was recently promoted to private (T) by Wing Construction Engineering Officer Major Steve Button.



Corporal Ma, centre left, was recently appointed to master corporal by 405 Squadron Commanding Officer Lieutenant-Colonel Brendan Cook, left; Major Neal and Chief Warrant Officer Mario Roussel, right.

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Warrant Officer R.I. Rickard

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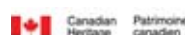
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welfare activities on bases, wings and units, including JRM events that are happening this month. To date, BMO has contributed over \$178,000 to CFMWS.

But that's not all! Double your chances to win by entering the Capture Your Play contest on Facebook. Upload

a picture of you and your family playing to the CFMWS Recreation Facebook page during the week of June 21 and 28 and you'll have another chance to win a pair of tickets to Universal Orlando Resort.

More details at www.cfmws.com/JRM.

Big whales in sight

The 14 Wing Greenwood Community Centre is organizing a trip to Brier Island for a zodiac whale watching tour Saturday, July 12. This is a great opportunity for families to enjoy the natural wonders of Nova Scotia.

The group will leave the community centre at 9 a.m. and cross the two cable ferries on Digby Neck – at East Ferry and Tiverton – to arrive on Brier Island just after noon. The whale watching tour boards at 1 p.m. for a 1:30 departure, and

we'll spend the next four hours on the Bay of Fundy, watching for humpback, right, fin and other whales; seals and birds. We'll be back on the road at 6 p.m. and return to Greenwood around 8:30 p.m.

Bring warm clothes and rain gear, as the weather and temperature are very different on the water than ashore. Sunglasses, sun block, water, snacks, a camera and money for snacks or lunch/ supper are also suggested.

Tour and bus rates vary for

participants depending on age, and spaces are open for military members, their families and those with a Community Recreation Card. Drop in to the community centre to register

and complete required waivers: this must be done in advance, and there is limited room on the tour. Any youth under age 12 must be accompanied by an adult, as supervision is limited.

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Abriel, Emma Lee Nicole
Acker, Desiree Aryssa
Adsett, Cody Lawrence
Andrews, Adrian Howard
Atwater, Trevor Gregory
Backhouse, Christina Jeanne
Balsor, Alisha Maia

Corkum, Cheyenne Myra Marie
Crocker, Keesha Mae
Dee, Liam Frederick Scott
Deutsch, Adam Michael
Doucet, Renee Danielle
Engelberts, Angelina Marie Joy
Fickinger, Quinn George Will

Jefferson, Brittany Kristin
Johnston, Rachel Amelia
Joudrey, Mitchell Jonathon
Karaphakdee, Urairat May
Keddy, Kelsey Dawn
Keddy, Lunden Chandler
Kennedy, Samantha Dove

the West Kings District High School Grads of 2014!

Baltzer, Emily Marie
Bannister, Sonia Michelle
Barrett, River Olivia
Barron, Tyler John
Beaudry, Mathew Lawrence
Bertrand, Alexander Leon
Bezanson, Cheyenne Dawn
Boisvert, Tyler Joseph James
Boone, Bradley William Joseph
Boudreau, Zacharie Jacob
Bowlby, Nicole Teresa
Buckler, Kent Albert
Burke, Heather Ann
Burke, Brian Patrick
Burns, Natalie Donna
Buskell-Brown, Lucas Wesley Roger
Cairns, Conor Bentton
Callan, Taylor Michael
Campbell, Dallas Rebecca June
Carlson, Samantha J.
Cengiz, Arda
Chenier, Jordan Anthony

Freeman, Logan Maxwell
Fulton, Katherine Lynn
Furniss, Elizabeth Mary
Gelinac-Galaise, Taylor Meeca Teresa
Gosse, Brandon Taylor
Gracie, Joshua Joseph
Grandy, Brandon Allan Stephen
Greene, Brodie Arthur
Hamm, Tanichia Elaine
Harper, Dylan Gregory
Hartley, Aaron Leroy
Hazel, William Charles
Hickey, Brenna Lorraine
Hickman, Cody Ryan
Hicks, Samantha Sue
Hillier, Ryan Thomas
Hogenbom, Koenraad Robert
Holmes, Matthew Michael
Howes, Dana Helen
Inman, Jarad Linwood David
Irving, Brooke Elizabeth Elaine
Janes, Grant Robert Harris

Kiley, William Owen
Lake, Nathan Ronald
Lake, Emily Ann
LeBlanc, Logan Christopher
LeBlanc, Marc Reginald Lloyd
Leonard, Tessa Lee
Leppard, Xiao-Li Zoe
Litsas, Amy Lynne
Logan, Drake Anthony Joseph
Lonergan, Reagan Mary
Lupton, Mary Lynn
Lutz, Devin Timothy
MacDonald, Bryan Alexander
MacDougall, Hunter Leah
MacNeil, Reid Edwards
MacNeill, Merissa Dawn
Maiholz, Kirsten Alexandra
Markey-Peach, Breanne
Marshall, Matthew Cyril
Matthews, Noah John
McAloney, Morgan Gail
McDow, Brittany Dawn

Hats off to all our 2014 grads!

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 McKay, Alanna Corinia Christine
 Metcalf, Jessica Liisa
 Morgan, Colin Thomas
 Morris, Shiloh Talia
 Morse, Grace Anne
 Morse, Connor Donald
 Murphy, Johnathan James
 Murphy, Katelyn Jean
 Nameth, Desirae Amber
 Newcombe, Denver Samuel Malcolm
 Nichols, Elizabeth Anne
 O'Brien, Corey Janine
 Ogilvie, Kelsey Leigh Marie
 Ogilvie, Brandon Tyler
 Ogletree, Nicholas Dean
 Palmer, Natalie Andrea
 Parker, Justin Earl
 Parsons, Courtney Mary
 Patterson, Kelsey Amanda
 Penney, Connor Alexander

Perreault, Sarah Louise
 Pinner, Allan Christopher
 Price, Zachary Ivor
 Rafuse, Brandon George
 Rawding, Alexander
 Rice-Acker, Makayla Ann Marie
 Rowe, Jessie Dean
 Roy, Frederic Antoine
 Saunders, Brianne Marie
 Sauvé, Corrine Yolande
 Schneider, Jacob Christopher
 Schneider, McKayla Catherine
 Scotney, Matthew Alexander
 Scott, Stephanie Amy
 Skipton, Samantha Amber
 Slaunwhite, Timothy Michael
 Smith, Kyle David William

Smith-Dupuis, Tristan Joshua
 Stokes, Samantha Jo
 Therrien, Lauren Christine
 Tupper, William Earl
 Tupper, Evan Troy
 Violette, Shawn Alexandre Miguel
 Visser-Lathem, Morgan Lauren
 Walker-Weir, Jacob Timothy
 Wall, Christopher Thomas
 Weaver, Sabrina Joyce
 White, Tyler Dwayne

Walking, but not graduating
 (international students):
 Pollentier, Shana
 Vannebo, Dagny Marie Breivik

Congratulations high school graduates!

You have reached a great milestone. Enjoy your summer and best of luck for the future.

Leo Glavine, MLA Kings West
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Blues, metal bands set up summer festival fun

This summer at Fox Mountain Camping Park, Aylesford, just a few minutes from CFB Greenwood, there will again be two music festivals brought to you by Smokin' Entertainment.

Smokin' Blues Fest 4 will take place July 11 and 12 and

will feature such legends as the Matt Minglewood Band (celebrating 50 years in the music business), the John Campbelljohn Trio (Celtic blues at its finest), Wayne Nicholson & The Eastenders (featuring members of Oakley) and many more. This

family-friendly event creates the ultimate "celebration of East Coast blues and blues rock."

The second event is for "lovers of the loud." It's the Maritime Metal & Hard Rock Festival 2, September 12 and 13. The first year shook

the trees on Fox Mountain; it'll be "loud times in the Maritimes" once again, with over 30 heavy metal and hard rock bands from all over the East Coast, as well as a pair of special guests that put the final layer of icing on a Maritime party. The Randy & Mr. Lahey Show will have bellies shaking with laughter as they bring their antics to the stage for over an hour of hilarity. Everyone knows them from the Trailer Park Boys series.


One of the main focuses of these festivals is to provide a local, musical "escape" for

those unable to travel long distances to attend shows. Festivals draw thousands of music lovers into an area, supporting local businesses and giving families great live performances to attend. A weekend of the Maritimes' best bands, with quality production, a safe environment and a comfortable atmosphere is just the ticket to relax and enjoy those ears that nature granted you.

With attendees last year from as far away as California, Florida, New York and BC, Smokin' Entertainment

events are growing, and the entire crew is very happy about that.

The event this year is sponsored in part by many local businesses, presenters of the headlining acts. Tickets may be purchased online at www.ticketatlantic.com, Mama Sofia's Pizza in Kingston, participating Superstores or by calling Fox Mountain at 902-847-3747 to reserve your campsite and grab your tickets. Cabins, trailers and serviced lots are sold out, but there are lots of unserved sites available.



Possibilité d'emploi
Centre de ressources pour les familles militaires de Greenwood (CRFMG)
COORDONNATEUR/COORDONNATRICE EN MARKETING ET EN COMMUNICATIONS
30 heures par semaine

En tant que membre de l'équipe multidisciplinaire du CRFMG, le coordonnateur ou la coordonnatrice en marketing et en communications assure de façon créative la planification, la préparation et la coordination des activités de marketing et de relations publiques du Centre. Il ou elle travaille en étroite collaboration avec les autres membres de l'équipe afin de promouvoir les programmes et les services du Centre, et d'offrir son expertise en matière de relations publiques à l'équipe en charge de la programmation.

Période d'essai : 6 mois
Superviseur(e) immédiat(e) : Directrice exécutive

Connaissances, expérience et études recherchées

- Grade ou diplôme en relations publiques, en marketing, en communications ou dans un autre domaine lié aux fonctions du poste à doter.
- Minimum de trois ans d'expérience dans un poste lié aux relations publiques.
- Maîtrise des deux langues officielles (nécessaire); excellentes habiletés en matière de communication orale et écrite dans les deux langues officielles.
- Expérience et expertise en conception graphique (atout).
- Permis de conduire valide de la Nouvelle-Écosse.
- Excellentes habiletés en informatique.
- Connaissance des ressources liées aux relations publiques et aux médias locaux, et solides compétences en matière de réseautage.
- Grande facilité dans les rapports interpersonnels et capacité manifeste de traiter efficacement avec les membres de la communauté, le personnel, les médias et les organismes communautaires.
- Consentir à travailler selon un horaire variable.
- Habiletés en matière de gestion de projets et capacité de travailler efficacement avec les fournisseurs de services, notamment les responsables de l'impression, les développeurs Web et d'autres employés contractuels.
- Amabilité, dynamisme et esprit de collaboration.
- Faire preuve de chaleur, d'empathie et d'humour, avoir une philosophie en matière de soins exempte de jugement ainsi qu'une excellente compréhension et application des principes d'éthique.
- Excellente compréhension du processus de développement communautaire (essentiel), et connaissance pratique des ressources communautaires dans la zone desservie (nécessaire). Connaissance approfondie des organisations et des organismes civils et provinciaux qui peuvent fournir un soutien aux familles militaires.
- Être en mesure de bien s'exprimer en public (essentiel).
- Adhésion au principe du bénévolat (nécessaire).
- Bonne compréhension des besoins particuliers des familles des Forces canadiennes et capacité manifeste de travailler efficacement de façon autonome et avec une équipe interdisciplinaire, tout en relevant les défis d'un rôle exigeant comportant de multiples facettes.

• 30 heures par semaine (le ou la titulaire est appelé à travailler le soir et la fin de semaine à l'occasion; il ou elle doit donc faire preuve de souplesse).

La personne retenue doit se soumettre aux vérifications suivantes : registre des cas d'enfants maltraités, antécédents judiciaires et fiabilité approfondie.

Les candidats admissibles doivent envoyer, par télécopieur, par la poste ou par courriel, une lettre de présentation et leur curriculum vitae, dans lesquels ils indiquent clairement en quoi ils satisfont à toutes les exigences du poste, et ce, **au plus tard à midi, le vendredi 11 juillet 2014**, à :

Michelle Thibodeau Wagner
Directrice des opérations

Centre de ressources pour les familles militaires de Greenwood
C. P. 582, Greenwood (N.-É.)
B0P 1N0


courriel : home@greenwoodmfr.ca
(en format MS Word ou PDF)
Objet : curriculum vitae – marketing

Télécopieur : 902-765-1747

- Veuillez fournir votre curriculum vitae en anglais.
- Le CRFMG est situé dans le Centre AVM Morfee, School Road, à Greenwood.

Veuillez prendre note que nous communiquerons uniquement avec les candidats retenus pour l'étape suivante du processus de sélection.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi.
Visitez le site www.forcedelafamille.ca pour en apprendre davantage sur le CRFMG.



Employment Opportunity
Greenwood Military Family Resource Centre (GMFRC)
(30 hours per week position)
COMMUNICATIONS AND MARKETING COORDINATOR

As part of the GMFRC multi-disciplinary team, the Communications and Marketing Coordinator is responsible for creatively planning, preparing and coordinating the public relations and marketing activities of the Centre. This position involves working closely with other team members to promote Centre programs and services and providing public relations expertise to the program team.

Probationary Period: 6 months
Responsible to: Executive Director

Desired Knowledge, Experience and Education

- Degree or Diploma in Public Relations, Marketing, Communications or related field
- Minimum of three years experience working in a public relations position
- Proficiency in both official languages is required; Excellent written and oral communication skills in both official languages
- Graphic design experience & expertise a definite asset
- Valid NS Driver's license
- Excellent computer skills
- Knowledge of local media/PR resources and strong networking abilities
- Excellent interpersonal skills with the proven ability to deal effectively with community members, staff, media, and community agencies.
- Willingness to work flexible hours
- Project management skills and be able to work well with service contractors. This would include printers, web developers and other contract labour.
- Possess a friendly, outgoing, cooperative personality.
- Exhibits characteristics of warmth, empathy, humour and a non-judgmental philosophy of care and strong understanding and application of ethical principles.
- A clear understanding of the community development process is essential and a working knowledge of community resources in the catchment area is required. In-depth knowledge of civilian/provincial agencies and organizations that can provide support to military families
- Excellent public speaking ability is essential.
- A strong belief in the principle of volunteerism is required.
- A good understanding of the unique needs of CF families as well as a demonstrated ability to work effectively within both an inter-disciplinary team and in a self-directed environment while responding to the challenges of a demanding multi-faceted role.

• 30 hours per week (occasional evening & weekend hours are required. Flexibility is a must.)

Must complete a Child Abuse Registry Check, Criminal Record Check, and Enhanced Reliability Check.

Eligible candidates should submit by fax, mail, or email a cover letter and resumé clearly outlining their ability to fulfill all position requirements, **on or before noon on Friday, 11 July 2014** to

Michelle Thibodeau Wagner
Operations Manager

Greenwood Military Family Resource Centre
PO Box 582, Greenwood, NS, B0P 1N0

email: home@greenwoodmfr.ca
(MS Word or PDF format)
Subject line: resumé – marketing
fax: (902) 765-1747

- Please submit resumé in English.
- The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood.

Please note: Only candidates selected for further consideration will be contacted.

The Greenwood MFRC is committed to employment equity.
You can read more about the GMFRC at: www.familyforce.ca

Connect with Mi'kmaw culture at Kejimikujik

Acadia First Nation, partnering with Parks Canada, is launching Connect with Mi'kmaw Culture at Kejimikujik National Park and National Historic Site.

Connect with Mi'kmaw Culture is a two-hour adventure which will explore cultural landscapes, natural wonder and archeological discoveries



Making a friendship brooch as part of the “Connect with Mi’kmaw Culture” experience with Acadia First Nation and Parks Canada at Kejimikujik National Park and National Historic Site.

Parks Canada

creating a powerful story of the Mi'kmaq people in Nova Scotia. The journey will include storytelling, song, crafts and a campfire with sampling of traditional bread and blueberry tea.

Connect with Mi'kmaw Culture will be presented by Mi'kmaw elders and students at Kejimikujik National Park and National Historic Site Fridays at 2 p.m., starting July 4 and continuing until September 19.

Through song and drumming, visitors will discover the language and the legends which helped to preserve and share the culture and the history of the Mi'kmaq through generations; craft a friendship brooch, with leather and beads to create a keepsake, and discover how the Mi'kmaq used the resources available to them in this landscape for their day-to-day needs; and roast *lu'sknikn*, a traditional bread, over an open campfire while sipping on blueberry tea.

For information on the program and fees, visit <http://www.pc.gc.ca/eng/pn-np/ns/kejimikuij/activ/activ3/activ3c.aspx>.



Relay results

June 13, the cancer community – survivors, patients, family members and fighters – teamed up for the annual Relay for Life event in Middleton's Rotary Raceway Park. The 12-hour, overnight event involves a lot of walking, but – more importantly - fun, friendship and fundraising to beat cancer.

Private D.T. Bourdon, 14 Wing Imaging



Découvrez la culture mi'kmaq au parc Kejimikujik

La Première Nation d'Acadia fait équipe avec Parcs Canada pour lancer le programme d'interprétation Découvrez la culture mi'kmaq au parc national et lieu historique national Kejimikuij.

Découvrez la culture mi'kmaq est une exploration de deux heures pour apprécier les paysages culturels, les merveilles naturelles et les découvertes archéologiques qui sont au cœur de l'histoire captivante du peuple mi'kmaq en Nouvelle-Écosse. La visite sera agrémentée d'histoires, de chants, d'artisanat et d'un feu de camp avec un goûter au pain traditionnel et du thé aux bleuets.

L'expérience Découvrez la culture mi'kmaq sera présentée par des aînés mi'kmaq et des élèves au parc et lieu national historique national Kejimikuij tous les vendredis à 14

h, du 4 juillet au 19 septembre.

Au rythme du chant et du tambour, les visiteurs découvriront la langue et les légendes qui ont contribué à préserver et faire connaître la culture et l'histoire des Mi'kmaq de génération en génération; un atelier de fabrication d'une broche de l'amitié avec du cuir et des perles. Les visiteurs apprendront comment les Mi'kmaq utilisaient les ressources à leur disposition sur ce territoire pour satisfaire à leurs besoins quotidiens;

o un feu de camp au-dessus duquel les visiteurs pourront faire rôtir du lu'sknikn, un pain traditionnel, en sirotant un thé aux bleuets.

Pour un complément d'information sur le programme et les frais, veuillez consulter <http://www.pc.gc.ca/fra/pnnp/ns/kejimkujik/activ/activ3/activ3c.aspx>.

JULY/JUILLET

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2014

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INFO Wireless High Speed Internet available in TV Lounge/Mess	COURSE CADET BRIEFING	INFO Darts & Pool Balls are available from the bar.	FIRST AID TRAINING CADET MESS COMMITTEE MEETING	FIRST AID TRAINING	TGIF - OM HOSTS SOUP/SANDWICHES & SCONES OM • WINE & CHEESE DWD • MWO O'BRIEN	CADET ADULT STAFF FUNCTION CADET ADULT STAFF FUNCTION
INFO TGIF's and TGIF's start at 1630 each week	COURSE CADET TRAINING FIRST AID TRAINING JR RK GOLF TOURNAMENT	FIRST AID TRAINING	FIRST AID TRAINING CADET MESS COMMITTEE MEETING	FIRST AID TRAINING WLEO CHANGE OF APPOINTMENT	TGIF WOSM HOSTS PITAS	CADET ADULT STAFF FUNCTION
	COURSE CADET BRIEFING FIRST AID TRAINING	CADET FLIGHT PHOTO SHADOW DAY LUNCH FIRST AID TRAINING	FIRST AID TRAINING CADET MESS COMMITTEE MEETING	FIRST AID TRAINING	TGIF • JR HOSTS BEEF DIP SANDWICH& PASTA SALAD	CADET ADULT STAFF FUNCTION
INFO Non alcoholic beverages available	COURSE CADET BRIEFING FIRST AID TRAINING		FIRST AID TRAINING CADET MESS COMMITTEE MEETING	FIRST AID TRAINING	http://greenwood.mil.ca/cms/community/annapolismess/annapolismesshome.aspx	

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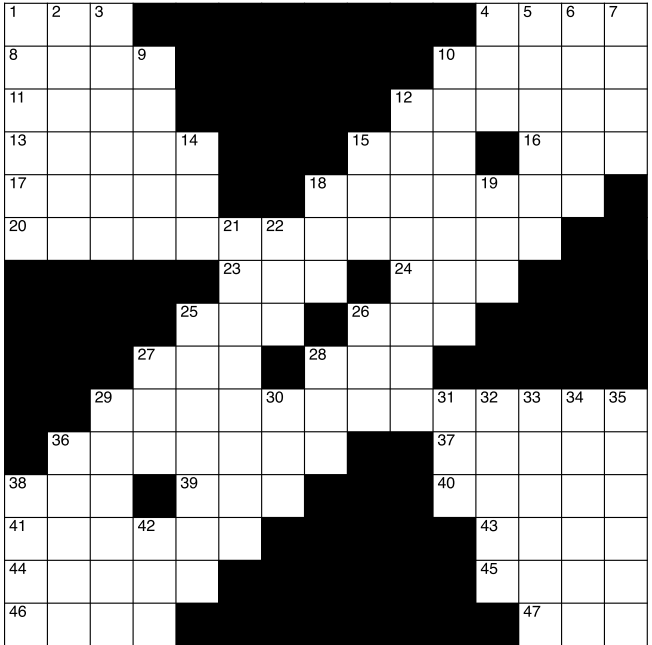


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.alianzinc.ca. Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Thursday, 9:30 a.m., previous to publication unless otherwise notified.

Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 83A, School Road, (annexe Morfee), 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ns.alianzinc.ca. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le jeudi précédent la publication, à moins d'avis contraire.

metro crossword

solution page 18



- ACROSS
1. Sanford, FL school

4. Indicates outer container counterbalance

10. Domestic cat genus

11. Cools down

12. Intolerant people

13. Take hold of

15. Corner bar

16. By way of

17. Microwave amplifier

18. Take up again

20. "Hawaii Five-O" star

23. A sphere

24. 007's creator

25. Downton Abbey network

26. Rapper ___ Lo

27. Taxi

28. Romaine

29. Mum of China

36. From Haiti
37. Fatuous

38. Make fun of

39. A doctrine

40. African plant species

41. Dry red wine

43. Korean monetary unit

44. US airbase in Krygyzstan

45. Do work

46. Czech capital (alt. sp.)

47. Crafty
- DOWN
1. Mark of infamy

2. Of the lower back

3. Crimp

4. Brain wave test

5. Pulled apart

6. Leatherwoods

7. Thessaly mountain

9. R. Devereux, 1st Earl of

10. Leg bones
12. Most branchy

14. Favorable argument

15. Wooden plug

18. Stroke

19. Fukien dialect

21. Special interest influencer

22. Many not ands

25. Political organizations

26. Bunco game

27. 22nd Greek letter

28. Metal container

29. Beach shelter

30. Detective Spade

31. Strike

32. Establish by law

33. Massive compact halo objects

34. Unwind

35. In a base manner

36. ___ mass: abnormal growth

38. Canadian law enforcers

42. Scrap of cloth

metro crossword brought to you compliments of

954 Central Avenue
Greenwood
902-765-6381

Art at the shore
Daily through mid-September, visit the Artists Circle showings at "The Shack," Margareville, 10 a.m. to 8 p.m. Local artists working in all media, with many different perspectives: art is for sale, along with greeting cards and keepsakes. No tax, cash or cheques (with ID) only. The Artists Circle is a non-profit organization that meets the third Monday, 2 p.m., of each month, October through May, at the Anglican church in Kingston. Contact Judy Parks, 902-528-8507, for info.
Des activités pour les francophones

L'Association Francophone de la Vallée offre à la communauté francophone des activités durant l'été. Renseignements disponibles sur facebook ou au 902-765-1078, Centre Communautaire Point de Mire, 6 Chemin Bedford, Greenwood.
L'Association Francophone de la Vallée offers the francophone community activities all summer. Details available on facebook or call 902-765-1078, Point de Mire Community Centre, 6 Bedford Lane, Greenwood.
Outdoor beach volleyball
Tuesdays and Thursdays: free outdoor beach volleyball, 7 p.m., at the beach volleyball court next to the tennis courts on Elm Street, Kingston. Ages 14 to adult. All welcome.

Outdoor basketball
Wednesdays: free outdoor basketball, 7 p.m., next to the Kingston tennis courts on Elm St. Ages 14 to adult.
Legion program
Do you know of a veteran that deserves to be recognized? The Legion Veteran's Service Recognition Book acknowledges these



Cookin' in the rain
A rainy day June 18 didn't stop Pine Ridge from having field day fun – indoors. All students' and staff year-end challenges and games were held throughout the school, with partner 14 Wing Greenwood volunteers from 413 Squadron and Wing Operations manning the lunch-time BBQ: 450 hot dogs! From front left clockwise are Cecilia Lim, Master Warrant Officer Grant Kelly, Master Corporal Adrian LeBlanc and Corporal Heather Bell.

individuals who served during times of conflict or during peace times. For information, call Royal Canadian Legion Branch 098 Kingston at 902-765-4920 or visit www.ns.legion.ca.
At CentreStage
Not for the faint of heart, Sleuth, the ultimate game of cat and mouse, is played out in a cozy English country home owned by celebrated mystery writer Andrew Wyke. Invited guest Milo Tindle, a young rival who shares not only Wyke's love of the game but also his wife, has come to lay claim. This psychological thriller will capture your imagination and intrigue your mind. Not recommended for children. Sleuth runs July 4, 5, 6m*, 11, 12; show time 8 p.m. (*matinees 4 p.m.). Tickets

\$15/ \$12. Call 902-678-8040 for reservations. CentreStage Theatre, Kentville, www.centrestagetheatre.ca.
Museum exhibit
July 1, "Stepping Out in Style" opens at the Macdonald Museum, 21 School Street, Middleton. The exhibit includes dresses, hats, shoes, purses and accessories from the museum's clothing collection. Admission charged after July 1, exhibit continues to September 30. Call 902-825-6116 for information.
Museum exhibit
July 1, "Around the House" opens at the Macdonald Museum, 21 School Street, Middleton. This exhibit includes items set up in various house rooms, and outside in the barn or tool shed. Many

items have been brought out of storage, so be sure to drop by. Exhibit continues to September 30. Call 902-825-6116 for information.
Strawberry supper
July 10, 4:30 p.m. to 6:30 p.m., at the Harmony hall, 992 Harmony Road. Ham cold plate with salads, fresh veggies, roll, strawberry shortcake and beverage. Freewill offering. Hosted by the Harmony Baptist Church.
5 km run
July 11: registration is open for the 4th Sparky 5 km fun run, hosted by the Kingston Fire Department as part of the Kingston Steer BBQ weekend. Visit us on facebook at Sparky 5km Fun Run for event and registration info.
Steer BBQ

the Aurora

Find & Win

Three easy ways to enter.

1. Through our website: www.auroranewspaper.com

2. Fax: 902-765-1717

3. Drop into our office located on 83A School Road (Morfee Annex)

Entry deadline:
Noon, July 3, 2014

Full name

Phone number

Complete the following questions from ads in this week's issue and win a 14 inch 2-topping pizza from **Mimie's Pizza, Greenwood**. Coupon valid for 30 days.

1. What is the civic address for Mimie's Pizza?

2. Whose ad says members save hundreds on their insurance?

3. What is Tim Hortons' phone number?

4. What time does the July 1 celebrations in Greenwood start?

5. What is the bi-weekly payment on a 2010 Tundra?

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.

Congratulations to last week's winner: **RITA BOURASSA**

Mimie's PIZZA

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Greenwood

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902-765-2232

July 11, 5 p.m. to 10:15 p.m.; and July 12, 7 a.m. to 5 p.m.: 55th Kingston Steer BBQ & Village Fair, Credit Union Centre grounds, Kingston. Fireworks, 5 km fun run, entertainment, pancake breakfast, grand street parade, Canada's Strongest Man Competition, steer BBQ, children's activities and much, much more! www.kingstonnovascotia.ca/steerbq for information.

Dessert contest
July 12, enter the Kingston Steer BBQ & Village Fair's annual Underly Delicious Dessert Contest. There are three categories: 10 and under, ages 11 to 14 and adult. Entry forms at the Kingston village office and on the village website. Deliver your dessert entry and recipe by 2 p.m. tot the Credit Union Centre, Westwood Street. Judging begins at 3 p.m. Refrigeration is available. Great prizes!

Hike
July 12, come join the Valley Trekkers, members of the Canadian Volkssport Federation, as we explore Clairmont Provincial Park and the surrounding area. Meet in the park by 9:45 a.m. for walking at 10 a.m. Clairmont Park is east of Kingston on Hwy. 1. This is a 10 km walk, with a 5 km option. Information: Rick or Lynda Kanne, 902-847-1772.

Motorcycle ride
July 12, the Millville Community Hall is hosting a motorcycle photo hunt (part of the Kingston Steer BBQ) from 1 p.m. to 4 p.m., with registration opening at noon. Starting point is the gazebo on Westwood Street in Kingston. Registration is \$15/ bike and a digital photo device is required. Prizes available. For information or early registration, visit <http://www.kingstonnovascotia.ca/steerbq.htm>.

Strawberry supper
July 12, 4 p.m. to 6 p.m., Greenwich Fire Hall. Serving ham, turkey, potato salad, devilled egg, coleslaw, strawberry shortcake

dessert and more. Adults \$11, children \$5.50 (under 5 years old eat for free). A fundraiser for the Kinette Club of Kentville & District. Free door prize draw.


Vacation Bible school
July 14 to 18, 9:30 a.m. to noon, at the former Tremont hall, 738 Tremont Mountain Road. Hosted by Peoples 25:40 Church and Church of the Nazarene, with the Doreys, for kids ages five the Grade 5. For information, contact Leon Langille, 902-825-6083.

Crib
Wednesdays, 7 p.m., join the Berwick Crib Club at the Berwick Lions' hall, KMCC (Apple Dome), 250 Veterans' Drive, Berwick.

Meditation
Mondays, 2 p.m., learn and practice techniques of breathing, eye movements and posture to relax the body and mind. Based on Tai Chi and yoga practices. Work is all seated on chairs. Joe 902-765-1898. \$10 per class, in Melvern Square.



Play on and win!
Kingston hockey player Courtney Boone, along with her teammates, the "Snipe"ettes; emerged victorious at the annual Play On Road Hockey Tournament in Halifax June 14 and 15. The "Snipe"ettes, despite the rainy weather, went 7-0 to bring home the gold medal in the "Jokers" U11 female division of the four-on-four tournament. Pictured are, from left, Emma Phelan (Bedford), Chloe McClean (Bedford), Abby Wamboldt (Bedford), Natalie Mackay (Truro), Courtney Boone (Kingston) and Gracie Somers (Bedford). Hockey Night in Canada's Play On tournaments feature hundreds of teams and thousands of participants in divisions for both genders, all skill levels and ages.



sudoku

solution page 18

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

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

Ahoy mates, Lobster is back at Subway for a limited time!



Middleton - 902-825-5525 • Greenwood - 902-765-2267



patrick's puzzle

solution page 18

FRUIT WORD SEARCH

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

- WORDS
- ACKEE
APPLE
APRICOT
AVOCADO
BANANA
BLACKBERRY
BLUEBERRY
CANISTEL

CANTALOUPE
CHERRY
DATE
FIG
FRUIT
GOOSEBERRY
GRAPE
GUAVA

JAMBUL
JUJUBE
KIWI
LEMON
LYCHEE
MANGO
MELON
OLIVE

ORANGE
PAPAYA
PEACH
PEAR
PLUM
POLLINATION
PRUNE
QUINCE

STRAWBERRY
TOMATO
UGLI
WATERMELON

patrick's puzzle brought to you compliments of

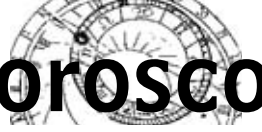


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horoscopes

June 29 - July 5

ARIES - Mar 21/Apr 20
Your impulsive nature is apparent this week, Aries. While this nature has often served you well, it's still a smart move to carefully consider all angles before making any big decisions.

TAURUS - Apr 21/May 21
Taurus, the goal this week is to find a happy medium where you can help others but remain true to yourself. It may take a little juggling, but you can handle it.

GEMINI - May 22/Jun 21
Gemini, although you are initially willing to go along with the group's plans, in the long run you want to set off in your own direction. A few stragglers may join you.

CANCER - Jun 22/Jul 22
Cancer, professional obligations may prevent you from spending time with loved ones, but only if you let them. Let higher-ups know where your priorities lie.

LEO - Jul 23/Aug 23
Leo, share your emotions with a friend, especially if the friendship does not seem to be going in the direction you had hoped. Keep the lines of communication open at all times.

VIRGO - Aug 24/Sept 22
Virgo, you may think your intentions are obvious to others, but sometimes you send mixed signals. You may have to be more concise to achieve your desired results.

LIBRA - Sept 23/Oct 23
Take the high road, Libra. Leading by example has always been your forte, and taking the high road now is a great example to set for those around you.

SCORPIO - Oct 24/Nov 22
It can be quite difficult to keep your cool when you are feeling emotional, Scorpio. Channel any nervous energy you have into a productive project this week.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, you are on a quest for a deep connection. You will not be content with mere friendship, but desire something that is more intimate and meaningful.

CAPRICORN - Dec 22/Jan 20
You are in high demand this week, Capricorn. You have the ability to get things done when others struggle with similar tasks. Keep up the good work.

AQUARIUS - Jan 21/Feb 18
Aquarius, you just may find yourself on shaky ground while juggling multiple responsibilities this week. Don't let the stress of this juggling act get the better of you.

PISCES - Feb 19/Mar 20
Pisces, you find yourself face-to-face with your biggest fears this week. Draw on your inner strength and you will conquer any obstacle.

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classifieds

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

Classified advertising must be booked and prepaid by 10 a.m. Thursday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/or services advertised. To place a classified, contact 902-765-1494 local 5440, visit the office, 83A School Road, Morfee Annex, Greenwood; email frontdesk@auroranewspaper.com or fax 902-765-1717.

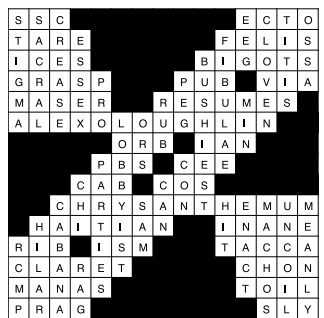
To place a boxed, display ad, contact 902-765-1494 local 5833; email auroramarketing@ns.aliantzinc.ca.

Les annonces classées, 35 mots ou moins, sont vendues au prix de 8 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 9 \$, taxes incluses.

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Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 5833, ou un courriel à auroramarketing@ns.aliantzinc.ca.

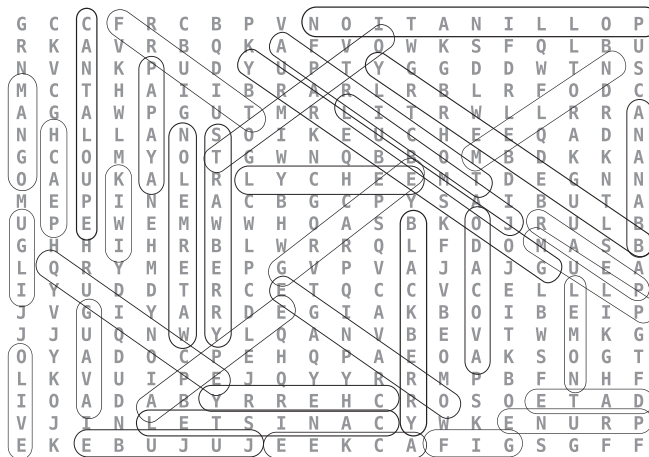
crossword solution



sudoku solution

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

patrick's puzzle



APARTMENTS

FOR RENT - Worry free retirement living at its best, Chipman Avenue, Bridgetown. Two Bedroom Apartment, 1200+ Sq. ft. of living space including LR, DR, KIT and six appliances. Hardwood flooring throughout, R2000+ construction, electric heat. Garage, paved driveway, snow removal, lawn care and extra parking included. Very quiet area, 10 minute walk to all amenities. \$900.00 per month, plus utilities. For more information please contact 902-847-1365. (3501-ufn)

FOR RENT - Very clean, modern three bedroom apartment, quiet S/D in Nictaux. Fridge, stove and Dishwasher. Washer Dryer hook-up. \$850/month, heat/lights incl. No dogs. References required. Call Ross 902-840-0534. (3509-ufn)

FOR RENT - Upstairs 2 bedroom apartment in quiet building, 5 minute walk from Greenwood Mall. Available June 16th. Bathroom just renovated, parking and water included, heat is extra. \$550.00 a month. Apartment is at 909 Rocknotch Rd in Greenwood. Call Mike at 902-825-9441. Please leave a message if no answer. (3526-4tpb)

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FOR RENT - Kingston Lincolnshire Apartments. Two bedroom, 2 appliances \$600.00 per month plus utilities. Phone 902-765-6669. (3522-5tpb)

FOR RENT - Two bedroom apartment in adult building. 1486 Magee Drive, Kingston. In floor heat, ground level. \$690.00 a month, utilities extra. Available immediately. Phone 902-309-0573. (3525-2tpb)

FOR RENT - One bedroom apartment in Kingston. Heat and lights included. \$680.00 per month. No pets, references required. 515 Pleasant Street, Kingston. Call 902-250-0181. (3526-2tpb)

FOR RENT - Two bedroom upstairs apartment located on bus route in Aylesford. Fridge, stove, washer & dryer included. \$550.00 per month plus utilities. References & security deposit required. Phone 902-538-1313. (3526-1tpb)

MOBILE HOME

FOR RENT - Two bedroom mobile home with rec room addition. Includes washer/dryer, large yard, outside storage. Lawn care and snow removal provided. \$675.00 per month plus utilities. Available July 1, 2014. Call 902-765-4206. (3525-ufn)

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HOUSE

HOUSE FOR RENT - Four bedroom house in central Middleton. Heated, 2 baths (one newly installed.) Backyard, storage, parking. Non smoking and house pets only. Available immediately. Reference required \$850.00 per month. Phone 902-825-6906. (3526-2tpb)

ROOM FOR RENT

FALLS RIVER SUB - Looking for a mature employed non-smoker to rent a large fully furnished room in Greenwood Area. Close to all amenities. IR Personnel welcomed. \$130.00 per week. Meals can be included with adjusted agreed upon rent. Phone 902-242-5182 or 242-2021. (3524-3tp)

DUPLEX

FOR RENT - Two bedroom duplex located on 699 Balser Drive Kingston. Stove, fridge, washer & dryer hook-ups. Adult building only. Lease and references required. Non smoking, sorry no pets. Call 902-242-2600 for viewing by appointment only. \$800.00 a month plus utilities. (3523-4tp)

FOR RENT - Semi-detached home for adult living in Aylesford. Two Bedroom 1 1/2 bath with garage and shed. Large master bedroom with ensuite and spare bedroom. Main bathroom/laundry room combination. Open concept kitchen, dining

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area and living room. Ample parking and closet space. All on one level with oil fired in floor heating. Rent is \$725.00 which includes fridge, stove, dishwasher, washer and dryer. References, tenants insurance and damage deposit required. Tenants responsible for own utilities, snow removal and lawn moving. No Pets, no smoking. Please contact 902-844-0909. (3525-2tpb)

FOR SALE

FOR SALE - Selling misc. household and personal items at 1936 Auburn on July 07, 2014 at 8 A.M. for Veronica Weiher. (3525-2tp)

FOR SALE - 1997 Ford F-250 Pickup Truck. 66000 Km's. 4x4, 5.8L Auto. \$4000.00. Phone 680-2284. (3526-1tpb)

SERVICES

SERVICE - Bilingual handyman carpenter available, 25 years of experience with finish work, flooring, stairs, tile work and more. Reasonable rates - flexible hours. Call Mike at 902-242-2465 or 902-840-0529. Greenwood/Kingston (3422-ufn)

IN THE COMMUNITY

CHURCH SERVICE - "The Peoples 25:40 Church" There will be a church service held every Sunday at the New Beginnings Centre 1151 Bridge Street Greenwood provided by Pastor Leon Langille. Pre Service music at 2:50 pm. Service 3:00 pm. Doors will open at 2:30 pm. All are welcome. (3522-ufn)

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Canada Day fun coming

If you are looking for a way to celebrate Canada's birthday with your family, check out a range of community events coming up Tuesday, July 1:

- **Greenwood**, hosted by the 14 Wing Greenwood Community Centre and Military Family Resource Centre, from noon to 3 p.m., at the Church Street community centre. Skateboard and BMX competition, ages nine to 18, in partnership with Adam Berry, a skateboard and BMX trainer from Halifax. Registration will take place from 11 a.m. to noon July 1, and the event will run from noon to approximately 3 p.m. The cost is \$5 to take part in both Berry's clinic and the competition (contact Rebecca Dillman, 902-765-8165). Between noon and 3 p.m., enjoy a BBQ and free activities, including bouncers, tattoos, a fire truck and Military Police

visit and more. Pool activities 1 p.m. and 3 p.m., including a free family swim, pool games and contests. In the event of inclement weather, with the exception of the skateboard clinic and competition and pool events, most activities will continue inside the community centre.

- **Burlington** (Long Point Road, north of Berwick), from noon on. The community parade starts at 12:30, with the flag raising and main stage presentations to follow. Live entertainment: Mary's Islanders, Bob Deveau, Hilites. Children's games, petting zoo, bouncers and more. BBQ, canteen and full chicken BBQ dinners; ice cream, pie baking competition and sale of slices. Horse pull, lobster raffle, silent auction, flower show and competition. Entries welcome in competitions: call Charlotte, 902-538-0205 (flowers); and

Susan, 902-538-3441 (pies); horse entries weigh in during the a.m.

- **Melvern Square**, from 11:30 a.m., at the Melvern Square Community Centre. Flag raising, BBQ, cake and soap slide. Everyone welcome!

- **Middleton**, 1 p.m. to 3 p.m., at Macdonald Museum, 21 School Street: free refreshments, entertainment, children's activities. See the museum's new exhibits, including an enhanced Rusty Nail exhibit, at no charge. Come out for a fun, free afternoon to celebrate our nation's birthday. 902-825-6116 for details.

- **Wolfville**, 11 a.m. to 3 p.m. Entertainment from The Tracey Clements Band, bouncer, face painters, soap slide, free cake and more! Pack a picnic or enjoy the

BBQ. Fair warning: prepare to get wet in the massive water fight, 2 p.m. to 3 p.m. balloons and water blasters (sponges, refill stations, water available, or bring your own).



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