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 the **Aurora**

Vol. 37 No. 27 JULY 11, 2016 NO CHARGE www.auroranewspaper.com



Greenwood riders tackled three different Boomer's Legacy route distances on the 2016 challenge, leaving 14 Wing on the most successful charitable ride hosted by the base.

14 Wing Imaging

Boomer's riders post best-ever charitable results

Captain Nemanya Petrovic and Warrant Officer Allan Brace

The June 19 14 Wing Greenwood run of the 2016 Boomer's Legacy ride continued a 10-year tradition, fundraising for charities in honour of Corporal Andrew "Boomer" Eykelenboom.

Eykelenboom was a Canadian Forces medic committed to helping and saving lives, killed by a suicide bomber in Afghanistan in August 2006. His death was the inspiration behind the ride, encouraging all those who proudly wear the uniform to continue to help others and make a difference for their communities.

The 2016 14 Wing-organized ride raised over \$7,000, making it the most successful ride in CFB Greenwood's history of the Boomer's Legacy.

This year's Boomer's



The Boomer's Legacy "peloton" leaves the 14 Wing Greenwood gates at the start of the day's ride.

14 Wing Imaging

ride featured three different distances: a 40-kilometre route, an 85-kilometre route and a 125-kilometre route. Fifty-three riders signed on, with 13 completing the 85 kilometre distance to Aylesford Lake, 12 completing the 40 kilometre distance to Middleton and 28 completing the 125 kilometre route, combining both the shorter

distances. The riders enjoyed perfect weather as they set out, returning to 14 Wing Greenwood for a BBQ prepared by volunteers.

All Greenwood funds raised will support the local charity, Chrysalis House, located in Kentville. For years, Chrysalis House has been helping and supporting women and their children find help in difficult

Continued on page 2...

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the **Aurora** newspaper



Boomer's Legacy ...

...cover

times, making it a much deserving recipient of the funds 14 Wing riders raised. If you would like to make support this cause, visit chrysalishouseassociation.org.

The Boomer's team would like to thank businesses in Greenwood, Kingston and Wilmot who were such great sponsors, all jumping in to support the team with prizes and donations: Atlantic Fabric - Greenwood, Atlantic Superstore - Greenwood, Cathy and Co. Hair Studio and Day Spa - Kingston, Cavendish Agri Services - Wilmot, Country Store - Greenwood Mall, Enterprise Car Rental - Middleton, Giant Tiger - Greenwood Mall, Hammersmith Auto Service Ltd - Greenwood, King of Donair - Kingston, Maxwell's Quality Footwear - Greenwood Mall, Meadowbrook Meat Market - Berwick, Tay Do Palace Restaurant - Kingston, Tim Horton's - Greenwood, Sears - Kingston, Vogue Optical - Greenwood Mall and Scotiabank, which generously matched donations from an earlier boot drive and 50/ 50.

Follow the 14 Wing Boomer's team on Facebook at "2016 Nova Scotia Boomer's Legacy Bike Ride" to see pictures of all those who participated and volunteered. Organizers hope to see you next year, as this year's event was a ride to remember.



Colonel Pat Thauberger, left, and Honorary Colonel Terry Kelly rode a two-man bicycle along the Boomer's route.

14 Wing Imaging

14 Wing Aurora represents RCAF at U.K. tattoo

A CP140 Aurora aircraft and crew from 405 (Long Range Patrol) Squadron, based out of 14 Wing Greenwood, is participating in the Royal International Air Tattoo July 7 to 9 in Fairford, United Kingdom. The tattoo reunites close to 50 air forces from around the world, including their chiefs or their delegates.

The participating Aurora is a Block III (modernized) aircraft, crewed by 14 RCAF and Royal Air Force personnel (on exchange with the RCAF), who train and operate together while stationed at 405 Squadron.

Summer closure July 19 to August 1

Fermeture d'été du
19 juillet au 1 août



There will be no Aurora Newspaper on
July 25 or August 1

Il n'y aura pas de journal Aurora du
25 juillet au 1 août



Managing Editor | Directrice de rédaction
Sara Keddy • 902-765-1494 local/poste 5441
auroraeditor@ns.aliantzinc.ca

Intern Reporter | Journaliste interne
Sergeant Brian Milligan • 902-765-1494 local/poste 5833
brian.milligan@forces.gc.ca

Business & Advertising | Affaires commerciales et publicité
Christianne Robichaud • 902-765-1494 local/poste 5833
auroramarketing@ns.aliantzinc.ca

Graphic Designer | Graphiste
Brian Graves • 902-765-1494 local/poste 5699
auroraproduction@ns.aliantzinc.ca

Administrative Clerk | Commis à l'administration
Bev Richardson • 902-765-1494 local/poste 5440
auroraneews@ns.aliantzinc.ca

Editorial Advisor | Conseiller à la rédaction
Lieutenant (Navy) Sylvain Rousseau
• 902-765-1494 local/poste 5101
sylvain.rousseau@forces.gc.ca

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Le comité de rédaction se réserve le droit de réviser, de condenser ou de rejeter tout article ou message publicitaire afin de satisfaire aux exigences relatives aux journaux militaires figurant dans la Politique temporaire des journaux des Forces canadiennes. Les opinions exprimées dans ce journal sont celles des collaborateurs et ne reflètent pas nécessairement les points de vue des Forces armées canadiennes ou de la 14e Escadre. Publié chaque lundi par la 14e Escadre sous les auspices du Colonel Patrick Thauberger, commandant de l'Escadre.



Useful links | Liens utiles

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
www.cfmws.com

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.vpinternational.ca

Winning with health



14 Wing Greenwood’s Health Promotion program recently gathered local winners of the Canadian Armed Forces’ May Health and Wellness Challenge. Participants tracked daily challenges met online – from laughing to exercising to getting a good night’s sleep – and were eligible to win a range of prizes (sponsored nationally by SISIP Financial Services), including an Emerson tablet, a fitness tracking watch, Fit Bit, blender and yoga mats. From left are Lois Baird, SISIP; Lisa White, Health Promotion; Master Corporal Terry Harnett, Warrant Officer Allan Brace; Major Lynne Hounslow, Leona Conrick, Master Corporal Noella Kennedy and Edith Tremblay, Health Promotion. Missing was Captain Caitlin Clapp.

S. Keddy



A group of staff Cadets, working together to move a picnic table as summer programs get ready for July 10’s start.

Lieutenant C. Huntley

Greenwood welcomes summer Cadets

The Greenwood Cadet Training Centre kicked off another summer of training, hosting unique opportunities in aviation technology, leadership and outdoor survival for over 1,000 youth July 10. Courses offered at the training centre include the two-week General Training, the three-week long Advanced Aviation, Basic Aviation, Basic Aviation Technology Aerospace, Basic Drill Ceremonial and Basic Survival courses; and the six-week Drill and Ceremonial Instructor, Survival Instructor, Military Band Intermediate and Advanced Musician courses.

This year marks the first year Greenwood is an official “tri-service” centre. Adult staff and staff Cadets have been working hard over the last few weeks to get the centre ready to host training opportunities for all three elements of the Cadet program – Sea, Army and Air. Not all courses are “tri-service.” Greenwood will continue to offer premiere introductory and advanced specialty courses for Air Cadets, such as the Advanced Aviation and Survival Instructor courses, which makes 14 Wing Greenwood the ideal home for the centre.

Course Cadets started arriving July 10. It will be the first time some of these youth will be away from home, and it is sure to be a unique experience. They will have the opportunity to develop leadership and self-confidence, make friends and forge skills and relationships that will last a lifetime.

Upcoming events
July 10 - arrival of all course Cadets
July 14 and 15 - General Training Cadets program at the Cloud Lake Survival Site
July 16 - Greenwood CTC Band performance in the Heart of the Valley Parade in Middleton
July 16 - General Training Course Cadets’ charity car wash at the Greenwood Irving

1/2

Season Rates on sale July 15

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Draw date is the 2nd of October at the Fall General Meeting • Tickets are \$5.00 with only 300 being sold
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14 CES marks change of command

**Honorary Colonel
Dan Hennessey,
14 Construction
Engineering Squadron**

Command of 14 Construction Engineering Squadron changed hands June 29, in a ceremony held at the Best Western Plus Hotel and Convention Centre in Bridgewater.

Major Craig Bradshaw took over from Major Rick Leighton, who will be heading off to 8 Wing in Trenton to assume command of the 8 Wing Fire Hall as well as two flights, 86 ASU and 81 Construction Engineering Flight.

Leighton addressed those gathered and indicated the last few years while commanding 14 CES have certainly been the highlight of his career. The dynamics of commanding a Reserve force were a learning experience, particularly the geographical layout of the flights connected to 14 CES, stretching from coast to coast; but one thing very evident to him is that Reserve personnel are equal to the Regular Force in training and dedication to their roles. During Leighton's tenure, the squadron celebrated its 20th anniversary: it has contributed to every major mission the Canadian Armed Forces has partici-

pated in. Leighton also spoke of the acquisition of 192 CEF in Aldergrove, BC, a year ago, and how this flight has added its skill set to the squadron. He spoke of the community the Squadron resides in, and the tremendous relationship that has developed over the last 20 years - and this will continue to strengthen on a go-forward basis.

14 Wing Greenwood Commander Colonel Pat Thauberger spoke of the tremendous work 14 CES has done for the CAF in support of missions, both foreign and domestic, and it has become the "go to" squadron. Thauberger highlighted the command skill and sterling leadership of Leighton, and how he worked seamlessly with all the flights and answered the call whenever required. Leighton brought all the flights together into one cohesive team and nurtured a strong work ethic with flight commanders who, in turn, passed that on to members. Thauberger looks forward to working with the incoming commanding officer, Bradshaw, who brings with him a strong skill set from his last assignment at 2 Canadian Air Division. Command will be greatly different from staff - but also more enjoyable!

Bradshaw spoke briefly



From left are outgoing 14 Construction Engineering Squadron commanding officer Major Rick Leighton, 14 Wing Greenwood Commander Colonel Pat Thauberger and incoming 14 CES commanding officer Major Craig Bradshaw.

about his enthusiasm taking command of 14 CES, and indicated how unique the squadron is within the CAF. It has a proud tradition of supporting missions, foreign and domestic, along with deep roots within its communities. During earlier hand-over briefings, he determined quickly the flights are led by bright and enthusiastic flight commanders and a dedicated cadre of non-commissioned members. Bradshaw closed with his philosophy of leading with honour, a simple acronym - DART: dedication, accountability, respect and teamwork. These are the things he demands of himself, and expects of everyone he works with.



June 12, Major Rick Leighton, commanding officer of 14 Construction Engineering Squadron, presented his final squadron year in review report to Bridgewater town council, just prior to his change of command. Mayor David Walker presented Leighton a certificate of appreciation, thanking him for his great work during his time on the South Shore.

Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron

Wing road closure

In support of the re-paving of Ad Astra Way, there is a requirement to close the south lane of Ad Astra Way from approximately 35 metres east of the Military Police Building (B132), for 0.5 kilometres. It is recommended personnel working in the AOZ use the POL gate for the duration.

Ad Astra Way - lane closure (single lane traffic only): July 11 to July 15, between 8 a.m. and 10 p.m.

Ad Astra Way - road closure (from Pathfinder Drive to Check Point Charlie): July 21 to July 29, between 6:30 p.m. and 5:30 a.m.

Fermeture de voie et du route à l'escadre

En raison des travaux d'asphaltage de la voie Ad Astra, la voie Ad Astra Sud sera fermée, sur une distance de 500 mètres, à partir du point situé à environ 35 mètres à l'est de l'édifice de la PM (B132). Nous recommandons au personnel qui travaille dans la ZOA d'utiliser l'entrée PP pendant la durée des travaux.

Ad Astra Way - fermeture de la voie : du lundi 11 juillet au vendredi 15 juillet, 8 h à 22 h

Ad Astra Way - fermeture de la route (de la promenade Pathfinder à Check Point Charlie) : du jeudi 21 juillet au vendredi 29 juillet, 18 h 30 à 5 h 30



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From left are Marcel Journeay, PIPSC steward; Upper Room Food Bank manager Harley Hazelwood; Jonathan Tweedie, PIPSC Greenwood branch president; and Marla Ward, UNDE steward.

Sergeant B. Milligan

Food bank receives public servants' donation

Long-time Upper Room Food Bank manager Harley Hazelwood and his Kingston-area volunteers were pleased to receive \$758.64, as well food donations, from public servants at 14 Wing Greenwood.

Professional Institute of Public Service Canada Greenwood branch president Jonathan Tweedie made the donations on behalf of members, and the Union of National Defence Employees.


“During National Public Service Week, we decided that we would make the week about helping out local charities, and not about ourselves.”

The group raised money by conducting an auction, a bucket drive and encouraging individual donations. Hazelwood indicated the food bank, on average, assists approximately 200 families every month, and the demand continues to grow.

On behalf of the food bank, Hazelwood emphasized the importance of community and corporate involvement.

“The continuous support from people such as the base’s public servants, as well as companies such as Walmart and Sobeys, certainly provides some stability in an on-the-shelf world of a food bank.”

A donation of \$800 was also provided to the Twelve Baskets Food Bank in Nicatux.



Village of Kingston

2016 Summer Recreation

902-765-2800 • recreation@kingstonnovascotia.ca

- **FREE - WEDNESDAY OUTDOOR BASKETBALL** Ages 14 to adult. Games will take place outdoors at the Kingston Basketball Courts on Elm St. in Kingston. Games to take place on Wednesday evenings at 6:30pm starting on Wednesday June 29th weather permitting.
- **FREE - TUES/THURS BEACH VOLLEYBALL** - Games to take place at the Beach Volleyball court on Elm St., Kingston. Tuesday & Thursday nights starting at 7pm beginning on Tuesday June 28th. All Welcome – this will be fun, recreational/competitive volleyball. No volleyball – if raining or inclement weather. Please contact the Village Office for more information. Kingston Village Office – 671 Main St. Kingston – 902-765-2800.
- **CANGAROO TENNIS ADULT & YOUTH TENNIS LESSONS at Kingston Tennis Courts TUESDAYS & THURSDAYS** – Starting Tuesday evening July 5th at 6pm. \$5/HR OF INSTRUCTION. Tennis Courts are open all summer & Free to use!!
- **KASA – KINGSTON AREA SENIORS ASSOCIATION** – Meet the 2nd Wednesday of each month at 10am at the Kingston Legion excluding July & August. Fun Days are the 2nd & 4th Fridays of each Month excluding July & August.
- **Free MORNING SHUFFLE BOARD at the Kingston Tennis Courts** – Call Village Office at 902-765-2800 for equipment. Bring a friend!!
- **SUMMER DAY CAMP IN KINGSTON** – ages 5 – 12 - 8 Weeks from Monday July 4th until Friday Aug 26th - 8am – 3:30pm. Takes place at the Kingston Rec Hut adjacent to the Kingston Rink, Westwood St. Fun times throughout the summer, making friends, adventure outings, bus trips, walks to the 14 Wing Pool, crafts, & more. Visit <http://www.kingstonnovascotia.ca/summerday.htm> for details.
- **KINGSTON CREDIT UNION CENTRE** – Arena Floor Rentals (winter ice surface) • Conference Room Rentals (seating for up to 220) Presentation Capabilities • Party Rentals • Sports Team Dry Land Practice Facility. Visit www.wkaa.ca or call – 902-765-2516 and leave voice mail.

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– Contact on Facebook by searching Greenwood Running Club. **All Skill Levels welcome.** Email: pkdooks@eastlink.ca



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Event Highlights

Pharmasave Children’s Parade

Seafest Pageant

Port Maitland Heritage Day

Classic Car Show & Shine

Coastal Financial Credit Union Scavenger Hunt

Rudder’s Parade of Lights

Scotia Garden Mackerel Toss

A Day By The Sea Tours

Lobster Pound & Cannery Tours

Murray Auto Group Chowder Cook Off

Lobster Boils

Pirate Party Pub Crawl

July 13th - July 17th

For more events and details

www.seafest.ca

WEEK 3 | Your health – A team approach, lead by you

**Captain Sandra Robinson,
Nurse generalist officer,
26 Canadian Forces Health
Services Greenwood**

To help us help you with service and appointments, here are a few points from 26 Canadian Forces Health Services Greenwood.

From the CDU - If you cannot make an appointment, cancel it at least 48 hours in advance. This allows us to use staff time efficiently and serve a greater number of clients.

If you have a minor illness (cold, etc) and can manage it with over-the-counter medications and up to two days off (drinking lots of fluids and resting), get some over-the-counter medications from our pharmacy and request time off from your chain of command: you do not need to see a medical officer. If you come to sick parade and your vital signs are normal, we will send you back to work. If your chain of command will not grant you called-in sick leave, please have them call the PCN and let her know why they are sending you to the clinic. If your medical officer directs you to come

on sick parade on a specific day/ time for reassessment or test results, it is important you inform both the CDU clerk and the PCN or you will be turned away.

Aircrew: you have the ability to self-ground if you're not feeling fit enough to fly. You can do this without coming to see us, if you have a minor illness.

You must report to sick parade on the first business day following a visit to a civilian emergency room or walk-in clinic. Ensure you tell the CDU clerks and the PCN you have visited a civilian healthcare facility.

If you come to the clinic for an appointment and the person you have the appointment with tells you to book a follow-up, book before you leave. If you pick up a prescription and notice you have no refills left, book an appointment to see your medical officer before you leave the building. Running out of medication happens only with poor planning on your part, and does not constitute an urgent reason to see your medical officer.

Book your medicals one to two months in advance. Waiting times for medicals

are long; if you wait, you may not be operational by the time of your appointment.

Please don't call all three locals of the CDU. Call one and, if you don't get an answer, leave a voice mail with your name, full service number and a phone number where you can be reached. Ensure your speech is audible.

CDU clerks cannot give out test results.

If you are experiencing a chronic physical health issue and have been given advice on how to manage it from your healthcare team, do as advised and practice self-care. If you need advice, call a CDU RN (902-765-1494, locals 5055, 5023 or 5298) to assist in the creation of a care plan.

If you are deploying or being highly considered for deployment/ back-up, call us first! Ensure your medical is up to date, and we will start our internal clinic DAG process.

The CDU clerks reschedule appointments only for eventualities that cannot be helped: Health Services operational needs (i.e. a medical officer is tasked away on operations). Be patient if

medical officers' schedules are not available; the CDU clerks will guide you on how to proceed.

Sick parade is for acutely presenting illness or injury, or an acute exacerbation of a chronic injury/ illness. Our medical officers are usually busy with acute issues, and most start seeing booked appointments at 9 a.m., which is why sick parade ends at 9 a.m. Your chronic issues are much better addressed during a booked appointment. To be seen on sick parade, you need to present at the CDU at 7:30 a.m.

We triage everyone: if you are having chest pain or shortness of breath, you need to tell a staff member as soon as you walk in the building. If you feel it is taking too long for you to be seen, keep in mind we could be dealing with patients with serious or possibly life-threatening conditions.

PCNs are available at 902-765-1494, locals 5055 and 5023, to answer any chain of command questions. If they don't pick up, leave a message.

Keep administrative issues administrative: if a workplace conflict is caus-

ing an issue, please see a WRA or talk to your chain of command.

From Physiotherapy - You can self-refer to physiotherapy. We are currently exploring coverage on sick parade three days a week. We will also shortly be without a physio department clerk. Please have patience: your voice messages will be returned.

Please do your assigned exercises: this, too, is a form of self-care.

Pharmacy - Open daily from 7:30 a.m. to 12:30 p.m., our pharmacy is responsible for the provision of medical and pharmaceutical supplies for our clinic, 413 Squadron, clinics in Aldershot, Gander, St. John's and Goose Bay; and various Cadet camps.

Please allow 48 hours for refills of chronic medications, and please use the refill line (902-765-1494 local 5177). New prescriptions take priority over refills.

If your refill was done at an outside pharmacy and/ or not in Greenwood, you need to tell pharmacy staff where it was last filled and the prescription number. Pharmacies are not connected – even CAF ones.

Pharmacists sometimes have duties that take them out of the pharmacy (such as being with an acutely ill patient in the treatment room). You must come to our pharmacy first to fill your prescription but, if they are unavailable and you are desperate, take it and your Blue Cross card to any local pharmacy. Keep in mind you may have to pay for medication not on the CAF drug benefit list.

Case Management - Case Management is currently without a clerk and dealing with twice the number of clients it should. They will be offering general, small

group education sessions if you are interested and are on your second TCat. Contact the department to register.

For information on the TCat/ PCat process, there is an excellent brochure that may be picked up in the office. Inform yourself! Go to SCAN seminars, check online and look at the medical regulations. It can all be found on the DWAN.

If you have questions, write them down. Many people come to appointments and forget what they wanted answered.

Mental Health - You may self-refer for psychological/ sociological health issues. A mental health practitioner is available at all times during business hours to assist you.

For chain of command, individuals with illness and/ or injury need your support. Please do not blame individuals for not being able to cope with the demands placed on them. Look at the big picture and reassign priorities to control the workload and ensure you are giving meaningful employment to your members within MELs. Removing work from people based upon what you believe, and not what the medical officer states in her MELs, is counterproductive to an individual's recovery. People need to feel they are supported as much as possible, within operational demands.

General - Use the links on the 14 Wing splash page to see if your question can be answered by our publications. Check under "Communities of Practice/ Health and Fitness." Use the services provided through the Canadian Armed Forces Member Assistance Program, at forces.gc.ca/en/caf-community-support-services-map/member-assistance-program.page, or call 1-800-268-7708.

14 Wing PSP Summer Aquacise Program

Kings County in partnership with 14 Wing Greenwood is providing this program free of charge

Monday, Wednesday, and Friday

8:45am - 9:45am

July 4th - August 17th, 2016

(No class August 1st)

Join us at the 14 Wing Fitness Centre Indoor Pool to experience the benefits of aquacise!

Water is only chest deep
Men & Women Welcome

For more information:

Call - (902) 765-1494 ex. 5025



The best game ever

Sergeant Brian Milligan,
The Aurora Newspaper

Some will agree - and some won't - golf is the best game ever. The late Robin Williams certainly had his own view of the game (find it on YouTube).

My best round of golf ever was ruined when the alarm clock went off: in my dreams, I was setting a course record at the 14 Wing Greenwood Golf Club. The dream was likely triggered by something that had recently happened. I was cleaning out the basement and found "Mad Cow," a battery-operated stuffed animal that makes funny noises and vibrates around when dropped. After years of sitting on a shelf, I wondered if the cow ~~was still mad~~ worked. I set it on the floor and, of course, nothing happened: it's battery-operated. Opening the battery compartment in the cow's butt, I found tucked inside an old score card from the Greenwood course. Upon closer scrutiny, I realized this card recorded my best round ever played in Greenwood, and I could remember coming down the last few holes and trying to keep it all together.

The game of golf can be a cruel one (especially true for me since, even on my best day, I am really only one swing away from disaster). My perspective over the years goes like this: from the time I pick the club up, "For better or worse (for hook or slice), in sickness and in health (in sand trap or on fairway), 'til death do us part ('til the next swing do us part)."





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13 JULY

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Heart of the Valley Festival





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Schedule

| | | |
|--------------------------|--|---|
| Friday, July 15 | | |
| 6:30 p.m. | Middleton in Action family fun run | Centennial Park |
| | Youth Ambassador candidates' speeches | |
| 8:30 p.m. | Movie in the Park (Kung Fu Panda) | Centennial Park |
| 7 p.m. | Broke with Money (licensed event) | Tent stage, Rotary Park |
| 8 p.m. | Yuk Yuk's On Tour Comedy Show (licensed event) | Tent stage, Rotary Park |
| | Broke with Money (licensed event) | Tent stage, Rotary Park |
| 10 p.m. | | |
| Saturday, July 16 | | |
| 7 a.m. to 9 a.m. | Ambassadors' pancake breakfast | Commercial Street |
| 9 a.m. | Circus events | Commercial Street |
| 9 a.m. to noon | Under 19 co-ed volleyball tournament | Rotary Park |
| 9 a.m. to 4 p.m. | Vendor Market | Rotary Park |
| 9:30 a.m. to 11 a.m. | Little Ray's Reptiles | Commercial Street |
| 10 a.m. to 11 a.m. | Cool Moves BMX display team | Commercial Street |
| 11 a.m. to 1:30 p.m. | Bed races | Commercial Street |
| 1 p.m. to 4 p.m. | Over 19 co-ed volleyball tournament | Rotary Park |
| 1:30 p.m. | Grand Street Parade | Commercial Street |
| 3 p.m. to 6 p.m. | Bouncers, kids' games, Matt the Music Man | Rotary Park |
| 4 p.m. to 5 p.m. | Halifax Circus performance | Rotary Park |
| 4 p.m. | Firemen's BBQ | Rotary Park |
| 5 p.m. to 7 p.m. | Strongman competition | Rotary Park |
| 5 p.m. to 7 p.m. | Music – Kings of Delusion | Keith's tent stage |
| 7 p.m. | Cool Moves BMX display team | Rotary Park |
| 8 p.m. to 10 p.m. | Music – Lost Vegas | Keith's tent stage |
| 10 p.m. | Fireworks | Rotary Park |
| Sunday, July 17 | | |
| 10:45 a.m. | Service in the Park (music, messages) | Centennial Park (if rain, Middleton Baptist church) |
| | | Centennial Park (if rain, Emmanuel Church) |
| 11 a.m. | Community BBQ | |

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Schedule changes and weather may affect events. Watch for details at hotvf.ca



Heart of the Valley Festival

Ride Century routes from Heart of the Valley

Get your wheels ready for the 2016 Heart of the Valley Century Ride, coming up Sunday, August 14.

The route consists of four loops, the same as in previous rides: counterclockwise from Middleton to Bridgetown (50 kilometres), clockwise from Bridgetown to Annapolis Royal (100 kilometres), and counterclockwise from Annapolis Royal to Raven Haven Park (160 kilometres) and return to Annapolis Royal. There is also a 25km loop that runs counterclockwise from Middleton out and back. The 50- and 100km routes have some rolling hills. There is an expectation you are able to complete the route you choose to ride in a reasonable amount of time.

Rules of the road apply. Bring along your bike, a helmet and the desire to have fun. You should carry the necessities for basic repairs. Organizers



will have a support vehicle for major breakdowns and/or accidents - not for tired riders. It is strongly recommended you carry a cell phone; contact numbers for event volunteers will be provided. In the event of an accident where medical or police are required, call 911.

Food stops are located every 25- to 30km, at Bridgetown's

Jubilee Park, the Annapolis Royal town hall and Raven Haven Park approximately halfway through the 60km loop. Washrooms and much needed fluids, along with snacks, will be provided. The rides finish in Middleton with a post ride chicken BBQ, from 1 p.m. to 5 p.m., for all participants. Enjoy live music from 2:30 p.m. to 5 p.m.

The ride gets underway at 9 a.m. from Middleton's Rotary Raceway Park. Online registration closes August 12 at 4:30 p.m. (including a T-shirt), with ride-day registration underway at 7:30 a.m. (T-shirt selection will be limited). Registration will stop at 8:15 a.m. for a pre-ride briefing and recommence after 9 a.m. for latecomers. For information, contact Jennifer Coolen, recreation@town.middleton.ns.ca or 902-825-6611. To register, visit www.racerooster.com.



Museum open

The Annapolis Valley Macdonald Museum is open for summer hours, 9 a.m. to 4:30 p.m., Monday to Saturday. Visitors checked out the "Back to Class: Annapolis County Schools" exhibit during recent July 1 events, including hands-on children's activities. Come in and see the Nova Scotia Museum's Antique Clock and Watch exhibit, the re-created general store, the Rusty Nail exhibit (with new displays), a small natural history exhibit and new exhibits, "Founding Valley Cultures," a look at the fashions of different founding Valley cultures; "Different Strokes from Valley Folks," a museum art display; and a new children's interactive area. Admission is charged, and children under 12 years of age get in free. Phone 902-825-6116, or visit www.macdonaldmuseum.ca.

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Kings West MLA Leo Glavine, left, presented Greenwood Amateur Radio Club member Brian DeAthe with a copy of a recent Legislative Statement Glavine made, acknowledging the work of the club during extreme weather or challenging community circumstances – and as an international hobby.

Submitted

**Brian DeAthe, VE1IQ,
Greenwood Amateur
Radio Club**

The Greenwood Amateur Radio Club hosted its annual Field Day challenge June 25 and 26. Thanks to all who participated in the event at the Port George Community Centre. There was a good turnout, and several visitors, including Kevin Beard from REMO Annapolis County and

Kings West MLA Leo Glavine. Everyone had lots to eat and stuff to do to keep busy, but still with time to sit around and chat. Lloyd Watton was our “key” man, and logged many Morse code contacts.

Glavine made a special presentation to club members, a copy of recent Member Statement he made in the Nova Scotia Legislature acknowledging the work of the club and its members. He

recognized over 100 years of amateur radio enthusiasm for electronics and communications, particularly during extreme condition or disasters.

“Even in this modern age of communications, amateur radio clubs have proven their importance and value to rescue missions, weather disasters and simply human contact as a hobby,” Glavine said. “Hams can literally

throw a wire in a tree to act as an antenna and when connected to a battery powered transmitter can communicate over thousands of kilometers.

“Having been on hand in Port George for Field Day 2015 I want to wish all who will participate in 2016 a memorable and successful event. Keep up your passion and practice of amateur radio.”

Make a splash at second Annapolis River Festival in July

The Clean Annapolis River Project (CARP) is excited to announce plans to host the second annual Annapolis River Festival Saturday July 16, at Jubilee Park, Bridgetown. The festival is a celebration of the environmental, historical, cultural and recreational values of the Annapolis River.

The 2016 festival will see the return of last year’s favourite events, along with some exciting additions. The dragon boat races stole the

show in 2015 and, this year, an expanded race schedule will allow 16 teams to compete in two heats, with the chance of moving onto a championship race.

The Ribs on the River smoked rib competition will be a new event. Fifteen teams will set up their smoking rigs on-site and spend the day preparing their competition entry for judging. There will also be an opportunity for festival goers to purchase sampling

tickets. For those who cannot resist the smell of ribs smoking on site all day, the Pork in the Park food tent will offer food throughout the day.

Guided boat tours along the Annapolis River will be the perfect way to spend a relaxing afternoon on the river, while learning about its cultural and historical significance.

Other festival highlights will include a canoe and kayak exhibit with live demonstrations, a variety of canoe races,



The 2016 Annapolis River Festival will see the return of last year’s favourite events, including dragon boat races, which stole the show!

Submitted

children’s activities and live music. A full schedule will be released as the date approaches.

The inaugural Annapolis River Festival was launched as CARP’s first major fundraising

event. Thanks to the dedication of a core group of event coordinators, overwhelming support from festival sponsors and partners, and the help of almost 100 additional volunteers from Digby through to Aylesford, the inaugural Annapolis River Festival exceeded the expectations of both event organizers and festival goers. The 2016 organizing committee hopes to see even

more participation this year.

The Clean Annapolis River Project is an environmental non-profit organization and registered charity, with a mission to enhance the ecological health of the Annapolis River watershed. For more information about the festival, visit <http://annapolisriver.ca/river-fest.php> or find us on Facebook as “CARP’s Annapolis River Festival.”

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Celebrate 14 Wing Greenwood's Wing Welcome weekend

September 8, 9 and 10, as new military families and the community settle into fall routines. This publication kicks off Wing Welcome and fall programs and attractions with an extensive listing of community resources.

- 5,000 copies
- Full colour
- Fully bilingual
- Eighth page \$70
- Quarter page \$125
- Half page \$225
- Full page \$410
- Inside cover \$510
- Back cover \$610 (all prices plus tax)
- Inserted in The Aurora Newspaper August 29
- Deadline to book cover space July 14
- Deadline to book inside space August 4

Call 902-765-1494 local 5833

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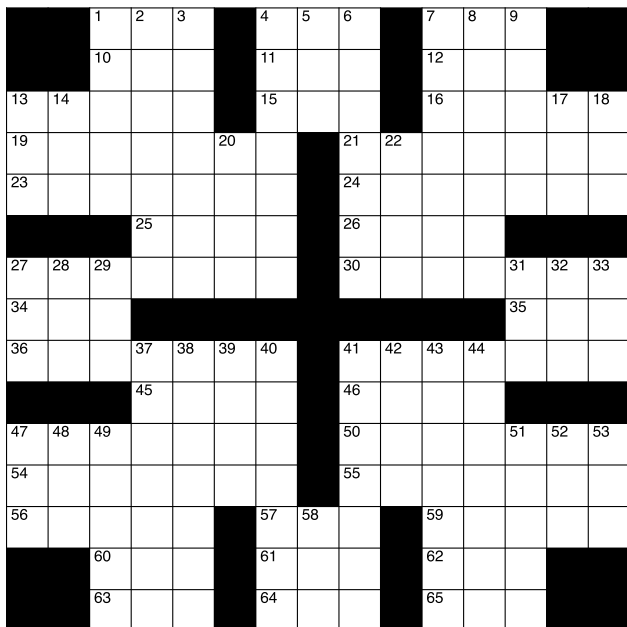


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca.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

metro crossword

solution page 14



ACROSS

1. Power measurement
4. Christian hip-hop duo
7. Licensed for Wall Street
10. Belonging to us
11. Anger
12. They ____
13. Ribonuclease
15. Former AC/DC singer Scott
16. Fate
19. Hall of Fame forward
21. Omission
23. American state
24. Not sunrises
25. British school
26. The boundary of a surface
27. Young women
30. Sitting
34. Canadian cheese
35. Aussie TV station
36. Resembles rummy
41. Baked good
45. Gravy is a type of one
46. About aviation
47. Unit of data size
50. Rugged mountain ranges

54. With three uneven sides
55. Cut or carve
56. It can be benign
57. One's mother (Brit.)
59. Conrad ____, American poet
60. Midway between northeast and east
61. Before
62. Originally called
63. Former broadcaster Barber
64. Not pale
65. Not even
- DOWN**
1. Surfers need one
2. Eskimo dogs
3. Bishop
4. People of Libya
5. In favour of
6. Origins
7. Ingredients
8. Trumpets and trombones
9. Large nest
13. Baseball stat
14. Leavened bread
17. Bon ____: witty remark
18. Belgian municipality

20. Reactive structure
22. Methaqualone pill (slang)
27. Medical practitioner
28. Alias
29. Someone
31. 0070s creator
32. Martial artists wear one
33. Midway between north and northeast
37. Edible mollusk
38. ____ up: quit a substance
39. Taiwanese city
40. Make an effort
41. Fielders
42. Restrain
43. Herb
44. Agonized
47. Time zone
48. Abandoned European money
49. Plays video games
51. Hit well in baseball (slang)
52. Expresses good wishes
53. Congressman (abbr.)
58. Small constellation

metro crossword brought to you compliments of



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902-765-6381

Cemetery tour

Tuesdays, through July and August, 8 p.m.: historical lamplight cemetery tours of St. Mary's Anglican Church, Auburn (20 Morden Road). \$10/ person. Stroll through local history, with refreshments to follow. For information, call John or Twila, 902-847-9847.

Little Ray's Reptiles

July 11, 10 a.m. to 11 a.m., the Annapolis Royal Library presents Little Ray's Reptiles: a whole lot of fun with scientific education and animal awareness. Come see snakes (and more) in the library! To register: 902-532-2226.

Adult "camp"

July 11, 1 p.m. to 2:30 p.m., the Rosa M. Harvey Middleton & Area Library hosts an adult camp-themed afternoon. Try your hands at different crafts; stretch your minds with the new tech toys. Plenty of laughs, chatting

and snacks! Register at 902-825-4835.

Youth scrapbooking

July 12, 3 p.m. to 4 p.m., the Rosa M. Harvey Middleton & Area Library invites youth ages six to nine to create a place to put memories and pictures, a little gift or special keepsake. Supplies provided. Register at 902-825-4835.

Pirate story time, craft

July 12, 11 a.m. to noon, the Rosa M. Harvey Middleton & Area Library hosts a family pirate-themed story time. Build your own pirate ship! Space is limited; register each child at 902-825-4835. Parents do not need to register their name. A caregiver is required to help children five years and under.

Little Ray's Reptiles

July 13, 1 p.m. to 2 p.m., the Lawrencetown - Dr. Frank W. Morse Memorial Library hosts

Little Ray's Reptiles. Come see snakes (and more) in the library! Register at 902 584 3044.

Kids' afternoon

July 13, 3 p.m. to 4 p.m., the Rosa M. Harvey Middleton & Area Library invites kids ages three to six to be creative and have some fun: games, stories, crafts and Duplo. Register at 902-825-4835.

Kids' morning

July 14, 10 a.m. to 11 a.m., the Rosa M. Harvey Middleton & Area Library invites kids ages three to six to be creative and have some fun: games, stories, crafts and Duplo. Register at 902-825-4835.

Fun zone: Survivor

July 14, 2 p.m. to 3:30 p.m., the Rosa M. Harvey Middleton & Area Library invites youth ages eight to 13 to spend the lazy, crazy days of summer having fun! Will you be the last survivor? Register for one session at a time. Supplies provided, just bring your imagina-

tion. Register at 902-825-4835.

Preschool Disco

July 14, 2 p.m. to 3 p.m., the Bridgetown & Area Library asks kids ages two-plus: do you love to dance? Do you like stories? Are you ready to shake it up? Join us for an hour of rollicking good fun and dance! Register at 902-665-2758.

Little Ray's Reptiles

July 15, 12:30 p.m. to 1:30 p.m., the Bridgetown & Area Library hosts Little Ray's Reptiles. Come see snakes (and more) in the library! Register at 902-665-2758.

3D art

July 15, 11 a.m. to noon, the Rosa M. Harvey Middleton & Area Library will make amazing 3D art and structures that actually stand up, using 3D Doodle Pens! Have lots of fun using this new 3D printing technology. For ages 12 and up. Pre-registration at 902-825-4835.

Games evening

July 15, 6:30 p.m. to 8 p.m., the Rosa M. Harvey Middleton & Area Library invites youth ages 10 to 14 to hang out, listen to music and munch on snacks. The main theme is playing games. To register: 902-825-4835.

Mellow Monday


July 18, 11 a.m. to noon, the Berwick Library asks: What to do on Mondays? Technology, history, reading, experience, art, discover, science! Youth ages five to 10 are invited to meet up with Mel again August 8 and August 22 (come each time or when you can). It will be an adventure as we read a fantastic book and do an excellent activity or craft. Register at 902-538-4030.

Flower, vegetable show and dessert tea

July 19, between 2 p.m. and 4:30 p.m., there will be a flower and vegetable show, plus a dessert tea, at the Kingston Lions Hall. Admission is \$5, which includes dessert. For info, contact the Wilmot Garden Club, 902-765-0906 or wilmotgardenclub.net.

Music & comedy

July 19, 7:30 p.m., the Aylesford United Church, 2414 Highway #1, presents Aylesford musician Digger Leppard and Susan Carter, MC and comic. Freewill offering.



SUMMER SPORTS CAMP

14 Wing Community Recreation 902-765-1494 local 5341

Week 2: As Seen on TV! (July 11th – 15th) Do you think you can outlast the competition? Can you stomach the challenge? This week campers will be put through some TV reality shows like Survivor, The Amazing Race, and Fear Factor. The week includes a trip to Pirates Cove.

Week 3: What's With All the Racket! (July 18th – 22nd) Game, set, match! If a sport has got a racket you can expect to see it this week. Campers will participate in tennis, squash, and other racket sports.

Week 4: Games Come to Life! (July 25th-29th) Have you ever wondered what it would be like to be a soccer ball or be the driver of a Mario-cart. This week will focus on these activities becoming a reality and will feature a minute to win it challenge.

Week 5: Fun and Fitness! (August 2– 4) I hope you are all ready to move! Campers will participate in zumba, yoga, and even learn how to juggle.

Week 6: Gym Class Favourites! (August 8th-12) Have you ever wanted to play your favourite gym class games all day? This week campers will get off their butts for some kin ball, gaga ball, and much more. This week also includes a trip to Upper Clements Park.

Week 7: Going for the Gold! (August 15th 19th) May the best country win! This week campers will represent a country and enjoy some traditional Olympic events. Expect lots of running, jumping, throwing and other competitions.

Week 8: A Breath of Fresh Air! (August 22nd-26th) I think it's about time that we got some sun on those cheeks! Hockey and lacrosse will highlight this outdoor theme and this week includes a trip to Aylesford Lake.

Registration Fees:


Rec Card Member Rates: \$75/week. \$85/Trip week. Aug 1st week \$65

Non Rec Card Rates: \$85/week. \$95/Trip week. Aug 1st week \$75

* Trips will be confirmed at the time of registration but are also subject to change based on transport availability.

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Professional storyteller to visit Valley libraries

Professional storyteller Anne Glover will tour the province during July and August, performing at 29 public libraries, from Digby to Sydney. Glover won the 2016 Storykeeper Award by the Storytellers of Canada for her outstanding work.

“We are really lucky to have Anne visiting us from Vancouver Island. She has wowed audiences across Canada and around the world, but it’s her first time in Nova Scotia,” said Angela Reynolds, community engagement co-ordinator with the Annapolis Valley Regional Library. “I think the kids will love her.”

The Storyteller Tour is part of the public libraries’ summer reading campaign, engaging kids with library programs and activities all summer long. The shows are for ages four and up.

The tour is organized by the Council of Youth Services, which includes youth services staff from all nine public library regions in Nova Scotia, with funding provided by the Nova Scotia Provincial Library, the Department of Communities Culture and Heritage and the Nova Scotia Library Association.

“I am really excited to be visiting Nova Scotia, meeting people and taking in some of the province’s natural beauty,” says Glover. “Nova Scotia has a strong storytelling tradition. I am looking forward to taking in some of its rich history and culture.”

Local tour dates include July 19: 10:30 a.m., Kentville library; 2:30 p.m., Kingston library; 6 p.m., Bridgetown Legion, in partnership with the RCMP. July 20, see Glover at 10:30 a.m. at the Middleton library; and 1:30 p.m. at the Wolfville library.

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 14, 2016

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. Have a coffee break at what business at 11 Commercial Street, Middleton?

2. What does an ice cream treat get you at Cinnamon Creek?

3. Win tickets for what August 7?

4. What happens at CANEX July 13?

5. Since when is service a matter of practice?

Congratulations to last week’s winner: **MARG BROWN**

Mimie’s PIZZA

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902-765-2232

sudoku

solution page 14

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

Level: Beginner

Fun By The Numbers

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

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patrick’s puzzle

horoscopes

solution page 14

SAUSAGE WORD SEARCH

F A O L R E V I L S V W I E N E R S K H

V L I G P D R O P V I E N N A T A F C N

W I C R E Y E B B W O R E N I L R E B G

Z N E O P D B R A U N S C H W E I G E R

R K K U P O Y N H T S B M B R A I D E D

T S N N E O D S E E Y I S R E G N A B K

U C A D R L M E I T O Z D E K O O C B K

B K C R O B W Z T E G A S U A S B R D R

O U K N N S Z A Z V L A L O L C P T B D

L C W F I I F F A L I C R E M Y R H R E

O L U A R B O T E R H A M W O R S T A K

G I R F Y R D D C H O R I Z O P C U T O

N N S W R K A S A N D O U I L L E S W M

A G T W B T Z B A W S P I C E D V P U S

N U B L R E T R U F K N A R F T E I R H

E I U O E V N O K I E L B A S A U C S D

L C M E U G N O T C E R V E L A T Y T O

K A G W C N L H D G N M E T T W U R S T

I M A L A S F E T M O Z C H Y D Z V V L

L W V A G N W E I S S W U R S T K O Z W

WORDS

ANDOUILLE

BANGERS

BERLINER

BLOOD

BOLOGNA

BOTERHAMWORT

BRAIDED

BRATWURST

BRAUNSCHEWIGER

CERVELAT

CHORIZO

COOKED

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July 10 - July 16

ARIES - Mar 21/Apr 20

Aries, take a more serious approach if you want others to give your ideas more thoughtful consideration. Devote more time and attention to work and other necessities.

TAURUS - Apr 21/May 21

Taurus, put your thoughts on paper so you can work out all of your ideas. You have some great ideas, and writing them down can help you articulate them more effectively.

GEMINI - May 22/Jun 21

Gemini, someone gives you a gift that you really appreciate, and you want to respond in kind. Think about the recipient’s hobbies before making a final decision.

CANCER - Jun 22/Jul 22

Cancer, things have been going quite well for you lately, as it seems like you have gotten into a groove. Take the smooth goings in stride and offer to help others when possible.

LEO - Jul 23/Aug 23

Leo, if stress starts to get to you this week, take a step back and re-evaluate your priorities. It may be time to make a few changes and reduce your workload.

VIRGO - Aug 24/Sept 22

Virgo, you like to be around people and enjoy holding your own in conversation. But this week you may need a little respite from the crowd. Enjoy the alone time.

LIBRA - Sept 23/Oct 23

Libra, offer to help a loved one even if you suspect they may not be receptive to your assistance. Exhibit some patience and perseverance, and you will help make a positive difference.

SCORPIO - Oct 24/Nov 22

Scorpio, your courage to stand by your decisions draws positive attention this week. Let it be known that you appreciate others noticing your conviction.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, ask a good friend for a their perspective on a problem that has been puzzling you. Another’s insight might be just the thing you need to make the right decision.

CAPRICORN - Dec 22/Jan 20

Capricorn, work through all angles before making a final decision. It may take a few trial runs, but eventually you will come to the right conclusion. Get a second opinion if you need it.

AQUARIUS - Jan 21/Feb 18

There’s much you can learn about managing money and investing in your future, Aquarius. You have some great ideas; they just need some fine-tuning.

PISCES - Feb 19/Mar 20

Pisces, great friends are something to cherish, and this week is a great time to let your closest friends know how much you appreciate them.

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crossword solution

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|---|---|---|---|---|---|---|---|---|
| B | H | P | L | P | G | M | B | A |
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sudoku solution

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| 3 | 4 | 1 | 2 | 5 | 8 | 9 | 7 | 6 |
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| 4 | 8 | 5 | 9 | 6 | 3 | 7 | 1 | 2 |
| 7 | 2 | 9 | 1 | 4 | 5 | 6 | 3 | 8 |
| 8 | 9 | 4 | 6 | 3 | 1 | 5 | 2 | 7 |
| 5 | 1 | 2 | 7 | 9 | 4 | 8 | 6 | 3 |
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patrick's puzzle

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| U | C | A | D | R | L | M | E | X | Z | O | Z | D | E | K | O | O | C | B | D |
| B | O | L | C | K | N | N | O | R | W | A | Z | E | G | A | S | U | A | S | |
| L | O | L | W | F | T | I | F | F | A | L | I | C | R | E | M | Y | R | H | |
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| L | C | M | E | U | G | N | O | T | C | E | R | V | E | L | A | T | Y | T | |
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| I | M | A | L | A | S | F | E | T | M | O | Z | C | H | Y | D | Z | V | V | |
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IN THE COMMUNITY

CHURCH SERVICE – "The Peoples 25:40 Church" There will be a church service held every Sunday at the New Beginnings Center 1151 Bridge Street Greenwood provided by Pastor Leon Langille. Pre service music at 2:50 p.m. Service 3:00 p.m. Doors will open at 2:30 p.m. All are welcome. (3533-ufn)

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Beaman's bandstand

June 22, the Village of Kingston named its community bandstand at Centennial Park “The Beaman Bandstand,” in memory of the late Douglas Beaman. Doug was a long-time village resident and former member of the village commission. Pictured are, from left, long-time Beaman family friends, Morris and Francie Gates; his wife, Abby Beaman, son-in-law Dr. Michael Dunn and daughter Candice.

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Drop ballot off at The Aurora Newspaper 83A School Rd., or fax to 902-765-1717 by noon July 18.



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Crowd of kids go cycling

**Sergeant Brian Milligan
The Aurora Newspaper**

June 18, the place to be was at the Greenwood Apple Bowl, as Michelin staff and volunteers and 14 Wing Greenwood Community Recreation hosted the Michelin Junior Bike Ride.

Michelin Junior Bike began in Italy in 1998 and has grown to include events throughout France, Poland and Canada. It is estimated more than 200,000 children have participated in event since its beginning.

Greenwood's event filled up quickly, as 300 registered participants all received a brand new bicycle helmet and could also have their bicycles inspected and tuned from the volunteer crew from Banks bicycles of Wolfville. Hundreds of people took advantage of the nicest day of the spring so far and enjoyed ice cream, snow cones, hotdogs, face painting and more. The K-Rock crew was on hand to keep the morning rocking.

With bikes inspected and helmets fitted, the cyclists were sent out on the new 2.5 kilometre Greenwood

fitness trail in three separate age categories: five- and six-year-olds, seven- and eight-year-olds and nine- to 11-year-olds. Thanks to parents and trail chaperones, all cyclists completed the route without any mishaps. The event was best captured by one mother calling after her young daughter, who appeared to be riding a bike for the first time without training wheels: "Keep pedaling and don't stop!"

Nova Scotia Minister of Health and Kings West MLA Leo Glavine was on hand - in the capacity as Grandpa - but he took the opportunity

to emphasize the importance of events like the Michelin Junior Bike to bring awareness to bike safety and active living.

"Healthy living choices are at the heart of the solution to ensure our health care system is sustainable," said Glavine.

With that, granddaughters Carmen and Avery whisked Grandpa Leo away to check out the face painting.

Community Recreation director Jill Jackson extends her thanks to all the volunteers and sponsors, really the engine behind the success of this event.



The Shehata family with Sparky: Paula, Keiran, Zain and Kareem.
Sergeant B. Milligan

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