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Hope, survival, celebration of sport Invictus flag relay builds games support

Sara Keddy, Managing editor

While the Invictus Games may seem far away from 14 Wing Greenwood, the spirit of the games is close to home for military personnel and their communities.

The games' national flag relay visited 14 Wing September 5, one of 22 military base and over 65 community visits planned on its 37-day route across the country. Canada hosts the third international Invictus Games in Toronto September 23 to 30.

"I'm inspired by these athletes," said Major Eric Travis, 14 Wing's local games event coordinator, and an internationally competitive athlete himself.

"When I wake up at 5 a.m. to train, there are mornings when I want to roll over and go back to bed. My legs hurt; I'm tired. There are people out there who have lost their legs. They are training. They are competing. What do I have to



Vimy, the 2017 Invictus Games mascot, warms up the Greenwood crowd in advance of the arrival of the games' national flag relay team September 5.

Corporal K. Neate, 14 Wing Imaging

complain about?"

The Invictus Games will gather 550 athletes from 17 countries and stage competition in 12 sports: the difference? All athletes are wounded, ill and injured military personnel and veterans.

"Think about what they're going through, whether it's depression or physical injury: they

are motivating themselves to become better. Motivate yourself to become better."

14 Wing Greenwood Commander Colonel Mike Adamson, 14 Wing Honorary Colonel Terry Kelly and Royal Canadian Air Force male athlete of the year, also from 14 Wing, Aviator Arthur White carried the Invictus flag into the Greenwood

Continued on page 2...

September 17 service marks 77th Battle of Britain

Marking the 77th anniversary of the Battle of Britain, a contingent representing the airmen and women of 14 Wing Greenwood will parade to the Royal Canadian Air Force Association 107 Valley Wing's Greenwood centre September 17.

A marching contingent, including 14 Wing serving personnel, the 14 Wing Pipes & Drums band and wing chaplains will all take part in the parade and ceremony.

The parade lines up at 1:15 p.m. at 107 Valley Wing, marching on at 1:45 p.m. Spectators are welcome in advance of the parade.

Wing Commander Colonel Mike Adamson will arrive just before 2 p.m., with a fly past and O Canada opening the formal service. Following several addresses, a wreath laying at the cenotaph will follow. A social gathering after the service will be hosted by 107 Valley Wing.

In case of inclement weather, the service will be held within 107 Valley Wing, without the formal parade and fly past components.

All are welcome.

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14 Wing Greenwood and the surrounding community of veterans, family and friends welcomed the local stop of the national Invictus Games flag relay September 5.

Invictus flag...

...cover

Military Aviation Museum’s airpark, where a stage, banners and a large crowd of soldiers, defence team members, community friends and veterans were waiting. The Greenwood Military Wives Choir opened with several selections, a good chance to showcase their preparations for an invited appearance with a combined Canadian Military Wives Choirs’ performance at the games’ opening ceremony.

“There is a common theme of strength and determination involved with athletes training, but this is about overcoming incredible adversity and fighting against limits placed on them with their illness in the service of Canada,” Adamson said. “Their experience illustrates their determination to be the best they can be.”

Kings West MLA Leo Glavine, the provincial minister of both communities, culture and heritage and seniors; welcomed the flag relay on behalf of the premier and province.

“What an opportunity to celebrate hope, survival and lives that have gained meaning through sport,” Glavine said.

Kelly remembered his early years as an athlete – even having physical education teachers at his school for the blind tell the youth they couldn’t run: “until one teacher came and told us we didn’t need eyes; we needed legs,” Kelly said. In the years following, he became a Paralympian and was the third blind person to run a mile under five minutes. He has remained active to this day.

“Back then, in the 1980s, you had to beg for support. There was no press or attention at all. I’m thrilled to be here today. People go through adversity, and it’s a big stretch to change your mindset when you were used to being independent. Service men and women with injuries can use the same discipline they had in training to do sport. That’s pretty amazing.”

Invictus Games flag bearers at 14 Wing Greenwood September 5 included, from left, Royal Canadian Air Force male athlete of the year – and Greenwood’s own – Aviator Arthur White, 14 Wing Honorary Colonel Terry Kelly and Wing Commander Colonel Mike Adamson.

Corporal K. Neate, 14 Wing Imaging



Greenwood Military Aviation Museum manager Captain Bob Johnson shows off the inside view of the Cadet training Nieuport 12 he built from a kit: 1,100 hours of “creativity.”

S. Keddy

See-through scale model a lesson in aviation

Sara Keddy,
Managing editor

What’s in the sky is a whole lot different than what actually makes it fly.

Cadets at Greenwood’s Cadet Training Centre received a special gift this past season: a stripped down model of a Nieuport 12 airplane, built so they can see just what goes on with the push or a lever.

The model came to the Cadets in a round about fashion. The 7/8 scale model was donated to the Cadets by a man in Truro, with the thought the youth would build and then fly it. The kit arrived in Greenwood and the Cadets borrowed storage space from the Greenwood Military Aviation Museum, while they looked for someone who could help them start the project.

Museum manager Captain Bob Johnson looked at the pile of parts, as month after month passed. He has a long association with the Cadet program and, through work at the museum, realized just what the project would



Aviation-themed beer coasters from the Greenwood Military Aviation Museum’s gift show turned into the control panel dials.

involve. He rolled up his sleeves.

“I always say, everyone needs a hobby. I approached them and said, ‘Let’s build this as a training aid for the basic and advanced Cadet flying program,’” Johnson says. Cadets in those courses are likely 14 to 16 years old, and Johnson figured the plane could be used to demonstrate the construction techniques involved in flight, from ailerons to rudders, from the shape of a wing to how pedals and levers make them all move.

With the go-ahead, Johnson moved the kit to his

basement – 12-foot lengths of wood and metal that all had to be cut, shaped and fitted to form a plane.

“I’ve built aircraft models before, but this was huge. I started with the fuselage, and that was done by mid-October. Then I started the bottoms of the wings. They were easy to get out my basement door. The upper wings? Then, I moved the entire thing up to my garage.”

By June, Johnson had moved most of the airplane’s parts back to the museum’s annex. With help from Wing Heritage Officer Major Al Baillie, who designed some

custom wood pieces for the seat and dash, the plan started coming together in full, tucked under the wing of the museum’s restored Anson.

The Nieuport has some, ah, idiosyncrasies: this plane will never fly, but it will do a good job demonstrating the principles of flight. There are silver-painted juice cans acting as engine parts, household rivets, aviation-themed beer coasters from the museum’s gift show turned into the control panel dials, wiring made from a cut up extension cord runs from part to part: “it does exactly what I wanted it to do,” Johnson says.

“If you work the stick, the rudder goes. You can demonstrate the two airfoils, the upper and lower wings... it’s not a Power Point or a blackboard – Cadets can see it all, and the light bulb will go on. This theory goes back to the First World War and, in general, aviation is still using these types of control forces. It’s endless the types of training possibilities the Cadets now have with this.”

Sign up for Sea Cadets

Unit 26 Cornwallis Sea Cadets begins a new season September 13, 3:30 p.m. to 9 p.m., at their Cornwallis Park drill hall (rear entrance of the long drill building at 171 Bonaventure Avenue, at the end of Atlantic Avenue and facing the back of the Fundy YMCA). Sea Cadets may look forward to a fun-packed year full of learning and new experiences. Anyone interested, between the ages of 12 and 18, is welcome to come along – and bring a friend!

Contact administration officer Darren Ashe, 902-247-2033 or dashe@abcc.ca, for information.

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www.rcaf-arc.forces.gc.ca

Community Gateway Site
Site du portail communautaire des Forces canadiennes
www.cafconnection.ca

14 Wing Greenwood Site
Site de la 14e Escadre Greenwood
www.airforce.forces.gc.ca/en/14-wing/index.page

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Major-General (retired) Ian Patrick, third from left, was recognized September 5 in Kentville, as local elected officials acted in the stead of Governor General David Johnston to present Patrick a Governor General's Sovereign's Medal for Volunteers. From left are Kings County District 5 Councillor Paul Spicer, Kings West MLA Leo Glavine; and Kings County Mayor Peter Muttart.



Service to community captured in medal presentation

Sara Keddy,
Managing editor

Making a home - and a contribution - in Kings County was an easy decision for Major-General (retired) Ian Patrick almost 50 years ago.

Posted to 14 Wing Greenwood, he arrived ahead of his wife, Joan, and soon reported back: "I've found where we're going to retire."

Patrick and his family settled firmly into life in the Valley. "We've voted in federal elections here since 1969, regardless of where we were, and we've lived in multiple countries. But we've been here permanently now for 25

years," he said September 5 in the centre of Kings County, the municipal council chambers in Kentville, as he was being recognized with a Governor General's Sovereign's Medal for Volunteers.

While, initially, Patrick was disappointed to not be personally receiving the medal from Governor General David Johnston, whom he has met several times before; he quickly changed his stance as he considered what the award represents: his years of volunteer service, specifically associated with Kings County-based programs and people.

"In the context of what we're saying here, this is the best

place to get this medal," Patrick said. Kings County Mayor Peter Muttart said he and council were honoured to be asked by Johnston to stand in his stead in making the presentation. "Volunteers like you are fundamental for the support you provide to the community at a grassroots level, and for the positive impact you have

on others," Muttart said. "We're blessed in Kings County to have many of these people and, sir, we hold you up as an example to those who hope to reach your level of volunteerism. I envy you; I congratulate you."

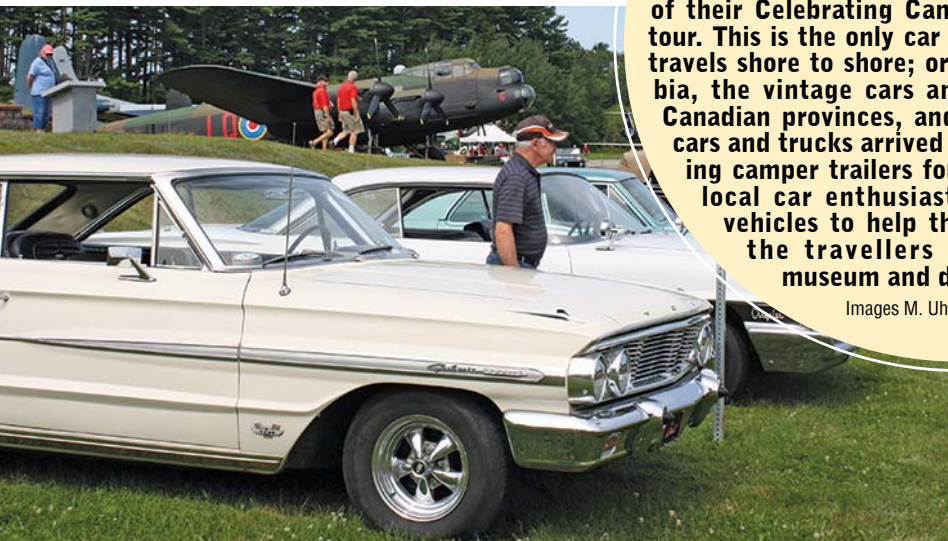
Kings West MLA Leo Glavine also commended Patrick, adding it didn't seem to make a difference to Patrick whether he "just another member" of the Lions Club or a major-general when the two first crossed paths in Kingston 25 years ago.

"The part I like about Ian is he has kept up his work for those in military life, and done a great deal to promote it in our community. He stands tall as a former member of the Canadian Armed Forces."

Patrick was quick to share the credit for his award.

"Most of you already know one guy getting a medal is only exemplified by the thousands of people behind him - I work with a tremendous number of people who are special to me."

"And, 59 years with one woman: I couldn't have gotten to where I am today without someone like my lovely wife, Joan."



Classic coasting

August 18, Greenwood Military Aviation Museum volunteers hosted a barbecue and open house for the Canadian Coasters, as they arrived en masse as part of their Celebrating Canada's 150th cross-country tour. This is the only car club tour in the world that travels shore to shore; originating in British Columbia, the vintage cars and trucks represent many Canadian provinces, and upwards of 100 vintage cars and trucks arrived in Greenwood, most towing camper trailers for overnight stays. Many local car enthusiasts brought their own vehicles to help the museum welcome the travellers for tours of the museum and display aircraft.

Images M. Uhlman & S. Keddy

Lighter week for SAR crews

A search for two overdue men near Iqaluit case come to a positive end early September 5, with both rescued in good condition by a 14 Wing Greenwood-based 413 (Transport and Rescue) Squadron CH149 Cormorant.

The men became lost the day before, September 4, as they were unable to deal with weather in their open freighter canoe. They landed on an island in Frobisher Bay and employed good survival and rescue skills, including an SOS signal, and were visually located by searching air crews.

Involved in the search, underway mid-day September 4, were the Cormorant crew, on scene for about an hour in limited ceilings (300 feet to 500 feet), before being forced to return to Iqaluit for service. A 426 Squadron CC130 left 14

Wing September 4 about 2:30 p.m. with a spare Hercules crew and parts for the Cormorant; while the Cormorant was being serviced, the two Hercules crews took turns on the search scene as weather allowed. A standby Cormorant crew from 413 Squadron was also dispatched later September 4 to be ready for alternating searches September 5.

With the early-morning find of the missing hunters, the search stood down, and 14 Wing's multiple aircraft and crew returned to base. A Greenwood Cormorant took off September 7 at 11:52 a.m., tasked to investigate an EPIRB (unregistered beacon) apparently activated in the Northumberland Strait, west of Charlottetown. Immediately after, at 11:55 a.m., the helicopter was stood down.



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Stones stand again, testing time

Rising out of the rubble, the headstone for Anna Lucilla McKenne now stands proudly beside her parents and sister.

This is one of six headstones found broken and “discarded” in the northwest corner of the Old Tremont Cemetery when the cemetery was acquired by the Tremont Community Cemetery Society (TCCS) in 2013. Little to no maintenance had been done in this cemetery, other than basic ground care. There were many monuments and headstones in need of some care. It was heartbreaking to find some literally removed from their burial lot and cast aside, for whatever reasoning.

In 2016, Demone Monu-ments was contracted to



Submitted

reset six large monuments that had toppled over the

years. This was followed by a service project in September

2016 by a local church group, which reset footstones, leveled tipped headstones and cleaned moss from many stones.

As part of their pledge to “reclaim, restore and pre-serve,” TCCS further un-dertook to not only return the discarded headstones to their rightful burial lots, but to repair and restore them with honour. This past August, those six discarded headstones, along with 11 other broken, flat headstones; were part of a large restora-tion project, with the support of Nova Scotia’s Department of Communities, Culture and Heritage.

The Old Tremont Cemetery was designated, both provin-

cially and municipally, as a heritage site in 2016. Based on this, TCCS applied for assistance for conservation work on 12 headstones and was granted 50 per cent of the cost. Murphy’s Headstone Restoration was contracted to do the work, after having repaired one headstone in the cemetery earlier this year. Five other stones were later added to the project, for a total of 17 headstone repairs. This now completes the repairs of all the downed and broken monuments and headstones within the Old Tremont Cemetery. Those “discarded” have now been returned to their burial lots. Some other minor work is

still ongoing within the cem-etry, such as leveling and straightening. There is one other monument requiring attention, which will be the subject of a youth service project later this fall. TCCS continues in its efforts to care for these sacred grounds and to preserve and share its records.

As an added touch, a solar light has been placed next to Anna Lucilla’s headstone, in recognition of her being one of the children who died as a result of the diphtheria epidemic in the area in 1860. TCCS has now placed a solar light beside each headstone of the confirmed 19 children buried here.

Bridgetown High School sports heritage to be honoured

The Bridgetown Area Sports Hall of Fame will induct Bridgetown Regional High School as a builder during a special ceremony November 18 at the Bridgetown Legion Hall.

Bridgetown Regional High School opened its doors in 1951 as a new, modern school; and will be replaced this fall by a Primary to Grade 12 school, the Bridgetown Regional Community School.

When BRHS began its sports programs in the early ‘50s, it had no tradition, no titles and no concept of what it would take to be successful. Over the next 66 years, this would all change. Through

the guidance of great coaches, such as Jack Walker, Bill Hirtle and many others who followed; BRHS became a powerhouse in Nova Scotia high school sports. Often competing against much larger schools, BRHS teams won provincial championships in soccer, volleyball, basketball, track and field and a number of other sports. With over 100 provincial championships to its credit, BRHS has more provincial titles than any school in the history of Nova Scotia high school sports.

November 18, the Bridgetown Area Sports Hall of Fame will pay tribute to BRHS with the induction of

the school. It is hoped many former coaches and athletes will attend the induction ceremony, as we recognize the

accomplishments of this won-derful school. For information, contact Dick Campbell, ver-noncampbell@hotmail.com.

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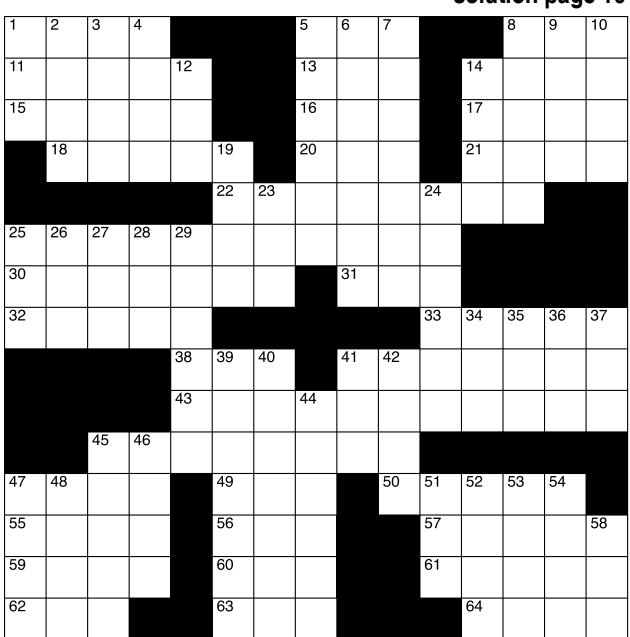
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Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 83A, School Road, (annexe Morfee), 14e Escadre Greenwood, 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



- ACROSS**
1. Cereal grain
5. Small constellation
8. Pouch
11. Beef comes in these
13. Chest muscle
14. Maine city
15. Salian
16. Int'l fraternal organization
17. Greek god of war
18. Canadian harbour
20. Firearm
21. Deities
22. North, Central and South
25. After the 16th
30. Used in herbal medicine
31. Whale (Norwegian)
32. Excessive fluid accumulation in tissues
33. Insect appendages
38. Relative biological effectiveness (abbr.)
41. Small Arab monarchy
43. Former U.S. President
45. Short-lived, slender insects
47. Forms after a cut
- DOWN**
1. Former CIA
2. Expression of sorrow or pity
3. Rhythmic patter in Indian music
4. Invests in little enterprises
5. Highest point
6. Incomes
7. Poisonous plant
8. Period in astronomy
9. Passed with flying colors
10. Professional certificate
12. Dublin college scholar
14. Heroic tale
19. Satisfy
- Across**
23. ___ student, learns healing
24. Beloved golfer Rodriguez
25. Car mechanics group
26. Not the start
27. Engage in a contest
28. Energy-saving module
29. Within reach
34. Forms adjectives
35. Snitch
36. Data executive
37. Hostelry
39. Helps people see
40. "MASH" actor Gould
41. Bridge building degree
42. Moreover
44. Spoke
45. Volcanic craters
46. Swedish rock group
47. Veda: liturgical chant
48. Former footballer Ochocinco
51. Swiss river
52. Klu Klux
53. Italian Island
54. Catches
58. Baseball stat

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Museum exhibit

To September 22, take in “Wit-nesses to a New Nation,” an exhibit curated by the Heritage Trust of Nova Scotia showing at the Kings County Museum, 37 Cornwallis Street, Kentville. Official opening August 17, 7 p.m. A photographic exhibition of buildings which witnessed the birth of Confederation and continue to inspire 150 years later. Many lovely buildings from Kings County have been featured including: the Jeremiah Calkin House (Grand Pre), the Judge Eli-sha DeWolfe House (Wolfville) and the Stage Coach Inn (Kentville). To learn more: www.kingscountymuseum.ca.

Concert

September 10, 7 p.m., the Wil-mot Baptist Church hosts a Phil Wil-liams concert, “An Evening of Encouragement,” with Southern gospel music and sacred recita-tions.

Meeting

September 11, 7 p.m., the an-nual meeting of the Upper Room Food Bank will take place. This meeting is open to the public and all may attend. If you would like more information, please call 902-765-0303.

Community luncheon

September 12, noon to 1 p.m., the Kingston Lions host a turkey dinner with mashed potatoes, vegetables, dessert, coffee and tea. Cost \$9, or \$9.50 delivered (Kings-ton/ Greenwood area only, deliver-ies must be ordered by 10:30 a.m., call 902-765-2128). Sponsored by Jim and Dean Peach, in memory of their father, Ken.

Crib

September 12, 7 p.m., the Berwick Legion hosts team play crib. \$10 per player, includes high hand, 50/ 50, 1st, 2nd and 3rd place cash prizes and an ongoing cookie jar.

Death café
September 13, 7 p.m. to 8 p.m., the Kingston Library hosts a Death Café, an international movement dedicated to taking death out of the closet and discussing it publicly to increase awareness of death with a view to helping people make the most of their (finite) lives. This Death Cafe is facilitated by Connie Jodrey and Petra Harrison. Learn more at www.deathcafe.com.

Pool

September 13, 7 p.m., the Berwick Legion hosts round robin pool. \$3 to play, cash prize to winner and an ongoing cookie jar.

Middleton book club

September 14, 6:30 p.m. to 8:30 p.m., the Rosa M. Harvey Middle-ton & Area Library adult book club meets for a new season. Come join us for some great conversation and awesome company.

Ticket auction

September 14, the Soldiers’ Mem-orial Health Auxiliary is holding a ticket auction – over 100 items - at the Nictaux fire hall. Doors open at noon, with draws beginning at 7 p.m. \$1 for 20 tickets. There will be a 50/ 50 draw, two special draws for an air purifier and a Pampered Chef pizza stone. Bake table. All proceeds go to Soldiers’ Memorial Hospital, Middleton.

Chase the ace and BBQ supper

September 15, 5 p.m., the Berwick Legion hosts its weekly Chase the Ace draw and BBQ supper. Raffle tickets three for \$5.

Breakfast

September 16, 8 a.m. to 11 a.m., enjoy breakfast at the Aylesford United Church. Freewill offering. Wheelchair accessible. Sponsored by the Committee of Stewards for church expenses.

Flea market

September 16, there will be a flea market at Christ Church, 238 Commercial Street, Berwick. Doors open at 8:30 a.m. and it runs until 2 p.m.

Turkey dinner

September 16, 5:30 p.m., enjoy turkey dinner and dessert at the Mount Hanley’s School House Museum. Tickets \$15 available at the Scotiabank, Middleton. Guest speaker: Paul Illsley, with images of mysterious Isle Haute. For in-formation: contact Fuzzy Connell, 902-825-7471.

Bazaar

September 16, 9 a.m. to 3 p.m., the Berwick United Church Grounds (115 Commercial Street Berwick) host a fall bazaar. Events include a craft fair with over 30 crafters, soup luncheon and canteen, bake sale, yard sale, historical tours, kids’ zone. For information or craft tables, call 902-538-8958 or email sweet-0123@hotmail.com.

Chase the Ace

September 16, the Kingston Le-gion hosts Chase the Ace (Sat-urdays). Tickets are three for \$ 5 and go on sale from 1 p.m. until 3 p.m. Draw will take place by 3:30 p.m. Must be 19 years of age to play, public welcome.

Hike

September 16, Hike Nova Scotia and the Fundy Erratics hiking group present a guided hike from

Point Prim to Shipwreck Monu-ment in Digby at 10 a.m. You must pre-register at jriley@municipality.digby.ns.ca. Qualify to win a trail prize. See hikenovascotia.ca for details.

At the Evergreen

September 16, 8 p.m.: the Red Dirt Skinners, the eclectic British duo of husband and wife Rob and Sarah Skinner, are at the Evergreen Theatre, 1941 Stronach Mountain Road, Margaretsville. Drawing on influences from folk, country, blues, Americana, jazz and everything between, the Red Dirt Skinners’ sound is instantly recognisable. Tickets \$25 at www.evergreentheatre.ca or 902-825-6834.

CAPS open house

September 17, 2 p.m. to 4 p.m., the Companion Animal Protec-tion Society of Annapolis County (CAPS) invites interested animal lovers to an open house for po-tential volunteers at our largest foster home at 1468 Ben Phinney Road, Margaretsville. Come see what we do and consider joining our team. For more info contact info@caps-annapolis.org.

Cancer support group

September 18, 7 p.m., the Kings-ton/ Greenwood Living With Can-cer Support Group meets in the St. Mark’s Protestant Chapel Annex, Church Street, Greenwood. Guest speaker will be Sally Shaw, a physiotherapist and osteopath from Mid-Valley Health Centre in Middleton on “osteopathy.” Cancer patients, family and friends or anyone seeking information on cancer or caregiving sup-port are welcome to attend. For

information: Lloyd Graham (902-765-6133) or Lynda Pierce (902-765-3055).

Bridge

September 18, bridge at the Mar-garetsville Fire Hall, 2768 Hwy 362. Bi-weekly until the end of September. Lunch at noon, fol-lowed by an afternoon of bridge. Cost \$12 per person. To book a table of four contact Wenda, 902-825-4067.

Crib

September 19, 7 p.m., the Berwick Legion hosts team play crib. \$10 per player, includes high hand, 50/ 50, 1st, 2nd and 3rd place cash prizes and an ongoing cookie jar.

Book club

September 19, 2 p.m. to 3 p.m., the Bridgetown & Area Library adult book club meets at the library

to share views and ideas about selected books, usually fiction. For more information: 902-665-2758.

Kingston Area Seniors Associa-tion

Meets the second Wednesday of each month at 10 a.m. at the Royal Canadian Legion, Kingston Branch. Fun days (cards and games) the second and fourth Fridays of the month at 1 p.m. Everyone 55 and older is welcome. For more info, contact Marlene, 902-765-0088.

Open mic

Wednesdays, 7 p.m. to 10 p.m., the Brickton community hall hosts an acoustic open mic. Food and 50/ 50 available. For hall rentals, call 902-824-4626.

Diabetes donations

Diabetes Canada accepts gently

sudoku

solution page 10

					4		1	8
				3			5	
	5	4				6		
	1		5	7		3	9	
7		9				8	2	
2		5	3		9			
1		7	4			9		
			8			7		1
	8	3	1	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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used clothing and household items in the Kingston and surrounding area at red clothing donation bins at several locations. Or, call 1-800-505-5525 to arrange a free household pickup or visit declutter.diabetes.ca for information. Proceeds from donations support diabetes research, education, programs, services and advocacy for 11 million Canadians living with diabetes.

Jam session

Fridays, 7 p.m. to 10 p.m. (first and third Fridays of the month), the Parker Hall, 9 Old Pond Road, Victoria Vale; hosts jam sessions. Cost \$2, refreshments served.

Support group

Fridays, 10 a.m. to noon, there is a mental health peer support group which meets in the Green-

wood Sobey’s community room at Sobey’s: a non-judgemental place for anyone working towards mental health recovery and in need of a supportive and empathetic mentor and listener. Facilitator can help identify community resources (housing, community, food, em-ployment, social etc). Free, snacks provided. Program provided by CMHA Kings. For information, contact club@cmhakings.ns.ca or 902-670-4103.

Unfinished Project Club

Tuesdays, 1 to 4 p.m. Need com-pany doing some of those unfin-ished crafts in your closet? Bring your craft and equipment and join us for an afternoon of coffee, friends and crafting. We have lots of room to spread out. Held at the hall at the Nazarene Church,

738 Tremont Mountain Road, Greenwood. For information, call Dianne, 902-526-0399. No charge.

Seniors’ club

The Kingston Area Seniors’ Asso-ciation meets the second Wednes-day of each month at 10 am. Fun days (cards and games) are every second and fourth Friday at 1 p.m. All at the Kingston Branch 98 Royal Canadian Legion. For info, contact Marlene, 902-765-0088.

Alcoholics Anonymous

If you or a loved one is having a problem with alcohol, we can help. 902-691-2825. www.area82aa.org/district3/.

Jam sessions

Wednesdays, 7 p.m., at the Harmo-nity community hall, 9982 Harmony Road. Freewill offering, refresh-ments to follow, door prizes.

Hall rentals

The Brickton Community Hall is available for rentals (birthday parties, weddings, meetings and more). Contact James or Cathy, 902-584-3047 for details.

Caregiver support group

Thursdays (first of each month, 1:30 p.m. to 3:30 p.m., a care-giver support group meets at the Sobey’s Greenwood community room. Are you caring for a parent, spouse, child or friend due to a physical or mental health condi-tion, frailty or chronic illness? Our support group offers a con-fidential, friendly atmosphere for you to discuss your experiences, and receive helpful information in a supportive environment. For in-formation, contact Jennifer Briand, Western Support, 902-521-5592.

patrick’s puzzle

RENOVATE & REPAIR WORD SEARCH

solution page 10

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

WORDS				
AMPERAGE	CAULKING	FITTING	POWER	SEWER
APPLIANCE	CODE	FLOORING	REBAR	STUOS
ARCHITECT	CONSTRUCTION	FURNACE	REMOVE	TECHNOLOGY
ASBESTOS	CONTRACTOR	IMPROVE	REPLACE	TILE
BACKFILL	DOWNSPOUT	LOAD-BEARING	RESTORATION	WALLS
BEAM	DRYWALL	PERMIT	RETROFIT	WINDOWS
BONDING	ENERGY	PLUMBING	SEPTIC	WIRING
				WOOD

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crossword solution

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

patrick's puzzle

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

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In the garden

"To plant a garden is to believe in tomorrow"- Audrey Hepburn

The saying rings true for clients in the VON's adult day program (ADP): they benefit greatly from gardening.

It's one of many Montessori activities clients participate in during their time at ADP, a full-day program which provides support for seniors 65 and older living with chronic illness, social isolation and dementia. Clients often form friendships, accomplish goals and discover a new sense of independence.

The gardening season begins in April, when clients plant seedlings, and ends in

October, after all produce has been harvested and perennials are transferred back indoors.

"Clients experience sheer delight knowing they play a role in bringing life to plants and produce," says Sharon Bobier, an activity assistant.

"I always liked gardening, but it has been years since I've been able to do it," says Donna, an ADP client. "Thanks to this program, I've really enjoyed getting my hands in the dirt again."

"In addition to marigolds, geraniums and coleus, we also grow onions, tomatoes, cucumbers, swiss chard, gourds, beets, beans and peas," says Crystal Allen, recreation programmer.

Colin Fraser
Member of Parliament - West Nova
Député - Nova-Ouest

Colin.Fraser@parl.gc.ca
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Submitted

"Throughout the summer months, our clients get to enjoy the produce as a snack or served with their lunch."

Approaching its fifth year, VON staff believes this will be the best gardening season yet.

"With support from com-

munity partners, we've expanded our gardens, giving clients the opportunity to spend more time planting, weeding, watering and harvesting," says Allen.

In Berwick, at the Western Kings Memorial Health

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BLUENINE

Centre-based ADP site, the Berwick Gardening Club has donated pots, soil and seedlings while assisting with planting and harvesting. This year, much of the produce grown at the Berwick ADP will be sent back to the Berwick Gardening Club, providing food for the community. Central Kings Rural High School students worked with clients to plant flower pots and students from West Kings High School worked on benches for clients and visitors to enjoy.

At the Middleton ADP site,

the NSCC Annapolis Valley campus donated planters made by Carleton Road Industries and expanded the space used for gardening.

"The support is tremendous," Bobier says. "Working with gardens and being surrounded by plants is another way to make this program feel more like home. Our clients have so much pleasure creating this space and learning about gardening."

To learn more, contact clients and visitors to enjoy. Berwick, 902-538-7844, or Middleton, 902-825-5455.

~ Obituary ~

ALLEN, Colonel Kenneth,
Kentville, NS

Colonel Kenneth Allen (Ret'd) passed away peacefully in the Dartmouth General Hospital on September 1st, 2017 at the age of 76, with his wife Jean at his side. He was born in Victoria, BC, in 1941, grew up in Kelowna, BC and retired in Kentville, NS in 1996. Ken was predeceased by his parents, Peter and Dorothy (Peebles) Allen in British Columbia. He is survived by his wife, Jean, of 55 years; son, Peter and (Gayle) of Ottawa; son, Phillip of Crossfield, AB; daughter, Robin of Winnipeg; granddaughter, Adriel of Calgary; grandson, Tallon of Esquimalt, BC; granddaughter, Teigan of Edmonton; great-grandson, Skyler of Calgary; brother, Don of Calgary; sister, Joyce Campbell of 108 Mile Ranch, BC. Ken enjoyed a 38 year career in the Royal Canadian Air Force with many postings across the country and one in Italy. He began his career in ground communications in 1958 and then took officer training in 1961, to become a pilot. The highlights of his military service were serving as 405 Squadron Commander and Base Commander, which both took place in Greenwood, NS. His final tour in Naples, Italy as the Senior Canadian Liaison Officer with NATO gave him and his wife many opportunities to travel Europe, which they enjoyed. One of Ken's accomplishments while Base Commander was to start the ball rolling with the Greenwood Aviation Museum. He was so pleased with those who carried on to make it the first rate museum it is today. Ken's family would like to thank Dr. Dhara, the nursing staff and the Chaplain of the Dartmouth General Hospital for their compassionate caring of Ken this past week, the excellent care he received at Willow Hall in Dartmouth for the past three months and for all the staff of Grand View Manor in Berwick who attended to Ken's needs with such friendliness and patience, since last September. Special thanks to all our friends who have been standing with us over this past difficult year. Cremation has taken place. There will be no visitation, by request. The funeral service, followed by a receiving line, was held at 2:00 p.m. Thursday, September 7, 2017 in the White Family Funeral Home, Kentville, Pastor Finley Burt officiated. A private family interment took place in the Elm Grove Cemetery, Steam Mill. Funeral arrangements have been entrusted to the White Family Funeral Home and Cremation Services, Kentville. For on-line inquiries and condolences, please visit www.whitefamilyfuneralhome.com.





Emily Albert, right, and her dad, Captain Rob Albert; at a recent event hosted by the Greenwood Military Aviation Museum thanking Albert for her work as the museum's summer student staffer.

M. Uhlman

The Greenwood museum: a family affair

Malcolm Uhlman,
Greenwood Military
Aviation Museum

Many Greenwood Mil-
itary Aviation Museum
visitors met this year's
summer student, Emily Al-
bert. This delightful young
lady did an exemplary job

of welcoming museum visitors all summer and, in doing so, charmed fellow museum staff and volunteers. August 27 was Albert's last day and, at a thank-you luncheon, she was thanked for her efforts.

It turns out Albert's dad is Captain Rob Albert, a long-time museum contributor to the 404 Squadron display and designer of the museum's now familiar logo. Captain Albert was the first museum webmaster – not enamoured with the original black and white attempt. On an Aurora flight to RAF Kinloss, Scotland, not being able to sleep on the aircraft in the middle of the night high above the North Atlantic; he took out his notebook and sketched out the first drawing, which ultimately became today's logo.

The Greenwood Military Aviation Museum: a family affair indeed!

Her Smile

Though her smile is gone forever,
And her hand I cannot touch,
I have so many memories,
Of the one I loved so much.
Her memory is my keepsake,
With which I'll never part,
God has her in His keeping,
I have her in my heart.

*Sadly missed but never forgotten.
Love always, Mom*

Jessica Laureen LeBlanc

20 August 1991 – 14 September 2016



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THE TERRY FOX FOUNDATION



Bookmobile schedule – September

Wednesday, September 13
Springfield 11:15 a.m. to 12:15 p.m.
East Dalhousie 1:30 p.m. to 2:30 p.m.
Wednesday, September 20
Maitland Bridge 10:15 a.m. to 11:15 a.m.

Cornwallis Park 1 p.m. to 2 p.m.
Thursday, September 21
Melvern Square 10:45 a.m. to 12:15 p.m.
Torbrook Mines 1:30 p.m. to 3 p.m.
Nictaux 3:15 p.m. to 4 p.m.

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