



## Mess dinner tradition - with a twist

**Sara White,**  
Managing editor

Almost everybody knew something, but no one knew it all as, during the 405 (Long Range Patrol) Squadron's recent Mess dinner, a number of significant surprises were added to the event.

Highlighting the mixed dining in at the Annapolis Mess May 12 was Captain Joseph MacKinnon taking a knee to propose to his girlfriend, Jody Stevenson. Stevenson had been focused all evening on having her camera at hand for MacKinnon being named the squadron's Eagle of the Quarter – which he didn't know about.

"It was really fun," Stevenson, a resource teacher at Pine Ridge Middle School, says, describing the evening. "I went into the room knowing maybe four people; by the end, everyone knew us!"

The couple has been to-

gether for about two years, and they had looked at rings and talked about marriage. Stevenson says the ring MacKinnon presented her with was actually the third one they'd looked at: "I knew it was the one, I was done" - but she didn't know a proposal was brewing.

MacKinnon, a crew commander with 405 Squadron, asked his commanding officer, Lieutenant-Colonel Luc Vachon, if he could make the Mess dinner event the big night.

"There is a specific and expected protocol to a Mess dinner, all rooted in tradition," MacKinnon says. "But he actually helped me: he carried the ring for me, his wife had a purse. There's no room in Mess kit dress for anything in your pockets."

After MacKinnon was called to the front for his surprise Eagle of the Quarter presentation, Vachon asked him if he was ready for his own speech.

"I was nervous – who



**Captain Joseph MacKinnon took a knee May 12 before his girlfriend, Jody Stevenson – just one of a few surprises in store for both halves of the couple as they attended the 405 (Long Range Patrol) Squadron Mess dinner at the Annapolis Mess, 14 Wing Greenwood.**

Ordinary Seaman J. Morris, 14 Wing Imaging

wouldn't be? I was on my knees and everyone else was standing – the place went bananas, lots of cheers and hollering. The dinner turned into a little bit

of everything."

The couple has been sharing their news with family and friends and are thinking of a summer 2020 wedding, but it will likely be

far less formal than a Mess dinner.

"This was the first time I'd worn a formal dress in a really long time," Stevenson says. "We'll probably plan

a family affair – something simple and manageable. Joe and I have seven kids between us, so we're pretty much a party wherever we go." ✈

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Brenda Hulan, left, and Mary Ewing lay out the most pleasing pattern of colours and prints for the next Quilts of Valour project being assembled by a Greenwood-based group of program volunteers.

S. White

# Quilts’ stitching details care, support for service personnel

**Sara White, Managing editor**

Every stitch in these quilts acknowledges the sacrifice and service of a Canadian Armed Forces soldiers and veteran who may need just that special coziness. The national Quilts of Valour program has a network of quilters across Canada, working with fabric, designing quilt blocks and patterns, and layering together the colourful tops, warm lining and backing that makes up each individually different quilt. A group meets the third Thursday of each month in Greenwood,

home of 14 Wing, putting their talents towards quilts that end up all over the Maritimes.

“Our recipients use their quilts, or display them in halls or over stairwells,” says Brenda Hulan, a volunteer with the Greenwood group and the Nova Scotian representative of the national program. “I’ve seen pictures of a fellow with his two boys on a TV hockey night, all snuggled on the couch and sound asleep under his quilt. Use your quilt – it’s what we want!”

Quilts of Valour formed in 2009 and has since distributed over 12,500 handmade quilts to ill and injured CAF service personnel and veterans. This is the organization’s 10th anniversary.

“We could use more,” Mary Ewing says. She’s the national organization president, also based in the Annapolis Valley.

“One presentation often generates another one or two, as people say they have a buddy who would like one,” Hulan says. “Every quilt presentation is moving, we’re making a bit of a fanfare for them and we always have a nice response.”

The women are look-

ing for help making quilts: sewing always needs extra hands, and, even if you’re a non-sewer, there is fabric cutting and ironing, pattern piecing, measuring and more. Financial donations help with the purchase of fabrics and sewing supplies; Quilts of Valour even has a quilt block kit it sells or sponsors: people who pick up a kit can sew it and send it back in to be added to a quilt in progress. Quilt

fabrics often feature red and white colouring or patterns, or Canadian-themed maple leaves, wildlife, floral or camouflage designs.

Crafters, quilters or anyone interested in the program is welcome to get in touch with the Greenwood-based group, where the ladies can make a connection with program volunteers from here, or across the country. Contact Ewing at president@quiltsofvalour.ca . ➔



Volunteer Janet Trites stitches together quilt blocks, making the design come to life for what will be one of the next Quilts of Valour presented to a Canadian Armed Forces veteran by a group of Greenwood-based program quilters.

S.White

14 Wing Greenwood Colonel Mike Adamson, centre, right; presented 413 (Transport and Rescue) Squadron Lieutenant-Colonel Frank Gauvin, centre, left; and members of 413 Squadron with the Mynarski Trophy at the squadron’s April 25 Mess dinner.

Corporal T. Matheson, 14 Wing Imaging

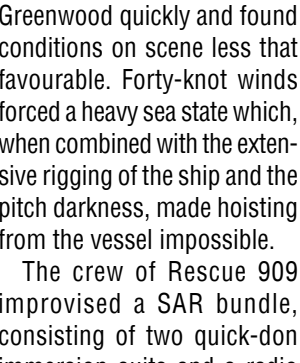
## Canadian SAR trophy recognizes 413 Squadron’s effort

413 (Transport and Rescue) Squadron celebrated a special award as part of its April 25 Mess dinner, having been presented with the 2018 Mynarski Trophy for the November 11, 2017 “SAR la mer-veillie de sable” rescue effort.

The Mynarski Trophy is presented to the most deserving unit, individual or organization making the most significant contribution to air search and rescue in Canada over the year.

The 413 Squadron crews of Rescue 909 and Rescue 344 were both included in the award: Rescue 909 - aircraft commander Captain Nicholson\*, flight officer Captain Elander, flight engineer Master Corporal Van Wagoner and SAR-Techs Sergeant Pothier and Master Corporal Morris.; Rescue 344 - aircraft commander Captain Trerice, flight officer Captain Foster, ACSO Captain Anderson\*, flight engineer Sergeant Bird, loadmaster Corporal Rancourt\*, SAR-Techs Sergeant Featherstone\* and Master Corporal Weller, and spotters Warrant Officer Hilchey and Master Corporal Larkin (\* indicates member has been since posted).

In the early morning hours of November 11, 2017, Rescue 909 and 344 were both tasked to assist two sailors on board the fishing vessel la mer-veille de sable, dead in the water approximately 75 nautical miles north of Charlottetown. Both crews departed 14 Wing



**Pilot Officer Mynarski was a gunner on a Lancaster when his aircraft was attacked by enemy fighters over Cambrai, France. As the aircraft descended in flames, Mynarski went to the escape hatch, where he saw the rear gunner, Pilot Officer Pat Brophy, trapped in his turret. Mynarski crawled through the flames to reach the gunner, setting his parachute and clothing on fire. He was unable to release the gunner because both the hydraulic and manual release levers were broken. When all his efforts failed, Mynarski went back to the escape hatch, saluted the trapped gunner and jumped, but died as a result of his burns. The Lancaster crashed, but Brophy miraculously escaped death and lived to tell of his friend’s heroism. In fact, all the crew members survived.**

very difficult mission and, through dedication, perseverance and ingenuity; the crews were able to successfully rescue the crew and deliver them to safety. ➔

## ~ Obituary ~

**SHEPPARD, Albert “Al” Walter**  
Wilmot, NS



**SHEPPARD, Albert “Al” Walter** ~ 83, of Wilmot, NS, passed away peacefully with his family by his side at Heart of the Valley Long Term Care Centre, Middleton on Wednesday, May 22, 2019. Born in Botwood, NL, on October 30, 1935, he was the son of the late Frederick and Janet (Pope) Sheppard. Al joined the Royal Canadian Air Force in 1954, served as an Avionics technician in Saskatchewan, Marville (France), Shearwater and Greenwood (NS), Comox (BC), Baden-Soellingen (Germany) and retired as a Warrant Officer in 1985. After retirement, he joined the staff of IMP in Halifax and travelled daily to work there until his final retirement in 1992.

Al and Marg built their home in Wilmot in 1981 and created a haven of gardens, pool and outdoor tranquility. They welcomed numerous pets into their lives over the years but none more special than their last little dog, Katie. After his retirement, he devoted much of his free time to helping others. He drove the Pharmsave Shuttle service from Kingston to Halifax for many years helping patients to appointments in the city, contributed many, many hours to visits, fundraising and events for the Kingston Lions Club where he served as King Lion in 2000-2001 and was instrumental in bringing the NS Air Medical Transport helicopter and team to the Kingston Steer BBQ, was a member of the Holy Trinity Church Men’s Club in Middleton, and helped people who were tackling life challenges and needed support. He was particularly proud of his volunteer work for the Greenwood Military Aviation Museum, in the restoration of their bright yellow WWII Anson airplane. The restoration of the old aircraft was a labour of love and respect by the volunteer team who devoted themselves to this project. Al was an avid hockey fan, coaching Minor Hockey, playing right wing in many places in the world, and rooting for the Toronto Maple Leafs all his life. The sound of the Hockey Night in Canada theme song will never be forgotten by his family. He loved to work outdoors, and to travel, until arthritis took its toll on his body. He fought determinedly to continue walking and moving after his arthritis invaded his spine, and his tenacity carried him far beyond what we expected it would. Al is survived by his wife of 58 years, Margaret Rose (Langille) Sheppard; his daughters, Lynn (David) Roscoe of Clarence, NS; and Kim Sheppard of Hubley, NS; his grandson, Matthew (Monica) Roscoe; and new great-granddaughter, Cora Lynn Roscoe of Berwick, NS; brothers, Ken (Pansy) of Botwood, NL; Hedley (Isabel) of Peterview, NL; and many nieces and nephews. He was predeceased by his parents; brothers, Ernest (Joan); Herb (Edna); Will (Sadie); sisters, Julia (Harvey) Pope; Annie (Hedley) Young; and twin great-grandsons, Amos and Ivan Roscoe. The family would like to extend their heartfelt thanks to Dr. Saxon, nurses, recreation staff and the many caregivers who helped him through his journey these past two years at Heart of the Valley. A very special thank you is extended to the nurses and caregivers for loving care and compassion to Al and his family in his final few days. The funeral was held at Holy Trinity Anglican Church in Middleton, NS, at 11:00 a.m., on Friday, May 31, with the Reverend Canon Lynn Uzans officiating. Interment at Fairview Cemetery, Lawrencetown and a reception at the Kingston Lions Hall has follow the service. Family flowers only. Donations in his memory may be made to The Arthritis Society Canada, the Heart of the Valley Recreation Fund, or to a charity of one’s choice. Funeral arrangements have been entrusted to Middleton Funeral Home, 398 Main Street, toll free 1-855-825-3448. On-line guest book may be signed by visiting [www.middletonfuneralhome.com](http://www.middletonfuneralhome.com)



April 17, participants in the recent flight engineer MOAT training course were recognized during a wings presentation for one of the course members, Corporal Aaron Marks.

## Wings mark milestone in military career

Sara White,  
Managing editor

April 17, Corporal Aaron Marks marked a significant milestone in what has been, to date, a diverse career. Marks was presented his flight engineer wings following successful completion of his training and examination.

Marks originally joined the Reserves in 2004, a member of the 56th Field Artillery in Brantford, Ontario. He transferred to the Regular Force in 2007 as an aviation systems technician; then, in 2013, following postings with 410 (Tactical Fighter) Squadron and 1 Air Maintenance Squadron, he left the military to study plumbing



Corporal Aaron Marks, left, 405 (Long Range Patrol) Squadron; was presented April 17 with his flight engineer wings by 14 Wing Commander Colonel Adamson.

Master Corporal D. Salisbury, Courseware Development

at the Northern Alberta Institute of Technologies and apprentice in the oil field. In 2017, Marks rejoined the air force as an AVN tech and was posted to 405 (Long Range Patrol) Squadron at 14 Wing Greenwood. He was accepted to the flight engineer occupation in April 2018 for training, and now, with his wings, returns to 405 Squadron.

“Congratulations – this is well-deserved,” 14 Wing Commander Colonel Mike Adamson said, particularly acknowledging Marks’ family support through a “journey in and out of the military” in the past few years.

“Wings are an important part of the uniform: they

speak to what you’ve done in the military. They are one of the most things, and everyone in this room who has

them feels the same. They are a significant milestone and achievement, and we wish you the best.” ➔

## D-Day coin honours Canadian soldiers’ efforts

The Royal Canadian Mint launch a \$2 circulation coin honouring the brave Canadians who, landing in Normandy, France 75 years ago, helped establish the Allied foothold that would lead to the liberation of Western Europe.

This coin was unveiled May 27 at the Moncton Garrison, home to 37 Brigade of the North Shore Regiment (New Brunswick), whose troops were among the 13 Canadian regiments landing at Juno Beach June 6, 1944.

“Like all Canadian soldiers landing at Juno Beach, the North Shore men fought valiantly and suffered heavy losses in securing their landing objectives at the end of D-Day,” said North Shore Regiment Commanding Officer Lieutenant-Colonel Renald Dufour. “The D-Day landing was one of the most significant events in Canadian military history and our regiment was at the centre of it, along with three other assaulting units. Honouring and recognizing nationally our soldiers’ legacy and their families’ sacrifices on the eve of the 75<sup>th</sup> anniversary with a commemorative circulation



coin is a remarkable gesture.”

Designed by Canadian artist Alan Daniel, the reverse of this coin conveys the anticipation of Canadian soldiers approaching Juno Beach. A compelling perspective at the core of the coin shows three soldiers peering from their landing craft. On the outer ring, engravings of ships and aircraft illustrate the massive air and naval operation which supported the troops taking part in the largest seaborne invasion in military history. The obverse features the effigy of Her Majesty Queen Elizabeth, designed by Canadian artist Susanna Blunt in 2003. Limited to a mintage of three million coins, of which two million will feature colour, the two-dollar circulation coin commemorating the 75th anniversary of D-Day is now entering general circulation. ➔



## Cadet recognition

The 2444 Kings County Royal Canadian Army Cadet Corps presented its 67th ceremonial review May 25 at 5th Canadian Division Support Base Detachment Aldershot. 2444 RCACC Company Sergeant Major Master Warrant Officer K. Campbell was recognized with the Mentorship Award for his work and dedication working with young Cadets, presented by 415 (Long Range Patrol Force Development) Squadron Honorary Colonel and Mayor of Kentville Sandra Snow.

Submitted



## New look

A new look to the approach to 14 Wing Greenwood comes courtesy of the personnel at 14 Construction Engineering Squadron, formally turning over their work on a new entrance sign on Central Avenue May 10 to Wing Commander Colonel Mike Adamson and Chief Warrant Officer John Martin. Representing the 14 CES team were Private Pernette, Corporal Mckay, Corporal Buckler, Corporal Parnell, Master Corporal Conrad, Warrant Officer Stevens and Lieutenant Turriff.

Leading Seaman C. Moon, 14 Wing Imaging



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# BIKE TO WORK WEEK

June 3rd - June 7th

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## BIKE WEEK

Bike pump available at 14 Wing Community Centre

## Medevac, mayday call out SAR crews

May 23, around 1 p.m., the Halifax Joint Rescue Centre tasked a 14 Wing Greenwood-based Cormorant helicopter with 413 (Transport and Rescue) Squadron to assist the fishing vessel Mako, 75 nautical miles south of Shelburne. An injured person aboard required immediate evacuation to either Yarmouth of Halifax. A Hercules was also immediately added to the response in a top cover support role. R902 successfully hoisted the patient and transferred him to an ambulance in Windsor Park, Halifax. All units were released from the tasking by 5:30 p.m.

May 24, Cormorant R343 was tasked to investigate a mayday call in the western end of the Northumberland Strait, airborne by 7:15 a.m. The helicopter was stood down at approximately 1 p.m., refueling in Summerside and returning to Greenwood by 3 p.m. ➔

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**The Annapolis Mess**  
14 Wing Greenwood

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9 CADET BANQUET	10	11 AECE PD DAY	12 NPSW BBQ C & E GOLF TOURNAMENT	13 415 SQN MUG OUT DWCOMB MUGOUT TGIF • WING & SALADS TOW BAR ENTERTAINMENT ADAM CAMERON	14	15
16 <b>INFO</b> TOW BAR Non-alcoholic beverages available	17	18 TRIVIA NIGHT	19 WCWO COFFEE PRESS FAREWELL BBQ DWD MCPL HAYWARD 14 OSS MUGOUT	20 14 AMS FAREWELL BBQ SUMMER BEACH PARTY TGIF BBQ BURGERS/HOT DOGS/ SAUSAGE TOW BAR ENTERTAINMENT DJ	21	22
23 COC MAJ LEGRESLEY	24 COA FLAMAND	25	26 DWD SGT KNIGHT	27 TGIF AND ENTERTAINMENT CANCELLED	28	29 WEDDING
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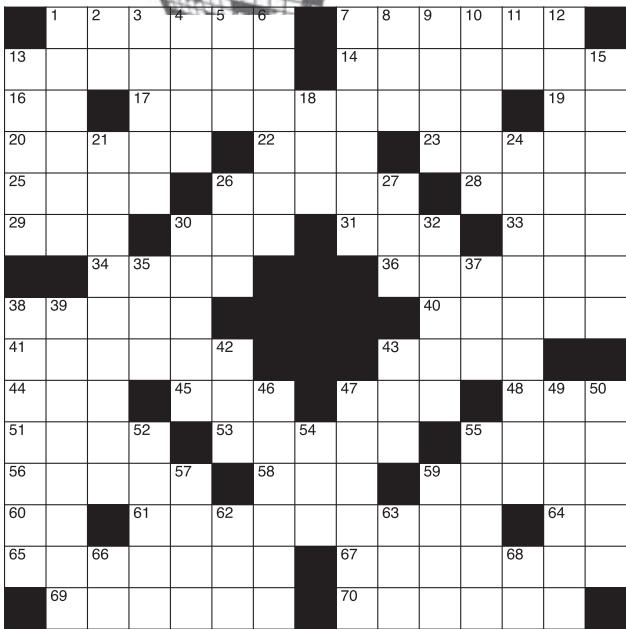




The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email [auroraeditor@ns.aliantzinc.ca](mailto:auroraeditor@ns.aliantzinc.ca). 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.

solution page 10

# metro crossword



- ACROSS**  
1. Ancient Rome had one  
7. Engagement rings tend to have them  
13. Not the leader  
14. Decorated  
16. Morning  
17. The Garden State  
19. myself and I  
20. Gets up  
22. Type of meal  
23. Cavalry sword  
25. Proclaims  
26. Historic places  
28. They go into space  
29. Hostelry  
30. Peter's last name  
31. Necessary for syrup  
33. Kids' channel  
34. Take upon oneself  
36. A bog  
38. Small cavities in a gland  
40. Grand Theft Auto vehicle  
41. More vigorous  
43. Supply to excess  
44. Pie \_\_\_\_ mode  
45. Dash  
47. You sometimes pardon it  
48. Catch doing something
- wrong**  
1. A constellation's second star  
53. Famed French painter of dancers  
55. Engines do it  
56. Chemically inactive  
58. Moved quickly on foot  
59. Threaten persistently  
60. Commercial  
61. Listen without the speaker's knowledge  
64. Rhodium  
65. Caregivers to kids  
67. Highly ornamented  
69. Real, fixed property  
70. Brains
- DOWN**  
1. Resembling apes  
2. Famed TV host Sullivan  
3. Rare Hawaiian geese  
4. Convicted traitor  
5. Make into leather  
6. Urge to do something  
7. Small town in Spain  
8. They promote products  
9. Small Eurasian deer  
10. Ancient people  
11. The Volunteer State  
12. Academic term  
13. Natives of Alberta
- Canada**  
15. Cause to become insane  
18. Feed  
21. Crime organization  
24. Acrobatic feats  
26. Car mechanics group  
27. Mustachioed actor Elliott  
30. Inquired  
32. S. Korean industrial city  
35. Member of the cuckoo family  
37. Test for high schoolers  
38. Some nights are these  
39. Helps you stay organized  
42. Cool!  
43. Genus containing pigs  
46. An opinion at odds  
47. Types of bears  
49. Smartphones give them  
50. Nobel physicist Hans  
52. Where rock stars work  
54. Your car needs it  
55. Dutch name for Ypres  
57. Go after  
59. Cold wind  
62. Examines animals  
63. Popular island alcohol  
66. Northeast  
68. Indicates position

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**Drum making workshop**  
June 3, 6 p.m., the Kings Historical Society presents a Mi'kmaq drum making workshop with Carolyn Landry at the Kings County Museum, 37 Cornwallis Street, Kentville. \$124 registration includes smudging ceremony, discussion of the history and cultural significance of the drum, expert instruction on the drum making process, a 12" ash drum rim, pre-cut and punched deer hide. Register at 902-678-6237.

**Wildlife meeting**  
June 4, 7 p.m., the Kings County Wildlife Association meets in Room 109 at NSCO, Kentville. Reports from Anglers and Hunters Association meeting in Truro, update of this year's four Learn to Fish Program dates. The public is invited, no charge.

**Grandparents' group**  
June 4, 10 a.m. to noon, Grand-Love meets at the Berwick town hall. Many grandparents play a significant role raising their grandchildren. Join us for coffee/

tea and discussion. If you need childcare or have questions, call SchoolsPlus, 902-538-4726.

**Blacklegged ticks and Lyme disease: what you need to know**  
June 4, 7 p.m. to 8:30 p.m., the Bridgetown & Area Library hosts a talk on Blacklegged ticks and Lyme disease with Faye Salsman, who has a family member with Lyme disease and has been an advocate for three years. Suitable for teens and adults.

**After-school Kids' Tech**  
June 4, 3:30 p.m. to 4:30 p.m., the Lawrencetown - Dr. Frank W. Morse Memorial Library invites youth ages seven to 12 to tinker with tech toys. This week: Snap Circuits: make electronic circuits. Register at 902-584-3044.

**Plant and play**  
June 4, 3:30 p.m. to 4:30 p.m., the Bridgetown & Area Library invites youth ages five to 10 to get your hands dirty with the Bridgetown Area Garden Club. You'll be able to take your plant home with you. Registration

required.

**On stage**  
June 4 to 8, 7:30 p.m. p.m., the Greenwood Players present Ray Cooney's "Caught in the Net." Bigamist John Smith tries to keep his two families apart: both are blissfully unaware of each other - until his son with one wife and his daughter with another meet on the internet. At the AVM Morfee Centre, Greenwood. Tickets \$10 at Middleton and Kingston Pharmasaves, the 14 Wing Community Centre, the MFRC in the AVM Morfee and at the door. Reservations: [gwdplayers@gmail.com](mailto:gwdplayers@gmail.com) or 902-765-1494 local 3070.

**After-school Kids' Tech**  
June 5, 3:30 p.m. to 4:30 p.m., the Rosa M. Harvey Middleton & Area Library invites youth ages seven to 12 to tinker with tech toys. This week: Snap Circuits: make electronic circuits. Register at 902-825-4835.

**Build with KEVA Planks**  
June 5, 1 p.m., the Annapolis Royal Library invites youth ages

five to 10 to play and create with KEVA Planks. Register at 902-532-2226.

**Between the Covers Book Club - Middleton**  
June 6, 6:30 p.m. to 8:30 p.m., the Rosa M. Harvey Middleton & Area Library adult book club is discussing "Everything I Never Told You," by Celeste Ng. If interested, call the library at 902-825-4835 for details.

**After-school Kids' Tech**  
June 6, 3:30 p.m. to 4:30 p.m., the Bridgetown & Area Library invites youth ages seven to 12 to tinker with tech toys and kits. This week: Snap Circuits: make electronic circuits. Register at 902-665-2758.

**Blacklegged ticks and Lyme disease: what you need to know**  
June 6, 6:30 p.m. to 8 p.m., the Berwick and District Library hosts an illustrated talk on what you need to know about Blacklegged ticks and Lyme disease with Faye Salsman, who has a family member with Lyme disease and has been an advocate

for three years. Suitable for teens and adults.

**Tween Scene - World Oceans Day**  
June 7, 6:30 p.m. to 7:30 p.m., the Kingston Library invites youth ages eight to 12 for crafts, snacks and games.

**Friday game time**  
June 7, 1 p.m. to 3 p.m., the Bridgetown & Area Library invites adults to spend your Friday afternoons playing games: Skip-Bo, Scrabble and more!

**Girl Power**  
June 7, 6:30 p.m. to 8:30 p.m., the Rosa M. Harvey Middleton & Area Library is getting ready for summer. Put on your flip flops and come for fun! Ages 10 to 14. Registration required.

**Building with KEVA Planks and LEGO**  
June 7, 3:30 p.m. to 4:30 p.m., the Bridgetown & Area Library invites youth ages five to 10 to lay, build and create with KEVA Planks and LEGO. Registration required.

**After-school LEGO Robotics**  
June 7, 3 p.m. to 4:30 p.m., the Lawrencetown - Dr. Frank W. Morse Memorial Library invites youth ages 10-plus to join after school LEGO Robotics fun. Register at 902-584-3044.

**Berwick book club**  
June 7, 10 a.m. to 11:30 a.m., the Berwick and District Library adult book club meets (first Friday of each month). Join at any time.

**Variety show benefit**  
June 8, 7:30 p.m., the Berwick Legion, 232 Main Street; hosts a variety show. Freewill offering. This show is a benefit to help purchase a wheelchair for Stevie Kendall. Talent includes Chris Palmer, Amanda Furniss, Hughie McDonnell, Justin Mattie and more; with host Ty Walsh. Bake table, lottery tree, meat tray raffle and 50/ 50. Kitchen and bar open. 902-538-9340 for information.

**Kids' gardening adventure**  
June 8, 3 p.m. to 4 p.m., the Kings County Museum in Kentville hosts a children-of-all-ages gardening adventure. "Pollination: How Plants Produce Babies," with Jen Kershaw. What is pollination, what are pollinators and why are they needed, how can we help? Registration: [info@kingscountymuseum.ca](mailto:info@kingscountymuseum.ca) or 902-676-6237.

**Lacrosse Junior A game**  
June 8, 4 p.m., Valley Thunder

Lacrosse presents a marquee 6th Apple Cup Tournament East Coast Junior Lacrosse League game at the Kings Mutual Century Centre, Berwick. Doors open 3:15 p.m., game time 4 p.m. Admission: adults \$5, students over 18 and seniors \$2, all others free (Apple Cup tournament admission does not include this game). BBQ, 50/ 50, vendor tables and more.

**Get ready to ride**  
June 8, 10 a.m. to 10:30 a.m., the Berwick and District Library hosts Julian West, demonstrating basic bicycle repair and maintenance using the new bicycle repair stand. Bring your bike. Refreshments provided.

**Yard, plant sale**  
June 8, 8 a.m. to 1 p.m., there will be a yard, plant and bake sale at the Aylesford United Church. Sponsored by the Committee of Stewards for church expenses.

**Breakfast**  
June 8, 8 a.m. to 10 a.m., there will be a breakfast at the Kingston Baptist Church, 695 Main Street. Freewill offering. All proceeds to Kingswood Camp.

**Dog walk fundraiser**  
June 9, 9:30 a.m., join the Kingston Pet Valu Walk for Lions Foundation of Canada Dog Guides at the Greenwood Mall. The walk raises funds to provide life-changing dog guides to Canadians with disabilities at no cost to them. To donate, register or find the walk nearest you, visit [walkfordogguides.com](http://walkfordogguides.com).

**Decoration of graves service**  
June 9, 6 p.m., the Royal Canadian Legion Middleton Branch 001 hosts the annual Decoration of Graves service at the Old Holy Trinity Church, 49 Main Street, Middleton. All are invited.

**After-school Kids' Tech**  
June 11, 3:30 p.m. to 4:30 p.m., the Lawrencetown - Dr. Frank W. Morse Memorial Library invites youth ages seven to 12 to tinker with tech toys. This week: WeDo: LEGO Robotics for the younger crowd. Register at 902-584-3044.

**After-school Kids' Tech**  
June 12, 3:30 p.m. to 4:30 p.m., the Rosa M. Harvey Middleton & Area Library invites youth ages seven to 12 to tinker with tech toys. This week: WeDo: LEGO Robotics. Register at 902-825-4835.



Three Valley athletes are on the roster of the St. Margaret's Bay Rebels, drafted into the East Coast Junior Lacrosse League. Rookies Will Churchill, left, and Brett Reeves, right, join Cameron Jackman; all will be part of a marquee Apple Cup game June 8, 4 p.m., at the Kings Mutual Century Centre in Berwick.

Submitted

## Valley Thunder hosts biggest N.S. lacrosse tournament this weekend

Valley Thunder Lacrosse hosts the biggest box lacrosse tournament in Nova Scotia in June 7, 8 and 9 at the club's home rinks in Kingston and Berwick.

Twenty-eight teams are involved – a huge increase from the 17 teams involved last year, including five Valley Thunder teams: Mini-Tyke/ Tyke, Novice, Peewee, Bantam and Midget; two visiting teams from the Codiac Storm in Moncton, and both Lacrosse Nova Scotia's provincial female Bantam and Midget teams, preparing for the Canadian Lacrosse Association's nationals later this summer July.

Highlighting the weekend will be a Junior game between the Easter Coast Junior Lacrosse League's Dartmouth Bandits and the St. Margaret's Bay Rebels at the Apple Dome in Berwick, 4 p.m. June 8. This is the highest level of box lacrosse played on the East Coast, outside of the

National Lacrosse League. Admission is adults \$5, students over 18 and seniors \$2, all others free; the public is welcome to come check out the action.

Also featured are appearances by the National Lacrosse League's new Halifax Thunderbirds organization, four June 8 skills sessions with Lacrosse Nova Scotia's technical director K.J. MacNeil, and a June 9 try-it hosted by the Nova Scotia Field Lacrosse League.

Weekend Apple Cup admission is \$5, with access to action in both rinks (all those under 18 are free (tournament admission does not include the ECJLL game). The event includes a two-day BBQ at the Berwick rink, a vendor showcase at the Berwick rink, prize draws and more.

Valley Thunder Lacrosse plays box lacrosse in the Kingston and Berwick rinks April through June, with divisions for Mini-Tykes to



The Valley Thunder Midgets were recently on the floor at the Credit Union Centre in Kingston, taking both games of a double header with the visiting Truro Bearcats. The Thunder is in a four-team division at the Apple Cup, including the Lacrosse Nova Scotia provincial female team.

C. Webster

Intermediate athletes. For more information, visit [valley-lacrosse.ca](http://valley-lacrosse.ca), Valley Thunder

Lacrosse on Facebook or follow [valleythunderlacrosse](https://www.facebook.com/valleythunderlacrosse) on Instagram. ➔

## horoscopes

June 2 to June 8

- ARIES** - Mar 21/Apr 20  
Aries, you may want to cut back on physical activity for a little while, especially if you have been nursing an injury. Don't worry, you'll get back in the saddle again soon.  
**TAURUS** - Apr 21/May 21  
Taurus, someone you thought was a friend may be looking for something more. If you are in a relationship, you'll have to set this person straight.  
**GEMINI** - May 22/Jun 21  
Focus your attention on something creative instead of analytical this week, Gemini. You can probably use a break from spreadsheets and bar graphs.  
**CANCER** - Jun 22/Jul 22  
Cancer, too many projects and people vying for your attention make it tough for you to see anything through to completion. There will be time to get it done in the future.  
**LEO** - Jul 23/Aug 23  
There is a lesson to be learned this week, Leo. But you will not know what it is until you're in the thick of things. You will come out ahead either way, so don't fret.  
**VIRGO** - Aug 24/Sept 22  
Virgo, you have the future on your mind, specifically where you will be in a few months or years. If you are not content, start mapping out a plan to follow.
- LIBRA** - Sept 23/Oct 23  
This is a week to bring order and organization to your home. Doing so will allow you to focus your attention on important matters, Libra.  
**SCORPIO** - Oct 24/Nov 22  
Scorpio, attention naturally comes your way, and you won't do anything out of the ordinary to direct more of it to you. In fact, spend some time out of the limelight if you can.  
**SAGITTARIUS** - Nov 23/Dec 21  
Give yourself a few days to lounge around and enjoy some rest and relaxation, Sagittarius. You can probably use it right now if the pace has been hectic.  
**CAPRICORN** - Dec 22/Jan 20  
Avoid making any binding promises this week, Capricorn. Your mind just isn't fully into things, and you need extreme focus to follow through.  
**AQUARIUS** - Jan 21/Feb 18  
Aquarius, focus on bringing some more romance to your relationship this week. Send cute texts or leave love notes around the house. These little actions will add up.  
**PISCES** - Feb 19/Mar 20  
Your charm is off the charts lately, Pisces. You can get just about anything you want. Just make sure your powers are put to good use.

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

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

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## crossword solution

SENATE CARATS  
SIDEMAN ADORNED  
AM NEWJERSEY ME  
RISES OAT SABER  
SAVES STIES WASA  
INN PAN SAMP  
DALE MUKTEG  
ACINER SATE  
ALCERH PUN NAB  
ALADAH PUN NAB  
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**Adam Deutsch,**  
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June 3 marks the start of  
Canadian Environment Week,  
a time for grassroots action  
to help preserve, protect and  
restore the environment. It is  
important to remember that  
every effort counts, big or  
small.

Register a litter pick-up  
event through the Clean Foun-  
dation's Great NS Pick-Me-Up  
and receive free bags. Con-  
tact 902-843-3553 or visit  
nspickmeup.ca. If you have a  
large collection, contact Valley  
Waste (902-679-1325) to ar-  
range pick-up or an exemption  
on tipping fees when your  
bring material into a transfer  
station.

## Plastic pollution

The invention of plastic is  
heralded by many to have  
been one of the greatest in  
the last 150 years. Plastic is  
a cheap, durable and light  
alternative used for millions  
of products since the 1950s.  
This has brought with it some  
devastating consequences for  
terrestrial and aquatic life –  
even humans.

- By 2050, it is estimated  
plastic pollution will out-  
weigh fish, pound for pound  
(World Economic Forum)
- According to *The Guardian*,  
8.3 billion tons of plastic

have been produced world-  
wide to date. Only 9.3 per  
cent has been recycled.

- Nearly half of all plastic  
ever produced was manu-  
factured after the year 2000.
- According to *National Geo-  
graphic*, 73 per cent of all  
beach litter known is plastic.
- 1.1 million seabirds and  
animals are killed every year  
due to ingestion of plastic  
(United Nations)
- The average plastic bag is  
used for 12 minutes; if not  
recycled, it takes close to  
1,000 years to decompose  
(Centre for Biological Di-  
versity)
- According to *National Geo-  
graphic*, 40 per cent of plas-  
tic produced is packaging,  
used just once and then  
discarded
- Micro-plastics have been  
found embedded deep in  
Arctic ice (BBC)
- According to *Surfers against  
Sewage*, each day, approxi-  
mately eight million pieces  
of plastic pollution find their  
way into our oceans.
- Micro-plastics have been  
found in some of the deep-  
est points of our oceans  
(United Nations)

- Reduce your personal im-  
pact on plastic pollution
- Avoid products packaged  
in excessive amounts of  
plastic
- Use reusable cloth grocery  
bags
- Use a metal straw instead of

- a plastic straw
- Cloth or mesh bags may be  
used for produce

- Use glass, reusable contain-  
ers for food leftovers
- Use a reusable coffee travel

- mug – you may even get a  
discount on your fill-up!
- Switch to ebilling

- Avoid chewing gum: gum  
is made from a synthetic  
rubber, a form of plastic →

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1. Who can meet all your plumbing needs?
2. What do you need to ride in Greenwood Recreation's selfie contest?
3. What starts June 12 at noon?
4. Who will you reach if you text 85377?
5. Who caters at 904 Central Avenue?

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