



the Aurora

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www.auroranewspaper.com



Corporal David DiGiacinto, a supply tech with 14 Wing Greenwood's 14 Mission Support Squadron, will hit the road July 9 on two-wheels, starting an eight-day Ride for Mental Health through Nova Scotia and New Brunswick.

2Lt M. Duncan

14 Wing member kicks off eight-day Ride for Mental Health

Second Lieutenant Meagan Duncan

When Corporal David DiGiacinto was a high school student in the 1990s near Fredericton, he would go for 50-kilometre bike rides for fun. He became more involved with running as an adult, completing half-marathons, but found it hard on his knees. It was only two or three years ago he got back into cycling. Now, he's training to complete an 850-kilometre loop on his bicycle, from Greenwood to Fredericton and back

the Saint John ferry, as part of the Wounded Warriors Canada - Ride for Mental Health.

DiGiacinto is taking on this endeavor to raise awareness and funds to support mental health services for Canadian Armed Forces members, veterans, first responders and their families.

"Being in the military, it's almost inevitable that you or someone you know has struggled or is struggling with mental health issues," he says.

DiGiacinto describes the situation of a friend, an old poker

buddy in Gagetown, who medically released from the military for PTSD.

"He can't even go out on Canada Day – he can't be around fireworks or anything like that."

Before joining the CAF 16 years ago, DiGiacinto worked briefly with 911 dispatch in Fredericton but realized it was not the right job for him. He has friends who work as firefighters and paramedics, and he says, every day they go to work, they can expect to see carnage.

"They live a nightmare, and anyone that deploys overseas

has potential to be affected, too."

DiGiacinto joined the CAF as a material management technician. His first posting was at 5th Canadian Division Support Base Gagetown, and he has been at 14 Wing Greenwood for the past four years with 14 Mission Support Squadron. His unit allows him to do his own PT (physical training), so he bikes 20 kilometres every morning before work. He saves his longer rides for the weekend, recently logging a 94-kilometre return trip to New Minas.

"I'm feeling my age," DiGiacinto jokes about his training. "My endurance is not what it used to be!"

The national Ride for Mental Health takes place August 20, but DiGiacinto will complete his July 9 to 17. He will leave Greenwood July 9, and has planned stops in Windsor, Truro and Amherst, before crossing into New Brunswick for stops in Moncton, Sussex, Fredericton and Saint John. He will take the ferry to Digby and bike back to Greenwood July 17. There is no room for error: he is due back at work Monday morning!

He will average 100 kilometres a day: the shortest day being 65 to 70 kilometres, and the longest covering over 120 kilometres. He hopes to average 20 km/ hour for five hours of biking each day, plus fit in rests for snacks and water. DiGiacinto says he will have to fill up on carbs and try to eat three or four good meals a day. He will pack electrolytes, protein powder and energy bars.

Saddlebags attached to his bike (a mountain bike equipped with the best road tires he has ever bought) will hold his supplies, including several sets of padded shorts, casual clothes, sunscreen, a rain poncho, sunglasses, safety glasses for rain, a repair kit and safety gear, such as a reflective belt and a flashing light. He considered camping, but felt the additional gear would make the bike too heavy.

"The bike alone weighs 40 pounds!"

He decided the lower weight on the bike, combined with more comfortable sleep, would make the cost of hotels worth

it. He has called ahead and been offered discounted rates.

"I don't mind paying for hotels myself. I want 100 per cent of the donations going to Wounded Warriors."

For his main fundraising, DiGiacinto has been collecting refundable bottles. He has already raised over \$500, 10 per cent of his overall goal of \$5,000. Donations may be made online at rideformentalhealth.ca (click on "Donate" and search for David DiGiacinto or "Dave's Ride"). Donations above \$20 will receive a tax receipt. DiGiacinto would like to thank everyone who has already donated or is planning to, and his chain of command for supporting his effort.

"It's such an important cause," he says. "If my trip can help Wounded Warriors, it will be worth the work."

He compared mental health to a stress fracture, tiny cracks in a bone.

"The person might not know about it. It could be painful, but they just shrug it off, push it aside. They don't know for sure and can't get better until they see a professional to get the help they need. This is my attempt to help." →



For more information

- Facebook group "Dave's Ride for Mental Health"
- woundedwarriors.ca
- rideformentalhealth.ca



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Raising flag of respect, reflection

Sara White,
Managing editor

June 21 marked summer solstice, when time seems to slow, lengthen or even stop: a more modern chance on National Indigenous Peoples Day to reflect and mark the unique heritage and diverse contributions made to Canada by its First Nations and an opportunity to remember the experiences of residential school children, missing and murdered Indigenous women and girls, and their families.

14 Wing Greenwood’s Defence Aboriginal Advisory group led wing activities to honour the day, with a flag-raising at the main gate, followed by a smudging ceremony inside the teepee set up nearby.

Today marks the longest day of the year, the summer solstice, when it appears time stops and it gives us time to reflect, a time for prayer and healing,” said DAAG military co-chair Master Corporal Crystal Cox. “Thank you to everyone in attendance – without you, we wouldn’t have the support to do this, and we have a lot to reflect on and respect today.”

The flag-raising, followed by a smudge inside a nearby teepee, with Elder Sarah Emily, was an opportunity for purification and cleansing of the soul, Cox said, inviting those attending to step inside and take part.

“The shell for the smudge represents water, the cedar, sage, sweetgrass and tobacco are gifts from Mother Earth;

the smoke represents the air around us and the fire is an essential element. Our smudge helps us honour the solstice, residential school victims, missing and murdered Indigenous women and the Every Child Matters action.”

Sarah Emily shared some of the English translation of the Honour Song’s words, describing how the repetition of the verse four times, and turning of the body with each verse, moves the singer through the four directions: “let us honour the people you are; my people, let us unite... let us help one another the way our Creator has placed us here on Mother Earth.”

Wing Chief Warrant Officer Jonathan Proulx said he was looking forward to June 21, but realized the night before, as he was preparing an orange T-shirt to wear with his uniform, he’d made a mistake: “This may be a time to sit back and reflect but – and this is a shortcoming on my part – I hadn’t talked to my family about this. A significant part of this event is getting out the message to others, and the community.”

Wing Commander Colonel Jeff Davis thanked the DAAG for its role leading the event, as it is an important way to mark the “unique heritage and diverse culture of our nations.

“The flag-raising is in recognition and respect of Indigenous peoples, so clear to us all over the past months and years. They are a very important part of Canadian culture, and the culture change within the Canadian Armed Forces.” ➔



14 Wing Greenwood’s Defence Aboriginal Advisory Group led a flag-raising ceremony at the main gate June 21, National Indigenous Peoples Day, followed by a smudge with Elder Sarah Emily. Starting the event were Marla Ward, DAAG civilian co-chair, Wing Commander Colonel Jeff Davis, left; Lieutenant Roger Augustine and Wing Chief Warrant Officer Jonathan Proulx.

S. White



Agility and balance are key on this obstacle.



Mentorship is key. A 5th Canadian Division Support Group Detachment Aldershot member is coached on how to best navigate this challenging obstacle.



The 5th Canadian Division Support Group Detachment Aldershot Orderly Room team - human resources administrator Master Corporal Shaina Ryan (HRA), left, and financial services administrator Master Corporal Gallant Graig - “pretend” to enjoy the day.



Warrant Officer Casey Welbourn emerged from an over/ under obstacle.

Submitted

Out of the office, every bit a solider

Major David Garvin,
Commanding officer,
5th Canadian Division
Support Group Detachment
Aldershot

5th Canadian Division Support Group Detachment Aldershot sits in the Annapolis Valley, just north of Kentville. Its permanent staff numbers barely 90, almost evenly split between Department of National Defence civilians and Canadian Armed Forces members, who themselves are roughly a 50/ 50 split between Regular and Reserve Force members. The camp supports 5th Canadian

Division, conducting individual training. Lodger units at Camp Aldershot include D Company of the 5th Canadian Division Training Centre, the West Nova Scotia Regiment and the RCAF Academy Detachment Aldershot, among others.

While the lodger units conduct training, including several Basic Military Qualification (BMQ) courses, Primary Leadership Qualification (PLQ) courses and other leadership training, the detachment staff is responsible to maintain the ranges, provide rations and quarters as well as maintenance and

other logistical support. It isn’t just the army that trains here, the Royal Canadian Air Force Academy Detachment Aldershot conducts up to four BMQs here each year, and the Royal Canadian Navy conducts training here as well, often doing field phase training at Forward Operating Base “Bonaventure.” Quite significant: Camp Aldershot has the only demolitions range in the province, which would account for the large explosions sometimes heard emerging from the camp. Finally, members of Canada’s Special Operations Command will conduct training at Aldershot.

As such, Aldershot is far from a “Sleepy Hollow,” and is quite engaged as a joint training facility.

Supporting all this training is a taxing job, one that sees units from across the country coming here to do individual and collective training, but only up to “level 3” (platoon level). Throughout the week, the camp staff makes sure the troops are fed, housed and watered. With outstanding support from 14 Wing Greenwood, camp members also receive medical support, as required.

In addition to their regular duties, the

camp’s military members have an opportunity every Thursday to “down tools” for an hour or two in order to conduct “Stables.” Stables, a term borrowed from the Armoured Corps, is a weekly team-building event conducted at Aldershot, under the direction of the detachment sergeant major. Some weeks will see the detachment staff conducting garbage sweeps; other weeks, they’ll practice navigation skills with a map and compass exercise on the garrison.

Recently, the detachment staff were run through the camp’s obstacle course. This

was done at a walking pace, with the view being to instruct people how to navigate the obstacles. Luckily for the det members, the weather cooperated and everyone was able to get through with just a few minor bumps and bruises.

Not only were the staff members able to get out and away from their daily duties for an hour or two, but it was also a day to remind us all we are military members and we have a duty to remain fit, agile and motivated. It is in our support duties we enable others to learn how to perform theirs. ➔

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www.rcacf-arc.forces.gc.ca

CAF Connection 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

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.cafconnection.ca

VPI | VPI

www.vpiinternational.ca

14 Wing Fitness

Online work-outs, resources and tips

14 Wing Community Recreation

Online activities, resources and fun

Annapolis Mess

Special events and entertainment

14 Wing Greenwood Winter Carnival/ 14e Escadre Carnaval d'hiver

Annual winter Defence Team fun and challenge events

14 Wing Greenwood PSP

A wider resource for PSP entities (recreation, fitness, health promotion, news and events)

Greenwood Military Family Resource Centre

Resources, activities and program highlights

14 Wing Greenwood Bowling Centre

Centre updates

14 Wing Aquatics

Pool recreation, competitive, training, news

14 Wing Library

Online story time, resources for learning and fun

Greenwood Military Police – Police militaire de Greenwood

Safety, security and public information from 24 Military Police Flight

14 Wing Combined Charities

Wing activities in support of our community

14 Wing Spiritual Resilience Page

Hosted by the 14 Wing Chaplains, with spiritual support and resources

GMAM.ca

Follow news and events at the Greenwood Military Aviation Museum

14 Wing Welcome

Schedule of events details

Lake Pleasant Campground

14 Wing's family campground

14 Wing Greenwood Curling Club

Open to military, community members

14 Wing Health Promotion

Tips, program highlights and resources

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National NCM recognition

May 26, Master Corporal Karine Delisle, centre, was presented the 2021 Deserving Air Reserve Junior NCM of the Year Award, presented by 14 Wing Greenwood Commander Colonel Brendan Cook, centre left, and 14 Wing Air Reserve Major Mike Levangie, left; with Wing Chief Warrant Officer Jonathan Proulx, centre right, and Master Warrant Officer Dwayne Fox. The national award comes from Director General Air Reserve Brigadier-General Michael Rafter and Chief Warrant Officer James McKenzie, and recognizes Delisle as a “versatile, effective and dedicated individual,” an “extremely valuable asset to 14 Wing Greenwood,” in a commendation written by McKenzie. “You have clearly made a positive impact to the success of this year’s Deserving Air Reservist recognition program. Once again, keep up your outstanding work and positive attitude in the performance of your duties; you are truly deserving of this significant award.”

Submitted

RP Ops’ leaders share focus: building a better Greenwood

Sara White,
Managing editor

That Real Property Operations Detachment (Greenwood) has “accomplished a lot – is an understatement,” said outgoing commanding officer Major Andrew Peddle June 14, in a change of appointment ceremony with the incoming Major Kim Fitzgerald, under the reviewing officer, RP Ops (Atlantic) Commanding Officer Lieutenant-Colonel James LeGresley, who himself has held the 14 Wing post.

“The last three years have been the highlight of my career, in no small part due to the members who make up this detachment, and our partners across the wing. We pumped out \$65 million worth of work on base in the past three years. There were last-minute emergencies that just had to happen, newly-delivered infrastructure, multi-million dollar projects, weather – all against the backdrop of a pandemic. We’ve been through a lot but, as a team, we did it.”

Peddle credited also outgoing 14 Wing Greenwood Commander Colonel Brendan Cook for “patience, as I learned how Real Property could support the wing.”

Cook was a guest at the event, but was given an opportunity to speak on the relationship 14 Wing and the Greenwood RP Ops detachment maintains: “this wing has one of the best relationships across the Royal Canadian Air Force.

“RP Ops has been incredibly helpful, and good at showing us how things could be fixed. You serve 14 Wing quite well.”

Cook specifically credited Peddle for work just before the pandemic took hold in April 2020, as Peddle provided his personnel with tools and technology in expectation of a potential work-from-home posture, “and they did: we leveraged funding and saw massive work done here through 2020. You showed leadership, and people followed that.”

Fitzgerald comes to the Greenwood RP Ops unit from the Canadian Forces School of Military Engineering at CFB Gagetown, and is keen to begin her posting here.

“I’m excited to learn about my team here, and continue the work of Major Peddle and Lieutenant-Colonel LeGresley to make Greenwood what it is today,” she said. “I’m looking forward to my time here, and the hard work ahead: the position will be challenging, and rewarding.”

LeGresley congratulated Peddle and Cook on their efforts to work together for the infrastructure and personnel at 14 Wing, and encouraged Fitzgerald to continue that relationship.

“The Greenwood relationship is fantastic to see: be proud of it, and continue to cultivate it. The support here



Real Property Operations (Atlantic) Commanding Officer Lieutenant-Colonel James LeGresley, centre, presided over the June 14 RP Ops Detachment (Greenwood) change of appointment from Major Andrew Peddle, left, to Major Kimberley Fitzgerald.

Sailor 1st Class J. Morris, 14 Wing Imaging

of RP Ops from Greenwood is great.”

LeGresley acknowledged Peddle’s willingness to work with him and other RP Ops personnel as a peer, student, colleague and friend; and wished him success in his new role as deputy commandant at CFMSE in Gagetown. He welcomed Fitzgerald back to Greenwood from an earlier on-the-job-training experience earlier in her career, and credited her work to build a “good foundation, and set yourself up well to carry on operations here. ➔

Marine, wilderness calls keep SAR crews busy

June 16, just after 3:30 p.m., the Halifax Joint Rescue Coordination Centre tasked 14 Wing Greenwood-based Cormorant Rescue 901, with 413 (Transport and Rescue) Squadron, to search for a sinking boat with one person on board. The helicopter was stood down upon arriving at the scene, as the person had reached shore on their own. R901 was then re-tasked for another boat taking on water, but was again stood down before arriving on scene. Crew carried on with training and later returned to base.

June 18, 14 Wing launched two aircraft to assist with a medevac from a marine vessel, the Great Intelligence, 50 nautical miles northeast of Sable Island. Cormorant Rescue 901 left Greenwood just after 7 p.m., stopped to refuel at the Halifax Stanfield International Airport and then proceeded to the

offshore scene. Hercules Rescue 343 was standing by, awaiting timings to coordinate at the scene as top cover with the Cormorant; it left Greenwood at 8:30 p.m. By 11:30 p.m., the Cormorant had the injured crewmember aboard and was about 20 minutes off arrival at the Halifax airport to transfer the patient to a waiting ambulance. Rescue 343 was released from the scene and returned to Greenwood just before midnight. The Cormorant returned just after 2 a.m. June 19.

June 26, a Greenwood Hercules, Rescue 332, was tasked just after 5 a.m. to search in the vicinity of Portland, Maine. The aircraft was in the air just before 7 p.m., returning to Greenwood at 9:45 a.m.

June 27, Cormorant Rescue 901 departed Greenwood just before 6 p.m. to assist a paddle boarder in distress off Cavendish Beach, Prince Edward Island. The Canadian Coast Guard Julie Ann Jamie 1 was able to reach the paddle boarder. R901 was then re-tasked while airborne to help search for a missing person near Bouctouche, New Brunswick. The helicopter returned to Greenwood just after 10 p.m.

June 28, Hercules Rescue 343 was tasked while airborne to search for seven overdue hunters in the Hudson Bay area. They were released from the call and returned to Greenwood at 10:30 p.m.

June 28, Hercules Rescue 332 left Greenwood just after 10 p.m. to provide top cover for a Gander-based CH140 Cormorant assisting a vessel taking on water 80 miles east of St. Anthony, Newfoundland and Labrador. The Hercules returned to Greenwood just before 8 a.m. June 29. ➔

Class of 2022 | Special issue July 11 | Deadline to book noon July 6

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Wednesday, July 6
4:00 pm **Canada Post colouring contest**
Ages 8 and under. Submission deadline at the post office.

Thursday, July 7
2:00 pm **Canada Post colouring contest**
Awards presentation at the post office.

Friday July 8
1:00 - 4:00 pm **Open house at Kingston Library**
671 Main Street. Enjoy art displays, a story walk, and a summer reading tent.

Saturday, July 9
7:30 am - 9:30 am **Breakfast**, Kingston Fire Hall, 570 Sparky Street.

8:00 am - 9:30 am **Face painting**
for kids provided by 7-Arts, outside of fire hall.

9:30 am - 4:30 pm **Market** inside Credit Union Centre 1490 Westwood Street.

10:45 am - 11:45 am **Grand Street Parade**
Through downtown Kingston.

11:30 am - 5:00 pm **Food**
Burger bits, hamburgers, hot dogs, fries, poutine, beverages, strawberry shortcake. Food tickets to be purchased at Ticket Booth.

12:00 pm - 5:00 pm **Games and Rides**
Bounce Kingdom, mechanical steer (sponsored by Frasers), Plinko board, kiddie train, beer garden, henna artist, and the Village of Kingston tent with Minute to Win it games.

7-Arts colouring contest - Ages 16 and under, visit Kingston Steerfest on Facebook for a colouring page, or pick-up at the Village of Kingston office. Bring the coloured page to the Steerfest - 7-Arts craft tent to enter for draw prizes.

12:30 pm **Opening ceremonies on main stage**
with MC: Riley Peckford.

1:00 pm - 4:30 pm **Entertainment on main stage:**

- 1:00 - 2:00 pm - Two in the Morning
- 2:15 - 3:15 pm - Voodoo Charmers
- 3:30 - 4:30 pm - Joe Henry Band

1:00 pm - 4:00 pm **Strongman, Cool Rides BMX** Demonstration. Elm Street, various times.

1:00 pm **3x3 basketball tournament**
Register: recreation@kingstonnovascotia.ca

1:00 pm - 4:30 pm **Domino Man**
Toppling times inside the Credit Union Centre. Tottle times: 1:00 pm & 4:00 pm are subject to change.

9:00 pm - 1:00 am **+19 dance**
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At the Kingston Legion, 1472 Veterans’ Lane. Purchase tickets at door.

Sunday, July 10
2:00 pm - 3:30 pm **Summer concert series**
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Steerfest highlights traditional events, new offerings in Kingston

Make sure you're in Kingston Saturday, July 9, as the village and community friends revive a tradition of more than a half-century! Join the village and friends in celebrating Kingston's steer mascot, Kingsley, who regularly graces Kingston's Main Street from his pedestal from May until late fall. Steerfest – the 2022 renewal of a long-time village festival – is back!

The earliest events include a Kingston Post Office youth colouring contest, featuring a handsome bovine pictured with his farm friends. Gift certificates from Mind Benders Toys will be awarded to the winners. The Kingston Library will hold an open house July 8 folks are invited to attend.

Saturday, July 9, Kingston firefighters start the formal Steerfest program, hosting their traditional fire hall breakfast, beginning at 7:30 a.m.

A market inside the Credit Union Centre arena will begin at 9:30 a.m. Vendors are welcome: call Muriel, 902-765-8554, for table booking



details. The traditional parade, led by Kingsley down Main Street, will arrive at the Credit Union Centre by noon. Parade entries are welcome: applications are available on the Kingston Steerfest Facebook page, or reach out to the Kingston Village Office at 902-765-2800. When the parade reaches the Credit Union Centre grounds, a grand opening with visiting dignitaries begins activities on site. There have been voices of concern over the absence of an actual steer roasted on a spit at this year's event. Sadly, the organizing committee for Steerfest, under the auspices of Kingston Village, was unable to orchestrate this enormous project. Please be assured we tried. What you may not have known is the steer, roasted in years past, provided only about one-third of the freshly-cooked beef consumed at the BBQ! The rest was roasted by other means! The delicious and time-honoured Burger Bits, prepared by the Kingston Lions, are definitely on the menu, with fries, strawberry shortcake, hamburgers, hot hogs and more. There will be top-rate stage entertainment on the grounds from 1 p.m. to 4:30 p.m., featuring Voodoo Dolls, 2 in the

Morning and Sarah Pound. Inside the Credit Union Centre, a popular attraction is back: Domino Man. He will entertain folks with his amazing skill and patience, setting up thousands of dominos for an astounding topple which really needs to be seen!

Other entertainment on the grounds includes the Lions' kiddie train, Plinko, Bounce Kingdom attractions, a mechanical bull, dunk tank, a beer garden, three-on-three basketball and bingo. The Kingston Recreation Department is planning a display of all equipment available for community lending, and 7-Arts will be on the grounds offering something creative for youngsters.

The day rounds out with a dance at the Legion from 9 p.m. until 1 a.m., featuring the talented Ruth Manning and the Prospectors. Tickets are available at the door, ages 19-plus.

Kingston Steerfest has a Facebook presence: check for updates and times, event and activity pricing (entrance to the arena grounds is free!) and find info on how to register for the parade and vendor fair.

Every effort is being made to revive what was formerly known as the Steer BBQ. Organizers hope the community appreciates the efforts made in challenging times to restore what was the best of the old traditions, rebranded this year as Steerfest, and comes out to celebrate. ➔



Main Street parade a village Steerfest tradition

Got something to celebrate? Want to show off? Dance down Main Street?

Kingston's Steerfest is back Saturday, July 9, after a pandemic break, and what better way to celebrate than an outdoor parade through the community, with friends and neighbours cheering you on?

Be a part of the Steerfest parade with your community, organization, business or sports team float, walking group or decorated vehicle. Bands and entertainers are always welcome.

Kingsley the village mascot will lead the parade along the traditional route from Old Brook Road onto Hwy 1 and into the village along Main Street, then onto Westwood Street to the Credit Union Centre.

Register your entry (preferably by July 6) with an application, available on the Village of Kingston website (kingstonnovascotia.ca),

submitted to the organizing Kingston Legion by fax (902-765-2479), email (legion98sect@eastlink.ca) or by mail (Kingston Steerfest Parade c/o RCL Br. 098 P.O. Box 2 Kingston, NS B0P 1R0).

Parade day, entrants should enter Ravenwood Park via Balser Drive, next to the RCMP Detachment on Maple St. in Kingston.

They will be directed to their parade position. The parade will form up at 9:30 a.m., with judging at 10 a.m. and the start at 10:45 a.m. The parade will arrive at the Credit Union Centre by noon.

When the parade reaches the Credit Union Centre grounds, a grand opening with visiting dignitaries begins activities on site. ➔

Saturday Steerfest indoor market welcomes vendors

Kingston Steerfest features a day-long market in the Credit Union Centre (arena) on Westwood Street.

The event gets underway at 9:30 a.m., as families finish at the fire hall breakfast and make their way to nearby streets in preparation for the street parade and the grounds for later day activities. Vendors are welcome, so consider this an opportunity for your crafting hobby, independent business, club or group to promote your service or generate funds selling products, antiques, crafts - whatever you fancy!

There is still space available at the market for vendors. Call Muriel at 902-765-8554 for table booking details.

Admission to the Steerfest vendor sale is free. ➔

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Kingston Lions
902-765-2128





Steerfest

The *Kingston Lions Club* invites you to join them at the 2022

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fries, burger bits, homemade
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Kingston Steerfest

Credit Union Centre grounds • 1490 Westwood Street, Kingston

B-ball 3-on-3 outdoor tourney looking for teams

Who is ready to play some basketball?

Kingston Recreation is organizing its traditional Steerfest 3x3 basketball tournament, set for Saturday, July 9 from 1 p.m. at the Elm Street court.

Gather your team of three or four co-ed players, ages 13-plus, and get ready for 12-minute games, and the 15-minute semi-final and final games. There are prizes for the top three teams.

Register your team by contacting Liz at recreation@kingstonnovascotia.ca or



902-765-2800. The tournament will accept a maximum of 12 teams, so register right away!

Saturday night dance fun with Ruth Manning and the Prospectors

Kick up your heels and dance with friends at the Steerfest Saturday night dance, hosted by the Kingston Legion and featuring the live music of Ruth Manning and the Prospectors.

Ruth Manning is a well-known Valley singer/ songwriter, singing from her early years with her sisters as "The Best Girls," spending 18 years with dance favourites "Triple Time," heading out on a Maritime tour with Ryan Cook, performing across the province, and earning a Music Nova Scotia nomination for country recording of the year in 2015 with her CD, "Tennessee Calling."

In 2019, Manning participated in the North American Country Music Association international competition in Pigeon Forge, Tennessee, where she won awards for songwriter of the year and most promising female vocalist.

Since 2016, Manning has teamed up with The Prospectors, a band including Joel LeBreton, Scott Redden and Graham Moorehead – all accomplished musicians: they add up their playing experience to over a century!

The day runs from 9 p.m. until 1 a.m. Tickets are available at the door, ages 19-plus.



100 Who Care put June donation into play

The 100-Plus Who Care Giving Group Annapolis Valley met June 9 in a combined in-person and virtual format for its second 2022 quarterly meeting, as three nominated Valley non-profit projects pitched their work for 100-Plus funding support.

Members heard from the Black Rock Trails Society, the Walk to Make Cystic Fibrosis History and the Gaspereau Valley Elementary School playground project. The vote, held over 24 hours to accommodate members watching from the online platform, determined the Gaspereau playground project as the donation recipient, with both other organizations receiving Rewind 89.3

advertising promotional support to help them in their work.

Nina Brien and her brother, David, represented their nephew, Blake, and others affected by Cystic Fibrosis. People with the fatal disease – and their families, live with increased health challenges, financial costs and challenges to access therapies, frequent travel to specialty clinics and unpredictable

health issues. 100-Plus support would make the Brien's Dartmouth Walk to Make Cystic Fibrosis History event the largest in Canada.

The Black Rock Trails Society opened its first public trail loops in 2003, and has since expanded to 14 kilometres of various lengths and connections. Society co-founder Irmgard Lipp said a sensory trail and pollinator garden, a space where

people can "slow down and tune in to themselves and nature" through touch, smell and hearing; is next.

Mary Kenny – a former student, parent and now grandparent of students at Gaspereau school, is helping with a \$100,000 project, started after a pre-pandemic inspection saw the removal of all but eight swings and a set of monkey bars from the school playground. The community hopes to have a new playground complete for fall 2023.

The 100-Plus Who Care Giving Group Annapolis Valley will continue to meet in whatever format is safest to host: online or in-person, typically hosted at

the ballroom in Mainstreet Station, Kentville, with the next meeting planned for September 15. The group meets quarterly to hear from three member-nominated non-profit groups. After five-minute presentations from each organization, members

vote on which group will be the recipient of each member's \$100 donation. New members are welcome.

Visit 100valleygiving.ca for information on past non-profit recipients, joining details and upcoming events. ➔



Greenwood Minor Basketball looking for logo inspiration

Have a great idea of how athletes in the Greenwood Minor Basketball program should look as they take to the courts next fall?

The club is holding a logo design contest to up their

game style, and invites athletes, club volunteers, family members and fans to submit potential options to be added to its blue-based uniform colouring. Club teams go by the name "Flyers." If you have a

design idea, email it to tracy.smith@forces.gc.ca by July 20. The winning design will be announced July 22 on the club's Facebook page, Greenwood Minor Basketball Club. Greenwood Minor Bas-

ketball offers programming for youth ages four to 13, with September registration for fall and winter season. Volunteers for coaching and administrative roles are always welcome. ➔

Four Valley rinks receive upgrade funding

Twenty-five rinks in need of upgrades and repairs are receiving more than \$1 million through Nova Scotia's Rink Revitalization Fund. Included on the list are projects by the Berwick and District Community Association, \$16,000; Glooscap

Curling Club of Kentville, \$13,000; Western Kings Rink Association, \$16,000; and the Wolfville Curling Club Society (1994), \$14,000.

The Rink Revitalization Fund helps community groups, municipali-

ties and not-for-profit organizations invest in infrastructure to support the sustainability of their facilities. Rinks include curling clubs, arenas and permanent seasonal outdoor rinks open to the public. The total amount of

funding for the 25 projects is \$1,029,844. Initiatives receiving funding include purchasing a score clock, installing accessible entrance doors, upgrading refrigeration, repairing a foundation and replacing rink board glass. ➔



Giving back thanks

CANEX Greenwood manager Terry Stuart, second from left, was happy to share a national CANEX Gives Back Volunteer Recognition Program donation of \$3,000 with the Greenwood Military Family Resource Centre and 14 Wing Greenwood Community Recreation. The funds help the GMFRC and Recreation recognize and thanks the many volunteers who make military community programs happen. With Stuart is the GMFRC's Kim Dixon, left; and Recreation's Jill Jackson, second from right, and Lindsay McCormack.

S. White

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|--|--------------------------------------|---------------------------------|--|--|---|---|
| Are you a Veteran? Are you releasing from the Canadian Armed Forces? Join us at 1000 each Wednesday morning in the lounge at the Kingston Legion. Have a coffee and a snack & meet other Veterans. Hosted by RCL Branch 98 and the Greenwood MFRC. | | | | | |  |
| 3 BINGO 1:30 p.m. | 4 | 5 | 6 Veteran Social 10 a.m. | 7 | 8 Fun darts 7 pm for members & guests only \$5 | 9 Steerfest Dance Ruth Manning & the Prospectors - 9 pm Cost \$10 Tickets sold at the door |
| 10 BINGO 1:30 p.m. | 11 | 12 Veteran Social 10 a.m. | 13 | 14 Fun darts 7 pm for members & guests only \$5 | 15 Please Note: Saturday's CTA & Meat Draw are on hold until September | 16 |
| 17 BINGO 1:30 p.m. | 18 EXECUTIVE MEETING 7 p.m. | 19 Veteran Social 10 a.m. | 20 | 21 Fun darts 7 pm for members & guests only \$5 | 22 | 23 |
| 24 BINGO 1:30 p.m. | 25 | 26 | 27 VON Foot Clinic Call Heather at (902) 300-3558 to book an appointment | 28 | 29 Fun darts 7 pm for members & guests only \$5 | 30 |
| 31 BINGO 1:30 p.m. | | | | | | |

New Bar Hours | Sunday: Open at noon | Monday - Saturday: Open at 10 a.m. | * Except Wednesday: Open at 11 a.m.

Legion Calendar
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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. 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 Wednesday, 9:30 a.m., previous to publication unless otherwise notified.

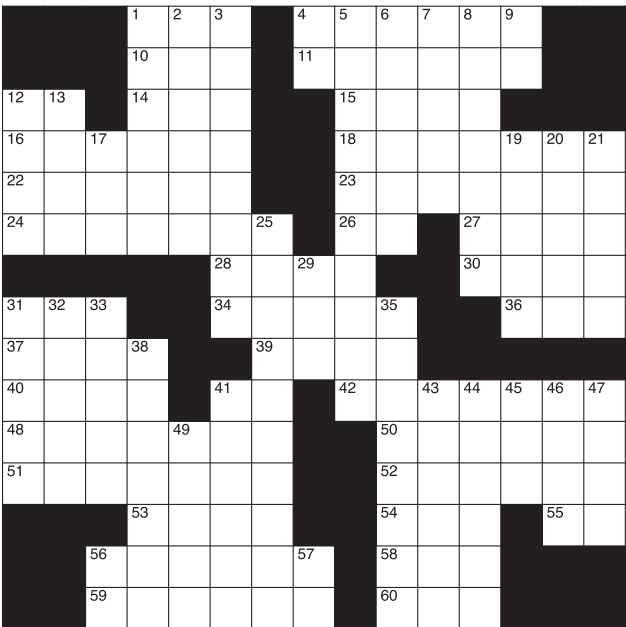
Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 61,

School Road, (annexe Morfee), 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à [l'adresse auroraeditor@ns.aliantzinc.ca](mailto: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 mercredi précédent la publication, à moins d'avis contraire.

NOTICE: Many events may change details as gatherings are affected by public health guidance around COVID-19. Please check ahead with the organizers, as submission dates and Aurora press deadlines are in advance of distribution.

crossword

solution page 11



- ACROSS**
- Basics
 - In a new way
 - Paulo, city
 - Jailhouse
 - Expresses surprise
 - Trigraph
 - A small stream
 - Dissimilar
 - Promote
 - Gives a boost
 - Lawmaker
 - Orthodox Jews
 - Actor Harris
 - Wild cherry
 - Participate in democracy
 - Opposite of begins
 - A Brit's mother
 - Set of moral principles
 - Very fast airplane
 - Czech river
 - Private school in New York
 - Israeli dance
 - Electron volt
 - Adjusting
 - Ducty by the bladder
- DOWN**
- St. Francis of —
 - Supported
 - United in working
 - It cools your home
 - Predicting
 - Irritated
 - Popular talk show host
 - Fabric edge
 - A resource for employees
 - Broadway's Jackman
 - Small water buffalo
- 50.** Small burger
- 51.** Begin again
- 52.** Unstuck
- 53.** Jai __, sport
- 54.** Get free of
- 55.** For instance
- 56.** Hotel chain
- 58.** A team's best pitcher
- 59.** Extracts from various sources
- 60.** Indefinite period of time
- 17.** City of Angels: __ Angeles
- 19.** Asteroids
- 20.** Tailless amphibians
- 21.** German expressionist painter
- 25.** What drives you
- 29.** N. Vietnamese ethnic group
- 31.** Gold coin used in British India
- 32.** Have deep affection for
- 33.** Ponds
- 35.** Breaks between words
- 38.** Hairstyle
- 41.** Print errors
- 43.** Family of iron alloys
- 44.** Sideline in bed
- 45.** Many couples say it come, so it's important to act now.
- 46.** Brazilian hooper
- 47.** Allman Brothers late frontman
- 49.** German city
- 56.** One hundred grams (abbr.)
- 57.** One billionth of a second (abbr.)

crossword brought to you compliments of

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Annapolis Ambre's Awesome Animals

July 6 at 10:30 a.m. to 11:30 a.m., the Middleton and Area Library hosts Annapolis Ambre's Awesome Animals: fun, science education and animal awareness with Ambre and special guests, including spiders, scorpions, a crested gecko, bearded dragon, snakes, and more! Suggested ages: four and up.

Adult summer take & make kits Fridays, the Rosa M. Harvey Middleton & Area Library invites ages 18+ to pop in this summer on a weekly basis to grab a mystery craft kit for adults. Registration required.

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Annapolis Ambre's Awesome Animals

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Berwick and District Library hosts Annapolis Ambre's Awesome Animals: fun, science education and animal awareness with Ambre and special guests, including spiders, scorpions, a crested gecko, bearded dragon, snakes, and more! Suggested ages: four and up.

Caregiver support group

July 7, 2-15 p.m. to 4:15 p.m., the Kingston Library hosts the NS Caregivers Support Group (1st Thursday of each month), facilitated by trained staff members who offer a confidential, friendly atmosphere for you to discuss your experiences and receive helpful information in a supportive environment. If you give unpaid care to a parent, spouse, child, friend, or relative due to frailty, advanced age, chronic illness, mental illness, or disability; you are not alone! For info and to register, contact Jennine Wilson, 1-877-488-7390.

Dungeons & Dragons

July 7, 1 p.m. to 4 p.m., the Berwick and District Library invites youth ages 10 to 15 to join our Dungeons and Dragon campaign. Registration required.

horoscopes

July 3 to July 9

ARIES - Mar 21/Apr 20

Aries, you are on fire lately. There's seemingly nothing you touch that won't turn to gold afterward. This trend will continue, but try not to let it go to your head.

TAURUS - Apr 21/May 21

Taurus, unless you take swift action, you could be heading for a financial free-fall. Start to pull back spending for a while and see if the situation will right itself.

GEMINI - May 22/June 21

It's time to make amends with someone who did you wrong, Gemini. Life is too short to hold grudges, and this person has mended his or her ways since.

CANCER - Jun 22/Jul 22

Cancer, when plans change on a dime, you are ready to roll with the new situation. Higher-ups could get a peek at your quick thinking, which can land you a promotion.

LEO - Jul 23/Aug 23

Make the most of every opportunity that comes your way this week, Leo. You may not get many chances to prove your worth in the weeks to come, so it's important to act now.

VIRGO - Aug 24/Sept 22

Virgo, it is important to remember that your online presence never goes away. Watch what you post and say in social media groups, as it could come back to bite you.

Creative Little Tots

July 8, 11 a.m., the Rosa M. Harvey Middleton & Area Library invites little one ages one to three who loves to be creative to join Elizabeth for an hour of magical discovery as we explore finger paints, shapes, colours and more. A parent and/or guardian must accompany children in this program. Registration required.

Kingston Library open house

July 8, 1 p.m. 4 p.m., the Kingston Library, 671 Main Street, hosts an open house at to explore the recently expanded library. Try out some gadgets in the tech lab, update your library card, check out the AVRL Digital Collection.

Teen takeover

July 8, 6 p.m. to 7:45 p.m., at the Kingston Library: teens are taking over! Hop on our computers, try out our tech stuff, discover a surprise activity, or just hang out with your friends. Ages 13+. Registration required.

Matt the Music Man

July 9, 1 p.m. to 2 p.m., the Kingston Library hosts an all-ages family musical adventure with Matt the Music Man! It's an educational, interactive performance that will keep the kids singing and dancing.

Yard sale

July 9, 8 a.m., Soldiers Memorial Health Auxiliary is having a yard sale at on Jones Avenue, Middleton (opposite the Orchard Queen Motel). Lots of great items, including a lot of CDs. Donations welcome. More information: contact 902-825-3177. Thanks for

SCORPIO - Oct 24/Nov 22

Let loose and have fun for a change, Scorpio. Don't delay when others want to invite you out for a night on the town or even a brunch. Say "yes" to any and all opportunities.

SAGITTARIUS - Nov 23/Dec 21

There's a lot going on right now and it may have your head spinning, Sagittarius. Delegate some of your workload if you can. Don't be too hard on yourself.

CAPRICORN - Dec 22/Jan 20

Family matters come to the forefront this week, Capricorn. You must dig in deep to address them. There are two sides to every story, so try to get all the facts first.

AQUARIUS - Jan 21/Feb 18

Just when you started to lose hope, that new horizon you were seeking comes into view, Aquarius. It is well-deserved and there will be smiles for the weeks ahead.

PISCES - Feb 19/Mar 20

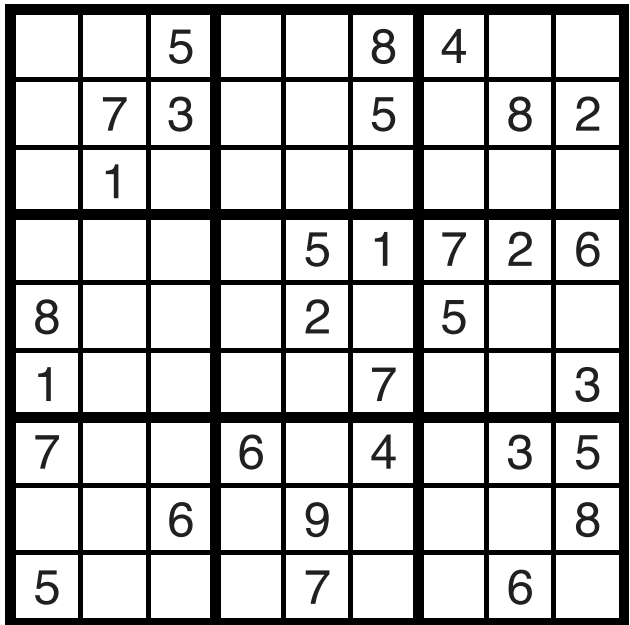
Pisces, if you find yourself with too much extra time on your hands, why not volunteer with the community to pass the time?

Fun By The Numbers

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

sudoku

solution page 11



Level: Beginner

your support of our hospital!

Discovery Centre Science Show July 12, 3:30 p.m. to 4:30 p.m., the Kingston Library hosts the Discovery Centre Science Show. In this engaging live science show, we will connect how humans' CO2 emissions are causing our oceans to become more acidic and explore the impact this will have on shellfish populations and all of us who depend on them. Ages five to 12.

DIY geode drink coasters

July 12, 7 p.m. to 8 p.m., the Kingston Library invites ages 16+ to DIY your own sparkling geode drink coaster set. Registration required.

Book launch: Carol Ann Cole

July 13, 11 a.m., the Rosa M. Harvey Middleton & Area Library hosts best-selling author and Middleton local Carol Ann Cole as she launches her fourth novel in The Paradise Series, Paradise d'Entremont Private Investigator. Join us for an afternoon of presentations, questions and refreshments.

Jugglin' Bubbles

July 14, noon to 1 p.m., the Berwick and District Library hosts an all-ages show with the Jugglin' Bubbles. This bubbly duo based out of Halifax has a passion for juggling, hat manipulation, and bubble art.

Juggling workshop

July 14, 3 p.m. to 4 p.m., the Berwick and District Library and the Jugglin' Bubbles invite you to join us for our juggling workshop and hat manipulation! Sign ups required. For ages 12 to 18.

Toastmasters back to in-person talking

Have you ever gone out on a limb to try something new and, in one fell swoop, found yourself right at home? Like you belonged there from the start? That the people you have newly surrounded yourself with are so warm and inviting, you may have known them forever? That their encouragement and support has enabled you to grow in ways you never thought possible?

That, my friends, is Toastmasters for me.

If you have never heard of Toastmasters, it's a non-profit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. Headquartered in Englewood, Colorado, the organization's membership exceeds 364,000 in more than 16,200 clubs in 145 countries. Since 1924, Toastmasters International has helped people from diverse backgrounds become more confident speakers, communicators and leaders.

My first impression of Toastmasters

My feelings about Toastmasters didn't start with the intense sense of belonging that has become my Toastmasters experience. My initial impressions were not negative; more so indifferent. My father attended Toastmasters meetings when I was a teenager; I even went to a meeting with him once. I noted it in the back of my brain as something I may want to do when I was older, and then promptly forgot about it.

I acted in plays as a hobby and always had a professional role where I was speaking with people, so I never thought about Toastmasters again, having the old-school (and inaccurate) impression it was just to improve public speaking skills. I had a natural ability to speak in front of others, so I didn't need Toastmasters, right?

Fast forward to Toastmasters 15 years later

Through word of mouth, my husband heard about the Kingston Toastmasters chapter in our area and decided he would attend a meeting. One Tuesday, he left the house for a few hours to give Toastmas-

ters a try. When he returned, he had a big smile on his face.

"I think I'm going to go again!" he said.

He knew an inclusive environment with a like-minded group of people would certainly help him achieve his goals and increase his confidence. As it turned out, the more he went, the more I became intrigued myself.

I did not feel I needed much help with public speaking, but what I did need was help speaking "off the cuff." When facing questions I did not have prepared answers for, I really struggled with articulating my answers, bumbling through a response I hoped the person on the other end might understand. Often, they didn't. If I was going to get ahead in both my career and my relationships, I needed to fix that. So, I attended my first meeting about a month later.

What happens at a Toastmasters meeting?

The format of the meeting was the same format as the meeting I had attended 15 years ago: easy to follow, and really easy for a guest like me to simply watch or participate in, if I wanted to.

One member of the club shares a humorous story to kick off the meeting, and then another shares a communication tip. The "Toastmaster" chooses a weekly theme the member introductions are surrounded around, and then all roles for the evening are introduced. Someone is the grammarian, and chooses a "word of the meeting." Someone is the ah counter and keeps track of all participants' speech for the evening to help us learn about our crutch words and be aware of them. Someone is the timer, who makes us aware of how much time we take to speak and keeps us within allotted timeframes. Someone is a general evaluator and offers feedback at the end of the meeting to acknowledge excellence in our meeting and offer suggestions for improvement. A speech may be presented, depending on the evening's schedule.

Then everyone has a chance to participate in table topics, where a series of questions are posed that fall in line with

the evening's theme, and everyone gets an opportunity to speak impromptu for two minutes or less. It's great practice and we get to laugh and learn about each other. Then, everyone who has a role provides their reports

and the meeting wraps up.

After my first few meetings as a guest, I signed up to be a member and have never looked back. Fast forward six months later, and I have improved my impromptu speaking skills and have cre-

classifieds

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

Classified advertising must be booked and prepaid by 10 a.m. Wednesday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/or services advertised. To place a classified, contact 902-765-1494 local 5699, visit the office, 61 School Road, Morfee Annex, Greenwood; email auroraproduction@ns.aliantzinc.ca or fax 902-765-1717.

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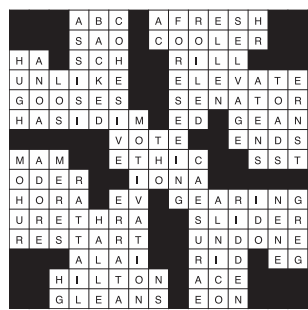
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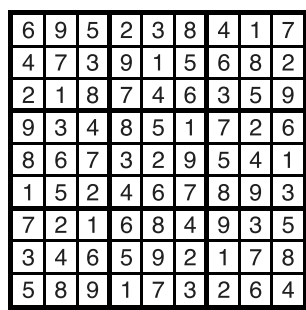
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Complete the following questions from ads in this week's issue and win a **\$20.00 coupon to play Friday Night BINGO** from **Aylesford & District Lions Club**. Coupons valid for 1 year. Age 17+ on regular games.

- Who has been in business 100 years? _____
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SOMETHING FOR EVERYONE INDOOR FLEA MARKET – 812 King St., Kingston, N.S. Behind Tim Hortons and Freemans ESSO. Sundays only 8 a.m. to 3 p.m., weather permitting. Admission \$1.00 (Adults) Children under 12 free. Everyone welcome. Christmas crafts, antiques, furniture, fire hydrant, 1920's car fenders, records, books, old tools, tea towels, knitted scarfs, hats, hanging shelves, rock carvings, dream catchers, trees of life, toys, sport cards, filing cabinets and other interesting items. Be kind to each other. Tables available for rent call 902-847-0324. Thank you. (4322-4tph)

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Evening remembrance

The graves of two dozen Commonwealth airmen lost during British Commonwealth Air Training Plan postings to RAF Station Greenwood during the Second World War years lie in Old Holy Trinity cemetery, Middleton. June 12, the Middleton Legion Branch #1, 14 Wing Greenwood representatives and community members gathered for the annual decoration of the graves service. Gone; never forgotten.

Corporal J. Fox, 14 Wing Imaging



Chris d'Entremont
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Libraries get on Same Page for better borrowing

Nova Scotians will now notice a big difference in how they access their public library.

A consortium of eight of the nine regional libraries have created a new online service, "Same Page." Same Page will provide access to almost a million items, including eBooks, magazines, audiobooks, learning materials and more. Library users will be able to manage their accounts, request materials, keep track of their reading and find suggestions on what to read next.

"This was in direct response to public demand for a new library experience with as few barriers as possible," says Eric Stackhouse, chair of the Same Page consortium. "Our vision is for all Nova Scotians to have equal opportunity to connect to library resources through a universal library card."

The eight libraries represent users outside of Halifax Regional Municipality - over 50 per cent of the population. Same Page was made possible through funding from the Province of Nova Scotia's Culture Innovation Fund.

Work started in 2019 to simplify borrowing rules, eliminate overdue fees, combine collections and develop a library card that can be used in all the library regions. Working with the Nova Scotia Provincial Library, the Same Page project was kept on track and on budget despite pandemic-related delays.

To begin using Same Page,

go to your local library website or samepages.ca and choose your regional library. Your current library card will continue to work but, over time, people will be provided with a new Same Page-branded card that will allow access to any of the regional systems. There is no cost for a library card and, as always, your public library is free to use. ✈

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