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# Golfers make their mark at nationals

## Aldershot's Roach wins gold with Atlantic men's team

**Sara White,  
Managing editor**

Three golfers - Captain Marc Roach, Aviator Sarah Bradfield and Master Corporal Natasha Philippe - from 14 Wing Greenwood and 5th Canadian Division Support Base Detachment Aldershot competed in the August 11 to 14 Canadian Armed Forces Nationals, hosted by CFB Shilo at the Shilo Golf and Country Club.

All three qualified to the Atlantic team through play at the July 16 to 19 Atlantic region championships, held at the Gage Golf Club, CFB Gagetown. The Atlantic team going forward included, on the men's side, Roach, 2IC D Company at 5th CDSB Det Aldershot; Captain Dave Parsons, Halifax; Captain Chris Topshee, Shear-

water; Chief Petty Officer First Class Steven Clark, Halifax; Lieutenant Commander James Everett, Halifax; and Sailor Third Class Mitchell Stevens, Halifax. The women's Atlantic team included Philippe, Bradfield and Captain Danielle Vortisch, Halifax.

At nationals, the Atlantic men took the lead from Round 1 and held it through the next two rounds to take the championship. Roach shot 82, 87 and 84. His total individual 253 put him at 20th of 31 golfers in the field, with Paul Swansburg taking top spot with a 223.

On the women's side, Ontario took the team lead from Round 1 all the way to the final championship. The Atlantic team placed fourth. Individually, Bradfield (110, 105, 109) finished 10th and Philippe

(117, 110, 104) finished 12th in the 14-player women's field. The individual women's winner was Taylor Rogalasky (83, 90, 82).

### Regional round-up

Greenwood's team at regionals included Roach, Corporal Ryan Ross, Corporal Tristan Tobin, Sergeant Jerome MacMullin, Corporal Wyatt Magarvey, Captain Paul Bailey, Bradfield, Corporal Joanne Gauthier and Philippe.

Roach was at his first regional tournament, qualifying for nationals after tying for individual third with a 77, 78 and 81; for a 236 total.

Tobin, an avionics systems technician with 14 Air Maintenance Squadron, maintained a consistent 84 through all three rounds - but said his



**Greenwood's team at regionals included Captain Marc Roach, Corporal Ryan Ross, Corporal Tristan Tobin, Sergeant Jerome MacMullin, Corporal Wyatt Magarvey, Captain Paul Bailey, Aviator Sarah Bradfield, Corporal Joanne Gauthier and Master Corporal Natasha Philippe.**

5th Canadian Division Support Base Gagetown



**Aviator Sarah Bradfield takes a shot during one of three rounds at the Canadian Armed Forces' national golf championships.**

CFB Shilo



**Master Corporal Natasha Philippe looks down the fairway during a Canadian Armed Forces nationals round in Shilo.**

CFB Shilo

- on that same hole! - with a tap-in birdie; were tournament highlights.

CFB Halifax's men won regional team gold, with 12 Wing Shearwater taking team silver.

On the women's side at regionals, 14 Wing's Philippe, Bradfield and Gauthier captured team gold, with silver going to CFB Halifax.

Philippe, an aircraft structures technician with 14 AMS, and Bradfield, 413 (Transport and Rescue) Squadron's squadron air maintenance engineering officer; both tied for second place during individual play, and went into "overtime." After playing a total of 20 holes on the last day, Bradfield won by one stroke, finishing second overall, followed by Philippe in third. ➔

hole-in-one on the fifth hole during the practice round, and

coming within an inch from second place on the last day



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14 Wing Greenwood  
Wing Welcome



Saturday, September 7  
10 a.m. to 1 p.m.


**Clubs, sections, organizations, community non-profit organizations are invited to showcase their programs, as 14 Wing welcomes new families and old friends to the Valley.**

14 Wing Greenwood Community Centre, Church Street

**For information on booking a table for your display, contact Michelle Smith, 902-765-1494 local 568-5341 or [michelle.smith@forces.gc.ca](mailto:michelle.smith@forces.gc.ca)**







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Site Web de l'Aviation royale canadienne  
rcaf-arc.forces.gc.ca

**CFMWS Site**  
Site du portail communautaire des Forces canadiennes  
cfmws.ca • sbmf.ca

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

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Défense nationale et Forces canadiennes  
forces.gc.ca

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combatcamera.forces.gc.ca

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Next print Aurora Newspaper:  
**September 9.** Deadline for editorial and advertising content: **September 4**  
Prochaine impression du journal d'Aurora : **septembre 9.** Date limite pour le contenu éditorial et publicitaire : **septembre 4**

**14 Wing Fitness** Online work-outs, resources and tips | **PSP Greenwood 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 | **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 | **14 Wing Greenwood Rec Hockey Club** – youth hockey programs open to military families and community members



# bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



June 26, Wing Comptroller Second Lieutenant Ramy Nader, centre, was promoted to the rank of lieutenant by Deputy Wing Commander Lieutenant-Colonel Devlin Paquette, left, with Chief Warrant Officer Chuck Rice; at 14 Wing Greenwood headquarters.



June 25, Corporal Dmitry Pastukhov, centre, was promoted to current rank by 405 (Long Range Patrol) Squadron Major Joe MacKinnon, left, with Master Warrant Officer Johnny Hunter. Sergeant R. Beers



July 10, Captain Michael Lewis, centre, was promoted to current rank by 413 (Transport and Rescue) Squadron by Major David Genest, left; with Chief Warrant Officer Stephen Bates.



July 10, Sergeant Joshua Oakley, centre, was promoted to current rank by 413 (Transport and Rescue) Squadron by Major David Genest, left; with Chief Warrant Officer Stephen Bates.



June 21, Master Corporal Geoffrey Penny, centre, was appointed to current rank by 405 (Long Range Patrol) Squadron Major Joe MacKinnon, left, with Master Warrant Officer Johnny Hunter. Sergeant R. Beers



June 25, Captain Maya Bevan, centre, was presented a Commanding Officer's Coin by 405 (Long Range Patrol) Squadron Major Joe MacKinnon, left, with Master Warrant Officer Johnny Hunter. The coin recognizes dedication and service to 405 Squadron, in the absence of the squadron's padre, for the past several months. Sergeant R. Beers



July 16, Master Corporal Daniel McLaren, centre, was appointed to current rank by 14 Air Maintenance Squadron Lieutenant-Colonel Eric Travis, left, with Chief Warrant Officer Randy Halvorsen.



July 10, Sergeant Daniel Ronan, centre, was promoted to current rank by 413 (Transport and Rescue) Squadron by Major David Genest, left; with Chief Warrant Officer Stephen Bates.



July 3, Sergeant Annabelle Lamontagne, centre, was promoted to current rank by 14 Mission Support Squadron Major Dietrich Gunther, left, with Chief Warrant Officer Jean Plamondon.



July 31, Warrant Officer Glen Boudreau, centre, was promoted to master warrant officer by 14 Air Maintenance Squadron Lieutenant-Colonel Eric Travis, left, with Chief Warrant Officer Randy Halvorsen.



June 25, Master Corporal Anthony Erksine, centre, was presented the Special Service medal – Expedition by 405 (Long Range Patrol) Squadron Major Joe MacKinnon, left, with Master Warrant Officer Johnny Hunter. Sergeant R. Beers



July 16, Master Corporal Daniel McLaren, centre, was presented the Lieutenant Colonel Weatherbie Recognition from 14 Air Maintenance Squadron Lieutenant-Colonel Eric Travis, left, with Chief Warrant Officer Randy Halvorsen. McLaren was acknowledged for displaying leadership and overseeing safety protocols on the Camp Aldershot anti-armour range



July 10, Sergeant Ryan Hennessey, centre, was promoted to current rank by 413 (Transport and Rescue) Squadron by Major David Genest, left; with Chief Warrant Officer Stephen Bates.



July 12, Master Corporal Michael Shain, centre, was appointed to current rank by 405 (Long Range Patrol) Squadron Major Joe MacKinnon, left, with Chief Warrant Officer Duane May.



June 21, Master Corporal Ramy Hasbini, centre, was appointed to current rank by 405 (Long Range Patrol) Squadron Major Joe MacKinnon, left, with Master Warrant Officer Johnny Hunter. Sergeant R. Beers



July 10, Corporal Marius Robichaud-Gallant, centre, was presented the Canadian Forces Decoration by 14 Air Maintenance Squadron Major Paul Sponagle, left; with Chief Warrant Officer Randy Halvorsen.



July 10, Master Corporal Hanham, centre, was presented the Canadian Forces Decoration First by 14 Air Maintenance Squadron Major Paul Sponagle, left; with Chief Warrant Officer Randy Halvorsen.



July 10, 14 Air Maintenance Squadron Major Paul Sponagle, centre, was presented the Canadian Forces Decoration First Clasp by Lieutenant-Colonel Alex Gignac, left, with Wing Chief Warrant Officer Jonathan Proulx.



July 10, 14 Air Maintenance Squadron Major Paul Ward, centre, was presented the Canadian Forces Decoration First Clasp by Lieutenant-Colonel Alex Gignac, left, with Wing Chief Warrant Officer Jonathan Proulx.



July 10, Corporal Eric Campeau, centre, was appointed to master corporal by 14 Air Maintenance Squadron Major Paul Sponagle, left; with Chief Warrant Officer Randy Halvorsen.



July 10, Corporal Alexandre Gretas, centre, was presented the Canadian Forces Decoration by 14 Air Maintenance Squadron Major Paul Sponagle, left; with Chief Warrant Officer Randy Halvorsen.



July 10, Sergeant Chris Morris, centre, was presented the Canadian Forces Decoration by 14 Air Maintenance Squadron Major Paul Sponagle, left; with Chief Warrant Officer Randy Halvorsen.



July 10, Master Corporal Cox, centre, was presented the Canadian Forces Decoration First Clasp by 14 Air Maintenance Squadron Major Paul Sponagle, left; with Chief Warrant Officer Randy Halvorsen.



July 10, Master Corporal Todd Macdougall, centre, of 14 Air Maintenance Squadron, was presented a Commander's Coin by 14 Air Maintenance Squadron Major Paul Sponagle, left; with Chief Warrant Officer Randy Halvorsen.



July 10, Corporal Donovan McNeil, centre, was appointed to master corporal by 14 Air Maintenance Squadron Major Paul Sponagle, left; with Chief Warrant Officer Randy Halvorsen.



July 10, Master Corporal Colby Pettipas, centre, was presented the Canadian Forces Decoration by 14 Air Maintenance Squadron Major Paul Sponagle, left; with Chief Warrant Officer Randy Halvorsen.



July 12, Warrant Officer Michael Carreira, centre, was promoted to current rank by 404 (Long Range Patrol and Training) Squadron Deputy Commanding Officer Major Keith Tagg, left; with Chief Warrant Officer Jean Plamondon.



July 10, 14 Air Maintenance Squadron Master Warrant Officer Jamie Vallis, centre, was promoted to chief warrant officer by Lieutenant-Colonel Alex Gignac, left, with Wing Chief Warrant Officer Jonathan Proulx.



July 10, Master Corporal David Hoy, centre, was promoted to sergeant by 14 Air Maintenance Squadron Major Paul Sponagle, left; with Chief Warrant Officer Randy Halvorsen.



July 10, Master Corporal Kody Kavanaugh, centre, was appointed to current rank by 413 (Transport and Rescue) Squadron by Major David Genest, left; with Chief Warrant Officer Stephen Bates.



# Waste management non-compliance entire wing's responsibility

14 Wing has recently received two notices of non-compliance from Valley Waste for items found in its garbage that don't belong there. Sorting wing waste is not only the right thing to do, it is the law.

Kings County By-Law 109 states "It is an offence to fail to comply with any directive pertaining to source separation of solid waste." That means, if something is found in wing garbage that doesn't belong there, the wing would receive a fine. Also, when recycling isn't sorted properly, it doesn't get picked up.

Not following the regulations in Kings County By-Law 109 could result in more fines or loss of service, so all wing personnel need to be sure they are putting waste in its proper receptacle. Tires and electronics do not go in the garbage: take up to four rimless tires, up to 24 inches, each day to any tire dealer for free; electronics have select recycling drop-off locations (Greenwood Recycling Centre, 1070 Central Ave; the Beehive, 1119 Station Street, Aylesford; and the Carleton Bottle Exchange, 11 Prince Street, Lawrencetown - just to name a few). And, it's free! Compost belongs in the compost bin. Recyclables should be clean and dry; plastics and paper should be bagged separately in clear bags.

Just like at home, waste produced on 14 Wing property needs to be separated into its proper receptacle - and it needs to be a priority for all members. All wing members need to be responsible for waste and how it's sorted to avoid the wing receiving another non-compliance notice. There are laws to adhere to, and no one is exempt from following them. If you see someone illegally dumping, or even just putting something in the wrong bin, say something. Effective waste management practices need to be shared across 14 Wing

so everyone knows the proper procedures. Wing Environment is here to answer any questions you may have and help in educating everyone on proper waste sorting. If Wing Environment staff don't have the answer, they can point you in the right direction. It only takes minutes of your day to make sure you are properly sorting your waste. If you are unsure where something goes, visit Valley Waste at [vwrm.com](http://vwrm.com) or call 902-679-1325. ➔





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# Pygmalion

**INQUIRIES:**  
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**Join the cast of the Greenwood Players' fall production**  
An adaptation of George Bernard Shaw's *Pygmalion*

**September 3 & 5**  
7 p.m. to 9 p.m.

**September 8**  
1 p.m. to 4 p.m.

Morfee Centre Gym  
School Road,  
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Theatre volunteers are welcome in stage roles: directing, production, lighting, sound, props, costumes, make-up, set design & more!



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14 Wing Greenwood marked Emancipation Day August 1, with 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac and Wing Chief Warrant Officer Jonathan Proulx sharing the honour of raising the Pan-African flag at the main gate.

Officer Cadet L. Lascelle

## Flag marks commitment to continue awareness, advocacy

Officer Cadet  
Laura Lascelle

August 1, members of 14 Wing Greenwood gathered at the main gate for the raising of the Pan-African flag in honour of Emancipation Day. "How many folks felt, like I did growing up, that, as Canadians, we were the good guys?" asked 14 Air Maintenance Squadron Lieutenant-Colonel Eric Travis of the crowd of spectators. "Today, we need to recognize the mistakes that we have made as Canadians and, hopefully, atone for it by talking about our history." Though the Slavery Abolition Act was first passed in Parliament during the summer of 1833, it was not until August 1, 1834, the act first came into effect, eventually freeing over 800,000 enslaved people around the

Middle Passage, thousands of whom were enslaved in Canada. Even then, the act consisted of only partial liberation, and was followed by years of discrimination and hardship. Emancipation Day celebrates the resilience, strength and perseverance of Canada's Black communities both in our country's history and in the face of today's ongoing systemic racism. It is also an opportunity for reflection and education on Canada's ongoing battle against racism and discrimination. The 14 Wing flag-raising was organized by the Defence Visible Minorities Advisory Group. "We're here today to take the time to celebrate the abolition of slavery," said Travis, "but also to recognize that we still have steps to take as a society." ➔

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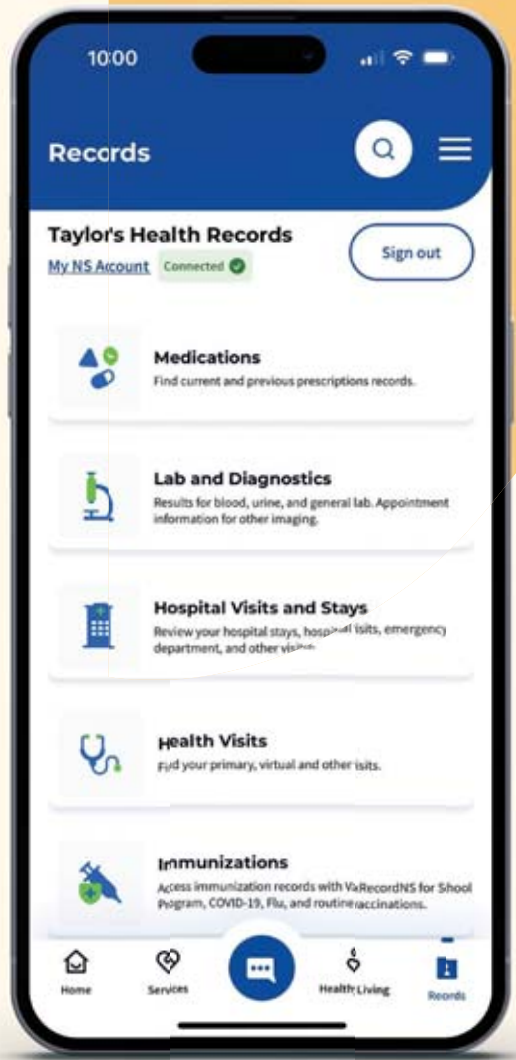


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# Rexpo

**14 Wing & community displays and activities**  
**14e Escadre et communauté expositions et activités**

**Saturday, September 7**  
10 a.m. to 1 p.m.  
Greenwood Community Centre  
Building 110, Church Street

**FREE** | axe throwing • BBQ • face painting  
• cotton candy • snow cones • popcorn  
**PLUS** | free bouncers (10 a.m. to noon)  
AND a foam party (noon to 1 p.m.)

**Samedi 7 septembre**  
10h00 à 13h00  
Centre communautaire de Greenwood  
Bâtiment 110, rue Church

**GRATUIT** | lancer de hache  
• barbecue • maquillage • pop-corn  
• barbe à papa • cornets de neige  
**PLUS** | châteaux gonflables (10h à midi)  
ET une fête de bulles (midi à 13h)

**Saturday, September 7** | 8:30 a.m. to 10:30 a.m.  
**Pancake breakfast**  
Annapolis Mess

**Le samedi, 9 septembre** | 08h30 à 10h30  
**Déjeuner aux crêpes**  
Mess d'Annapolis



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## Prize Ballot

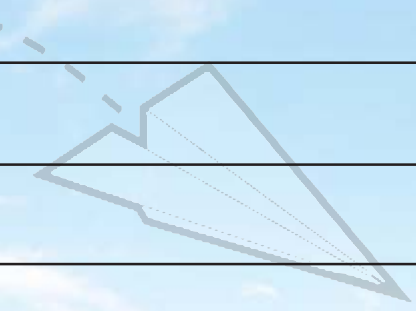
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Phone: \_\_\_\_\_

Wing section: \_\_\_\_\_

or Rec card number: \_\_\_\_\_

or Retired CF ID number: \_\_\_\_\_



## Wing Welcome & family day

Time	Event	Location
<b>Thursday, September 5</b> 7 p.m. (doors open 6 p.m.)	Bingo	Annapolis Mess
<b>Friday, September 6</b> 5 to 9 p.m. 8 p.m. (doors open 7 p.m.)	Glow bowling Comedy night	Bowling Centre Annapolis Mess
<b>Saturday, September 7</b> 8:30 to 10:30 a.m. 10 a.m. to 1 p.m. 10 a.m. to 1 p.m. 10 a.m. to noon 11 a.m. to 2 p.m.	Pancake breakfast REXPO displays & activities Mobile axe throwing Bouncers Static displays & aircrafts	Annapolis Mess Community Centre Community Centre Community Centre 5 Hangar (vehicles) & Air Movements Unit ramp (aircraft)
11:30 a.m. to 1 p.m. Noon to 1 p.m. 1 to 2 p.m. 2 to 3 p.m.	BBQ Foam party Pool party Swim club try-it	Community Centre Community Centre Outdoor pool Outdoor pool



## Journée d'accueil et de la famille de l'escadre

Heure	Événement	Lieu
<b>Jeudi 5 septembre</b> 19 h (ouverture des portes à 18 h)	Bingo	Mess Annapolis
<b>Vendredi 6 septembre</b> 17 h à 21 h 20 h (ouverture des portes à 19 h)	Bowling lumineux Soirée comique	Centre de bowling Mess Annapolis
<b>Samedi 7 septembre</b> 8 h 30 à 10 h 30 10 h à 13 h 10 h à 13 h 10 h à 12 h 11 h à 14 h	Petit-déjeuner aux crêpes Expositions et activités REXPO Lancer de hache mobile Châteaux gonflables Expositions statiques et aéronefs	Mess Annapolis Centre communautaire Centre communautaire Centre communautaire 5 Hangar (véhicules) & rampe de l'unité de mouvements aériens (avions)
11 h 30 à 13 h Midi à 13 heures 13 h à 14 h 14 h à 15 h	BBQ Fête de bulles Fête de la piscine Essai du club de natation	Centre communautaire Centre communautaire Piscine extérieure Piscine extérieure



Bring this ballot to the 14 Wing Community Centre  
**September 7, between 10 a.m. and 1 p.m.**

Draws open to Defence Team members  
(DND employees, CF serving and retired members,  
NPF & DCC staff) and family; and Community  
Recreation Card holders. Prize will be awarded  
upon validation of winner as described above.

## Wing Welcome prizes

**Grand prize \$1000 Home Hardware Greenwood gift card**  
**Second prize \$500 Home Hardware Greenwood gift card**

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## Wing Welcome BINGO de la Bienvenue

**\$3,000 in prizes to be won**

**\$10 per booklet**  
**September 5, 7 p.m. - 9 p.m.**  
**Doors open at 6 p.m.**  
Annapolis Mess  
**Bring your own dauber!**

**3 000 \$ en prix être gagné**

**10 \$ par carnet**  
**Le 5 septembre, à 19h00 - 21h00**  
**Les portes ouvriront à 18h00**  
Mess d'Annapolis  
**Apportez votre propre barbouilleur !**

Door prize sponsored by  
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**Saturday, September 7**  
1 p.m. to 2 p.m. | Free swim  
2 p.m. to 3 p.m. | Dolphins Swim Club try-its

## Pool party

Outdoor pool, Church Street  
**FREE**

**Le samedi 7 Septembre**  
13h00 à 14h00 | baignade libre  
14h00 à 15h00 | Essais au Dolphins Swim Club

## Fête de la piscine

Piscine extérieure, rue Church  
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## SEP 06 COMEDY NIGHT

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**\$30 AT THE DOOR**  
THIS EVENT IS OPEN TO ALL MEMBERS AND CIVILIAN DEFENSE TEAM MEMBERS!

Doors Open 7:00 PM Show Starts 8:00 PM

**Saturday, September 7**  
**10 a.m. to 1 p.m.**

## Mobile Axe Throwing

Greenwood Community Centre  
Building 110, Church Street  
**FREE**

**Le samedi 7 Septembre**  
**10h00 à 13h00**

## Lancer de hache mobile

Centre communautaire de Greenwood  
Bâtiment 110, rue Church  
**GRATUITE**

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# Grove's CAF silver pushing his potential

**Officer Cadet**  
**Laura Lascelle**

Master Warrant Officer Andrew Grove is one race closer to achieving his next goal: competing at the 2025 World Triathlon Multisport Championships next June in Pontevedra, Spain.

This June, though, 14 Air Maintenance Squadron's Grove was second in the men's open category Olympic distance race at the Canadian Armed Forces Triathlon Championships, June 6 in Gatineau: a 1.5-kilometre swim, 40-kilometre cycle and 10-kilometre run.

"Finishing second was a surprise - and it felt amazing!" says Grove. "I've been competing at CAF National Triathlon Championships and CAF National Running Championships since 2014. In all my years of competing at the national level, this was the first time I was called up to receive a medal at the awards banquet. It was a dream come true."

Grove considers the national triathlon championships a highlight in his yearly schedule, as it allows him to reconnect with other like-minded athletes and friends from all over the country with whom he has trained during the many postings of his 20-year military career.

"It's a very supportive group, encouraging each other and pushing each other to race to our full potential.

The time I spend there helps to 'fill my cup.' It motivates me to set other goals, to keep training and keep racing."

14 AMS Lieutenant-Colonel Eric Travis was on hand to present Grove with his silver medal.

"I had recently injured my right foot so was not able to race in the triathlon nationals," says Travis, "but, due to being the CISM triathlon team manager, I stepped in to fill the role of the triathlon patron, presenting the medals for all categories and providing information on the CISM program to those interested."

Travis placed second in the May CAF Running Nationals' 10-kilometre men's senior division race, in an impressive 39 minutes and 30 seconds.

"MWO Andrew Grove and I are good friends, and we often swim and bike together. We have run together a few times as well, although I'm not sure I could keep up with his run pace these days!" says Travis, who is always interested in joining up with other athletes for a swim, bike or run.

"Triathlon can be a very individual sport, so it is fun to be able to share it with others." Grove is preparing for the September 8 Esprit Montreal Demi, which includes a 1.9-kilometre swim, 90-kilometre bike and 21-kilometre run. It will serve as his qualifier for the 2025 race; a goal he is confident he can easily achieve.

"I first had the idea of trying to qualify for the world cham-

**14 Air Maintenance Squadron's Master Warrant Officer Andrew Grove, right, was happy to accept a Canadian Armed Forces Triathlon Championships silver medal from his own commanding officer, Lieutenant-Colonel Eric Travis, attending the event as the CISM triathlon team manager and representing the Canadian Armed Forces' triathlon patron.**

pionships at last year's Esprit Montreal. In order to qualify, you need to submit a notice of intent to Triathlon Canada to express that you would accept a place at the world championships if you qualify. I didn't think I would qualify last year because I was recovering from emergency abdominal surgery. I had an ulcer on my duodenum that perforated. It was, by far, most painful thing I've experienced in my life. My neighbour rushed me to the Kentville hospital and, within three hours, I was on the operating table. The surgeon said it would take me six weeks to fully recover, and Esprit was exactly six weeks after the surgery."

Grove gave a solid performance despite the recent surgery, finishing sixth of 30 athletes in the 35- to 39-year-old age group; and 17th out of 219 athletes. This year, he hopes to set a personal best time and finish under four hours and 30 minutes. "I know I'm capable of more, and I'm going back for redemption."

Grove now has a 10-month training schedule of 12 to 16 hours of training per week, broken into three or four sessions each of swimming, running and cycling: a rigorous regimen that has already

qualified him for the 2025 Boston Marathon.

"After my first half (in 2010), I started to dream of doing a full marathon one day. When I was posted to Borden in 2012, I made a new friend who was a triathlete and we decided to train for the 2013 Ottawa Marathon together. While we were training, he slowly got me to try swimming and cycling, and encouraged me to try out triathlon. I did my first sprint triathlon in Wasaga Beach in August 2013, where I finished first in my age group.

"I didn't do sports growing up and had never won at anything else before in my life - the feeling of accomplishment was exhilarating. That's what got me hooked."

While Grove has had his sights set on the prestigious World Triathlon Championships for the past year, he says it's only the next step towards his "grand end goal:" competing at the Ironman World Championships in Kona, Hawaii.

"I've wanted to do it for eight years - ever since I did my first Ironman in 2016. It's very difficult to qualify for this race. The World Triathlon Multisport Championship is a stepping stone in that direction." ➔



## Big world, tight-knit community: Acadian, RCAF story share links

**Sara White,**  
Managing editor

Happy National Acadian Day!

14 Wing Greenwood Colonel Jeff Davis, right, with Wing Chief Warrant Officer Jonathan Proulx, back left; oversaw the raising of the Acadian flag at the base's main gate August 15 by several representatives of the Acadian community, including, from left, 415 (Long Range Patrol Force Development) Squadron Sergeant Serge Duguay, front right; 404 (Long Range Patrol and Training) Squadron Captain Rob Albert, front centre; and Sergeant (retired) Bruce

Deveau.

Davis, a day back from representing the Royal Canadian Air Force at the Congrès mondial acadien 2024 in Southwestern Nova Scotia, encouraged 14 Wing members and community friends gathered for the Acadian flag-raising to ask people about their past.

"We had the opportunity to go to the Congrès yesterday, and it was amazing - the interactions we had with the people who were there," Davis said. "The history, the stories, the culture. I ran into people I knew I didn't know would be there - it was great.

"I learned a couple years ago from the lieutenant-

governor's wife, when they were here presenting the Queen's Jubilee Medals: watching her greet people the first thing she did was look at their name, and then she'd ask them about who they were, where they were from, do you know this person.... she'd ask about their story."

The Acadians, Davis said, have their story, and it was being shared at the Congrès.

"It's a big world, but it's a tight-knit community. And, it's a small community we're part of in the RCAF - like the Acadian community. It's so nice to be a part of it."

Duguay provided some background on the arrival

of Acadians to Nova Scotia from France in 1605, as pioneers and among the first builders of Canada; and that August 15 was chosen in 1881 at the first national convention of Acadians as a day to celebrate.

"The Acadian tri-colour flag was adapted from the French flag, but the yellow star, the Stella Maris - Our Lady Mary's star: that makes it unique," Duguay said. "The flag represents a people - not a political group or a country. It reminds Acadians France is the motherland, they are descended from France, they have Acadian culture and they are now Canadian." ➔



**14 Wing Greenwood raised the Acadian flag at the base's main gate August 15, marking National Acadian Day, with the help of several representatives of the Acadian community, including, from left, 415 (Long Range Patrol Force Development) Squadron Sergeant Serge Duguay, front right; 404 (Long Range Patrol and Training) Squadron Captain Rob Albert, front centre; and Sergeant (retired) Bruce Deveau. 14 Wing Greenwood Colonel Jeff Davis, right, with Wing Chief Warrant Officer Jonathan Proulx, back left; oversaw the first-in-the-morning event.**

S. White

«Le drapeau tricolore acadien a été adapté du drapeau français, mais l'étoile jaune, la Stella Maris - l'étoile de Notre Dame Marie - le rend unique», a déclaré Duguay. «Le drapeau représente un peuple, pas

un groupe politique ou un pays. Il rappelle aux Acadiens que la France est leur mère patrie, qu'ils descendent de France, qu'ils ont une culture acadienne et qu'ils sont maintenant Canadiens. ➔



14 Wing Imaging

## Wings and Wheels

**The Greenwood Military Aviation Museum welcomed car - and aircraft! - enthusiasts July 27 for the return of its Wings 'n Wheels event. With museum tours, open airpark airplanes and helicopters, Royal Canadian Air Force centennial swag; a band, a BBQ, prizes and more; this volunteer-run event was a hit!**

## bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



June 26, Wing Comptroller Sergeant Rachel Lejeune, centre, with her son; was promoted to the rank of warrant officer by Deputy Wing Commander Lieutenant-Colonel Devlin Paquette, left, with Chief Warrant Officer Chuck Rice; at 14 Wing Greenwood headquarters.



June 13, Captain Gillian Rideout, centre, was promoted to major by 404 (Long Range Patrol and Training) Squadron Lieutenant-Colonel Alex Gignac, second from left, with Chief Warrant Officer Jean Plamondon, left; Honorary Colonel Judy Rafuse, right, and Greg Noseworthy.



July 16, Master Corporal Natasha Wills, centre left, was promoted to the rank of sergeant by 14 Operations Support Squadron Major Andrew Basley, left; with Chief Warrant Officer Craig Maclellan, right, and Sailor First Class Christopher Darch; at the 14 Wing Greenwood air traffic control tower.



July 5, Sergeant Jeremy Cliff, second from right, was promoted to current rank by 404 (Long Range Patrol and Training Squadron) Commanding Officer Lieutenant-Colonel Alex Gignac, second from left; with Honorary Colonel Judy Rafuse, right; and Master Warrant Officer Cam Fletcher.



14 Wing Greenwood's first presentation of the King Charles III Coronation Medal June 7 was a fitting choice: 14 Air Maintenance Squadron Corporal Alex Anderson, centre, of 14 AMS Armament; was a member of the Canadian contingent, and the only 14 Wing member at the time, to travel to Great Britain May 6, 2023 for the Coronation of the King. Anderson was presented the medal by 14 AMS Lieutenant-Colonel Eric Travis, left, with Chief Warrant Officer Dave McDowell.

Submitted



June 17, 14 Fire Emergency Services Sergeant Stephen King, second from right, was promoted after 23 years of service to warrant officer by 14 Mission Support Squadron Major Jordan Phillips, left, with Chief Warrant Officer Jean Plamondon.



July 4, Master Corporal Matthew Mackenzie, second from left, with spouse Captain Camille Mackenzie Dolphin, was promoted the rank of sergeant by 14 Air Maintenance Squadron Major Paul Sponagle, left; with Chief Warrant Officer Randy Halvorsen.



July 5, Warrant Officer Rob Hovey, second from right, was promoted to current rank by 404 (Long Range Patrol and Training Squadron) Commanding Officer Lieutenant-Colonel Alex Gignac, second from left; with Honorary Colonel Judy Rafuse, right; and Master Warrant Officer Cam Fletcher.





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.alianzinc.ca](mailto:auroraeditor@ns.alianzinc.ca). Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Wednesday, 9:30 a.m., previous to publication unless otherwise notified.

**Be the Maker**

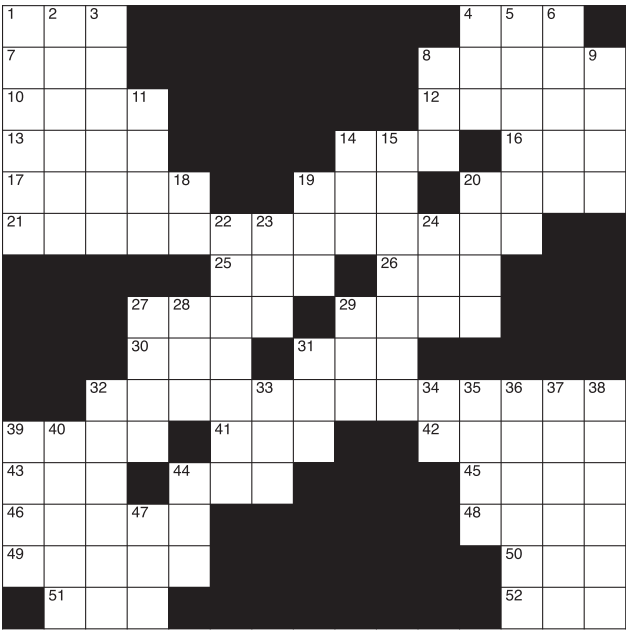
All summer, Valley library branches are calling all Makers aged eight to 13! Discover a different Maker activity each week: create alarms and sirens

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.alianzinc.ca](mailto:auroraeditor@ns.alianzinc.ca). Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le mercredi précédent la publication, à moins d'avis contraire.

with Snap Circuits, invent a game with Turing Tumble, build a structure you can stand in with MakeDo, code with WeDo, learn some basics of electricity using playdough, build a bridge

# crossword

solution page 13



- ACROSS**
- 1. Microgram
  - 4. After 6
  - 7. Everything
  - 8. An unfortunate development
  - 10. Coat with sticky substance
  - 12. Cylinder of tobacco for smoking
  - 13. Minimum interval take off
  - 14. Yuck!
  - 16. NBA sensation Jeremy
  - 17. Where some rockers work
  - 19. Midway between northeast and east
  - 20. Snake-like fishes
  - 21. Groups of homes
  - 25. Swiss river
  - 26. Useful towel
  - 27. 'The Wire' character 'Moreland'
  - 29. 'atish creature
  - 30. A major division of geological time
  - 31. Bird-like Chinese dinosaur
  - 32. Sporting events
  - 39. Body part
  - 41. Clerical vestment
  - 42. Shows data
  - 43. Some are 'special'
  - 44. Expression of disappointment
  - 45. Students' rights document (abbr.)
  - 46. Vacation locale Costa
  - 48. Pop singer
  - 49. Distract outside a city
  - 50. Mark Wahlberg comedy
  - 51. Coniferous tree
  - 52. Midway between south and southeast
- DOWN**
- 1. Lunatic
  - 2. Actress Danes
  - 3. Buttock muscles
  - 4. The 22nd letter of the Greek alphabet
  - 5. Popular 70s rockers
  - 6. Electronic communication
  - 7. Trigraph
  - 8. Sea eagles
  - 11. Low-pitched, resonant sound
  - 12. Northeastern US university (abbr.)
  - 15. Home of the Bulldogs
  - 18. Exclamation of surprise
  - 19. Make a mistake
  - 20. Advantage
  - 22. Monkeys love them
  - 23. Wood
  - 24. Paddle
  - 27. Past participle of be
  - 28. Tall, rounded vase
  - 29. Device
  - 31. Financial institution (abbr.)
  - 32. Paper product
  - 33. A type
  - 34. Atomic #43
  - 35. Red Hot Chili Peppers' drummer
  - 36. Behaviors
  - 37. Decays
  - 38. Walked confidently
  - 39. Voice (Italian)
  - 40. Class of adhesives
  - 44. Bar bill
  - 47. One-time aerospace firm

crossword brought to you compliments of

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**TIM-HORTONS**  
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with Keva Planks, show off your imagination building a bulldozer with Gears, Gears, Gears - and more! Kingston library - to August 28 (Tuesdays and Wednesdays), 3:30 p.m. to 4:30 p.m.; Berwick library - to August 27 (Tuesdays), 3:45 p.m. to 4:45 p.m.; Lawrencetown - to August 29 (Thursdays), 3:30 p.m. to 4:30 p.m.; Middleton library - to August 28 (Wednesdays), 3:45 p.m. to 4:45 p.m.; Bridgetown library - to August 29 (Thursdays), 3:45 p.m. to 4:45 p.m. Registration required. Call your library for further details or go to [valleylibrary.ca](http://valleylibrary.ca).

**Lego Club**  
To August 30 (Fridays), 3:30 p.m. to 4:30 p.m., Kingston Library. Come build something amazing using our gigantic collection of LEGO. This program is for ages eight to 12. Registration required.

**Friday night BBQ**  
August 30, and summer Fridays, 5 p.m. to 6:30 p.m., the Berwick Legion hosts casual summer BBQs, including hamburgers, cheese burgers, sausages and

hotdogs; as well as salads and desserts. Individually priced, or a meal price is \$13; with cheese-cake (when available) \$14. Open to the community - let us cook for you!

**Roast beef dinner**  
August 30, 4:30 p.m. to 6 p.m., celebrate the opening of the annual Tremont Fair with a roast beef dinner and all the fixings, dessert, coffee/ tea. \$20. At the Church of the Nazarene's hall, on the Tremont fairgrounds, 738 Tremont Mountain Road. More info: 902-526-0399. No advance tickets.

**Ham dinner**  
August 31, visit the Tremont Fair for a take-out (only) dinner: ham, scalloped potatoes, baked beans, dessert. \$18. Available at the Church of the Nazarene's hall, on the Tremont fairgrounds, 738 Tremont Mountain Road. More info: 902-526-0399. No advance tickets.

**MakerSpace**  
August 31, from 12:30 p.m. to 3:30 p.m.; 7Arts in Greenwood opens for MakerSpace: bring a project to work on, purchase



# horoscopes

**ARIES - Mar 21/Apr 20**

You may have a renewed sense of energy and motivation right now, Aries. Capitalize on that to tackle a laundry list of projects that have been sitting on the back burner.

**TAURUS - Apr 21/May 21**

Taurus, your sense of humor and quirky personality could get you a few extra chuckles from friends this week, but try not to take it too far. Factor in time for serious pursuits.

**GEMINI - May 22/Jun 21**

Gemini, when focusing on your health this week, remember that stress reduction is an important component of getting healthy. Aim for activities that focus on relaxation.

**CANCER - Jun 22/Jul 22**

Everyone's heads are seemingly in the clouds right now, Cancer. It may feel like you are the only person with your feet on the ground ready to get down to business.

**LEO - Jul 23/Aug 23**

Leo, people have been gravitating in your direction for some time seeking advice. You can open up conversations to other topics that are important to you with such a captive audience.

**VIRGO - Aug 24/Sept 22**

Strong emotions could be drummed up this week and may cause you to be distracted more so than usual. Try to get a break so you can make some time sort things out.

**LIBRA - Sept 23/Oct 23**

Libra, being honest with yourself is important as you confront a notable challenge. Accept a self-assessment and devise a plan to make the most of this opportunity.

**SCORPIO - Oct 24/Nov 22**

You have to develop a strategy before making your next move, Scorpio. Whether it is a business proposal or something with a friend or family member, don't be too hasty.

**SAGITTARIUS - Nov 23/Dec 21**

Sagittarius, you may notice that people are very sensitive to what you are saying, so you may have to change your approach if you want your message to be well-received.

**CAPRICORN - Dec 22/Jan 20**

Something could be brewing but you can't identify what it is just yet, Capricorn. This could lead you to feeling restless and out of sorts. Give it some time and it will work out.

**AQUARIUS - Jan 21/Feb 18**

Others' words are meaningful to you right now, Aquarius. Consider these opinions and spend time figuring out how to incorporate this advice.

**PISCES - Feb 19/Mar 20**

Pisces, often it can be challenging to take the high road but that's just what you have to do right now. Others will recognize your willingness to set a good example.

one of our kits or participate in the project of the week. Drop-ins welcome and encouraged! Cost is \$5. Caregivers are free.

**Summer reading program**

To August 31, the Annapolis Valley regional Library invites everyone - babies, kids, teens and adults - to join its Summer Reading Challenge. Log your summer reading hours to win fabulous prizes. Learn more and register at your local library, or visit [valleylibrary.ca/src](http://valleylibrary.ca/src)

**Cast and crew call - Greenwood Players**

September 3 and 5, 7 p.m. and 9 p.m.; and September 8, 1 p.m. and 4 p.m.; the Greenwood Players Theatre Company is holding a casting call for actors, production crew, sound and light technical whizzes, make-up and costume assistants, props and sets - and more! If you're interested in community theatre, the group welcomes you to an audition and crew call at the Morfee Centre gym, School Road, Greenwood. The next Players' presentation will be a Fall production of Pygmalion. Info: [renedoucot@gmail.com](mailto:renedoucot@gmail.com) or 902-824-2435.

**Breakfast**

September 7, 8 a.m. to 10 a.m., community breakfasts resume at Holy Trinity Anglican Church in Middleton. Freewill offering. We buy local and we buy fresh, and that's the only way to serve the best. "Best eggs east of TOFINO" - Anon. Everyone welcome.



# sudoku

solution page 13

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

Level: Beginner

**Fun By The Numbers**

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

**Yard sale**

September 7, 8 a.m. to 11 a.m., the Aylesford United Church, 2414 Hwy 1, Aylesford; will hold a yard sale. A little something for everyone!

**Hike leader course**

September 7 and 8, Hike Nova Scotia will offer "A Field Leader - Hiking Course" in Digby. Participants receive Outdoor Council of Canada national certification. Learn more at [hikenovascotia.ca](http://hikenovascotia.ca).

**Tremont Cemetery service**

September 8, 7 p.m. to 8:30 p.m., at 738 Tremont Mtn. Road, Tremont. Music by Chris Palmer, info on the Tremont Cemeteries and a pre-recorded graveyard tour by Steve Skafte & the Greenwood Players Drama Club. Freewill offering. Everyone is welcome. More info: 90-765-2642.

**Community luncheon**

September 10, noon to 1 p.m., the Kingston Lions hold a community luncheon. Roast beef dinner with all the trimmings and dessert, \$15 (eat-in), \$16 (take-out and delivery, Kingston/Greenwood area). For delivery/takeout orders, call the Lions hall before September 4 at 902-765-2128.

**AGM - Upper Room**

**Food Bank**

September 17, 1 p.m., the Upper Room Food Bank will hold its annual general meeting at the Kingston village office, 665 Main Street, Kingston. The public is welcome.

# Amateur radio, military personnel and making a difference

Amateur radio (ham radio) is a popular hobby and service that brings people, electronics and communication together. People use ham radio to talk across town, around the world or even into space - all without the internet or cell phones. It's fun, social, educational; and can be a lifeline during times of need.

Although amateur radio operators get involved for many reasons, they all have in common a basic knowledge of radio technology and operating principles, and pass an examination for the RAC/ IC

license to operate on radio frequencies known as the "amateur bands." These bands are radio frequencies allocated by the Radio Amateurs Canada and Industry Canada for use by ham radio operators.

Amateur radio is an extension of the basic courses many "electronics" telecommunications personnel take through the armed forces. It deals with communications with others around the world and locally, for fun and for emergency communications in times of need. As such, it is further education for the tech, providing

"hands-on" usage of various communication devices and broadening their knowledge of radio in general: this may be used as PER material under advancing their education. Also, by getting involved with amateur radio, they can help provide knowledge and aid to the Regional Emergency Organization (REMO) - further PER points for community involvement.

The Greenwood Amateur Radio Club (GARC) has helped and provided communications for various events, including the St. Andrews half-

marathon, several 14 Wing Greenwood runs and the Adventure Challenge, and as REMO operators throughout the past several years. We believe having qualified communications techs join our club increases our ability - and our knowledge may be passed on to others.

Amateur radio has been involved with many discoveries in the electronics world. Experimentation with different antennas, feed lines and frequencies have helped us get through where other means couldn't: "When all falls, there

is always amateur radio." Please stop by the Greenwood Amateur Radio Club display table at the Wing Welcome September 7 REXPO

and say hello! Or, contact Brian DeAthe (VEIIQ/ VEIR-CF), Greenwood Amateur Radio Club vice-president, 902-844-1145. ➔

# services & trades

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**Kingston Legion Br 98** **EVENTS**

Office 902-765-4920 • Bar 902-765-4428 • Fax 902-765-2479  
E-Mail [legion98sect@eastlink.ca](mailto:legion98sect@eastlink.ca) • Facebook: Kingston Legion Br 98

**WEEKLY EVENTS**

**Saturdays - Meat Draw and Chase the Ace** - start again on Sept. 14th

**Sundays - Bingo** - 1 p.m. (Doors open at 11 a.m.) - Everyone welcome. *Please note:* There will be no Bingo on Sept. 1st (Labour Day weekend)

**Monday - Monday Night Darts** - start-up meeting - Sept. 9th - 7 p.m.

**Tuesday - Tuesday Night Darts** - start Sept. 10th - 7 p.m.

**Wednesdays - Veteran's Social** - 10 a.m. - all Veterans are welcome. Have a coffee and a snack & meet other Veterans. *Wednesday Night Euchre* - begin Sept. 18th - 7 p.m.

**Thursdays - Fun Darts** - 7 p.m. \$5 to play - Open to members and guests.

**Thursday Night Darts** - start-up meeting Oct. 3rd

**Fridays - Friday Night Darts** - start Sept. 6th

*Foot Clinic Care* - call Heather at 902-300-3559 to book an appt.

*OP Vet Build* - takes place on the 2nd and 3rd Fridays of the month - 9 a.m. - If you have any questions or you are interested in participating, please send a message or an RSVP to: [rc198.opvetbuild@gmail.com](mailto:rc198.opvetbuild@gmail.com)

**UPCOMING EVENTS**

**Next Dance:** Saturday, Sept. 21st - Band: The Fisher Kings - Cost \$10 per person - 8 p.m. to Midnight - Everyone welcome.

**No Saturday morning breakfast in Sept.** The next one will be on Oct. 5th - 8 a.m. to 10 a.m. - Free will offering - Everyone welcome.

**Kingston Legion's 2nd Annual Holiday Craft Show**  
Saturday, Nov. 23rd - 10 a.m. to 4 p.m.

Find us on facebook

Support the Kingston Legion by buying 50/50 tickets on-line at: [www.rafflebox.ca/raffle/crings](http://www.rafflebox.ca/raffle/crings)  
Remember to select in support of: Kingston Br.98

Legion Calendar Sponsored by

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**Three easy ways to enter.**

1. Through our website: [auroranewspaper.com](http://auroranewspaper.com)
2. Fax: 902-765-1717
3. Drop into our office located at 61 School Road (Morfee Annex)

**ONE ENTRY PER PERSON**

Full name \_\_\_\_\_ Phone number \_\_\_\_\_

Entry deadline:  
**Noon, September 4, 2024**

Complete the following questions from ads in the current issue and win a **\$20 coupon to play Friday Night BINGO** from **Aylesford & District Lions Club**. Coupons valid for 1 year. Age 17+ on regular games.

1. Where do friends meet?
2. Does Sullivan Fuels deliver propane?
3. What is the name of the Greenwood Players' next play?
4. Whose AGM is happening September 17?
5. Who's telling you your waste does not belong beside a dumpster?

**Congratulations to this week's winner: MARTHA ROBAR**

**AYLESFORD & DISTRICT LIONS CLUB**

2160 Hwy 1, Aylesford  
**Starts 7:00 pm Friday**  
**902-847-9374**

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Weekdays 8 a.m. to 5 p.m.  
Saturdays 8 a.m. to 12

**AYLESFORD & DISTRICT LIONS CLUB**

2160 Hwy 1, Aylesford  
**Starts 7:00 pm Friday**  
**902-847-9374**



# Dolphins take success into new swim season

It was another busy and fun season for the Greenwood Dolphins Swim Club. Between practices, meets and even hosting a regional Swim NS clinic, with over 60 athletes, the Dolphins are excited to share some highlights from the year.

The GDSC is split into a number of groups based on ability. Starting with the Novice group, kids get their feet wet and learn the foundational skills necessary for each stroke, with an option to compete. Next, as they get stronger, they graduate to the Nova Tech level and have the opportunity to compete in more meets. Finally, swimmers move up to the Age Group level (AA and AAA), where they hone skills set goals and travel to meets throughout the Maritimes. Reintroduced this year is the Masters group, where swimmers 18 and over of all abilities may come and swim to learn the basics - all the way to training for triathlons or other competitions.

Head coach Amanda Bond is very proud and impressed by her Novice and Nova Tech groups this season. With a lot of new swimmers in these groups, youth not only worked hard on swimming, but also supported and cheered each other on during practices and meets. Bond believes this is what makes the Dolphins great. Nova Tech swimmers competed in six meets over the season at their home pool, Acadia, Clare and Truro. Nine Nova Tech swimmers graduated this season: Elise Kelly, Petra Spicer, Grace Rufiange, Roxanne Gould, Thomas Button, Carl Sokolov, Olivia Fowler, Jack MacDougall and Summer Nadeau.

The Age Group AA swimmers had two big meets this season, the Winter and Spring Champs, and brought home 50 medals. Medalists were Ashlynn Clarke, Ethan Travis, Dana Larson, Madie MacSween, Riley Bond, Colbie LeBlanc, Jacob Roscoe, Petra Spicer, Evelyn Roscoe, Felix Dube, Tristan



The 2023-24 Greenwood Dolphins Swim Club athletes are taking a year of pool success into a new season, starting in September.

Brandenburg and Thomas Button. Four high point awards were also achieved by Clarke (two), Larson and Travis.

Club records this season were achieved by Owen Bond, Clarke, Nathan Bond, Abby Bond, Ezri Button, Larson, Travis, MacSween, Elise Kelly and Fowler.

Age Group AAA swimmers at the start of the season were Ezri Button, Nathan Bond,

Owen Bond and Abby Bond. They were joined mid-season by Travis, MacSween, Clarke, Larson and LeBlanc, as they achieved required times. In March, the AAA swimmers competed in David Fry East Coast Champs at Dalplex, competing against the fastest Atlantic Canadian swimmers. Every one of our swimmers made finals, with Owen Bond winning a silver medal in the 50

breast and Nathan Bond winning a silver medal in the 200 fly. Also, in March, Abby Bond and Coach Bond attended the Maine Winter Champs as part of Team NS, where they won second place overall as a team and second place overall as a female team. Abby contributed by winning gold in the 200 back, silver in 100 back and making a super final in 200 IM, which earns more points than winning gold in your age category.

Finally, the AAA swimmers had their final meet of the season July 6 to 9 in Saint John, at the East Coast Championships. Ezri Button, Abby Bond, Travis and Owen Bond created new club records.

To finish the year, the club had a party at the Greenwood Community Centre, where a number of awards were given

to athletes, and pizza, snacks and bowling were enjoyed. GDSC 2023-2024 Club Award winners were Nova Tech Spirit Award - Willow Melnick, MacDonald Nova Tech Best Overall - Olivia Fowler, Jack MacDougall Age Group Spirit Award - Petra Spicer, Age Group Best Overall - Dana Larson & Ethan Travis, Age Group Top Performance - Ashlynn Clarke and Owen Bond.

The Greenwood Dolphins will be at the Greenwood Wing Welcome REXPO for team trials and information September 7. Returning swimmers will be able to pick up registration packages at the 14 Wing Community Centre soon. Please contact club president Sharon Bond, [gdsccpresident@gmail.com](mailto:gdsccpresident@gmail.com), or head coach Amanda Bond, [gwdolphinscoach@gmail.com](mailto:gwdolphinscoach@gmail.com), with inquiries. ➔

**Chris d'Entremont**  
Member of Parliament for  
West Nova/Député - Nova-Ouest

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Unit meetings start week of September 16  
 Berwick Girl Guides

**Kentville**  
*Sparks, Embers, Guides, Pathfinders and Rangers*  
Welcome event:  
September 12, 6:30 p.m. to 7:30 p.m.  
Coldbrook Lions Hall  
 Kentville Guiding

**Coldbrook**  
*Guides*  
Welcome event:  
September 12, 6:30 p.m. to 7:30 p.m.  
Coldbrook Lions Hall  
 Coldbrook Guiding

**Greenwood/ Meadowvale/ Kingston**  
*Sparks, Embers and Guides*  
Tuesday evenings, Kingston Elementary  
*Fundy View Trex*  
Sunday evenings

**Wilmot**  
*Sparks, Embers, Guides, Pathfinders and Rangers*  
Wednesday evenings, Wilmot Hall

**girlguides.ca**

**Girl Guides**

# Parks Canada music, heritage dates to make

Parks Canada sites in Annapolis County are preparing for a series of special events in coming weeks – and you're invited!

If you like traditional music, "Traditional Music on Thursdays" should be on your calendar. Enjoy talented entertainers in a special series

of traditional music featuring local musicians. August 29, at 1 p.m., it's the Taproom Growlers, at the Port-Royal National Historic Site, 53 Historic Lane, Port Royal. This a cappella group will sing songs of the sea as they were sung in traditional sea shanties across Nova Scotia.

Then, September 12 at 1 p.m., let the merry sounds of traditional fiddle playing, presented by Jacquelyn Martell, fill the Habitation.

At Fort Anne National Historic Site, 323 St. George Street, Annapolis Royal; visitors are invited to join the Acadian Odyssey Commis-

sion September 21, at 1 p.m., as they unveil the Acadian monument commemorating Fort Anne as a deportation site. Join the Acadian Odyssey Commission, the Groupe Assomption Vie and Parks Canada to mark this special day commemorating the Great Upheaval. ➔

# August 26 opportunity to celebrate, mark women's gains in equality

August 26, between 11 a.m. and 3:30 p.m., join the community at the Women's Place Resource Centre, 2-694 Main Street, Kingston, to celebrate Women's Equality Day. "When women thrive, all of society benefits," says former secre-

tary-general of the United Nations, Kofi Annan.

This date marks the 1920 certification of the 19th Amendment to the United States Constitution, granting women the right to vote, and has been marked as Women's Equality Day

since 1973. The continuous struggle for women's participation and equality in all spheres of life and society is observed on Women's Equality Day.

Women and girls: the Women's Place invites you

to celebrate women's advancements toward equality with activities, a movie, a lite lunch and conversation all on offer.

To RSVP, contact 902-363-2030 or Rhonda.wprc@gmail.com. ➔

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## Legion support

Members of the Royal Canadian Legion Alvin H Foster Memorial Branch 98 in Kingston were proud to recently present two cheques in support of local programs and projects. The Legion donated \$5,000 to Valley Regional Hospital: from left are Connie Bohaker, Branch 98 service officer; Karen Theriault and Taylor DeVries, VRH; and Branch 98 president Weldon Rideout. These funds are a result of community support of regular and special event Legion activities.

Submitted

Bohaker, left, and Rideout also presented \$3,000 to the Soldiers Memorial Hospital Foundation, accepted by SMHF volunteer Sue Howell, centre.



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