

Once in a Lifetime Parachute Jump with the SkyHawks

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the red jumpsuit and get the harness fitted properly. There were lots of straps to be tightened, snug but not uncomfortable.

Eric informed me how the jump would go, and then he showed me what I needed to do, and we practiced it a few times. It was basically three steps, cross your arms and hold the tabs, bend you legs back but keep them together and when tapped on the shoulder open your arms up wide. Got it!

The plane arrived shortly afterwards, a medium transport STOL (Short Take-Off and Landing) CASA C-212 Aviocar aircraft, affectionately called the "flying toaster". No first-class seating, but the seatbelts



First thing is signing all the release forms, a bit unnerving but had to be done.

alized I was actually going to jump out of a plane in just a few minutes. I remember him saying a few times, "just breathe, you will do fine".

We received the two-minute warning and all the

up. I will confess to an extreme burst of adrenaline (fear!) as we began our 45 seconds of free falling. I looked up to see my videographer waving and smiling in front of us at the same time Eric was tapping me on the shoulder to put my arms up and enjoy the ride. The wind was so strong it seemed to take your breath away but before I knew it the parachute opened, and we were gliding through the air like a big eagle. I was told to take hold of two yellow tabs above my head. Pulling one of them down at a time made us turn in that direction. We did one quick spiral but that was enough for my stomach and the rest of the journey was a peaceful and an absolutely beautiful descent, ending too soon.

After about five minutes, we were heading in for a landing and I heard Eric say, "Keep your legs out straight and up off the ground". I had watched youtube videos the night before (I like to be prepared) and saw how important this was to have a smooth landing, so those legs were certainly going up and out.



Back on the ground safely thanks to Warrant Officer Eric Demers- Second in Command.

Our landing was very smooth, and the videographer was there once again to capture the moment and maybe a scream or two as we came rushing in. A professional team every moment of the experience.

I can't thank Atlantic Air Show and the SkyHawks enough for this fantastic opportunity and one I will never forget. If you are ever offered the chance to tandem jump with this team, say yes, you will not regret it.



Myself, Megan King of Global News and Anna, from Truro Buzz. The three of us had a blast.

were similar to commercial airlines, and it was a smooth takeoff to begin our ascent to 12,000 feet. At one point the back of the plane opened, and colored ribbons were dropped to see where the jump point would be. Eric then asked me to stand, and he hooked my harness to his at four points, we were literally inseparable now. This was when the nerves started to hit, and I re-

jumpers stood up in a line. There was a videographer assigned to each of us and they jumped out first.

Eric was a fantastic teacher, but this student forgot everything the moment we approached the open door and immediately tumbled headfirst out of the plane. I even forgot how to breathe. After the initial summersault, a stabilizer chute opened turning us right side



The jump included a personal videographer who covered the entire jump from start to finish...this moment being the surprisingly smooth landing thanks to me following the legs up command and my expert on board.

The Shoreline Journal Tid-Bits

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gram is providing a one-time grant of \$2,500 to licensed aquaculture operators, harvesting businesses fishing under a federal Department of Fisheries and Oceans licence, and licensed fish buyer and processor businesses directly impacted by the wildfires. To be eligible for a grant, businesses must have been: Located within the wildfire evacuation zone or unable to operate for at least five days due to the fires and directly impacted by the provincial wildfire evacuations in the Halifax Regional Municipality or Shelburne County

Floods impacted delivery

The motto used to be mail delivery happened regardless of sleet, rain, ice deep snow and severe winds. That wasn't the case on Monday, July 24th when severe flooding in Nova Scotia caused Canada Post to cancel collection and delivery services in the affected areas. Collection and delivery operations resumed on Tuesday, July 25, in areas where it is safe to do so. Most post offices also reopened.

Confederacy reflects on lack of progress

Chiefs and the Grand Chief of the Confederacy of Treaty No. 6 Nations reflect on the one-year anniversary of Pope Francis's visit to their lands. "A stronger response from the Church is still needed," says Grand Chief of Treaty No. 6 Territory and Chief of Montana First Nation, Leonard Standingontheroad. "It's been a year since the visit with very little progress to show for it." "With his visit Pope Francis created an opportunity for change, but the Church here in Canada needs to catch up," says Alexis Nakota Sioux Nation Chief Tony Alexis. "Over the past year, some of our People have found healing, but more have been left in confusion. Just as we should have had a stronger role in planning the Papal Visit, we need to be equal partners in the healing process." "The apology was a meaningful first step from Pope Francis but it wasn't supposed to end there," says Alexander First Nation Chief George Arcand Jr (Grand Chief during the Papal Visit). "A year has passed and we still haven't been invited to the decision-making table. We are disappointed in the Church - in the institution. We were supposed to walk together, but instead we've been left behind." A year later, we acknowledge with gratitude that Pope Francis fulfilled his promise to deliver an apology for the actions of his Church in person to our People on our Lands. In good faith we await meaningful action by the Church on the promised journey of healing and Reconciliation.

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