



Faith Koudoufia, 17, works on her suturing skills during a training session at Camp Courage in Burnside. RYAN TAPLIN

Confidence built through youth empowerment

Camp Courage hones life lessons

ALLY BOWES

For the past 20 years, the First Responders Society and Camp Courage have introduced groups of girls and gender-diverse youth from the ages of 15 to 19 to careers and skills they never thought themselves capable of, putting them into the boots of emergency responders.

The camp was built with intentions far beyond only teaching skills like starting IVs and rappelling down walls. It had the goal of empowering youths and building their confidence for much more than an emergency.

For Kaydyn Soo Woo, one of this year’s participants, Camp Courage represents a step toward something she’s wanted since she was 10 – a step following a major bump in the road.

Her journey with the program started following scoliosis surgery, when she believed her life was pretty much over.

At the encouragement of her physiotherapist, in addition to a co-op experience at the Kentville firehouse, Soo Woo decided to give Camp Courage a try.

“She’s like, ‘Yeah, you can do whatever you want, even skydive’ ... then she’s like, ‘Have you heard about Camp Courage?’” Soo Woo said.

Just two days into the weeklong program, campers have learned a variety of skills related to emergency response. In that time, Soo Woo has surprised herself with what she’s learned, despite previous fears.

“The IV, because I hate needles” she said when asked about what experiences surprised her so far. “Not as scary as getting it on you; it was really fun doing it.”

The incoming Grade 12 student had

already planned on joining the Canadian Armed Forces as a firefighter following her co-op experience, but camp allowed her to see another possible pathway for her future as a combat medic.

“I can do anything like this ... I can do anything I want,” she said. “It’s not just, ‘Oh yeah, boys can do this’; no, girls can do it too ... Anybody could do it if they wanted to.”

Across camp, fellow 12th-grader Faith Koudoufia was having a similar experience.

Even before coming to camp, Koudoufia was considering a future fighting fires. Being in the program affirmed that goal and made her feel like it was possible.

“I feel like I can become a firefighter,” she said, explaining that the training so far seemed a little unreal and “wowed” her.

Even with boarding coast guard vessels and taking part in simulated

births, what has stood out to Koudoufia so far has been the people.

She’d come into the camp expecting something a lot stricter, more similar to a boot camp.

However, in just a couple of days, she discovered friends and mentors who have supported her through every new challenge.

“Everybody will, like, come to you. If you’re sitting alone, people will walk up to you, ask if you want to hang or sit with them,” she said. “They will very much encourage you ... into doing what you want to.”

For both campers, the experience and the people have empowered them in a short time to see their dream careers as possibilities.

Empowerment was the goal Andr a Speranza had for Camp Courage participants when she founded it in 2006, a goal that has expanded with Camp Courage Calgary.

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NOVA SCOTIA ENERGY BOARD

NOTICE OF PAPER HEARING

NSP MARITIME LINK INCORPORATED (NSPML) applied to the Nova Scotia Energy Board for approval of its 2027 and 2028 revenue requirements and cost assessment pursuant to the *Public Utilities Act*, the *Maritime Link Act* and the *Maritime Link Cost Recovery Process Regulations*.

The cost assessment is the amount that will be paid by Nova Scotia Power Inc. and recovered from its customers to finance the Maritime Link. NSPML proposes to set its 2027 cost assessment at \$200.3 million and its 2028 cost assessment at \$191.5 million payable monthly by NS Power on the first day of each month in 2027 and 2028 (the final annual assessment was \$197.5 million for 2026).

Full details of the application and any timetable applying to this matter can be found on the Board’s website <http://nsuarb.novascotia.ca> by clicking on “Matters & Evidence”, and in the “Go Directly to Matter” search box, enter Matter No. M12914, or at the Offices of the Board, Summit Place, 1601 Lower Water Street, 3rd Floor, Halifax, NS.

The Board intends to consider this matter in a paper hearing process.

This is a public process, and you may participate as follows:

You may make written comments by sending a letter to the Clerk of the Board at P.O. Box 1692, Unit “M”, Halifax, NS B3J 3S3, or by email at: board@novascotia.ca, or by fax at (902) 424-3919 by **Thursday, September 10, 2026**.

You may request formal standing as an Intervenor, subject to Board approval. This will allow you to present evidence. Your request must be received by the Board by **Thursday, July 23, 2026**, and a copy of your written evidence by **Thursday, September 10, 2026**.