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Greenwood Bombers' hockey shout-out

Sara Keddy,
Managing editor

"You're looking at all your family, all your friends – everybody!" Eric Woolliscroft urged players on the Greenwood Atom Bombers. "Look right in the lens, keep cheering, lots of cheering – and mean it!"

Not a hard ask by the CBC Hockey Night in Canada cameraman, as he filmed April 2 at the Greenwood Gardens Arena. The Bombers were the lucky winners of one of 15 Hockey Night in Canada segments, made possible through the team's affiliation with the Scotiabank sponsorship program. Players were given a script to tee off parts of Hockey Night in Canada's April 6 broadcast.

Bombers' coach Frank MacDonald, a warrant officer at 14 Wing Greenwood whose son, Luke, is a first-year team member; said the team was beyond excited to hear they'd won one of the slots.

"This is huge – we're one of 3,000 teams sponsored by Scotiabank," MacDonald said.

The Bombers finished

their season at the end of February, coming in fourth overall across the Valley house league, bringing home a bronze medal from a Middleton tournament and participating in the Greenwood Minor Hockey's own March break tournament.

Team manager Kerry McKieve's son, Cameron, is on the team, playing his third year of hockey.

"We never thought he'd be in hockey – but he loves it. He's gone from not being able to skate and being super shy to out of his shell. Hockey's made a big difference, and he has an understanding of the concept of being part of a team.

"It makes it worthwhile when he says 'thanks' to us out of the blue."

Lesa Orr of Greenwood Scotiabank is particularly proud of the team: her own daughter, Rachel Baker, is a right wing forward and had a speaking part in the shoot; and the local bank branch was planning to host a celebratory pizza party for the team during the Hockey Night in Canada broadcast.

"This is a huge thrill – the odds are like winning the



Master Corporal Jennifer Viel laces up daughter Gabrielle's skates, as CBC cameraman Eric Woolliscroft catches the moment. This was Gabrielle's first hockey season.

S.Keddy

Continued on page 2...

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La santé est une question qui se pose tous les jours... C'est ce que vous mangez au restaurant, c'est la qualité de votre sommeil, ce sont les marches à pied du soir et ce sont les décisions que vous prenez sous le stress. Les petits choix quotidiens peuvent avoir un grand impact sur l'amélioration de votre vie. Selon le Dr Darrell

Menard, spécialiste de la médecine du sport auprès d'Énergiser les Forces, « la principale décision consiste à prendre soin de vous-même et tout le reste ira de soi.

Joignez-vous au défi ! Il s'agit de garder la forme, de manger sainement, de se connecter avec des amis, de vivre sans dépendance, et de

profiter de la vie.

Inscrivez-vous dès aujourd'hui ! Communiquez avec votre bureau local de la 14e Escadre de promotion de la santé au 765-1494 poste 5388/ 5389 ou notre site web : <http://cmp-cpm.forces.mil.ca/healthchallenge-defisante> et sentez l'inspiration, puisez dans l'énergie et allez-y !

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Wellness is more than a concept; it's a daily life experience linking all aspects of health. Improving your health means making changes – if you change nothing, nothing will change! Build a healthier lifestyle and you will feel your absolute best!

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Health is an everyday issue... it's what you eat at the restaurant, it's how well you sleep, it's the evening walks

you take, and it's the decisions you make when impacted by stress. Small daily choices can have a big impact on improving your life. According to Dr. Darrell Menard, a sport medicine specialist with Strengthening the Forces, "the fundamental decision is choosing to take care of yourself and everything else in life will fall into place."

Join the challenge! It is all about keeping fit, eating healthy, connecting with friends, living addiction free, and enjoying life.

Register today. Contact the 14 Wing Greenwood Health Promotion Office at 765-1494 local 5388/ 5389 or visit <http://cmp-cpm.forces.mil.ca/healthchallenge-defisante> and feel the inspiration, tap into the energy and get going!

Greenwood Bombers ...

...cover

lottery!" Orr said.

Some of the shine of the experience rubbed off as the kids went through numerous takes in the dressing room and on ice over the two-hour shoot, but Woollicraft, who does all of Hockey Night in Canada's Atlantic segments, kept their spirits high.

"You rock! There's on rule today – this is all about having fun. Don't sweat it!"

Woollicraft said, taking the blame for a number of the re-takes himself.

"We're going to have a good blooper reel. I have three shots here I could easily use, but we're going for perfection."

"That's what we do!" MacDonald replied.

CBC cameraman Eric Woollicraft gets the Bombers to cheer for hockey. B.Graves



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Useful links | Liens utiles

Canadian Air Force website

Site Web de l'Aviation royale canadienne
www.airforce.forces.gc.ca

Community Gateway Site

Site du portail communautaire des Forces canadiennes
www.cfcommunitygateway.com

14 Wing Greenwood Site

Site de la 14^e Escadre Greenwood
www.airforce.forces.gc.ca/14w-14e

Personnel Family Support Services

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www.cfpsa.com

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Défense nationale et Forces canadiennes
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High demand for 14 CES' specialized services

**Sergeant Pete Nicholson,
14 Wing Photojournalist**

14 Construction Engineering Squadron (originally called Airfield Engineering Flight Lunenburg) was created September 6, 1994, as a deployable, total-force construction engineering unit relying primarily on Reserve Force construction engineers.

In the mid-nineties, during the Canadian government's "Connecting with Canadians" program, small fact finding teams were sent to 12 Atlantic communities to see if there was enough interest for partnerships to create four to five Airfield Engineering Flights of 50 to 60 personnel. The best bid was received from the Municipality of the County of Lunenburg. The initial partnership was between the Department of National Defence (DND) and the Lunenburg Ground Search and Rescue (LGSR), but later changed to the Lunenburg Municipal Industrial Commission.

With two other communities - Pictou and Gander, Newfoundland - now involved, it was determined by Air Command to establish a new squadron to manage all

the flights.

June 11, 1996, 1 Airfield Engineering Squadron in Lunenburg, under the command and control of Air Command, was stood up. Ten months later, command and control was transferred to 14 Wing Greenwood and the flight was re-named 14 Airfield Engineering Squadron. In 2003 the squadron received its official crest with the motto "Construire" (We Build) and, in 2008, the unit was re-designated as 14 CES.

Supported by 9 Wing Gander, 91 Construction Engineering Flight (CEF) stood up in Gander in 1995 and, later that year, 144 CEF stood up in Pictou. 144 CEF, 143 CEF Lunenburg and the Headquarters Flight 14 CES Bridgewater are all supported by 14 Wing Greenwood.

14 CES personnel have served and trained in various national and international operations and exercises. The squadron has received numerous awards and accolades over the years for its professionalism, dedication and esprit des corps. With a total established strength of 210 positions, there are currently 133 positions filled, including 10 Regular Force,

13 B class Reserves (full-time) and A class Reserve personnel.

While at home, the flights are in high demand for their assistance to a myriad of projects in their local communities. Some of these projects include renovations to cabins for Scouts, renovations to Leagues, wheelchair walkways, floating wharfs and work on the Trans Canada Trail. Very stringent guidelines must be adhered to before any project is accepted by the flights. A support request begins when a not-for-profit organization approaches the local Community Advisory Board with a project. The board is aware of the capabilities of the engineering unit and reviews the submission to ensure there is no conflict of interest with local contractors or businesses. The board then, in partnership with DND officials, determines if this would be a suitable project that would provide positive exposure for the flight. The flight in that community then conducts a recce to ensure it would be a beneficial on-the-job training opportunity for troops. Once approved, the CEF will prioritize the many requests it receives on



Renovations continue in the main foyer of 143 Construction Engineering Flight Lunenburg's headquarters.



The new 143 Construction Engineering Flight Lunenburg headquarters.

Sergeant P. Nicholson, 14 Wing photojournalist

a training value basis. The catch for all projects is the not-for-profit pays for all the materials but will benefit from the free labour.

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Making the connection

Greenwood CAF members represent link between past, future

Sara Keddy,
Managing editor

Making their presence known as the link between the past and the future, 14 Wing Greenwood personnel attended back-to-back community functions March 22.

At Lawrencetown Consolidated School, Wing Administration branch members, with Lieutenant-Colonel Heber Gillam, extended their long-time partnership with the village's Royal Canadian Legion to students at a special assembly.

Afterwards, members of Branch 112 Lawrencetown hosted an awards ceremony for veterans from its branch, Branch 122 in Clementsport and the community.

"For us to be there is im-

portant - we participated in a celebration of our future at the school, and in our past with the Legions," said Gillam. "It's important for the military to be a partner, and, with the Legions, this is a brotherhood and tradition for all people in uniform."

14 Wing's squadrons have long been paired with Legions throughout Western Nova Scotia: Wing Administration puts effort as well into being a part of the small village of Lawrencetown, taking time and sending its members to represent the Canadian Armed Forces at Legion events, Remembrance Day activities and community gatherings.

The Lawrencetown Legion has sponsored student of the term awards since 1998 for the grades Primary to 5 stu-

dents at its village school, and Legion members and 14 Wing personnel took turns passing out certificates to each of the grade level recipients. The students themselves also celebrated, as the assembly was themed around Earth Hour efforts earlier that morning and a student-written Earth Hour rap, and the choir presented "Make a Difference."

At the Legion hall, provincial Duke of Edinburgh officials presented several dozen Century of Service Awards to veterans: in 2012, to mark the Nova Scotia Duke program's 40th anniversary and Queen Elizabeth's 60 years on the throne, the organization created the service recognition award specifically in honour of the significant contributions during military



Second World War veteran Albert Smith of Branch 112 Lawrencetown, presented with a Century of Service Award by Nova Scotia Duke of Edinburgh president Carole Thompson and Rick Powell (lieutenant commander retired), honorary council member and past-president of the provincial Duke organization.

service – and throughout their lives – of Canadian veterans. It anticipated presenting 300 of the awards, but response surpassed 1,100 as veterans took the organization up on its expression of thanks.



14 Wing Greenwood Wing Administration Lieutenant-Colonel Heber Gillam and Branch 112 Lawrencetown member Lynette Gilts present Primary student Lilly Young with her student of the term certificate. S.Keddy



Lawrencetown students, 14 Wing Greenwood Wing Administration personnel and Branch 112 Lawrencetown Legion members mark a successful school term March 22.

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RCAF Run cleared for take-off

David Elias

The runway at 17 Wing Winnipeg will become a literal "runway" for participants at this year's première Royal Canadian Air Force fitness event May 26.

Now into its fifth year, the RCAF Run will see participants follow a course that takes them down the 17 Wing flightline, past a static display of RCAF aircraft and through Air Force Heritage Park.

"The reinstatement of the 'royal' designation last year allowed us to strengthen the branding of our event," says Lieutenant-Colonel Aaron Spott, chairman of the RCAF Run. "This year, we're working to optimize the experience for all of our participants and that starts with our registration process."

Enhancements to registration, timings and the post-event awards ceremony all aim to build on the event's

reputation of being professionally organized and precisely executed. There is also a push to open the event to broader participation.

"We're happy to see runners and walkers of all stripes," said Spott. "Last year, we had some superstars who were barely in their teens, and we'd love to have more young people from the community get involved."

Visit the redesigned website at www.RCAFRun.ca for registration information.



Enhancements to registration, timings and the post-event awards ceremony all aim to build on the event's reputation of being professionally organized. Submitted

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Team training, international opportunity

**Captain Marie-Hélène
Marseille, 405 Squadron**

Exercise Proud Manta 2013, NATO's largest anti-submarine warfare exercise, took place February 23 to March 8 in the Ionian Sea to the southeast of Sicily. There were numerous participants, along with four submarines, 16 aircraft and eight ships from 10 countries, including Canada.

Working with different countries and various platforms was extremely valuable. Participants gained a wealth

of experience and skills in anti-submarine warfare, and opportunities like that do not come along every day.

"The exercise enabled the crew members to develop their skills and improve their procedures with our NATO allies. The Aurora crews have a wide-ranging mission and can be called upon to serve for long periods of time, as seen during OP MOBILE. To be effective, our ability to deploy must be verified, and this exercise was an excellent opportunity to do just that,"

said Major Paul-Éric Gilbert, commander of the Canadian detachment in Italy.

Four long-range maritime patrol crews, belonging to four squadrons (404, 405, 407 and 14 Air Maintenance) and two wings (14 Wing Greenwood and 19 Wing Comox), showed their stuff during the 20 flights conducted by the two CP 140 Aurora aircraft. The airmen and maintenance technicians were able to test the tools and hone the skills they have acquired at their respective units.

In addition to the regular

training conducted during the exercise, the crew members made extraordinary efforts to enable a few of the Canadian Armed Forces members participating in this major exercise to gain new qualifications. Captain Joel Stubbett (pilot and crew commander), Lieutenant Olivier Lauzon-Garceau (navigator/communicator) and Master Corporal Steve Valardo (acoustic system operator) successfully overcame the numerous challenges they faced during the exercise. The qualifications they obtained

will be very useful to the Air Force.

For many, this was their first time training with a real submarine. It was an exciting and rewarding experience for those who new to the long-range community. For them, it was a long-awaited opportunity to apply the skills they learned during type training and their many hours in the operational mission simulator. Also, improving crew cohesion is an integral part of the objective of an exercise as practical as this one. The new crew members

learned to work with a number of different trades, which often creates stronger team spirit and cohesion among the members of a crew. In the aircraft, there were two acoustic system operators, one tactical navigator, one navigator/communicator, three non-acoustic system operators, one flight engineer and two pilots. The concentration required to maintain an in-depth understanding of each speciality's specific tasks is fundamental to the success of this type of mission.

Opportunité internationale pour un entraînement d'équipe

**Capitaine Marie-Hélène
Marseille 405^e escadron**

L'exercice Proud Manta 2013 s'est déroulé du 23 février au 8

mars dans la mer Ionienne situé au large de la côte Est de la Sicile. C'est le plus important exercice de guerre anti-sous-marine de l'OTAN accueillant plusieurs participants dont 4 sous-marins, 16 aéronefs et 8 navires de 10 pays incluant le Canada.

L'opportunité de travailler avec plusieurs pays différents ainsi que plusieurs plate-formes est inestimable. L'expérience et les aptitudes obtenus dans le domaine de la guerre anti-sous-marine est exceptionnel et il va sans dire que ce n'est pas chose du commun.

"L'exercice a permis aux membres d'équipage de développer leurs compétences et améliorer leurs procédures avec nos alliés de l'OTAN. Avec un large éventail de mission, les équipages d'Auroras peuvent être appelés à servir pour de longue durée tel que démontré durant

OP MOBILE. Pour être efficace, notre capacité à être déployé doit être vérifié et cet exercice en est une excellente occasion." affirme le major Paul-Éric Gilbert, commandant du détachement canadien en Italie.

Quatre équipages de patrouille maritime à long rayon d'action, faisant partie de quatre escadrons (404^e, 405^e, 407^e et 14^e EMA) et de 2 Escadres (14 ERE Greenwood et 19 ERE Comox) ont brillé lors des 20 sorties effectuées à bord des 2 avions CP-140 Auroras. Les aviateurs et les techniciens de maintenance ont pu tester et perfectionner les outils et les compétences acquises à leurs unités respectives.

En plus de l'entraînement régulier se déroulant pendant l'exercice, les membres des équipages ont déployé des efforts extraordinaires pour permettre l'avancement des quali-

fications de quelques uns des militaires canadiens participant à cet exercice majeur. Capt Joel Stubbett (pilote et commandant d'équipage), Lt Olivier Lauzon-Garceau (navigateur-communicateur) et Cplc Steve Valardo (opérateur du système acoustique) ont réussi à vaincre avec succès les nombreux défis qui se sont érigés devant eux lors de cet exercice. Les qualifications qu'ils ont obtenues seront d'une grande utilité au sein de l'ARC.

Pour plusieurs, c'était une première expérience d'entraînement avec un sous-marin réelle. Cette expérience enrichissante fût stimulante pour les novices de la communauté à long rayon d'action. C'est enfin l'opportunité pour eux d'appliquer les compétences assimilées lors de l'entraînement sur type et aussi lors des nombreuses heures

passées dans le simulateur de mission opérationnel. Améliorer la cohésion d'un équipage fait aussi partie intégrale de l'objectif d'un exercice aussi concret que celui-ci. Les nouveaux membres d'équipage apprennent à travailler avec plusieurs métiers distincts; ce qui amène souvent un plus grand esprit de corps et une cohésion plus importante au sein d'un même équipage. Partant de l'arrière de l'avion vers l'avant, il y a deux opérateurs de système acoustique, un navigateur tactique, un navigateur communicateur, trois opérateurs de système non-acoustique, un ingénieur de vol et finalement deux pilotes. La concentration requise pour maintenir un haut niveau de compréhension des tâches bien spécifiques à chaque spécialités est fondamentale pour le succès d'une telle mission!

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**Isabelle Leblanc,
Greenwood Military Family
Resource Centre**

Are you a Francophone woman, or have you learned French and would like to

practice?

Either way, you are invited to join us at the Sushi Fang restaurant in Greenwood April 18 at 6 p.m. Located in the Greenwood Mall Plaza, this charming restaurant offers a

menu inspired by Japanese and Thai cuisine. Join us and meet a group of French-speaking women who wish to have an enjoyable evening while speaking French in a friendly atmosphere. Please

note each person is responsible to pay the cost of their own meal.

Please register by April 16 by calling the Greenwood Military Family Resource Centre front desk at 765-5611.

Une soirée entre femmes francophones

**Isabelle Leblanc,
Centre de ressources pour
les familles militaires de
Greenwood**

Êtes-vous une femme francophone ou avez-vous appris le français et souhaitez mettre en pratique vos

connaissances?

Si oui, vous êtes invitées à vous joindre à nous au restaurant Sushi Fang à Greenwood le jeudi 18 avril prochain dès 18h. Situé dans la Plaza du centre commercial de Greenwood, ce charmant restaurant offre

un menu inspiré de la cuisine japonaise et thaïlandaise. Joignez-vous à nous et venez rencontrer un groupe de femmes francophones qui désirent passer une belle soirée tout en discutant en français dans une atmosphère conviviale! À

noter que chaque personne défraie les coûts de son repas.

Inscrivez-vous au plus tard le 16 avril en téléphonant à la réception du Centre de ressources pour les familles militaires de Greenwood au 765-5611.



New rank

March 28 in a Halifax courtroom, Assistant Judge Advocate General (Atlantic) Lieutenant-Colonel Dave Sinclair (right) presented the Deputy Judge Advocate Greenwood Lieutenant-Commander Clark Colwell with his new rank. Lieutenant (Navy) Isabelle Vallee, Colwell's spouse, attended.

Submitted

business spotlight of the week Sabean's Meats Shop

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46th Atlantic Regional Curling Medspiel

March 1 through 3, 26/27 Canadian Forces Health Services Centre hosted the 46th Atlantic Regional Curling Medspiel at the Greenwood Curling Club. Twenty-one teams, consisting of personnel from Halifax, Gagetown, Ottawa, Newfoundland and Greenwood; participated. This year, the Military Police also joined with the intent of making this an emergency services curling 'spiel in the future.

The Medspiel has quite a history. It was held at CFB Cornwallis for the first 25 years, then moved to 14 Wing Greenwood when Cornwallis closed in 1993. This event is always eagerly awaited by both avid and novice curlers, and it brings together medical personnel from various locations. It is an excellent opportunity for old friends to reminisce, while bringing a respite from Old Man Winter. This year's opening ceremonies took place March 1, with Commanding Officer Major Christine Drab providing opening remarks and former Wing Surgeon Lieutenant-



From left are "A" consolation – and police sportsman award - winners, the Halifax team of Debbie White, Dave Manning, Sharon Isenor and Jenn Isenor. Major Christine Drab, centre right, commanding officer of 26 CF Health Services Centre, presented the trophy.

Commander Ron Wojcik, days before retirement, throwing the ceremonial bedpan. The unit's own piper, Captain Denise Olson, led the ceremony. After a fun-filled weekend, the closing ceremonies were held March 3.

A team from Halifax (Les Seebold, Hal Day, Wayne Mac-

Donald and Chris Friis) won the A division with their win over a team from Greenwood. The A consolation division was won by another Halifax team (Dave Manning, Sharon Isenor, Jenn Isenor and Debbie White), while B division was won by a combined Halifax/ Greenwood

team (Dave Steiger, Pete Shute, Bruce Wilson and Colin Muise). The C division was won by another Greenwood team (Keith Gullage, Rhonda Gullage, Paul Perry and Lisa DeMont). The Military Police sportsman's award was won by the team of Dave Manning, Sharon Isenor,



Former Wing Surgeon Lieutenant-Commander Ron Wojcik, days before retirement, preparing to throw the opening ceremonial bedpan with Major Christine Drab (at right).

Submitted

Jenn Isenor and Debbie White. This annual event would not be possible without the commitment and dedication of many volunteers and the staff of 26/ 27 CF Health Services Centre. Paul Perry, in particular, has organized this event for several years. Thanks also

to the base's accommodation staff (Diane Florian and Keith Pinkerton), the Personal Support Program arena and curling club staff, especially Bill Cox; and Phyllis Schutz, Liz Gaudet and Kathy Matthews were great hostesses, ensuring everyone stayed well hydrated.

Drop by from now till April 18th and help support the IWK by purchasing a balloon for a \$1.00

On the 18th of April visit us and help support local kids. Subway is offering any child from 1 day to 15 years old to come in and eat free if you have been affected by the IWK. This will include a free 6 inch sub, drink and a cookie.

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March 31 around 6:20 a.m., an Easter sunrise service in Morden was held at the French Cross, led by Reverend Brenda Nesbitt of the Aylesford Pastoral Charge. It may be early, but the beautiful experience along one of Nova Scotia's historical shorelines is always breathtaking. The French Cross marks an escape event during the Expulsion of the Acadians.

M. Rolph

Morning service

Travis Roberts and children, Margaret and Sable, enjoy their hard boiled eggs after the service, at a breakfast at the nearby Morden Community Hall.



Directorate of Flight Safety to visit April 16 to 19

The annual 14 Wing Greenwood Director of Flight Safety (DFS) briefings and the visit by DFS Colonel Choinière and Master Warrant Officer Bolduc will take place April 16 through 19.

This visit is always the highlight of the flight safety year, as it allows the DFS to meet with 14 Wing personnel and deliver a series of educational flight safety presentations to all wing personnel. The briefing will review the past year's significant incidents and accidents, providing some analysis of trends and highlighting concerns in our flying operations. This annual visit is an opportunity to learn of flight safety issues



concerning both 14 Wing and other wings.

Flight safety is an ongoing process all members of 14 Wing are responsible to maintain. The safe conduct of flying operations, support to flying operations and prevention of accidental losses of personnel and aviation resources remain essential elements of

our operational effectiveness. 14 Wing Greenwood Commander Colonel Jim Irvine and Wing Flight Safety Officer Major Carl Rioux highly encourage all personnel to attend one of the briefings and meet the DFS team.

To ensure maximum participation and meet personnel schedules, the DFS will present six separate briefs, all in the Birchall Training Centre theatre: April 16, 8 a.m.; April 17, 8 a.m. and 1:30 p.m.; April 18, 8 a.m. and 1:30 p.m.; and April 19, 8 a.m. There are 180 seats available per briefing.

Further information may be obtained from the Wing Flight Safety office, 765-1494 local 3679, 3749 or 3732.



Early riser Bruce Carter digs in.



Easter eggs

Easter Sunday was busy for Annapolis Valley churches, and Kingston United Church was no exception. Prior to the morning service, a breakfast was enjoyed by many in the congregation. Pictured from left are cooks Reg, George and Basil.

M. Rolph



The floral display at the front of church.

Visite de la Direction de la sécurité des vols du 16 au 19 avril

Le Colonel Choinière, Directeur de la sécurité des vols, et l'Adjudant-maître Bolduc seront à la 14^e Escadre Greenwood du 16 au 19 avril, dans le cadre de la visite et des séances d'information annuelles de la Direction de la sécurité des vols (DSV).

Chaque année, cette visite est le point culminant en ce qui a trait à la sécurité des vols, puisqu'elle permet au DSV de rencontrer le personnel de la 14^e Escadre et de présenter divers exposés pédagogiques sur la sécurité des vols à tout le personnel de l'Escadre. Lors de la séance d'information, on passera en revue les incidents et accidents importants de l'année qui vient de s'écouler, et on fera une analyse des tendances et des préoccupations concernant

nos opérations en vol. Cette visite annuelle est une occasion de prendre connaissance des questions de sécurité en vol qui intéressent 14^e Escadre, mais aussi toutes les autres escadres.

Le maintien de la sécurité des vols est un processus permanent qui concerne tous les membres de la 14^e Escadre. La sécurité des opérations en vol, le soutien aux opérations en vol et la prévention des pertes accidentelles de personnel et de ressources aériennes demeurent des éléments essentiels de notre efficacité opérationnelle. Le Colonel Jim Irvine, commandant de la 14^e Escadre et le Major Carl Rioux, officier de la sécurité des vols de l'Escadre, encouragent fortement tous les membres du personnel à

participer à une des séances d'information et à rencontrer l'équipe de la DSV.

Afin de permettre une participation maximale tout en respectant les horaires du personnel, la DSV présentera six séances d'information. Toutes les séances auront lieu dans la salle de cinéma du Centre d'instruction Birchall, comme

suit : le 16 avril, à 8 h; le 17 avril, à 8 h et à 13 h 30; le 18 avril, à 8 h et à 13 h 30 et le 19 avril, à 8 h. La capacité de la salle est de 180 places.

Pour tout renseignement complémentaire, on peut s'adresser au bureau de la sécurité des vols de l'Escadre, au 765-1494, postes 3679, 3749 ou 3732.

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- demolition of existing pump station building; and,
- associated work.

Specifications and tender forms may be viewed and picked up beginning April 4, 2013 upon receipt of a non refundable deposit of \$50.00, at the Municipal Complex, located at 87 Cornwallis Street, Kentville NS. Office hours are Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at the Nova Scotia Construction Association, located at 260 Brownlow Avenue – Unit 3, Dartmouth, N.S.

Specific inquiries pertaining to this tender may be directed to Dave Bell, P. Eng.; Hiltz and Seamone Co. Ltd.:

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Healthy partnerships Decisions keep community differences in mind

**Sara Keddy,
Managing editor**

People, community and health.

Three words describe the primary goal of volunteers working with the Kingston/ Greenwood Community Health Board.

"We figure out what needs to be done at the local level, and we support it," says CHB coordinator Lisa Garand. "We see everyone as part of our community – regardless of occupation, language, age.... Things that affect our population affect the entire population."

Garand and CHB chairwoman Susan Davis both know, in Kingston/ Greenwood, that population contains over 2,000 Canadian Forces families, an important group to consider – and include.

Reinforcing the connection for military families and community health resources comes with the participation of 14 Wing Greenwood Lieutenant-Colonel Heber Gillam as a volunteer member of the CHB board.

"For 14 Wing, it is very important to build these relationships – and for our families to get involved. Being a

member of the board has been eye-opening," says Gillam. "Initially, it was to ensure the uniqueness of the military life was understood and to help focus on areas that we could improve support to our families. It has grown into a much more dynamic understanding of the community as a whole."

"Yes, military families are a transient group, but they also bring a wealth of skills, experiences from across Canada and a broader knowledge to us," Garand says.

But CHBs are "behind-the-scenes" entities, compared to the more visible or bricks-and-mortar ambulances, hospitals, and doctors' offices. While families may easily be able to access emergency care providers, it's a CHB that can often help people find their way through programs and specialty services, and make links that are tailored to just their family's needs. It's a unique role, and fulfilled in a different manner by every CHB in Nova Scotia, working off a community health plan. Here in the Kingston/ Greenwood area, the most recent plan has placed mental health issues, reducing harm caused by VLT gambling and the "culture" of



Major Christine Drab (right), commanding officer of 26 Canadian Forces Health Services, discusses the laboratory services available at the new 14 Wing health care centre, as representatives of the Kingston/ Greenwood Community Health Board, hosted by board member Lieutenant-Colonel Heber Gillam, receive a tour. Corporal J. Kusche, 14 AMS Wing Imaging

alcohol at the forefront.

"We listen and learn, and look at the community to see if there's a need – and then we go in with all of Annapolis Valley Health's resources behind us," Garand says. "We try and fill in gaps at the local level: it may not necessarily be us providing a service, but getting people together. It's all about partnerships."

The CHB backed a seniors' recreation project in Kingston a few years ago, which continues now under its own steam. The local board was an advocate of a 211 provincial information system – a telephone line and website, which actually launched in February as an ever-changing, in depth resource accessible to all. And, on the subject of mental

health, the CHB has been a primary mover in the establishment this past year of a Kingston/ Greenwood chapter of the Canadian Mental Health Association. Partners also included AVH, Ecole Rose-des-vents and the Annapolis Valley Francophone Association. This new group has already made great strides hosting mental first aid workshops – and in both English and French.

The bilingual component to this initiative is a direct response to the many military families' French background. Garand says she's heard from people, "When I'm sick, I'm sick in French," and the CHB has been conscious in its work to advocate for French resources and services – and the best way to make con-

nections for French-speaking families and those programs. The CHB translated its community wellness grant application last year, and received three project proposals this year in French as a result.

Beyond language, though, is the challenge of military families' short stay here.

"They get here, and they want to make it home right away," Garand says. "They ask about the health system here, they've never been to an Atlantic province. We can provide a snapshot of what's here, and be that first point of contact."

One advantage the CHB has been able to lever out of military families' stay is how neatly a three-year posting matches a three-year term on

its volunteer board: the CHB looks for all kinds of people from all kinds of backgrounds who want to be involved in their community.

"We have monthly board meetings, there's no fundraising – then it's up to you how involved you want to be with different projects and committees," Garand says. "There are folks attracted to big picture thinking, policy and change – and we're a good fit."

That's exactly what drew in Davis: she and her husband retired to the area and, after a few years, they wanted to "get out and get to know people."

"Our board is great, and everyone brings different things to it. We're all about connecting people and groups, and I enjoy it."

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La population, la collectivité et la santé.

Ces trois mots décrivent l'objectif premier des bénévoles qui siègent au Conseil de santé communautaire de Kingston/Greenwood.

« Nous déterminons quels sont les besoins au niveau local et nous prenons les mesures qui s'imposent pour y répondre », a fait savoir la coordonnatrice du Conseil de santé communautaire (CSC), Lisa Garand. « Tout le monde fait partie de notre collectivité, peu importe leur occupation, leur langue et leur âge. Les facteurs qui touchent notre population touchent la population entière. »

M^{me} Garand et Susan Davis, présidente du CSC, sont toutes les deux conscientes que la région de Kingston/Greenwood compte plus de 2 000 familles militaires, un groupe important qu'il faut prendre en compte et inclure dans la prise de décisions sur la santé. Le renforcement des liens entre les ressources en matière de santé communautaire et les ressources destinées aux familles militaires se fait grâce à la participation du Lieutenant-colonel Heber Gillam, 14^e Escadre Greenwood, au conseil d'administration du CSC, à titre de membre bénévole.

« Pour la 14^e Escadre, il est très important de développer ces liens et de favoriser la participation de nos familles. Mon expérience au sein du Conseil a été très révélatrice, » a indiqué le Lieutenant-colonel Gillam. « Au début, mon but était de faire prendre conscience aux autres membres de l'unicité de la vie militaire et de mettre l'ac-

cent sur les améliorations qui pourraient être apportées pour mieux soutenir nos familles. Ma vision s'est largement élargie afin de mieux connaître la collectivité dans son ensemble. »

« S'il est vrai que les familles militaires sont de passage et déménagent souvent, elles possèdent une vaste gamme de compétences et d'expériences acquises dans diverses régions du Canada qui nous profitent à tous », a ajouté le Lieutenant-colonel Gillam.

Les conseils de santé communautaire sont des organismes qui travaillent dans les coulisses, comparativement à d'autres regroupements et services qui sont plus visibles et traditionnels, comme les services ambulanciers, les hôpitaux et les cabinets de médecins. Les familles ont facilement accès aux services d'urgence, mais ce sont souvent grâce au CSC qu'elles trouvent des programmes et des services spécialisés qui sont adaptés pour convenir à leurs besoins particuliers. Les CSC jouent un rôle unique qu'ils assument tous différemment où qu'ils se trouvent en

Nouvelle-Écosse au moyen d'un plan de santé communautaire. Ici, dans la région de Kingston/Greenwood, le plus récent plan de santé communautaire met l'accent sur les questions liées à la santé mentale et la réduction des effets nuisibles causés par le jeu sur TLV (terminaux de loterie vidéo) et la « culture » d'alcool.

« Nous sommes tout yeux, tout oreilles, et lorsque nous constatons qu'il y a un besoin dans la collectivité, nous y répondons en faisant appel à toutes les ressources de la Régie régionale de la santé de la Vallée de l'Annapolis », fait remarquer M^{me} Garand. « Nous essayons de combler les lacunes qui existent à l'échelle locale. Nous n'offrons pas nécessairement tous les services, alors si un service particulier est requis, nous trouvons un fournisseur qui l'offre. Nous mettons l'accent sur les partenariats. »

Il y a quelques années, le CSC a appuyé un projet de loisirs destiné aux aînés à Kingston. Cette initiative vole maintenant de ses propres ailes. Le conseil local a été un promoteur du système

provincial d'information téléphonique et en ligne 211 qui a été lancé en février en vue de rendre accessible à tous des ressources complètes et en évolution constante. Dans le domaine de la santé mentale, le CSC a été un des principaux acteurs de l'établissement, au cours de la dernière année, de la section de Kingston/Greenwood de l'Association canadienne pour la santé mentale. Parmi les autres partenaires de ce projet, mentionnons la Régie de la santé de la Vallée de l'Annapolis, l'École Rose-des-vents et l'Association francophone de la Vallée de l'Annapolis. Ce nouveau regroupement a fait de grandes avancées et organisé les premières séances de premiers soins en santé mentale en anglais et en français.

Ces séances sont bilingues précisément parce que de nombreuses familles militaires sont d'origine francophone. M^{me} Garand dit avoir entendu de plusieurs personnes faire le commentaire suivant :

« Lorsque je suis malade, je suis malade en français ». Le CSC est donc très conscient de son rôle de promoteur de ressources et de services en français et de la meilleure façon de mettre les familles francophones en rapport avec ces programmes. L'an dernier, le CSC a fait traduire sa demande de subventions de promotion du mieux-être et il a reçu trois propositions de projet en français cette année.

En plus des obstacles que peut présenter la langue pour les familles militaires, leur séjour de courte durée dans la région pose aussi des défis. « Elles veulent s'installer dans la région dès leur arrivée », mentionne M^{me} Garand. « Elles s'informent au sujet du système de soins de santé. Elles ne sont jamais venues en Atlantique. Nous pouvons leur donner un aperçu des services offerts ici, et être leur premier contact. »

Comme l'affectation des militaires dans la région est généralement de trois ans,

le CSC a fixé à trois ans le mandat de membre bénévole pour les inciter à assumer ce rôle. Le CSC est à la recherche de personnes ayant différents antécédents qui veulent s'impliquer dans leur collectivité.

« Nous tenons des réunions mensuelles du conseil. Il n'y a aucune activité de collecte de fonds. Chaque membre décide de la contribution qu'il souhaite apporter aux divers projets et comités », explique M^{me} Garand. « Il y a des gens que la réflexion et la planification stratégiques et le changement intéressent – le CSC est tout désigné pour eux. »

C'est justement ces caractéristiques du CSC qui ont attiré M^{me} Davis. Son mari et elle avaient pris leur retraite dans la région et, après quelques années, ils voulaient rencontrer des gens. « Notre conseil joue un rôle très utile et tous les membres ont quelque chose de différent à y apporter. J'aime le fait que nous mettons en rapport des gens et des groupes. »

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NEEDS Convenience Store
Berwick
Atlantic SaveEasy
Avery's Farm Market
WKM Health Centre
Main Street Video
Price Chopper
Sidetrack Beverage Room
Wilson's Drug Mart

Coldbrook
Avery's Farm Market
Greenwood
Avery's Farm Market
A&W (Greenwood Mall)
CANEX
Dairy Queen
GMFRC & 14 Wing Library
Greco Pizza
Inside Story Book Store
Irving Service Station
Mark's Barber Shop

McDonald's
NEEDS Convenience Store
Post Office
RCAFA Civic Bldg (by ball field)
Shoppers Drug Mart
Smoke Shop (Greenwood Mall)
Sobeys
TAN Coffee
Tim Hortons (Central Ave.)
The Aurora Newspaper
Venus Video
Ultramar

Kingston
Atlantic Superstore
Avery's Farm Market
Best Western Aurora Inn
Kingston Diner
Kingston Legion
Kingston Medical Clinic
Mama Sofia Pizzeria
Mimies's Pizza
NEEDS Convenience Store
PharmaSave/Valley Drug Mart
Ralph Freeman Motors

Vicki's Sea Food Restaurant
Kentville
Avery's Farm Market
Ultramar
Middleton
Atlantic SaveEasy
Avery's Farm Market
Brooklyn Street Market
Bruce Chev Olds
Capital Pub
Connell Chrysler
Fundy Spray Motel

NEEDS Convenience Store
PharmaSave/Valley Drug Mart
Price Chopper
Soldiers Memorial Hospital
Tim Hortons
Venus Video

Nictaux
NEEDS Convenience Store
Wilmot
High Country Tire
Kwikway
Sabean's Meat Market



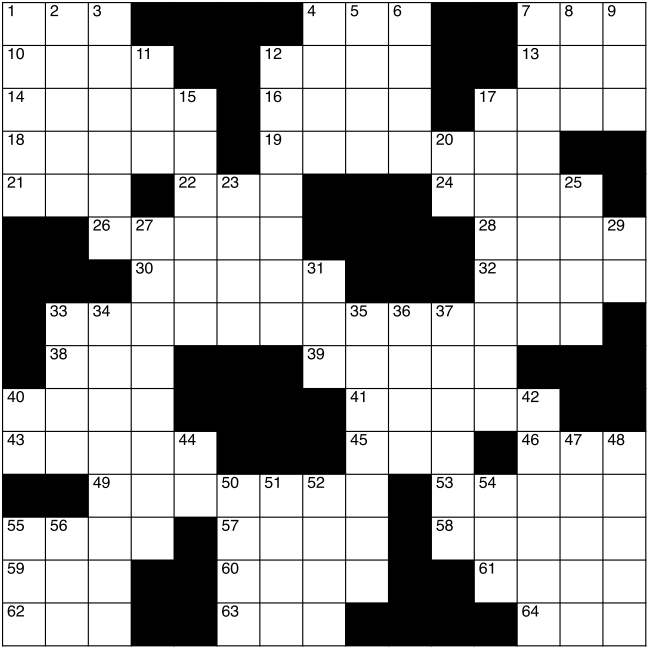
The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, (902)765-1717; or email editor@auroranewspaper.com. Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Thursday, 9:30 a.m., previous to publication unless otherwise notified.

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 83A, School Road, (annexe Morfee), 14^e Escadre Greenwood, par fax au (902) 765-1717 ou par courriel à l'adresse_editor@auroranewspaper.com. 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 jeudi précédent la publication, à moins d'avis contraire.



metro crossword

solution page 14



- ACROSS**
 - Supervises interstate commerce
 - Society ingenue
 - Old Austrian currency (abbr.)
 - Wife of Jacob
 - 'Aba _____
 - Honeymoon'
 - Cologne
 - Christian reading platforms
 - 8th Jewish month
 - Arbitrators (inf.)
 - Goof
 - C5H12
 - Adult female chicken
 - Cooking vessel
 - Drake's Golden ship
 - Mimicry
 - Language spoken in Nakhon Phanom
 - Betel palm
 - Fulda River tributary
 - Diet sugars & starches
 - Goat and camel hair fabric
 - Used of posture
 - Native of Istanbul
 - Elk or moose genus
 - Gave a slight indication
 - Farewell expression
- Japanese sash
 - Disturb greatly
 - Piles of combustibles
 - Suffragist Carrie Chapman
 - 'Inside the Company' author
 - Counterweights
 - The total quantity
 - Daminozide
 - South American nation
 - Original 'SportsCenter' anchor Bob
 - Can cover
 - Aka River Leie
- DOWN**
 - Sudden brilliant light
 - 35% Sierra Leone ethnic group
 - Pool side dressing room
 - 24 hours (old English)
 - Abba ____, Israeli politician
 - Bret Maverick's brother
 - Glenn Miller hit 'Moonlight _____'
 - Truck operator compartment
- Hall of Fame (abbr.)
 - Two painted panels
 - Surpassing all others
 - Liquorice-flavoured liqueur
 - Exclamation of surprise
 - 100-year-old cookie
 - Disco Duck's Rick
 - Budgie
 - Atomic #36
 - Yes vote
 - Embryonic membrane
 - Suddenly
 - More colorless
 - Count on
 - Receive willingly
 - Technetium
 - Oxalis
 - Physician's moniker
 - Smelling of ale
 - Modern day Iskenderun
 - Afrikaans
 - Grapefruit and tangerine hybrid
 - Grasp the written word
 - Bark sharply
 - UC Berkeley
 - Brew

At Centre Stage
CentreStage Theatre presents *Wait Until Dark*, a suspense-thriller by Frederick Knott. Aided by her difficult 10-year-old neighbour, Gloria, housewife Susy Hendrix is learning to cope with recent blindness. She is terrorized in her own apartment by a group of criminals who believe she is hiding something. This intense show features scenes of darkness and near darkness and is best suited to adults and teens. *Wait Until Dark* plays April 19, 20, 26, 27, May 3, 4, 10, 11, 17, 18, 24, 25. Showtime 8 p.m. (2 p.m. matinee May 5 and 19). Tickets \$12/ \$10. 678-8040 for reservations, www.centrestagetheatre.ca.

Music therapy
Thursdays to May 9, the Annapolis Valley Chapter of Autism Nova Scotia presents music therapy for children/ youth with autism at the Kingston elementary school. Ages four to 11: 4 p.m. to 5 p.m. Ages 12 to 21: 5:15 p.m. to 6:15 p.m. Free. Support provided for participants. Contact: Brenda Johnson 692-1662.

Family event
To May 15, Operation Hot Chocolate, presented by The Lord's Ranch. Free pony rides in The Pines, soup, hot chocolate and clothing giveaway out of the New Beginnings Centre, Greenwood. Saturdays, 11 a.m. to 2 p.m. (weather permitting). Waivers for the pony rides mandatory, available at the event. Freewill offerings gratefully accepted. For info: 824-2329.

Teen group
To May 28, a social group for teenagers with autism will meet Tuesday evenings, 6:30 p.m. to 8:30 p.m., at the Sobeys community room, Greenwood. For information, contact Karen at 765-3502.

Bridge
April 8, Funds for Fuel bridge party, 1 p.m., Annapolis Valley Macdonald Museum, 21 School St, Middleton. Cost is \$4 per person. Light refreshments served. All welcome. Come out for a fun afternoon and support your local museum. Call 825-6116 for information.

Luncheon
April 9, 11:30 a.m. to 1 p.m., join a community luncheon at the Kingston Lions' hall for a roast beef dinner with mashed potatoes, vegetables and dessert. Cost is \$8, or \$8.50 delivered. For take-out orders, call 765-2128 by 11:15 a.m. April 9.

Girl Guide cookies
April 10, Berwick Girl Guides (Sparks, Brownies, Guides, Pathfinders and Rangers) will be in the community with their classic chocolate and vanilla spring Girl Guide cookies. Between 6 p.m. and 8 p.m., watch for girls at your door, or visit their central location at the Berwick town hall parking lot. Cookies are \$5 a box, and proceeds support girl greatness! If you miss us, contact Sara, 538-9191 for your cookies.

Writing group
April 10, the Authors Ink creative writing group meets at 10 a.m., at Annapolis Valley Macdonald Museum, 21 School St, Middleton. Cost is \$3 per person. All welcome. There will also be a workshop April 24 with additional costs. Please call 825-6116 for more information or to register for the workshop.

Supper
April 10, Pine Ridge Middle School's Concert Band is hosting a spaghetti dinner, 5:30 p.m., at the Aylesford United Church hall, 2414 Hwy. 1. All tickets \$15, available at Scotiabank, Greenwood. Proceeds toward the concert band trip. More information: 765-7570.

Religious course
April 10, 7 p.m., Foundations Bible School is offering "Denominations" at New Beginnings Centre, 1151 Bridge St., Greenwood. Learn about the different churches in this area. Pastor Danny Smith from Middleton Baptist will be speaking. For information, call 765-8155.

Meeting
April 11, 6:30 p.m. to 8:30 p.m., attend an Info session presented by the Annapolis Valley Chapter of Autism Nova Scotia on the iPad app, Proloquo2go, at the Kingston elementary school. Contact: Lori 765-9108.

Fashion show
April 11, l'ecole Rose-des-vents presents a spring fashion show at 7 p.m., featuring styles from several local businesses modeled by school staff, students and parents. Tickets are \$5 students, \$7 adults and \$20 for a family, and include refreshments and a chance to win a door prize. For information or tickets in advance (also available at the door), contact Mme Nadeau, 765-7100.

Défilé de mode printanier
Le 11 avril, à 19 h, les élèves de l'école Rose-des-Vents présenteront un défilé de mode printanier. On pourra y admirer

des vêtements dernier cri fournis par plusieurs boutiques locales et portés par des membres du personnel de l'école, des élèves et des parents. Les billets, d'un coût de 5 \$ pour les étudiants, 7 \$ pour les adultes et 20 \$ pour les familles, donnent aussi droit à des rafraîchissements et à une chance de gagner un prix de présence. Pour des renseignements additionnels ou pour acheter des billets à l'avance, s'adresser à Mme Nadeau, au 765-7100. Il y aura aussi des billets en vente à la porte.

Meeting
April 12, the Middleton Skating Club will hold its AGM at the Middleton NSCC campus, 6 p.m. Anyone interested is invited to attend. The club is also looking for people to join the executive for the 2013/ 2014 season. For anyone interested, we would ask they attend the AGM. For further information, email middletonskatingclub@hotmail.com.

Dinner theatre
April 12 and 13, CentreStage Theatre presents a dinner theatre fundraiser, *The Altos*, by David Landau and Nikki Stern. It's Tony's funeral and his wife, Toffee, has invited you to the wake. Check your weapons at the door and join the cast for this interactive and hilarious dinner theatre. This dinner theatre is a fundraiser to help with building renovations. *The Altos*, (like the Sopranos, but lower), is best suited to adults and teens. Doors open at 6 p.m. Tickets are \$40 and include a four-course roast beef dinner. There will also be an auction (cash or cheque only) and a cash bar. Reservations 678-8040.

Concert
April 12, 8 p.m., at the Evergreen Theatre, 1941 Stronach Mountain Road, East Margaretsville; hear three-time Juno Award winner Alpha Yaya Diallo, from Guinea in West Africa. Now based in Vancouver, he's earned a matchless reputation internationally for the excellence of his musicianship and the excitement of his live shows. Cost \$20. Reservations www.evergreentheatre.ca or phone 902-825-6834.

Breakfast
April 13 8 a.m. to 10 a.m., All Saint's Anglican Church will be serving a full breakfast at the church hall, Pleasant Street, Kingston (turn west off Bridge Street). Cost: \$7. Menu: pancakes, scrambled eggs, bacon,

sausages, baked beans, hash browns, toast, juice, tea & coffee. All are welcome.

Yard sale
April 13, 8 a.m. to noon: annual yard sale of the Catholic Women's League of St Monica's in the parish hall, Connaught Ave, Middleton. Proceeds go back to our community and parish.

Benefit
April 13, there will be an evening of bluegrass/ country gospel music, 7:30 p.m., at the Kingston United Church, 733 Main Street. Featuring: Valley Blue, Paul Marshall & Friends (Best of Intentions), The Kingston United Combo and The Musical Messengers Puppets. Freewill donations for the Kingston rink fundraising campaign. Refreshments. Sponsored by Kingston United Church of Canada Pastoral Charge.

Variety music night
April 13, the Kingston Lions Club presents a variety music night at the Kingston Lions' hall, 7 p.m. Cost is \$5. Featuring performances by Matt Balsor, Chet Brown and Lois Lutz.

Supper
April 13, "Swim in for supper" as the Lawrencetown Pool Committee presents a beans, ham, potato scallop and brown bread supper; 4:30 p.m. to 6 p.m.; at the Lawrencetown fire hall. Adults \$10, children 12 and under, \$4. Advance tickets available and take out delivery available in the Lawrencetown area: contact Shyloe, 584-7008, or Wanda, 584-2285.

Hymn sing
April 14, there will be a hymn sing, 7:30 p.m., at the Wilmot Baptist Church Christian Fellowship Centre, corner of Hwy 1 and Dodge Road. Special guest will be Janice Sheridan from Nictaux. All welcome to attend.

Meeting
April 15, the Canadian Cancer Society's Kingston/ Greenwood Living With Cancer Support Group will hold its regular monthly meeting in the St. Mark's Protestant Chapel Annex, Greenwood; 7 p.m. to 9 p.m. Guest speaker for the evening will be retired nurse, Daisy Dwyer. Her topic is "Reducing Stress Through a Mindful Life." Cancer patients, family and friends or anyone seeking information on cancer is invited to attend. For information: Lloyd Graham (765-6133) or Lynda Pierce (765-3055).

Concert
April 17, Pine Ridge Middle

metro crossword brought to you compliments of



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(902) 678-6000
Toll-free 1-888-466-2702
www.besttoyotasales.com

School, 625 Pine Ridge Ave, Kingston, is hosting the concert showcase, 7:30 p.m. Featured performers will be bands and choirs from Berwick, Kingston, Pine Ridge, St. Mary's and West Kings. Admission - \$5 adult, \$3 student/ senior, \$10 family - proceeds to provide scholarships to summer camp or private study. More info: 765-7570.

Volunteers needed
Valley Community Learning Association is recruiting volunteers to tutor ESL learners in Kings and Annapolis counties. If you can speak and write English, you can volunteer! For information, email lori.noseworthy@gmail.com or phone/ text (902) 692-8042.

Dancing
Fridays, join us for an evening of square dancing, 8 p.m. to 10 p.m., at the Melvern Square Hall. Phone 765-8145 for information.

Donations accepted
The Greenwood Health Auxiliary's Opportunity Shop (in the Green-

wood Mall, next to The Inside Story), is accepting donations of good used clothing, purses, shoes, linens, and small appliances. All proceeds go back to health care in our area.

Toastmasters
Tuesdays – join Toastmasters – where leaders are made - 6:15 p.m. to 8 p.m., at the Air Commodore Birchall Training Centre, Bldg 221, Greenwood. Everyone welcome. For information contact edwardwedler@gmail.com or Edie Murray, 665-2397.

Horse back riding
Public horse back riding and lessons, 471 Vault Road, Melvern Square. Non-profit, registered charity; all funds support abused women and children. (902)824-2329.

Community luncheon
Community lunch every Wednesday at New Beginnings Centre, 1151 Bridge St., Greenwood. No charge. 11:30 a.m. to 2 p.m. Sponsored by Open Hand.

Kingston Area Seniors Association
Kingston Area Seniors Association meets the second Wednesday of each month at 10 a.m. at Kingston Branch No 98 Royal Canadian Legion. Fun day (cards and games) every second and fourth Friday of the month, 1 p.m. For information, contact Pat Coakley, 765-2175.

Middleton Skate Park Committee meetings
Every 1st and 3rd Monday of each month, from 6 p.m. to 8 p.m. in the MRHS library. If you are interested in having a skate park in Middleton, these meetings are for you! New members always welcome. For info, call Brooke at 824-1069.

Youth bowling
14 Wing Greenwood Community Centre youth bowling programs are underway for youth ages five to 19. Call the Greenwood Bowling Centre to register, 765-1494 local 5631.



Agricultural academics
Outstanding Annapolis Valley students at the Dalhousie Faculty of Agriculture were recognized at a recent reception for their academic achievement during the past year, being named to the Dean's List. Dr. Harold Cook, Dean, Faculty of Agriculture & Principal, Dalhousie Agricultural Campus; is shown with, from left, Jenay Armstrong, Middleton, a second-year Bachelor of Science (Agriculture) Animal Science student; Briana Lasseter, Kingston, Bachelor of Science (Agriculture) Animal Science; Jessica Compagnon, Kingston, Bachelor of Science (Agriculture) Animal Science; Anne Woodbury, Kingston, a third-year Bachelor of Science (Agriculture) Animal Science student; and Theodora-Alexandra Kusch, Lawrencetown, a second-year Bachelor of Science pre vet student.

Submitted

sudoku

solution page 14

				7	8		2	
						7		8
	8	9		1	5		6	4
9	7		1			2		
			5	6		9		
	4		9	2	7		3	1
6	5	7			1			
		1		5				
	3	2	7				9	

Fun By The Numbers Level: Beginner
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!

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patrick's puzzle

horoscopes

solution page 14

April 7 - April 13

HOME DECOR WORD SEARCH

F F D O T T O M A N B U T B G K I V U P
R O I R E T N I R Y E S R N X V L K X A
S F R G N I T S E N E S I T D T U S A H
P R L T K P O O D H E N S W O L L I P D
H R I O O E Y F C E A T C E T I H C R A
C E S A O X C A L E S W A T A B L E D K
I N W X H R M O L L V I V R P O S W K P
E O O E E C I C U D O O G S O S R U E M
R V D X R Y E N V C K U V N E C I W O F
U A N T H C R T G D H Y N R E T E O I I
S T I E N C F R A M E S D G K R R D G N
A E W R T K K R O W T R A V E D S N I A
E T C I I H E F U A E R U B E R I S G N
M T U O A E R A S D N I L B E T T T H C
B M R R S E C T I O N A L T E E D E L E
P E T Y V A L N W E X M N P T I N N A S
E S A H C R U P F F W U R U N F Y I Y B
R T I E T H G M V G O A S I B K P B O A
P S N O W E T E D C C F N L N H A A U O
L D S E S E M O H Y E G G E I B I C T Y

WORDS

ARCHITECT AREA ARTWORK BEDROOM BLINDS BUREAU CABINETS CARPETING CHAIRS CHEST CLEANING COUCH COUNTERS CURTAINS DECORATE DESIGNER DINING DRESSER EXTERIOR FINANCES FLOORING FRAMES HOME INTERIOR LAYOUT LOUNGE MEASURE NESTING OTTOMAN PILLOWS PURCHASE RENOVATE SECTIONAL SOFA TABLE WINDOWS

ARIES - Mar 21/Apr 20
Aries, you must stand up for what you believe is right, even if it costs you a few friends along the way. It is the price to pay for doing the honourable thing.

TAURUS - Apr 21/May 21
Taurus, take a trip this week if it will help you reach your goals. The change of scenery could give you an entirely new perspective on a situation that needs tackling.

GEMINI - May 22/Jun 21
Gemini, think about adding some new skills to your resume. It's not that your job is in turmoil right now, but it always pays to be a step ahead when it comes to your career.

CANCER - Jun 22/Jul 22
Cancer, just because everyone else is making changes doesn't mean you have to at this time as well. If things are working out, then let them stay as they are for a while.

LEO - Jul 23/Aug 23
Don't set limits on what you do, Leo. Changes at work mean you may need to fill different roles that require new skills. There's a good chance you can master them.

VIRGO - Aug 24/Sept 22
Networking comes in all shapes and sizes, Virgo. Attend a fun function to put yourself in touch with new people and lead to encounters that can help your future.

LIBRA - Sept 23/Oct 23
Libra, don't feel guilty if your opinion differs from others'. If you don't agree with the consensus, then that is your opinion and your right.

SCORPIO - Oct 24/Nov 22
Scorpio, say what is on your mind because sometimes people just need to hear the honest truth. You have a good way of exacting authority and representing others.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, get together with people who share your love of adventure this week. Together you can enjoy time spent living vicariously and enjoying the scenery flying by.

CAPRICORN - Dec 22/Jan 20
Capricorn, if you want to get real results this time, change your approach with a person who has been troublesome in the past. You will get the knack of persuasion.

AQUARIUS - Jan 21/Feb 18
Discuss issues from your past that you have yet to resolve, Aquarius. This is the week to "come clean" with a spouse or romantic partner or someone else close to you.

PISCES - Feb 19/Mar 20
Pisces, do generous things for others, and not only will you feel great, but also you will get an unexpected reward.

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classifieds

Classified advertisements, 35 words or less, are \$7 tax included. Additional words are 10 cents each, plus tax. Bold text \$8, tax included. If you require a receipt and/or invoice via Canada Post a surcharge of \$1 including tax will be added.

Classified advertising must be booked and prepaid by noon 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 765-1494 local 5440, visit the office, 83A School Road, Morfee Annex, Greenwood; email frontdesk@auroranewspaper.com or fax 765-1717.

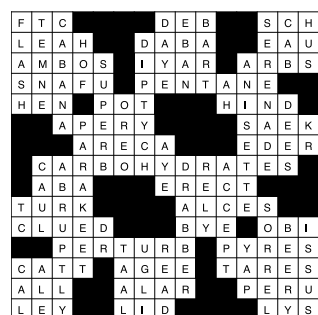
To place a boxed, display ad, contact 765-1494 local 5833; email marketing@auroranewspaper.com.

Les annonces classées, 35 mots ou moins, sont vendues au prix de 7 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 8 \$, taxes incluses. Si vous vous voulez recevoir un reçu et/ou d'une facture par l'entremise de Postes Canada, un supplément de 1 \$, taxes incluses, sera ajouté.

Les annonces classées doivent être réservées et payées à l'avance avant midi, le mercredi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au (902) 765-1494 poste 5440, visiter notre bureau au 83A, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à frontdesk@auroranewspaper.com ou nous transmettre un fax au (902) 765-1717.

Pour faire paraître une publicité dans un encadré, appelez-nous au (902) 765-1494 poste 5833, ou un courriel à marketing@auroranewspaper.com.

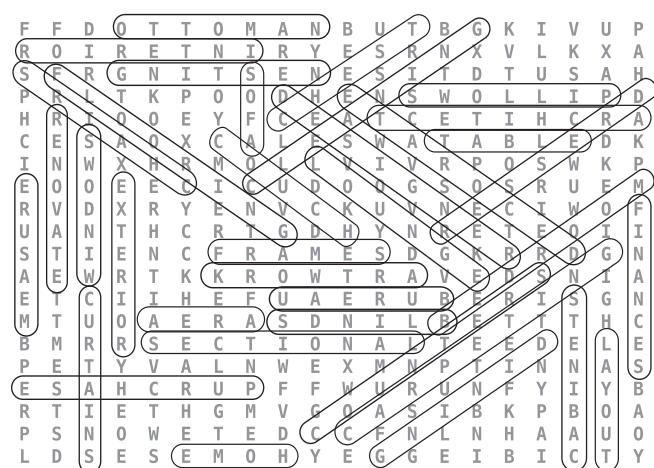
crossword solution



sudoku solution

3	1	4	6	7	8	5	2	9
2	6	5	4	3	9	7	1	8
7	8	9	2	1	5	3	6	4
9	7	3	1	8	4	2	5	6
1	2	8	5	6	3	9	4	7
5	4	6	9	2	7	8	3	1
6	5	7	3	9	1	4	8	2
4	9	1	8	5	2	6	7	3
8	3	2	7	4	6	1	9	5

patrick's puzzle



flyers

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FOR RENT: A Spacious one bedroom apartment in a quiet, private location in Middleton ideal for one person. New Flooring and paint, utilities and WIFI included. Furnished / unfurnished as needed, Rent is \$725.00/month. Available April 1/13. Call 902-844-0331 or rocket650@eastlink.ca. (3403-ufn)

FOR RENT - One bedroom apartment in Middleton - \$450.00 a month. Secure Building with On-site Superintendent. Utilities paid by Tenant. Pet friendly and on-site Laundry Facilities. Available now. Lease and References Required. Call 765-2421 for more information. (3407-ufnb)

FOR RENT - Two bedroom duplex located on 699 Balser Drive Kingston. Stove, fridge, washer & dryer hook-ups. Adult building only. Lease and references required. Non smoking, sorry no pets. Call 242-2660 for viewing by appointment only. \$775.00 a month, plus utilities. (3413-5tpb)

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For Rent - Two bedroom house located near West Kings High School in Auburn, newly renovated. Available now. Hardwood floors, fridge/stove including washer/dryer hookup. Snow removal and lawn care provided. \$600.00 per month plus utilities. Call 844-0432. (3407-ufn)

FOR RENT: Two bedroom house with garage, at 51 Victoria Street, Middleton. \$675.00 per month. No appliances included. Available June 1st, 2013. Call Joan at 902-847-1365. (3412-ufnb)

FOR RENT - Two bedroom spacious apartment located in Greenwood subdivision. Fridge/stove included, washer & dryer hookup, lawn care provided. Quiet, non smoking adult building only. \$575.00 plus utilities. Available May 1st, 2013. Call 844-0432. (3414-ufn)

FOR RENT - The little guest house located centrally between Kingston & Greenwood. Ideal for IR and HHT Personal looking to relocate in the area. Within walking distance to all amenities. One or two bedroom house, new

kitchen & bathroom, storage, laundry room, dining room and den on main level with detached one car garage. Internet, heat and cable TV included as well as being fully furnished including 5 appliances with bedding, towels, etc. Driveway, lawn care and snow removal are included.

Easy 10 minute access to golf courses at Paragon and 14 Wing Greenwood. Call Arthur at 765-4795 and leave a message. Available immediately. (3412-3tp)

FOR RENT - Two bedroom available May 1st, 2013 located in Kingston. Rent is \$600.00 per month, plus utilities. Included are fridge, stove, balcony, and parking. On site super intended. Call 765-6669. (3413-4tpb)

FOR RENT - Room for rent. Looking for a mature employed non-smoker to rent a large fully furnished room in Fales River subdivision. (Greenwood Area). Close to all amenities. \$125.00 per week. Meals can be included with adjusted agreed upon rent. Phone 242-5182. (3413-4tpb)

FOR RENT - Comfortable two bedroom apartment in adult only Duplex, fridge and stove provided plus washer and dryer hook ups. Small pet considered. All electric and easy to heat. Quiet area central Aylesford. \$540.00 monthly. Phone 765-2042. (3413-2tpb)

FOR RENT - One bedroom apartment in Greenwood, 2 K

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front the base, with den/office space. Includes: fridge, stove, washer, dryer, large storage area and digital cable. Heat & lights extra. \$525.00 per month. Available April 16th, 2013. Only non smoker, no pets. Call 765-6238 for more info. (3414-4tpb)

ROOM FOR RENT - Boarder wanted. Large furnished bedroom in spacious home. 20 minutes to Greenwood/Berwick. Includes high-speed wireless, Netflix, local phone, laundry facilities and hot tub. \$125.00 weekly. No pets. Call 847-3134. (3414-1tp)

SERVICES

SERVICE - Bilingual handyman carpenter available, 25 years of experience with finish work, flooring, stairs, tile work and more. Reasonable rates - flexible hours. Call Mike at 242-2465 or 840-0529. Greenwood/Kingston (3413-ufn)

SERVICE - Posted to CFB Trenton? I'm a realtor in the Trenton Area and proud dad of 3 family members in the Canadian forces. See what I can do for you at BobFoster.ca. Bob Foster, Sales Representative, Century 21 Lanthorn, R. E. Ltd., Brokerage. Office: 1-877-752-5558 or Cell: 613-921-3933. (3413-9tpb)

Service: Qualified homecare offered. Cooking, cleaning, companionship and recreation. Nine years experience with veterans. Excellent references, bondable. Please call 242-2543 evenings/mornings. (3413-2tpb)

SERVICE - Round 2 It Yardcare. Lawn Mowing, Fertilizing, Rotor-tilling, Hedge Trimming, Leaf Raking, Property Clean-up, Small Load Hauling, Dump Runs, & other small jobs. Call Geoff Graves at 902-844-1633. (3414-2tp)

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the **Aurora**

Call commendation

Kingston Legion Branch 098 President Dave Geddes recently presented certificates of appreciation to Patti Bennett-Cogswell, left, and Susan Fayant for their efforts on behalf of the annual middle school Call to Remembrance Quiz.

Submitted



Valley boys named to provincial U-16 team

Hockey Nova Scotia will be well-represented when the puck is dropped on the inaugural 2013 Quebec Major Junior Hockey League Excellence Challenge in Blainville-Boisbriand, Quebec, this May. Team Nova Scotia will face off against teams from Hockey New Brunswick, Hockey Newfoundland, Hockey PEI as well as two teams representing Hockey Quebec.

Three Valley Major Midget team members made the team: on the blueline is defenceman Duncan MacKie. Playing up front are forwards

Makail Parker and Brett Tidman. These players were evaluated during last summer's U-16 Hockey Nova Scotia High Performance camp as well as throughout the 2012/2013 season.

The team will be led by head coach Tyler Naugler (assistant coach of the Saint Mary's Huskies men's team) and assistant coach Erin King (assistant coach of the St. FX X-Men).

Follow @HockeyNS on Twitter for updates during the QMJHL Excellence Challenge. The event runs May 2 to 5.

June ball tournament all about special kids

Help make a child's dream come true by being a part of the 5th Charity Softball Tournament, hosted by volunteers and the Michelin Sport and Social Club in Waterville.

2012 was an incredible year, with over \$12,000 raised for the Children's Wish Foundation and, with your help, we can make this year even better. This year's tournament will run over two weekends, June 14 to June 16 and June 21 to June 23. Each team will have the opportunity to play at least three games during one of the weekends. Admission is \$320 per team, and all donations will go to help the Children's Wish Foundation. Throughout

the weekends, community volunteers will run BBQs and canteens, arrange entertainment and hold various ticket and raffle draws.

Together with the Children's Wish Foundation, we want to help another child with a life threatening illness make their dream become a reality. Help us make a difference by either donating to the Children's Wish Foundation, offering door prizes or placing a team in the tournament. To donate merchandise, gift certificates, cheques or cash, contact Michelle Phinney, (902) 678-7005, or Kent Mullin, (902) 375-2412. To place a team, contact Dennis Humphreys, (902) 300-2910.

Check out lacrosse

Come out and learn the sport known to be the fastest on two feet.

The Western Valley Thunder Lacrosse organization will be hosting lacrosse intro and skills clinics at the Kings Mutual Century Centre in Berwick April 9, 11, 16 and 18. The cost will be \$5 drop-in fee. Timing are as follows: ages six to 11 6 p.m. to 7 p.m.; ages 12 and up, 7 p.m. to 8 p.m. Parents are also welcome to try the sport. All players need a helmet and gloves; experienced players are encouraged to wear full gear.

April 18 is league registration. Check the website for



fees and details on teams and timings.

Box lacrosse has grown in the city for years, and is one of the best sports to maintain fitness - and complement hockey training.

For more information, contact Claude Marcotte, Western Valley Thunder coach and skills coordinator, 765-6228 or 760-2288.

N.S. sportfishing season open

Nova Scotia anglers are back on the water, as the provincial sportfishing season opened April 1.

Anglers should become familiar with the new regulations for the 2013 season. These changes include new fish possession regulations, management measures, season changes and bag limits to conserve and enhance Nova Scotia's sport fishery. Regulations are included in the

2013 Angler's Handbook and Summary of Regulations, which comes with fishing licences.

More than 100,000 anglers enjoy fishing every year, including taking part in free fishing weekends each winter and summer, fishing derbies and tournaments, the Learn to Fish program for youth and outdoor skill programs like Families United with Nature and Becoming an Outdoors Woman.

Nova Scotia residents may purchase a seasonal licence for \$26.73, taxes included. For non-residents, a seasonal licence is \$61.73 and a seven-day licence is \$33.72. Seniors' fishing licences are available for \$6.57. One-day licences, for residents and non-residents, are \$12.71. All anglers 16 or older must purchase a general fishing licence.

Licences may be purchased from many gas retailers, hard-

ware, convenience and sporting goods stores, or at any Access Nova Scotia location. They are valid until March 31, 2014.

A licence is not required to fish in tidal or saltwater in Nova Scotia, but season and bag limits apply.

More information on angling and a list of special regulations by recreational fishing area may be found at www.gov.ns.ca/fish/sportfishing.ca.

Want to make a difference?

We are seeking energetic and enthusiastic Nova Scotians to serve on the province's **Agencies, Boards and Commissions (ABCs)**

"I enjoy working with the dedicated people who make up the Council. We deal with many different agricultural commodities and are continually learning. Together, we strive to make agriculture a strong economic industry for our province."

— Carol Versteeg
Member, Natural Products Marketing Council

"Having worked in the credit union system for over 36 years, I find it personally and professionally rewarding to play a part in maintaining the strength and stability of the Credit Union System in Nova Scotia."

— Rod Munroe
Chair, Nova Scotia Credit Union Deposit Insurance Corporation

If you have an interest, we have a committee.

Deadline for Adjudicative applications is May 20, 2013

Consideration of Non Adjudicative applications will begin May 6, 2013

For more information about current opportunities and the selection process for each,

visit www.gov.ns.ca/exec_council/abc

or call the Executive Council Office 902-424-4877 (toll free 1-866-206-6844) or email execounc@gov.ns.ca



The Province of Nova Scotia is an equal opportunity employer. Through the Employment Equity Policy, the Government of Nova Scotia seeks to better represent the diverse public it serves. Government is committed to ensuring diversity in the workplace by supporting initiatives that promote the equitable participation of Aboriginal persons, African Nova Scotians and other racially visible persons, persons with disabilities, and women in positions where they are under-represented. We value the representation of citizens of all ages. All applicants who are members of an employment equity group are encouraged to self-identify.

Runnin' down a dream

Women's group encouraging way to get moving

**Sara Keddy,
Managing editor**

Jill Jackson has tried to run in the past, but "Ugh."

"I'll never be a runner – but, maybe this time, I will."

Jackson, the director of the 14 Wing Greenwood Community Centre kick started a ladies' learn-to-run program in March, with instructor Erin Rivers.

"Running does seem more popular because of courses like this, and it is getting people physically active," Jackson says. "There are always courses like this in the city – why not here?"

Fifteen women registered for week one, and 15 are still turning up.

"We haven't lost anyone yet! We're a mixed group: some have run before, some have but not for a while; some have the goal of a five-kilometre race at the end. We're all walks of life, and all ages."

Rivers, a young runner with a kinesiology personal training background, is "very encouraging, and knows her stuff," Jackson says. Each of the two weekly sessions includes an educational component – proper footwear, nutrition, injury prevention; and then the group hits either the indoor track at the Fitness & Sport Centre, or the open road. Participants are building on a combination of walk/ run intervals, at several paces.

"No one's competing against

each other, we're all encouraging everyone and getting that support you can do it or try harder," Jackson says. "Everyone's progressing and doing really well – challenging them-

selves to do that extra."

The women are also assigned "homework" to build up their fitness and running abilities, and connect over Facebook to continue the encouragement

between group events. Several members are planning to try out the upcoming April 21 14 Wing Greenwood ZX 10 K's five-kilometre option; others have registered for the June

all-female Sole Sisters run in Dartmouth.

"I don't want to miss it," Jackson says. "I feel this time, I can actually do it, and people are all keen."



The gals are ready to run during their week four session, held on the indoor track of the 14 Wing Greenwood Fitness & Sport Centre.
S.Keddy



Children of military families needed for a study

We are looking for parents interested in having their children be part of a focus group with other children to discuss their perspectives on issues related to deployment, relocation, and well-being.

*The focus groups will be conducted by a qualified researcher with a PhD, and a social worker will be present at all times.

THE STUDY

Children in Military Families: The Impact of Military Life on Family Well-Being

The Chief of Military Personnel and the Chief of Defence Staff have made the well-being of military families a top priority. Thus, this research study looks at the impact of military life from the children's perspective. We would like to understand children's experiences of military life, so we can make policy/ program recommendations that will improve the quality of life and well-being of Canadian Forces families.

It's an opportunity for children to have their voices heard on issues that affect military families.

OUTLINE

- Focus Groups will be held on April 22nd and 23rd at Greenwood Military Family Resource Centre.
- 30 to 40 minutes long.
- Children grouped by age (8 to 10 and 11 to 14).
- Questions related to their experiences of parental deployment, family relocation, and well-being.
- Responses will remain confidential and anonymous.
- During the focus groups, parents will be asked to remain in the waiting room nearby.

You and your child can meet the researcher conducting the focus group and ask any questions prior to your child's participation. You will be asked to sign consent forms, but please note again that your child's participation in the focus groups is completely voluntary and he or she may leave at any time.



Enfants de familles militaires recherchés pour une étude

Nous sommes à la recherche de parents qui voudraient que leur enfant participe à un groupe de discussion avec d'autres enfants afin de partager son point de vue sur des questions comme le déploiement, la réinstallation et le bien-être.

*Un chercheur qualifié titulaire d'un doctorat animera les groupes de discussion et un travailleur social sera sur place en tout temps.

ÉTUDE

Enfants de familles militaires : Incidence de la vie militaire sur le bien-être des familles

Le Chef du personnel militaire et le Chef d'état-major de la Défense ont fait du bien-être des familles militaires l'une de leurs principales priorités. Ainsi, la présente étude se penche sur l'incidence de la vie militaire du point de vue des enfants. Nous voulons comprendre l'expérience de la vie militaire pour les enfants de façon à formuler des recommandations qui permettront d'améliorer la qualité de vie et le bien-être des familles des Forces canadiennes.

Il s'agit là d'une occasion pour les enfants de donner leur opinion sur des questions touchant les familles militaires.

APERÇU

- Il y aura des groupes de discussion les 22 et 23 avril au Centre de ressources pour les familles des militaires de Greenwood.
- Les groupes de discussion dureront de 30 à 40 minutes.
- Les enfants seront regroupés en fonction de leur âge (8 à 10 ans et 11 à 14 ans).
- Les questions posées aux enfants porteront sur leur expérience par rapport au déploiement des parents, à la réinstallation de leur famille et au bien-être.
- Les réponses demeureront confidentielles et anonymes.
- Pendant les groupes de discussion, nous demandons aux parents de rester dans la salle d'attente située à proximité.

Votre enfant et vous pouvez rencontrer le chercheur qui animera le groupe de discussion et lui poser toutes vos questions avant que votre enfant ne participe au groupe de discussion. Vous devrez signer des formulaires de consentement, mais prenez note que la participation de votre enfant au groupe de discussion est tout à fait volontaire et qu'il lui est possible de quitter le groupe à tout moment.