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 **the Aurora**

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Pulling power May 23 food bank challenge ready to 'rock'

**Sara Keddy,
Managing editor**

14 Wing Fire and Emergency Services crews have been multi-tasking for months, in preparation for their fourth annual Pull the Pumper challenge May 23.

On the one hand is all the organizational detail that goes in to hosting a multi-team physical challenge and food donation drive in aid of the Upper Room Food Bank. On the other hand is the determination to win back bragging rights for winning the event.

"Oh, it's all for the food bank in the big scheme of things, yes – but there's a lot of pride on the line for our guys," says this year's OPI Master Corporal Trevor Evans. "We lost last year in our own backyard – those guys from TEME came out of nowhere!"

Wearing full military boots and clothes and waving their section flag, 14 Wing's Transportation and Electrical and Mechanical Engineering Squadron won the 15-team

challenge in 2012. The event is not so serious, though, the spirited Wing Imaging team, the volunteers from the Kingston & District Fire Department and any others who join the challenge are out of place.

"The cost to compete is just putting up a box and collecting food, then bringing it in – that's the entry fee," says Evans.

Last year, the challenge collected 2,400 pounds of food and \$1,996.54 in cash.

"We really want to rock it this year, and everyone's pretty much on board. The food bank really needs support at this time of year," it's not Christmas or Thanksgiving, or a traditional time of giving when people think of the food bank.

"We definitely want to increase the weight and destroy last year's money numbers," says Evans.

Base partners helping with Pull the Pumper include PSP, the Greenwood Military Aviation Museum, CANEX, the Flight Line Café, Wing Tele-



Master Corporal Trevor Evans, right, and Warrant Officer Eric Bungay show off the handmade wooden fire truck now being raffled as part of the 2013 Pull the Pumper challenge. 14 Wing's own Master Corporal Aaron Evans made the truck and donated it in thanks to the community for all it has done for his family recently, during cancer treatments for his child. The draw will be held May 23 at the Pull the Pumper event.

S.Keddy

communications and Information Services, the Annapolis Mess, roads & grounds, the 26 CF Health Services and the Military Family Resource Centre. Registration gets

underway at 10 a.m. May 23 in the CANEX parking lot, with the challenge's obstacle course opened for the 11 a.m. start. Spectators are encouraged to come and enjoy the

fun, and bring along a few donations for the food bank of their own. There will be a BBQ and drinks for sale as well.

Unfortunately, Evans won't be able to compete in this

year's event: his Green Crew is organizing the challenge and will be running the event –

"But we could compete!" he adds.

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Archive

L'union fait la force

Le 23 mai, on relève le défi pour soutenir la banque alimentaire!

Sara Keddy,
Rédactrice en chef

L'équipe des Services d'incendies et d'urgence (SIU) de la 14^e Escadre mène plusieurs tâches de front depuis des mois afin d'être prête pour la quatrième édition annuelle du défi du tir du camion de pompiers, qui aura lieu le 23 mai.

D'un côté, il y a tout l'aspect

organisationnel relativement à la tenue du défi physique par équipe et à la collecte de denrées non périssables pour la banque alimentaire Upper Room Food Bank et de l'autre, il y a la détermination de se réapproprier les droits de vanterise en remportant le défi.

« Bien sûr que l'objectif principal de la journée est de contribuer à la banque alimentaire, mais la fierté des hommes et femmes est aussi en jeu. L'an dernier, c'est une équipe de la porte d'à côté qui a gagné. Les membres de l'Esc TGEM nous ont vraiment pris par surprise! », a déclaré le caporal-chef Trevor Evans.

En 2012, vêtus et chaussés de tout leur équipement militaire et brandissant le drapeau de leur section, les membres de l'Escadron de transport et de

génie électrique et mécanique de la 14^e Escadre ont remporté le défi auquel participaient quinze équipes. L'activité n'est pas à prendre trop au sérieux : l'équipe très animée des Services d'imagerie, des bénévoles du Service d'incendies du district de Kingston et bien d'autres groupes, armés d'un fort esprit d'équipe, sauront bien s'amuser au cours de la journée.

« Le coût pour s'inscrire au défi n'est pas élevé; il suffit de remplir une boîte de denrées non périssables et de la présenter le jour de la tenue de l'activité », a ajouté Trevor Evans.

L'an dernier, nous avons remis 2 400 livres de denrées et 1 996,54 \$ à la banque alimentaire.

« Nous voulons vraiment

faire fureur cette année et tout le monde veut apporter sa contribution. La banque alimentaire a vraiment besoin d'être renflouée à ce temps-ci de l'année », a poursuivi le caporal-chef. Ce n'est pas Noël ou l'Action de grâce ni une autre période de l'année particulière durant laquelle les gens pensent à faire des dons.

« Nous tenons à augmenter le poids de notre collecte de denrées et le montant des dons en argent recueillis », a ajouté le caporal-chef Evans.

Les partenaires de la base qui contribuent au défi sont notamment les suivants : PSP, le musée de l'aviation militaire de Greenwood, CANEX, le restaurant Flight Line Café, les Services d'information et de télécommunication de l'escadre, le mess Annapolis, Routes et

Terrains, le 26^e Centre de services de santé des Forces canadiennes et le Centre de ressources pour les familles des militaires. Vous pouvez vous inscrire à compter de 10 h, le 23 mai, dans le stationnement de CANEX et la course à obstacles commencera à 11 h. Nous invitons les spectateurs à nous encourager, à s'amuser et à faire leur propre don à la banque alimentaire. Vous pourrez acheter sur place de la nourriture préparée sur le barbecue et des rafraîchissements.

Malheureusement, le caporal-chef Evans ne pourra prendre part à la compétition cette année puisque son équipe verte est chargée de l'organisation et de la présentation du défi.

« Mais nous pourrions le faire! », a conclu ce dernier.

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not open.

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est fermé.



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office will be closed May 20.

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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
www.forces.gc.ca

Combat Camera

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Recruiting

Recrutement
www.forces.ca

Military Family Resource Centre

Centre des ressources pour les familles des militaires
www.familyforce.ca

VPI

VPI International
www.vpiinternational.ca



Wing Chief Warrant Officer Pierrot Jetté handles a Happy Meal.



Wing Operations Commanding Officer Lieutenant-Colonel Scot Latter, left, and Chief Warrant Officer Bob Viel get their hustle on.



Major Doug Bak of 404 Squadron works with Amy Page from CIBC Greenwood, selling raffle tickets on an iPad.
Sergeant P. Nicholson, 14 Wing Photojournalist



14 Wing command team gets McHappy

**Sergeant Pete Nicholson,
14 Wing Photojournalist**

May 8, 14 Wing Greenwood leadership was invited to join the staff at the Greenwood McDonalds during its 20th annual McHappy Day. McDonald's donated \$1 of every hot McCafé beverage, Big Mac and Happy Meal to local charities.

A strong military presence has always prevailed in Green-

wood, and a positive relationship has been forged between the military and civilian community. This day was a grand opportunity for the community to meet wing leadership - and give them orders for a change. All the teams were mentored by McDonald's staff in taking and filling food and drink orders at the counter and at the drive through window. There were also tickets being sold for

a chance to win an Apple Ipad. Local franchise owners Karen and Bob Smith own eight other McDonalds restaurants from Bedford to Digby, but it all started here in Greenwood 25 years ago. From the funds raised this year by the Greenwood McDonalds, 50 per cent went to Ronald McDonald House in Halifax and 50 per cent went to Camp Brigadoon here in the Annapolis Valley.

Sergeant Bill Griffin gets the thumbs up from 14 Wing Greenwood Commander Colonel Jim Irvine.



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14 Wing Greenwood members of 14 Air Maintenance Squadron and 405 (Long Range Patrol) Squadron during the transition parade May 3. The event marked the transfer of authority from 14 AMS to 405 Squadron. Corporal S.Wilson, 14 Wing Imaging

405 Squadron takes on CP140 first line maintenance

**Lieutenant (Navy)
Sylvain Rousseau,
Wing Public Affairs Officer**

With the arrival of the CP140 Aurora in 1980, CFB Greenwood and 14 Wing have enjoyed tremendous support from both the base aircraft maintenance and engineering organization, and since 1993, the newly-formed 14 Air Maintenance Squadron (14 AMS). Displaying a proud history of exceptional operational aircraft maintenance support to the CP140 fleet, 14 AMS was the last remaining air maintenance squadron in the Royal Canadian Air Force directly responsible for first line servicing - and snags - on any of the operational fleets.

With the introduction into service of Block III capability, the long range patrol (LRP) community had a unique opportunity to better prepare itself for continued outstanding support heading into the next 10 to 15 years of service. Lessons learned from recent operations pointed to a need for the fleet to better align its operational structure so force generation could more effectively build capacity for future force employment. It was determined both CP140 LRP operational squadrons needed to be similar in both form and function. Armed with a “train as we fight” mantra, the decision was made to transition first line maintenance from 14 AMS to 405 (LRP) Squadron.



From left, Lieutenant-Colonel Chris Ouellette, Brigadier General Derek Joyce and Lieutenant-Colonel Mike Adamson formalize the transition of CP140 first line maintenance from 14 Air Maintenance Squadron to 405 Squadron. Corporal S.Wilson, 14 Wing Imaging

This transition was a culmination of many years of effort at 14 Wing. As the merits of wing versus squadron maintenance were debated, it became clear, collectively, we achieve greater

mission success when we “Operate as One.” 14 AMS will continue to be an integral part of CP140 operational capability, focused on second line maintenance activities. May 3, this auspicious event was commemorated with a transfer of commanding officer duties from Lieutenant-Colonel Chris Ouellette to Lieutenant-Colonel Mike Adamson including a parade with march pasts, and the signing of ceremonial certificates. “It has been 60 years since 405 Squadron last counted ground crew amongst its personnel, and today I am very pleased - and excited - to welcome 173 new members to our squadron,” said Adamson.



Aircraft CP103, refuelled by Apprentice Training Cell technicians. Private M.Gaudreault



Members of 14 Air Maintenance Squadron during torpedo loading practice at 14 Wing Greenwood. Private J.Therrien, 14 Wing Imaging



Corporal Jason Cheeke, 14 Air Maintenance Squadron, loads C2A2 Smokes on Aurora aircraft CP140101. Corporal M.Spence, 14 Wing Imaging



Master Warrant Officer Wilson inspects the propeller of CP-140 Aurora aircraft 106 after its arrival at Canadian Forces Station Alert for the first time in history during blizzard-like conditions in March 2011. Corporal J.Kusche, 14 Wing Imaging

Acknowledging NAOSH

14 Wing Greenwood Commander Colonel Jim Irvine and members of the Wing Workplace Health & Safety Committee raised the flag at the base's main gate May 6, commemorating the North American Occupational Safety & Health Week May 5 through the 11. From left are committee labour representative Scott Harrigan, Wing General Safety Officer Roger Walsh, Wing Chief Warrant Officer Pierrot Jetté, Irvine, committee labour co-chair Colleen Hodder, Lieutenant-Colonel Brian Richardson, committee employer co-chair; and Master Warrant Officer S.D. Ellis.

Corporal S. Wilson, 14 Wing Imaging



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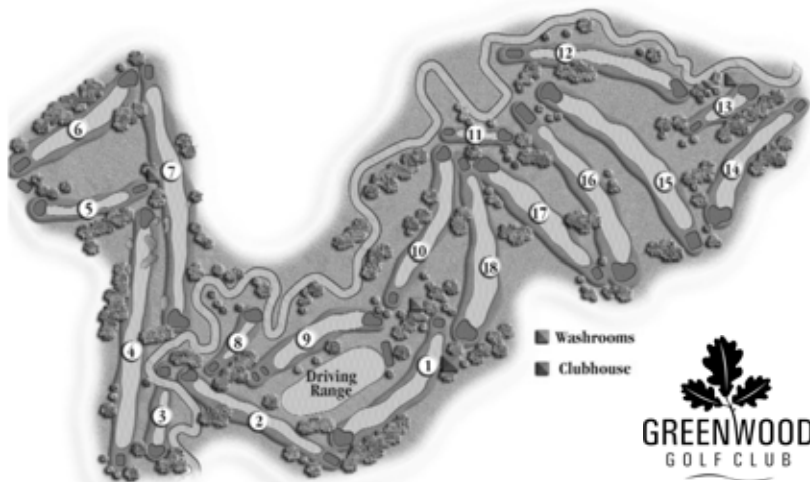
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Major Jean-Philippe Gagnon receives his 2,500 hours Aurora pin from Maritime Proving & Evaluation Unit Commanding Officer Major Kurt Lalonde and Master Warrant Officer Marc Leclerc.



Major Jean-Philippe Gagnon receives his CD 1 from Maritime Proving & Evaluation Unit Commanding Officer Major Kurt Lalonde and Master Warrant Officer Marc Leclerc.



Sergeant Mark Maher receives his 1,000 hours Aurora pin from Maritime Proving & Evaluation Unit Commanding Officer Major Kurt Lalonde and Master Warrant Officer Marc Leclerc.



Warrant Officer Erik Keur receives his 2,500 hours Aurora pin from Maritime Proving & Evaluation Unit Commanding Officer Major Kurt Lalonde and Master Warrant Officer Marc Leclerc.



Warrant Officer Pat Lambert receives his 1,000 hours Aurora pin from Maritime Proving & Evaluation Unit Commanding Officer Major Kurt Lalonde and Master Warrant Officer Marc Leclerc.



Maritime Proving & Evaluation Unit Commanding Officer Major Kurt Lalonde receives his 1,000 hours Aurora pin, presented by Honorary Colonel John Hungerford and Master Warrant Officer Marc Leclerc.



Private Nicholas Toole receiving his first chevron from Major Heather Ewing, Officer in Command of 14 Wing Replenishment Squadron. Submitted



Private Chad Simms receiving his first chevron from Lieutenant Gillian Kelland, Acting Officer in Command of 14 Wing Replenishment Squadron. Submitted



Mr. Ian Clow receiving his certificate for 35 years of service to the Government of Canada from Major Heather Ewing, Officer in Command of 14 Wing Replenishment Squadron. Submitted



2nd Lieutenant Sabrina Lafleur accepts her promotion to Lieutenant from Lieutenant Colonel Brian Richardson, Commanding Officer of Wing Logistics and Engineering. Submitted



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Captain Guelhrme Grigoli of Brazil sets up a group shot of his MTAP classmates.

S.Keddy

Canadian military message an international lesson

**Sara Keddy,
Managing editor**

The Canadian Armed Forces is making its mark – in the classroom, as hundreds of students from foreign militaries are learning new ways to work.

The Directorate of Military Training and Cooperation has held 17 courses over the past decade at Camp Aldershot, with close to 500 students from 68 countries enrolled.

“The students are carefully selected by their countries to come, and there are only so many places allotted,” says

Major Kevin Crowell, a course leader. “The level of importance these countries place on sending these people is huge. I am getting intelligent, motivated officers in the early part of their career – young enough to adapt and learn, but old enough to have experiences to share. Their mission is to learn and share.”

The MTAP course came out of the practice of “sliding” foreign officers on Canadian and American military courses as space was available, at the same time their native countries were looking to become involved in NATO,

for example. Staff training was seen as crucial to make those connections stronger. In 2004, Aldershot started hosting 15-and-a-half week programs, with between 19 and 42 foreign students enrolled.

“This is a chance to establish low-level, diplomatic ties to a country and be a first point of military contact,” Crowell says. “What does Canada get out of it? We see their capabilities increase, and that means it’s less likely we have to be involved in military ways in those countries.”

MTAP focuses on problem

solving skills, international law during armed conflicts, media awareness, child soldier issues and more – “it’s a fairly substantial ‘tool kit’ we give them to go home with, and they do quite well with it,” Crowell says.

Likely the biggest, unstructured program lesson: learning, sharing and working with soldiers from many different countries.

“They don’t learn from us, as much as each other,” Crowell says. “It’s amazing the bonds that develop, and how the class members keep themselves in touch. They’re all at the same levels in their careers – these are strong bonds.”

One member of the very first course in 2004 is now the chief of defence staff in Belize; many others have returned over the years as instructors. Some course participants have sat in a classroom with soldiers from a country they may even have been in conflict with.

Setting all of this in Canada, with Canadian military and social values as building blocks, Crowell says, “gives them observations and attitudes of Canadian democracy and ideals – what Canada is like.”

“Having been in a lot of places in the world myself, when I come back, it’s ‘Wow, we have a fantastic country.’”

Making connections

The Brazilian army was a personal choice for Guelhrme Brigoli, a captain and cavalry instructor after 15 years in the service.

Being selected as one of the members of the current MTAP course at Camp Aldershot was a good career opportunity for him – but “very important for my country and to further develop our doctrine and our international doctrine,” he says.

After experiences at home working with neighbours, including Argentina and Uruguay, Brigoli knows “working together is very important. This increases the relationship between Brazil and Canada.”

International relations

As regional advisor of cooperation in Macedonia, Lieutenant Dragan Dimitrievski already understands the importance of international links. He juggles ties between his own country’s Ministry of Defence and other countries in the Balkan region, including Italy and Turkey.

“This is one of the most valuable courses for us to have – it’s an example of the partnerships between Canada and a lot of countries,” Dimitrievski says. “I do the same thing in Macedonia, but I’m here for the military part – how to set up a headquarters, how to work in an international environment. The style or writing, the military chain of command, the ethics – it’s mainly similar – but the Canadian way.”

Building on experience

Major Bader Rashid is a company commander in Oman, based near the country’s coast: contact with international neighbours is frequent, and the MTAP course experience, for him, is “adding to my experience.”

“We’re working together with other officers from other countries, and we see the culture, institutions and have the English language experience here in Canada. My government is trying to get peace and good relations together” with other countries.



Aurora Newspaper managing editor Sara Keddy visited the MTAP classroom as part of 14 Wing Greenwood Public Affairs Officer Lieutenant (Navy) Sylvain Rousseau’s day-long session on media awareness. The class prepped several key messages, then worked on ensuring those messages were presented in an interview session with Keddy. Major Bader Rashid of Oman sat in the “hot seat” for his group.

Lieutenant (Navy) S.Rousseau, 14 Wing public affairs officer

413 Squadron history on display

**Captain
Bertrand Thibodeau,
413 Transport and
Rescue Squadron**

Over the last year-and-a-half 413 (Transport & Rescue) Squadron saw its briefing room go from plans to construction to completion.

Thanks to the tremendous efforts of Sergeant Nangreaves, Master Corporal Junkin, and Master Corporal Pond, who had the task of sifting through decades of historical documents and pictures, the 413 Squadron Tusker Memorial Briefing Room now has its heritage on display.

Part of Nangreaves' team's

challenges was to create an environment which would give pride and recognition to the squadron's historical exploits and, at the same time, honour the sacrifices of those who have paid the ultimate price so others may live. The Tusker memorial wall reminds us of those who have lost their lives while with the Greenwood squadron, and displays the many honours and recognitions 413 Squadron has received over the years.

"When people come for a briefing at our squadron, there will be no doubt in their mind that this is a SAR Squadron," Chief Warrant Officer Vic Molnar says.



Corporal J. Reynolds, 14 Wing Imaging



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Annual aerodrome FOD walk and mission support area spring clean-up May 16

The annual FOD walk and spring clean-up will be held May 16, commencing at 1 p.m. To ensure effectiveness

of the clean-up, maximum unit participation is required. FOD walk OPI is Captain Arruda, 765-1494 local 3184.

Spring clean-up OPI is Sergeant Miller, 765-1494 local 3616.

March annuelle du FOD de l'aérodrome et nettoyage du printemps de l'ère de soutien le 16 mai

La marche FOD annuelle et le nettoyage du printemps aura lieu le 16 mai 2013 à 13h00. Pour assurer un nettoyage ef-

ficace, une participation maximale de l'unité est demandée. BPR: marche du FOD et Capitaine Arruda, 765-1494

poste 3184. BPR: nettoyage printemps et Sergeant Miller, 765-1494 poste 3616.



Drive safe

14 Wing Greenwood's Mobile Support Equipment safety team is reminding drivers it is Canadian Armed Forces National Road Safety Week. May 10, Wing Commander Colonel Jim Irvine launched the initiative with a display at the base's main gate. From left are MSE officer in charge of safety Warrant Officer Bryan Easson, Wing Chief Warrant Officer Pierrot Jetté, Irvine, and MSE safety team members Corporal France Durand, Corporal Earl Hynes and Master Corporal Ronnie Donaldson. MSE will be conducting safety patrols, looking for correct backing up procedures, seat belt use and cellphone responsibility, among other safe driving practices. They've got prizes for people they spot driving safely!

14 Wing Imaging



Greenwood

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PARENTING SYMPOSIUM
Tues., May 28
6 – 8 p.m.
Free at the GMFRC
Parents/Caregivers of children of all ages
Register by: Fri., May 24
*Childcare will be provided on site; however, space is limited.

COLLOQUE SUR L'ART D'ÊTRE PARENT
mardi le 28 mai
18 h à 20 h
Gratuit au CRFMG
Parents et gardiens d'enfants de tous âges
Date limite d'inscription : vendredi le 24 mai
* La garde d'enfants sera offerte mais les places sont limitées.

RESPITE CHILDCARE
Saturday, May 25
10 a.m. – 5 p.m.
Free for CF Families who have a partner deployed
Children up to age 12
Register by: Thursday, May 23

SERVICE DE GARDE DE RELÈVE
samedi le 25 mai, 10 h à 17 h.
Gratuit pour les familles des FC dont un conjoint est déployé.
Enfants de 0 à 12 ans
Date limite d'inscription : jeudi le 23 mai

TRY SOMETHING NEW: ARTIST TRADING CARDS
Wed., May 29 (6 - 8 p.m.)
or
Thur., May 30 (1- 3 p.m.)
GMFRC
\$10
Register by: Wed., May 22

LES JOURNÉES DES NOUVELLES EXPÉRIENCES : LES CARTES ARTISTIQUES À ÉCHANGER
mercredi le 29 mai, 18 h à 20 h
ou
jeudi le 30 mai, 13h à 15h
CRFMG
10 \$
Date limite d'inscription : mercredi le 22 mai

Road to Mental Readiness (R2MR)

R2MR is a CF website created to provide CF personnel, their families, and service providers with information about R2MR Deployment Education Training Program.
<http://www.familyforce.ca/sites/Greenwood/EN/Pages/default.aspx>

En route vers la préparation mentale (RVPM)

Le site Web RVPM des FC s'adresse au personnel militaire, aux membres de leur famille et aux prestataires de soins. Il a été développé dans le but d'offrir de l'information au sujet de ce programme d'entraînement et d'éducation sur le déploiement.
<http://www.familyforce.ca/sites/Greenwood/FR/Pages/default.aspx?>

To register, or for more information, call 765-5611 or drop-in to the GMFRC Centre on CRFMG School Road, Greenwood. Methods of payment accepted are cash or cheque.

Pour s'inscrire ou pour plus d'informations, appelez au 765-5611 ou présentez-vous au CRFMG situé au Centre AVM Morfee sur le chemin School à Greenwood. Nous acceptons les paiements en argent ou par chèque.



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Spring Fling

Curb appeal puts your home in big demand

(NC) - In a market where sellers are in competition to make the most out of their largest investment, improving your home's first impression is one of the best ways to set it apart from the rest of the pack.

When prospective buyers or renters drive through your neighbourhood, what do they see? This is a really important question you need to answer because it will help understand what your buyer is going to be looking for in a new home. Once you've answered this, ask yourself objectively if the front of your home is in keeping with the rest of the houses in your neighbourhood. The first impression is critical in setting the mood for prospective agents and buyers. If your home's exterior

looks like it needs work, then people immediately assume it's a "fixer-upper." The opposite is true if your front yard is manicured, the roof is in good shape and the driveway is in good condition. Having a potential buyer walk into your front door in a positive mode can translate into big dollars for you.

Both Virginia Tech and the University of Guelph did studies in 2011 that measured the effect of landscaping on property values, and they both came to the same conclusion. To improve curb appeal, basic landscaping increased the home's value by five per cent but more extensive landscaping including decks and patios increased the homes value up to 15 per cent.

So where do you spend the money?

Set your budget and be realistic about what you're trying to accomplish with it. Keep in mind you are trying to create an excellent first impression to attract potential buyers. This isn't the opportunity for you to realize your landscaping dreams. Consider a new paint job using a colour scheme that highlights the character of your home. Install a new front door, or at least update your door's hardware. Even something as simple as full and healthy planters can make a favourable impact.

One of the easiest ways to improve curb appeal is to have a clean and tidy front yard. Maybe this is the opportunity to invest in some new tools to help do the job properly. The best part about this type of investment is that not only will your plants and



lawn look better with edging, pruning and cutting, you also get to take your new tools with you once you've sold

your home.

The goal is to create an emotional connection at the first glance of any prospec-

tive buyer, so before you put that sign on the lawn, be sure to spend enough time at the curb.

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Installez votre piscine de rêve

(EN) - Votre piscine est un investissement. Elle accroît la valeur de votre propriété, fait de votre cour une destination vacances, et offre à votre famille un endroit pour s'exercer, se relaxer et se réunir. Les piscines creusées résidentielles sont proposées en vinyle, en béton, ou en fibre de verre. Mais quel est le type qui convient le mieux à votre cour?

Une piscine est une bonne piscine si elle est installée par un professionnel d'expérience dans le domaine. Mais peu importe le type de piscine sélectionné, elle exigera un entretien et un nettoyage régulier poue demeurer durant longtemps un lieu de plaisir perpétuel.

Les piscines doublées de

vinyle sont les piscines creusées les plus populaires au Canada. On peut en personnaliser la forme et les dimensions, et elles conviennent à toutes les cours. Les doublures sont offertes en dizaines de combinaisons de couleurs et de modèles, et leur surface est durable et facile d'entretien.

Quant aux piscines en béton, la créativité est un de leurs traits distinctifs, car chacune est fabriquée sur mesure et durera toute une vie. Un constructeur peut créer et réaliser un concept tout à fait hors de l'ordinaire et décorer la piscine avec des carreaux de céramique ou de verre, du plâtre, ou de la peinture.

Les piscines monobloc sont fabriquées en résine de

fibre de verre et leur surface est apprêtée avec un matériel non poreux semblable à celui des bateaux. Recherchées pour la simplicité de leur mise en place, ces piscines sont préfabriquées en usine et expédiées prêtes à être installées. Bien que le choix de dimensions et de formes soit limité, ces piscines peuvent être personnalisées avec nombre de couleurs et de finis, et aussi d'autres options, et elles sont faciles à installer dans tous les types de sols.

Pour obtenir des renseignements sur les types de piscines, des conseils pratiques, et des adresses de fournisseurs dignes de confiance dans votre région, visitez le site poolcouncil.ca ou composez sans frais le 1 800 879-7066.



Prevent pests on your pet during dog days of summer



(NC) - Whether packing up the bags for a family vacation or loading up the cooler for a backyard barbecue, summer is the season to experience all the great outdoors has to offer, which includes summertime pests.

Fleas, ticks and mosquitoes thrive during the dog days of summer, and can pose threats to humans as well as our four-legged family members.

For pets, fleas cause more than just constant scratching; they can transfer tapeworms

and cause serious skin conditions. Ticks are vectors of Lyme disease and Rocky Mountain spotted fever, which can cause serious illness for dogs, including respiratory failure. Mosquitoes can spread life-threatening heartworms to both dogs and cats.

To reduce the risks from these summertime pests:

- Check your pets frequently for signs of pests and keep an eye out for excessive scratching, licking and grooming behaviours.

- Regularly bathe pets during the summer, especially following extended periods outdoors or following playtime with other animals.
- Never let your pet sleep in your bed, and regularly wash your pet's bed and toys.
- To help control tick populations, keep vegetation in the yard trimmed, especially along the edges of your property.
- Work with your pest management professional to

treat your yard for ticks, fleas and mosquitoes.

- Speak to your veterinarian about flea and tick prevention treatments, as well as heartworm prevention medication.

Consult your veterinarian and pest management professional for additional advice on how to identify, prevent and treat these summertime pests. Taking preventative steps can help make sure pests don't get the best of your pests.

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Design your dream garden

(NC) - Wish you could give your garden an instant make-over? It's easy to make a dramatic difference with accessories.

Fun fences!

Faced with a concrete wall? Put up a trellis or two for an instantly dramatic and elegant look. Play up the look even more by adding some climbing plants to highlight the trellis.

Blooms are in the air!

Hanging baskets add colour to an outdoor space. Choose large baskets: a larger soil capacity helps keep plants from drying out. For real impact try brightly coloured baskets like apple green or plum, which coordinate beautifully with flowers.

Rocky road!

Add some pretty pebbles or stones around plant bases or arrange large, smooth rocks along the edges of a pathway. This sophisticated look will draw attention to the shapes and curves in your yard.

Light of the party!

Proper lighting is essential for entertaining on summer evenings and for creating the perfect ambience in your garden getaway. Light from candles, lamps or illuminated planters make a big difference with a splash of colour. Light up planters can add fun and flair to your garden. They also make perfect containers for ice and bevies during those summer parties, too!

How to select flip flops that won't hurt your feet

- Don't be tempted to grin and bear it even if the flip flops appeal to your sense of style. Start by looking at the base of each one and make sure they match the shape and length of your feet. If your feet are too wide or your heel or toes hang over the edge, they are not right for you.
- Look for flips flops that have a thicker sole and a slight difference in height between the heel and ball of the foot. More protection under the heel provides better shock absorption.
- Choose ones with a footbed that has an arch contour for support and a deep heel cup to reduce the risk of turning your ankle.
- Adjustable straps are essential. As flip flops are usually made out of material that softens or stretches over time, adjustable straps will make sure your feet remain anchored in the correct spot even as they age.
- If last year's flip flops are misshapen or no longer hold your foot securely, remember: *If in doubt, throw them out.*

Are flip flops a flop for feet?

(NC) - Nothing says summer like a pair of fashionable, lightweight flips flops, but experts say we should think carefully when we reach for our summer footwear.

"We strongly recommend balancing style and ease with comfort and support," says Ryan Robinson, a Canadian Certified Pedorthist and president of the Pedorthic Association of Canada. "If you are at the pool or sitting in the back yard, flip flops may be an appropriate choice. But if you are walking any distance, a pair of flimsy, ill-fitting footwear can cause a lot of harm."

Basic flip flops, he says, lack support and often fit badly, which can lead to strains and pains in the feet, ankles, knees, hips and back. Unlike walking shoes, which are designed to meet the requirements of the



foot and lower limbs, most flip flops do not provide the support, motion control and cushioning required by the foot during walking.

For the committed, however, not all flip flops are created equal. Unlike the bargain-basement brand, some footwear companies design them with the health of your feet in mind. To minimize injury, flip flop lovers should look for ones with supportive

footbeds, adjustable straps, thicker soles and deep heel cups to provide the foot with much needed support and protection.

Although these more supportive styles should never be substituted for walking shoes when a long walk or rough terrain is involved, they are a suitable choice for short walks and may reduce the risk of injury compared to regular varieties.

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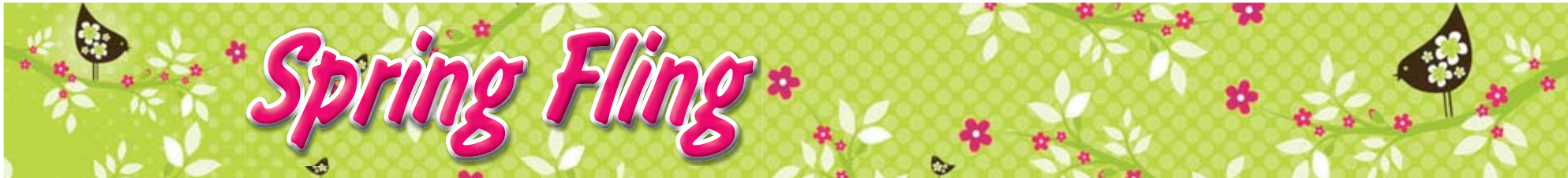
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Shake up your day with a sensational smoothie

(NC) - Give your morning or afternoon snack a bit of a kick-start with this cool and refreshing shake. The perfect blend of bananas, chocolate almond milk and protein powder will not only get you going and keep you energized but it will satisfy any sweet tooth.

Chocolate Almond Banana Smoothie

Makes two servings
1 bottle (about 1/1/2 cups/ 350 mL) chocolate almond milk
1 medium banana, broken into pieces
1/2 cup (120 mL) ice cubes
2 tablespoons (30 mL) almond butter
2 tablespoons (30 mL) soy protein powder

Combine all ingredients in blender and puree until very smooth. Pour into 2 tall glasses and garnish with bananas if desired.

Nutritional Analysis: per 325 mL glass /

Calories: 344	Fibre: 5 g
Fat: 15 g	Cholesterol: 22 mg
Sat Fat: 2 g	Sodium: 125 mg
Mono Fat: 7 g	Calcium: 175 mg
Poly Fat: 3 g	Magnesium: 7 mg
Protein: 33 g	Potassium: 0 mg
Carb: 30 g	Vitamin E: 3 mg*



Guide du jardinage printanier

(EN) - Le printemps est la saison du renouveau et de la croissance. C'est aussi le moment où les pousces verts trépignent d'impatience à l'idée de retrouver leur jardin!

Préparez vos plates-bandes. Désherbez-les et étendez-y une couche de 10 cm de compost ou de fumier. Avec une fourche, mêlez la terre et le compost sur une profondeur d'environ 25 cm, jusqu'à ce que la terre devienne humide et friable.



Entretenez et taillez. Enlevez les branches mortes et

endommagées des arbustes et des arbres avant la pousse de nouvelles feuilles. Toutefois, ne taillez les arbustes et les arbres florissant au printemps qu'après la première floraison.

Faites des tests. Vos zones de jardinage ont peut-être différents besoins. Vérifiez leur pH à l'aide d'une trousse domestique d'analyse du sol. Puis, à l'apparition des premières pousses, vous pourrez les traiter avec les engrais et les amendements qui s'imposent.

Choses à faire et à ne pas faire pour obtenir de superbes fleurs estivales :

- **À faire** : Arroser le jardin avant 10 h. Si vous arrosez pendant qu'il fait trop chaud, près de la moitié de l'eau s'évaporerait.
- **À ne pas faire** : Couper le feuillage des plantes à bulbe avant qu'il ne sèche naturellement. Les feuilles vertes fournissent au bulbe l'énergie nécessaire à la croissance pour la prochaine

saison. Si l'on coupe les feuilles trop tôt, la plante sera petite et faible l'année suivante.

- **À faire** : Fertiliser les roses chaque semaine pendant l'été. La plupart des hybrides ont besoin de beaucoup de nutriments et d'engrais pour produire des fleurs superbes et en santé. Assurez-vous par ailleurs de planter les arbustes dans une zone très ensoleillée, en laissant au moins un mètre entre les

plants pour que l'air circule bien.

- **À ne pas faire** : **Négliger de faire l'essai de nouvelles vivaces.** Chaque année, nous vous offrons certaines des découvertes les plus récentes, et rien n'est plus agréable que de profiter de nouveaux plants dans son jardin. Cette plante vivace pousse comme une annuelle, et produit des fleurs abondantes de l'été à l'automne.

WHAT SHOULD I DO WITH MY MONEY ?

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Conseils de grillage

(EN) - Quelques informations de base pour barbecue vous laisseront en bonne place pour des repas délicieux et sécurité à chaque fois.

- Pour garder les grilles de fonte en bonne condition il est mieux de les laisser un peu sales. Après avoir fini la cuisson, éteignez vos brûleurs et brossez les grilles légèrement pendant qu'elles sont encore chaudes. Les restes de nourriture s'enlèveraient plus facilement quand les grilles sont chaudes et il restera de l'huile et de la graisse qui garderont vos grilles saisonnées. La prochaine fois que tu utiliseras le barbecue, il faudra simplement broser les grilles encore une fois avant d'y mettre votre nourriture.
- Pour empêcher que la nourriture reste collée, il faut



toujours préparer vos grilles. Appliquez-y de l'huile avec un torchon. Chauffez le barbecue au plus chaud possible, ramenez-le ensuite à la température à la quelle tu voudras faire la cuisson.

- Gardez le couvercle fermé! Ouvrir le couvercle laisse sortir la chaleur du barbecue, ce qui rallonge le temps de cuisson. De plus, un couvercle fermé réduit les chances d'écèlement de flamme. Ouvrez-le seulement quand vous faites tourner la

nourriture ou pour vérifier la cuisson.

- Une sauce à base de sucre ou de tomate devrait être réservé pour les dernière 10-15 minutes de cuisson, car le sucre a une tendance de caraméliser ou de brûler à haute température pour une période de temps prolongée.
- Avant d'utiliser des brochettes en bambou pour vos kebabs, faites-les tremper dans de l'eau pour 30 minutes pour empêcher que le bois brûle.

Get value-added on family travel this summer

(NC) - Are you looking for ways to get the best travel value this summer? Take a look at these tips to help save you money:

Set a limit: Create a realistic budget for you and your family and be sure to stick to it. Even during one of the busiest travel times of the year, be on the lookout for deals, vacation packages and family discounts.

Book direct and Save: By staying at a value-priced hotel you'll have more money to spend on attractions and activities. Use the internet to find the lowest rate and then book direct.

Get rewarded: Join a loyalty rewards program prior to your trip and start earning points or miles that can be redeemed on your next trip. Free night stays, gift cards, airline miles and more can help reduce the cost of your next family vacation.

Surf the web: The internet is a valuable resource that can be used to gather information and research possible ideas. Book attractions, tickets and entertainment online as there usually are discounts or incentives.

Take advantage of the extras: Choose a hotel where kids 12 and under stay free when sharing a room with a guardian. Keep the family entertained on a budget by choosing a hotel with kid-friendly amenities like an indoor pool and waterslide.



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Trade in offer expires May 17, 2013. Available on a 3-year term with any rate plan or rate plan plus add-on(s) totalling \$50 or more per month. TELUS, the TELUS logo, the future is friendly, and telusmobility.com are trademarks of TELUS Corporation, used under licence. All other trademarks are the property of their respective owners. © 2013 TELUS.

Spring Fling

Edible landscaping - grow a delicious relationship with your garden



- (NC) - Not only does growing your own produce allow you to save on fresh, organic produce, but edible plants grow in a variety of shapes, colours and textures enabling you to cultivate a landscape that is as unique as you are.
- Most (but not all) vegetable and fruit plants require full sunlight - at least four to six hours a day
 - Full sun vegetables and fruits that grow on the vine generally produce the most colour. Consider an assortment of bell peppers, eggplant, hot house tomatoes, strawberries and blueberries
 - Cool-season plants - cabbage, kale, spinach, broccoli, cauliflower, peas and beans - are versatile and can tolerate some shade
 - Vegetables and fruits will not grow in full shade
 - Salad greens make for great edging plants as they are lush in colour and foliage.
 - For small spaces, window boxes, hanging baskets, potted plants and raised garden beds are versatile and can allow for great growing.
 - Need shade? Consider planting a fruit tree in your yard. Apple, peach, pear or apricot varieties are all great choices for Canadian climate and produce beautiful flowers. Keep in mind falling fruit can be messy, and could attract pests such as flies and bees.
 - To control pests, plant garlic bulbs sporadically throughout your garden. This will help ward off spiders, flies, and slugs.
 - If you love flowers, consider growing edible varieties such as pansies, borage, or even squash.

Think fresh. Eat fresh.

6-inch egg & cheese omelet plus 12 oz coffee

Middleton - 902-825-5525 • Greenwood - 902-765-2267

Helpful hints for family road trips



- (NC) - Whether it's your first road trip or an annual getaway, preparation is the key to a stress free journey.
- Fun for all ages:** Pack a special travel bag full of favourite items such as games, books, toys and electronics. With plenty of activities on hand, time will fly by and help keep kids entertained for hours.
 - Snack attack:** Be sure to pack an assortment of snacks to keep the kids from getting hungry between meals. Make the car ride memorable with special treats they usually don't get at home.
 - Schedule stops along the way:** Make the road trip exciting and take advantage of sights along the way. Plan routine breaks so that they whole family can stretch and burn off some energy.
 - Family first:** Keep the family entertained on a budget by choosing a hotel with kid-friendly amenities like an indoor pool and waterslide.
 - Plan ahead:** Get the kids involved in the planning process to help create excitement. Research your destination and remember to book hotel reservations well in advance. Look for national hotel chains that cater to families and offer loyalty rewards programs.
 - Be prepared:** Always carry an emergency kit and keep it well stocked with the basics like first-aid supplies, extra water, blankets, flares and a flashlight.

VICTORIA WEEK SALE

MONDAY MAY 13TH TO MONDAY MAY 20TH

OUR BIGGEST SALE OF THE YEAR!

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All week from Monday to Monday!

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La peinture « effet tableau » ajoute une touche couleur à votre décor

(EN) - La peinture « effet tableau » est maintenant offerte dans toutes les couleurs ! Benjamin Moore dit bienvenue aux accessoires et murs jaune, rose ou bleu : place à l'imagination et au style!

Laissez libre cours à votre créativité!

Dans la cuisine : créez un tableau sur lequel afficher le menu de la semaine. Ajoutez de la peinture « effet tableau » sur une table pour permettre à vos enfants d'exprimer leur créativité en attendant que le repas soit prêt.

Pour recevoir : transformez un plateau de service en plateau à fromage, en faisant toutefois attention de toujours placer les aliments sur du papier sulfurisé. Ou personnalisez des tasses ou verres à vin afin d'éviter la confu-

sion parmi les invités.

Dans la chambre : étiquetez les tiroirs des commodes afin d'organiser les vêtements, ou ajoutez une couleur complémentaire sur la surface intérieure ou extérieure des portes d'armoire.

Dans le placard : tenez le placard propre et rangé en indiquant où doivent aller les produits de nettoyage, les produits pour la lessive et les marchandises sèches.

Dans l'entrée : peignez un mur d'accent ou le corridor et accueillez vos invités avec de chaleureux mots de bienvenue ou de jolis dessins. Ce fini se distingue surtout par sa polyvalence – utilisez des craies pour créer un côté ludique ou laissez-le vierge pour créer un look plus élégant et mettre évidence sa couleur superbe.





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OR

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HWY (A/T): 6.5L/100KM
CITY (A/T): 9.8L/100KM

Sorento SX shown*



HWY (M/T): 6.7L/100KM
CITY (M/T): 8.5L/100KM

Soul 4u Luxury shown*



AVAILABLE
ALL-WHEEL
DRIVE

HWY (A/T): 6.5L/100KM
CITY (A/T): 9.7L/100KM

Sportage SX shown*

2013 SORENTO

OWN IT FROM **\$158** BI-WEEKLY WITH **\$0** DOWN AT **1.49%** APR + **PAY 60 DAYS** OR **RECEIVE UP TO \$5,000 IN CASH SAVINGS*** (ON SELECT MODELS)

FEATURES	2013 SORENTO LX AT	2013 Hyundai Santa Fe 2.4L Base AT	2013 Chevrolet Equinox LS AT
Horsepower (hp)	191	190	182
Backup Warning Sensor	✓	✗	✗
Automatic Headlights	✓	✗	✓
Mirrors with Turn Signal Indicator	✓	✗	✗

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PP&A, fees and **\$1,500 LOAN SAVINGS***. Offer based on 2013 Sorento 2.4L LX AT FWD with a purchase price of \$28,724.

2013 SOUL

OWN IT FROM **\$122** BI-WEEKLY WITH **\$0** DOWN AT **1.49%** APR + **PAY 60 DAYS** OR **RECEIVE UP TO \$1,500 IN CASH SAVINGS*** (ON SELECT MODELS)

FEATURES	2013 SOUL 2.0L 2U MT	2013 Scion XB MT	2013 Toyota Matrix MT Conv. Pkg.
Horsepower (hp)	164	158	132
Satellite Radio	✓	✗	✗
Heated Front Seats	✓	✗	✗
16" Alloy Wheels	✓	✗	✗

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PP&A and fees. Offer based on 2013 Soul 2.0L 2u MT with a purchase price of \$21,024.

2013 SPORTAGE

OWN IT FROM **\$135** BI-WEEKLY WITH **\$0** DOWN AT **1.49%** APR + **PAY 60 DAYS** OR **RECEIVE UP TO \$2,500 IN CASH SAVINGS*** (ON SELECT MODELS)

FEATURES	2013 SPORTAGE 2.4L EX AT	2013 Mazda CX-5 GS AT	2013 Ford Escape SE AT
Horsepower (hp)	176	155	173
Longer Basic Warranty	5 years/100 000km	3 years/60 000km	3 years/60 000km
Dual-zone Climate Control	✓	✗	✗
Auto-dimming Rearview Mirror	✓	✗	✗

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PP&A, fees and **\$500 LOAN SAVINGS***. Offer based on 2013 Sportage 2.4L LX MT FWD with a purchase price of \$23,824.

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The Power to Surprise

Offer available on select new 2013 models through participating dealers to qualified retail customers who take delivery by May 31, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to \$1,650, PP&A, other fees and certain levies (including tire levies) and A/C charge (\$300, where applicable) and excludes licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). *Up to \$5,000 cash savings on the cash purchase of select new 2013 Sorento/2013 Soul/2013 Sportage models from a participating dealer between May 1-31, 2013, is deducted from the selling price before taxes and cannot be combined with special lease and finance offers. Some conditions apply. *Model shown MSRP for 2013 Sorento 3.5L SX AWD F-seater (SR7500)/2013 Soul 2.0L 4u Luxury AT (SO7500)/2013 Sportage 2.0T SX Navigation (SP7500) is \$40,045/\$27,345/\$39,145 and includes delivery and destination fees of \$1,650 and A/C charge (\$300, where applicable). Vehicles shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment. (if applicable and unless otherwise specified). Other dealer charges may be required at the time of purchase. *Highway/city fuel consumption is based on the 2013 Sorento 2.4L GDI 4-cyl (A/T)/2013 Soul 2.0L MPI 4-cyl (A/T)/2013 Sportage 2.4L GDI 4-cyl (A/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnergyGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.



Steak still all-time favourite on the grill

(NC) - According to the recent Canadian GrillWatch Survey, hamburgers remain the most-often food grilled in the past year, according to 89% of respondents, with beef patties being top favourite (96%). Hot dogs (77%) rose to second place and were most often grilled by families with children. Chicken pieces (76%), followed by steak (74%), took home third and fourth place respectively as foods most-often grilled in the past year.

Steak, however, continues to reign as the all-time favourite barbecue item, according to 44% of respondents, followed by hamburgers (35%), chicken pieces (30%) and hot dogs (16%).

Kick off barbecue season by grilling this mouth-watering steak recipe:

Beef Tenderloin Steaks with Seared Mushrooms and Red Wine Vinaigrette

- Serves: 4
- Prep time: 15 minutes
- Grilling time: 14 to 18 minutes
- Special equipment: perforated grill pan
- 4 beef tenderloin steaks, each about 6 ounces and 1¼ inches thick
- Extra-virgin olive oil
- Kosher salt

- Freshly ground black pepper
- 3 thick slices bacon, cut into ¼-inch dice (2 ounces)
- half a cup finely diced red onion

Vinaigrette

- 3 tablespoons red wine vinegar
- 2 teaspoons Dijon mustard
- 2 garlic cloves, minced or pushed through a press
- 8 ounces cremini mushrooms, stems removed, each cut into quarters
- 2 tablespoons finely chopped fresh chives

1. Brush the steaks on both sides with oil and season generously with salt and pepper. Allow the steaks to stand at room temperature for 15 to 30 minutes before grilling.
2. Prepare the grill for direct cooking over high heat (450° to 550°F) and medium heat (350° to 450°F) and preheat a perforated grill pan over medium heat.
3. In a skillet over medium-low heat, cook the bacon and onion until the bacon is crisp, 6 to 8 minutes, stirring occasionally. Remove from the heat.
4. Combine the vinaigrette ingredients, including ¼ cup oil, ½ teaspoon salt, and ¼ teaspoon pepper; whisk until smooth. Put the mushrooms in a medium bowl and add ¼ cup of the vinaigrette. Mix well. Reserve the remaining vinaigrette.
5. Grill the steaks over direct high heat, with the lid closed, until cooked to your desired doneness, 8 to 10 minutes for medium rare, turning once or twice. Remove from the grill



- and let rest for 3 to 5 minutes.
6. Spread the mushrooms in a single layer on the grill pan and grill over direct medium heat, with the lid closed, until golden brown and tender, 6 to 8 minutes, turning once or twice. Don't move the mushrooms until the bottom sides are nicely browned. Transfer the mushrooms to the skillet with the bacon and onions and warm over medium heat for about 1 minute, stirring often. Add the chives and mix well.

Serve the steaks warm with the mushroom mixture spooned on top. If desired, whisk the reserved vinaigrette and drizzle some over each steak.

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*Certain conditions apply. Prices and promotional rates vary in certain markets. Offer is available for a limited time, subject to change without notice and cannot be combined with other offers. Offer is available to customers adding NEW Bell Satellite TV and either Bell Aliant Home Phone or High-Speed in a 3 product bundle. After 12 months, the then in-market price will apply. Free HD PVR is available while supplies last. Available with compatible equipment to residential customers in New Brunswick, Nova Scotia, PEI and Newfoundland, where access, line of sight and technology permit. System must be activated within 60 days from ordering. 1. Wireless modem provided at no charge, while supplies last and must be returned upon deactivation. Savings based on difference between \$99.95/MO offer and the \$132.90/MO regular price for 12 months.



DODGE
Caravan Kids

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*** Wise customers read the fine print:** €, •, *, %, \$ The 2013 Month Of The Ram Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after May 1, 2013. Offers subject to change and may be extended without notice. All pricing excludes freight (\$1,595), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable taxes and fees. Retailer offered price may vary by location. Cash Discounts available on new 2013 Ram 1500 models (excluding Reg Cab) and consist of \$9,250 in Consumer Cash Discount and \$1,500 in Ram Truck Loyalty/Conquest Bonus Cash. See your retailer for complete details. **\$23,495 Purchase Price applies to the new 2013 Ram SXT 4x4 (23A-AGR+XNH) only and includes \$9,250 Consumer Cash Discount and \$1,500 Loyalty/Conquest Bonus Cash. *Consumer Cash Discounts are offered on selected vehicles and are deducted from the negotiated price before taxes. †4.49% purchase financing for up to 66 months available on the new 2013 Ram 1500 Quad Cab SXT 4x4 model to qualified customers on approved credit through Royal Bank of Canada, Scotiabank and TD Auto Finance. Retailer offer/trade finance may be necessary. Retailer may sell for less. See your retailer for complete details. Example: 2013 Ram 1500 Quad Cab SXT 4x4 with a Purchase Price of \$28,070.24 financed at 4.49% over 66 months with \$0 down payment equals 208 bi-weekly payments of \$135 with a cost of borrowing of \$4,515 and a total obligation of \$28,070.24+\$1,500 Ram Truck Loyalty/Conquest Bonus Cash = \$29,570.24. Total monthly payment will include tax, title, license, dealer fee, etc. Monthly payment calculated based on a loan term of 66 months and a residual value of 15%. Payment schedule shown does not include sales tax. Tax must be paid separately. Vehicle must have been owned/leased by the eligible customer and registered in their name on or before March 1, 2013. Proof of ownership/lease agreement will be required. Additional conditions apply. See your retailer for complete details. #Based on Automotive News' Best Resale Value Award winners. ©2013 Ram Trucks LLC. All rights reserved.



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THE FUEL ECONOMY YOU WANT.**



ALL-NEW 2013 RAM 1500

GET UP TO \$10,750 IN CASH DISCOUNTS*

2013 RAM 1500 QUAD CAB SXT 4X4

\$23,495*

PURCHASE PRICE INCLUDES \$9,250 CONSUMER CASH* AND \$1,500 LOYALTY/CONQUEST BONUS CASH.**

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STEP UP TO THE 2013 RAM 1500 QUAD CAB SLT 4X4

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- Class-Exclusive Active Level air suspension (available)^ⁱ
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\$18

MORE BI-WEEKLY

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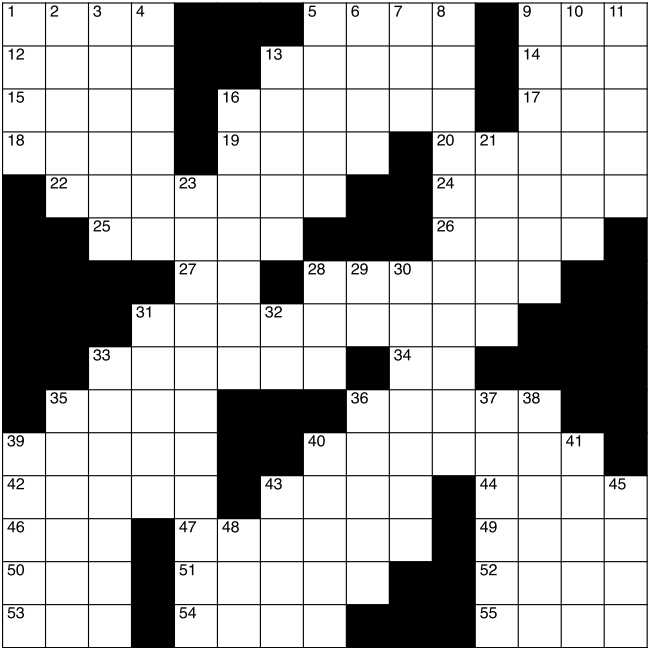


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, (902)765-1717; or email editor@auroranewspaper.com. Dated 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 20



- ACROSS
1. Selects

5. A cutting remark

9. Teaspoonful (abbr.)

12. Having two units or parts

13. Quality perceptible to the sense of taste

14. Expression of surprise

15. Italian Island

16. A coarse cloth with a bright print

17. Propose a price

18. Sedimentary material

19. Tree toad genus

20. Passed time agreeably

22. Custodians

24. 3rd largest city in Zambia

25. 18th Hebrew letter (var.)

26. Coasted on ice

27. Libyan dinar

28. Displayed exaggerated emotion

31. Andalusian Gypsy dances

33. Material

34. Article

35. Ballplayer Ruth
36. 5th largest Greek island

39. Hand drum of No. India

40. A style of preparing food

42. Former ruler of Afghanistan

43. AKA Cologne

44. Not generally occurring

46. Auto

47. Print errors

49. Interspersed among

50. Electrocardiogram

51. Churns

52. Ice hockey feint

53. Drive obliquely, as of a nail

54. Dried leaves of the hemp plant

55. Ardour
- DOWN
1. Lyrical poems

2. Hungarian sheep dog (var. sp.)

3. A pad of writing paper

4. Lists of candidates

5. Base, basket and foot

6. Samoan capital
7. Mythological bird

8. Urban row houses

9. Sensationalist journalism

10. Carried on the arm to intercept blows

11. Estrildid finch genus

13. PA 18840

16. S.W. English town & cheese

21. Runs disconnected

23. Mourners

28. Old world, new

29. Atomic #25

30. Sweet potato wind instrument

31. Legend

32. 3rd tone of the scale

33. Russian jeweller Peter Carl

35. Capital of Mali

36. Extremist sects

37. Violent denunciation

38. Tooth covering

39. Music term for silence

40. Smoldering embers

41. Writer Jong

43. Actor Kristofferson

45. Adam and Eve's 1st home

48. Fish eggs

Minor baseball registration
Kingston/ Greenwood Minor Baseball is still taking registration for all teams. Pre-Rookie, ages 4-6; Rookie, ages 7-8; Mosquito, ages 9-11; PeeWee, ages 12-13; Bantam, ages 14-15. All practices will be at the Ravenwood baseball diamonds. Contact Brandon Gould, president of Kingston Greenwood Minor Baseball, 760-0852; or Stephanie Gould at 760-0806.

Softball
Looking for a fun women's softball team this summer? If you can commit to playing two evenings per week and have some softball experience, call Donna or Rob at 765-2729.

Masonic notice
We are proposing to re-open the Kingston Argus Masonic Lodge as a day lodge. Argus Lodge formed as a military-based Masonic organization, but is open to all. Past members and anyone interested in this day lodge, please contact Rocky Hendrickson, 765-0621.

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 May 17, 18, 24, 25. Showtime 8 p.m. (2 p.m. matinee May 19). Tickets \$12/\$10. 678-8040 for reservations, www.centrestagetheatre.ca.

Scout registration
May 13, 1st Aylesford Scouting will be doing a spring registration for the upcoming 2013/ 14 Scouting year at the Aylesford Lions Hall, Auburn, 6:30 p.m. to 8 p.m. Beavers (five to seven years old), Cubs (eight to 10 years old), Scouts (11 to 14 years old), Venturers (15 plus). Cost of spring registration: \$133 for the 2013/ 14 school year (you save \$20).

Blood donor clinic
May 13 and 14, Canadian Blood Services will hold **donor clinics** at the 14 Wing Greenwood Community Centre, 1 p.m. to 3 p.m. or 5 p.m. to 8 p.m. both days. Bring identification with your full name and signature or full name and photograph. Call 1-888-236-6283 to book an appointment. New



Check out Anne
Friends of Greenwood Library Society members Judith Doherty, Louise Banks, Joyce Hazelwood and Beth Lennox display the Mini Anne CPR kit the group donated to the 14 Wing Greenwood Library. Patrons may sign out this personal learning program and learn life saving skills in 20 minutes. Mini Anne is endorsed by the Heart and Stroke Foundation of Canada.

- donors are welcome!
- Luncheon**
May 14, there will be a community luncheon at the Kingston Lions Hall, 11:30 a.m. to 1 p.m. Come out and enjoy a turkey dinner with mashed potatoes, vegetables and dessert. Cost is \$8, or \$8.50 delivered. Deliveries must be ordered by 10:30 a.m. May 14.

Theatre
May 14 through 18, the Greenwood Players welcome all to their spring production of "There Goes the Bride," a rollicking comedy including, amnesia, a flapper, Australian in-laws and, of course, a wedding! The mayhem takes place evenings at 7:30 p.m. at the Morfee Centre in Greenwood. Tickets are \$8 and may be purchased at Pharmasave in Middleton and Kingston, at the door, or call 825-0019 or 840-3853.

Meeting
May 15, Clear Day Wilmot Garden Club will hold its monthly meeting at 7 p.m. at the Melvern Square Community Hall. Sue Van Horne will give a presentation on Canada Blooms. Everyone welcome. www.wilmotgardenclub.net

Tea
May 15, 2 p.m. to 4 p.m., you are invited to join us for a caregivers' appreciation tea, celebrating the unpaid caregivers in our community, at the Kingston United Church, 733 Main St., Kingston. Everyone is invited; no admission charge.
- Luncheon**
May 15 there is a community lunch at the New Beginnings Centre at 1151 Bridge St., Greenwood. 11 a.m. to 1 p.m. Open to everyone.

Seniors' clinic
May 16, 9 a.m. to 2 p.m., a seniors' wellness clinic will be held at Western Kings Memorial Health Centre in Berwick. This free clinic will provide information on healthy aging. Professionals available to meet you include: physiotherapist: mobility assessment, exercise suggestions; occupational therapist: assistive devices, home safety suggestions; pharmacist: medication education; dietician: maintaining healthy bones through your diet; registered nurse: blood pressure and general health check; social worker: help link you to community resources. This clinic is provided through the Seniors LINC program of Annapolis Valley Health. Call 902-538-3111 to book your appointment.

Music festival & concert
May 17 to 19, the High Cs Choral Festival, to be held in Digby and St. Bernard, is looking for participating choristers. This year's guest conductor is Gary Ewer, a highly respected composer, conductor, arranger and teacher. Activities are focused at the Digby Pines Resort, with the final concert at the St. Bernard church. For information and registration, visit www.highcs.ca, phone Joanne
- Buckmaster at 638-3489, or email Marjorie Hales at dhales@ns.sympatico.ca.

Breakfast
May 18, enjoy breakfast at the Aylesford United Church, 8 a.m. to 11 a.m. Freewill offering. Sponsored by the Committee of Stewards for church expenses. Everyone welcome.

Plant sale
May 18, hosted by the Wilmot Garden Club, 8 a.m. to 11 a.m., at Gouchers Farm Market, corner of Stronach Mountain Road and Hwy. 1.

Meeting
May 18, 9:30 a.m. to noon, there is an information session on guardianship and Henson Trusts, with Michelle Morgan-Coole, at the Berwick fire hall. Admission: freewill offering. Nutrition break provided. To register, contact Vicki Harvey, vharvey@autismns.ca, 1-902-446-4995 or toll-free 1-877-544-4495. All families who care for people with a disability are welcome.

Hymn sing
May 19, there will be a hymn sing at 7:30 p.m. at the Wilmot Baptist Church Christian Fellowship Centre, corner of Hwy. 1 and Dodge Road. Special guest: Matt Balsor. All welcome.

Meeting
May 20, the Canadian Cancer Society's Kingston/ Greenwood Living With Cancer Support Group will hold its regular monthly meeting in the St. Mark's Protestant

954 Central Avenue
Greenwood
765-6381

Chapel Annex, Church Street, Greenwood; 7 p.m. to 9 p.m. Back by popular demand is retired nurse Daisy Dwyer on the topic of "Mindfulness - Finding You Inner Strength." 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).

Writers' group
May 22, Authors Ink creative writing group meets at 10 a.m. at the Annapolis Valley Macdonald Museum, 21 School St, Middleton. Cost is \$3 per person. All welcome. 825-6116 for information or to register for the workshop.

Macdonald Museum
Annapolis Valley Macdonald Museum open 10:30 a.m. to 4:30 p.m., Monday to Friday at 21 School Street, Middleton. See the Nova Scotia Museum's antique clock and watch exhibit, a recreated classroom and general store, the Rusty Nail exhibit and

lots more. Visit the genealogy library Tuesday and Thursday afternoons, 1 p.m. to 4 p.m. Admission charged. 825-6116 or www.macdonaldmuseum.ca.

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.

Roller derby
Thursdays, Riptide Roller Derby will host open house sessions, for women ages 19 and up, at NSCC Middleton, 6 p.m. to 8 p.m. Sundays, learn to roller skate at the AV Morfee Centre, Greenwood, 6 p.m. to 8 p.m. Check us out on facebook.

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 Greenwood 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.

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.

Greenwood AA Group
Greenwood Group of Alcohol Anonymous, Tuesdays at St. Mark's Church Annex, 8 p.m. Meetings are open to those who have a desire to stop drinking.

Jam session
Wednesdays, come out to Brickton (12062 Hwy 1) jam sessions at 7 p.m. Great country and bluegrass music. Come to play, sing or listen. Refreshments. \$2 admission.

Support group
Valley Acquired Brain Injury Support Group hosts various outing of general interest each month, determined by the group. The ABI group meets in Kingston, Greenwood and surrounding areas every third Wednesday, 7 p.m. to 9 p.m. (location & activity will be announced). All are welcome to attend. For information, contact Dan and Sharon Nogler, 765-6760.

911 Civic Signs
Purchase your 911 Civic Sign(s)

by contacting any Lions Club member or by calling your local Lions Club and leave a message. Aylesford: 847-9374, Kingston: 765-2128. Please call for pricing and remember if emergency responders can't find you, they can't help you. Funds raised go back into your local community when purchased through Lions International.

Church service
Sundays: 9:45 a.m. Sunday school, 11 a.m. and 6 p.m. worship services at the Fellowship Baptist Church, 174 Bridge Street, Melvern Square. 765-6361, www.fbcmelvernsq.com.

Church service
Sunday service 10:45 a.m. at New Beginnings Centre, 1151 Bridge St., Greenwood. Nursery and program for children ages three to 12. We are an evangelical Christian church. 765-8155.

Church service
Sunday services, 2:45 p.m., will be held at the New Beginnings Centre, 1151 Bridge Street, Greenwood; with Pastor Leon Langille, "The Peoples 25:40 Church." All welcome.



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sudoku

solution page 20

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

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

solution page 20


HEART HEALTH WORD SEARCH

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

WORDS

ABDOMEN	BIOPSY	CIRCULATION	HYPERTENSION	SATURATED
ALVEOLI	BLOOD PRESSURE	DIASTOLIC	HYPOTENSION	SEPTUM
ANGINA	BRADYCARDIA	DIURETIC	INFARCT	SHUNT
ANGIOPLASTY	BYPASS	EDEMA	ISCHEMIA	STENT
AORTA	CARDIAC	ENDOCARDIUM	LUMEN	THROMBUS
ARTERY	CARDIOVASCULAR	ENZYME	PALPITATION	VEIN
ATHEROSCLEROSIS	CHOLESTEROL	HOMOCYSTEINE	PLAQUE	

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ARIES - Mar 21/Apr 20
Aries, something irresistible keeps grabbing your attention. Don't overindulge too much or you will regret the decision later on. Exercise moderation.

TAURUS - Apr 21/May 21
Taurus, you may be tempted to run away from a challenging situation, but it is in your best interest to hunker down and face the problem. You won't be going it alone.

GEMINI - May 22/Jun 21
Gemini, you seem to quickly conquer tasks that others struggle with. It could be thanks to your ability to focus, but look over your work to make sure it's correct.

CANCER - Jun 22/Jul 22
Cancer, while many things come easily to you, there is one particular situation that continually proves problematic. You might have to scale a few mountains to handle it.

LEO - Jul 23/Aug 23
Leo, this week you might be better off tackling things on your own instead of looking to others for support. This will help minimize any potential distractions.

VIRGO - Aug 24/Sept 22
You have a few secrets you are not willing to share just yet, Virgo. That's alright. Keeping some of your agenda private will inspire curiosity and be to your advantage.

LIBRA - Sept 23/Oct 23
Libra, you may be trying to get a certain person alone so you can have some one-on-one time together. A rendezvous is possible this week.

SCORPIO - Oct 24/Nov 22
Scorpio, you are at an impasse because you are second-guessing some of your most recent decisions. You may need to shift your focus to get back on track.

SAGITTARIUS - Nov 23/Dec 21
The old adage that if you want something done right you have to do it yourself rings especially true this week, Sagittarius. Your skills are put to the test.

CAPRICORN - Dec 22/Jan 20
Capricorn, there is a certain window of time this week when you will be extremely efficient and effective. The other times you may as well throw in the towel.

AQUARIUS - Jan 21/Feb 18
Aquarius, you have to work out a few loose ends before you are free for a much-needed vacation or just time spent doing whatever it is that makes you happy.

PISCES - Feb 19/Mar 20
Pisces, sometimes love can cause pain, but this is the way to grow and learn from mistakes. There are lessons to be learned in a few days.

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Ladies wrap up curling season

April 12 to 14, the Greenwood Curling Club Ladies League wrapped up the season with their 44th Closing Bonspiel.

This year's event included 24 teams and over 100 curlers from around the province. The "A" division was won by Karen David's team from CFB Halifax and the runner-up in "A" was Trish Schmeisser's team from Mayflower. The "B" division winner was Sharon Low's team from Halifax and runner-up was Jill Alcoe-Holland's team from Kentville. Donalda Buckingham from New Glasgow took the "C" division, with the runner-up Carolyn Dale's team from Greenwood.

As always, this bonspiel is as much about hosting an enjoyable event as it is about the curling. The Greenwood club's men's and ladies' leagues joined forces in making this bonspiel a hugely successful event. The bonspiel started off with a meet and greet on the Friday evening, which included a wonderful spread of food and a DJ. Saturday evening was a roast beef buffet dinner,



Karen Reid, left, and Mary Wrenenhagen wait for the chance to throw their own rocks.

Master Warrant Officer R. Bradshaw

served by the men's league. The food was great, and the highlight of the evening was the parade of costumes and the dance. This year's theme was vacations; therefore, we had quite a variety of costumes. You would have been surprised to see cowgirls, curling teams from around the world, and tacky tourists – this lists just a few of the wonderful costumes curlers were wearing as they entered the club Saturday evening. In the end, the Lost Luggage team - Donalda Buckingham from New Glasgow, and Frankie Amos's Beaver Airline Stewardess' team from Mayflower, stole the show.

After all the curling and dancing, it was tough to get the legs moving Sunday morning; however, the semi-finals and finals provided great curling. To send the ladies home for the season, a great lunch was served.

Next year's theme will be "TV Shows," and we are certain to have some interesting costumes. Hope to see you for the 45th Ladies Closing Bonspiel, April 4 to 6, 2014.



The lost luggage of New Glasgow - Donalda Buckingham's team – found their way to the Saturday banquet.



Brian Walker on a golf vacation, thanks to the Tammy Ring team.

Sharing stories of life with MD

Murray D. Rolph

April 6, members of the community were invited to attend a briefing by a local resident, Nicholas Vidito. This fine young man gave an inspirational talk on Muscular Dystrophy. Vidito also has been chosen to be this year's ambassador for

the Halifax Walk For Muscular Dystrophy June 8 at the Halifax Marriott Harbourfront. To support his fundraising efforts and learn more about The Walk for Muscular Dystrophy, visit www.walkformusculardystrophy.ca. Over 30 community members and visitors from the South Shore and Halifax were

at the Kingston United Church. Vidito gave insight into what his life is like with muscular dystrophy. He provided the goods, the bads and some of the "uglies" he goes through on a daily basis. He encouraged us to learn more - we must read and ask questions, open our minds and let knowledge

grow. As a society, we must learn the challenges and issues all people with disabilities go through.


Vidito praised his parents numerous times and thanked the people in attendance who not only came out, but asked

them to spread the word. Over 400 Nova Scotians have some form of neuromuscular disorder.



Alex Peeler, left and guest speaker Nicholas Vidito.

M. Rolph



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1. Through our website: www.auroranewspaper.com

2. Fax: 765-1717

3. Drop into our office located on 83A School Road (Morfee Annex)

Entry deadline:
Noon, May 16, 2013

Full name

Phone number

Complete the following questions from ads in this week's issue and win a large 2-topping pizza from **Pizza Delight, Greenwood**. Coupon valid for 30 days.

1. Who has the words "not even the taxes!" in their ad?

2. Who is offering 4.49% for 96 months with \$0 down?


3. What is happening on May 25th?

4. Who has a Prince and Princess bundle?

5. Who offers hay rides during the season?

Limited to one win per family in a TWO MONTH PERIOD.

The winner will be drawn randomly from all correct entries. Only one entry per family per week.



Pizza Delight, Greenwood
765-4477

Congratulations to last week's winner: **VIOLET EMPEREALE**

Greenwood Bowlers win silver at nationals

**Pat Nixon,
Coach, Team Nova Scotia 'B'**

Greenwood bowlers, representing Nova Scotia, won the silver medal at the 2013 Interprovincial Pins Over Average (POA) Tournament held in Charlottetown April 25 to 28.

Team Nova Scotia "B" - Rob Burchell, Donna Burchell, Melinda Cronin and Al Atwood, coached by Pat Nixon, faced stiff competition in their division. After six games, they took 19 of 35 points, good for fifth place overall on the first day. On the second day of competition, the team was able to take 15 of 21 points in the final three games, earning their way into the playoff rounds. After a hard fought game against Alberta (the top team in the round robin series) in the first playoff round, they went on to face Team Quebec. A seesaw game ensued but, despite the best efforts of Nova Scotia, Quebec won the cham-

pionship game by only 31 pins. The second place finish by this Nova Scotia team was the province's highest ever placing in this tournament.

Besides winning the silver medal, Team Nova Scotia "B" also set a new national POA tournament record for most pins over average for the tournament, with a total of 942 pins over average, obliterating the previous record of 590 pins. Atwood bowled the highest triple game score in the tournament as well.

Meanwhile, the Nova Scotia "A" team ran into stiff competition within its division and, despite their best efforts, finished out of the playoff rounds.

Both teams were proud to have represented Nova Scotia in this national tournament and look forward to qualifying rounds next year. The teams thank the Greenwood Bowling Centre and centre manager Kathy Alexander for their support.



From left are silver medallist bowlers Rob Burchell, Donna Burchell, Pat Nixon (coach), Melinda Cronin and Al Atwood, with Kathy Alexander (Greenwood Bowling Centre manager). Submitted

GMFRC annual general meeting and BBQ May 22

Please join us at the annual general meeting of the Greenwood Military Family Resource Centre, followed by a complimentary BBQ.

This great family event will take place May 22, starting

at 4 p.m., at the AVM Morfee Centre (School Road, Greenwood). If you are interested in the board of directors or have any questions, call the centre at 765-5611.

GMFRC members may pro-

pose items for inclusion in the agenda. These items must reach the board of directors by May 7. They can be sent to home@greenwoodmfr.ca. Please note there will be bylaw changes on the agenda, which

may be found on the website, familyforce.ca.

Free childcare is provided during the brief meeting. Please contact the GMFRC to register your children to ensure adequate childcare is available.

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Annual Meeting Notice

The Annual Meeting of the Kingston District Fire Commission will be held on Tuesday, May 21st, 2013 at 7:30 p.m. in the Kingston Fire Hall.

- * Presentation of Financial Statements for April 1/12 - March 31/13.
- * Presentation of Budget for April 1/13 - March 31/14.
- * Set the area rate at 6 cents per \$100 of assessment.
- * Election of Commissioners.

All interested persons are invited to attend.

**Marilyn Wilkins, Secretary/Treasurer
Kingston District Fire Commission
P.O. Box 528, Kingston, N.S. B0P 1R0**

Kingston Fire Hall Rental

All enquiries re hall rental and use, please call 765-2358.

Allie Pierce Memorial Award

Students graduating from Middleton Regional High School and West Kings High School going on to further studies and residing in the Kingston Fire District may apply for the Allie Pierce Memorial Award. Information can be obtained by calling 765-8158 or email mwilkins@ns.sympatico.ca

Assemblée générale annuelle et BBQ du CRFM de Greenwood le 22 mai

Joignez-vous à nous pour l'assemblée générale annuelle du Centre de ressources pour les familles militaires de Greenwood qui sera suivie d'un souper BBQ.

Cet événement familial aura lieu le 22 mai à 16 h au Centre AVM Morfee (rue School à Greenwood). Si vous êtes intéressés à faire partie du conseil d'administration du CRFM de

Greenwood ou si vous avez des questions, téléphonez le Centre au 765-5611.

Les membres du CRFMG peuvent proposer des points à inclure à l'ordre du jour. Ces

points doivent être transmis au conseil d'administration d'ici le 7 mai. Ils peuvent être envoyés à home@greenwoodmfr.ca. Veuillez prendre note qu'il y aura des changements aux règlements généraux et que ceux-ci seront inclus à l'ordre du jour qui se trouve sur le site Web forcedelafamille.ca.

Le service de garde d'enfants sera offert Gratuitement durant cette brève assemblée. Veuillez S.V.P. communiquer avec le CRFMG afin d'inscrire vos enfants et vous assurer que des places sont disponibles.

Corrections

In the April 29 Aurora Newspaper, a photo of veteran Vic Barnes should have indicated he received the Queen's Jubilee Medal. Incorrect information was submitted.

In the May 6 issue, the chairwoman of the Companion Animal Protection Society should have been identified as Anna Clark.



NOMINATION DAY VILLAGE OF GREENWOOD Wednesday, May 15, 2013

The Village Commissioners of Greenwood have adopted a nomination day by-law and hereby give notice that nominations for election for two upcoming vacancies for Village Commissioner; will be accepted on or before **Wednesday, May 15, 2013.**

Nomination Forms will be available at the Greenwood Village Office beginning **May 1, 2013** for the following vacancies:

2 – three year terms

All nominations must be in writing, in Application "Form A", and must be filed with the Clerk/Treasurer on or before **May 15, 2013**, between the hours of 8:00 a.m. and 1:00 p.m.; or by appointment during the week preceding Nomination Day. Only those persons duly nominated shall appear on the ballots, as candidates for election on **Election Day, May 29, 2013 at the Annual General Meeting, 7:00 p.m.** at the **New Beginning Centre, 1151 Bridge Street, Greenwood.**

Marian Elsworth
Clerk-Treasurer
Village of Greenwood

Volunteers make Greenwood go 'round

Eric MacKenzie,
Community recreation
coordinator &
Leona Conrick,
Volunteers services
manager

The 14 Wing Greenwood Community Recreation Centre and Greenwood Military Family Resource Centre honoured their adult and youth volunteers, as well as sponsors and internal partners, April 24 at the Annapolis Mess.

Roughly 200 guests attended, and over 160 volunteers, 15 businesses and 10 internal partners were recognized for the outstanding contributions they have made to the community during 2012. Without their support and assistance, we would not have been able to provide the quality services, this past year, at 14 Wing.

April 21 to 27, communities across Canada celebrated National Volunteer Week. This was the third year the community centre partnered with the GMFRC, with the purpose of thanking and honouring all of those who donated their time by supporting the causes in which they believe. The event also increased awareness of the vital importance of volunteerism in our 14 Wing community. All volunteers and sponsors received a certificate of appreciation.

Acting Wing Commander Lieutenant-Colonel Guy LeBlanc formally opened the evening by thanking the volunteers for their tremendous work. Volunteers were also praised by Kings West MLA Leo Glavine and West Nova Member of Parliament Greg Kerr.

After grace by Padre Captain Louis Mathieu, everyone enjoyed a meal and, during dessert, the Greenwood Players Theatre Club performed a one-act play, "Madame President." Corporal Simon Squires and Amanda Woodcock did a great job with this performance, directed by Janet Brooks.

The community centre awarded its volunteers of the year: Colin Walker (judo) and Mercedes LeBlanc (Greenwood Dolphins) were the

youth volunteers of the year, while Karen Townsend (Hachikin judo) and Sergeant Tim Lalonde (minor soccer) were adult volunteers of the year.

The success of our programs continues to be made possible by the outstanding support of amazing volunteers, sponsors and internal partners who make 14 Wing a great place to work and live in.

Our 14 Wing Greenwood Community Recreation honoured volunteers are: Sandy Adams, Phyllis Amero, Nathan Aquino, Sgt Murielle Arsenault, Maj Allan Baillie, Sgt Steve Bates, Darlene Boekema, WO John Boekema, Liam Bridge, Bruce Richard, Capt Catherine Cabot, Guy Campbell, Laura Cancela, Angela Chenier, Tawnya Clendenning, MCpl Dawn Dearing, MWO Bob Demers, Capt Jennifer Finateri, Lt Andréa Fortier, Capt Etienne Gignac-Bouchard, Bruce Gillis, Cpl Bob Glibbery, Darlene Glibbery, MCpl Alaina Hicks, Allysya Horne, Lt Gillian Howell, Joly Aliette, Hunter Lalonde, Sgt Tim Lalonde, Mercedes LeBlanc, Beth Lennox, Cpl Helen Malo, Kerry McKieve, Sandi McLean, Sally Merriam, Peter Moreland, Mike Morro, Tyson Morro, Kaye Moulton, Chantal Murphy, Tanya Newell, Mary Osmond, Pat Patterson, Sgt Annette Rhynold, Harvey Rhynold, MCpl Weldon Rideout, WO Geoff Robbins, Phyllis Shultz, Michelle Shears, MCpl Robert Snow, Cpl Jason Tibbo, MCpl Doug Todd, Emilie Townsend, Karen Townsend, Cpl Megan Trace, Marie-Josée Villeneuve, WO Chris Walker, Colin Walker, Hoyles Whiting, MWO Brad Willis, Somer Wolfs, Capt Stephan Wolfs and Nick Wood.

Our GMFRC honoured volunteers are: Emily Albert, Sylvana Ascione-Krauch, Derek Baker, Dane Berringer, Fiona Bissett, Airianna Boisvert, Andree Boucher, Robin Bradshaw, Chris Brewer, AnnaMaria Brooks, Eric Caissie, Christopher Casey, Ann Marie Chalifoux, Marina Conrick, Morgan Conrick, Amy Cumming, Jennifer Daley, Natasha Dallaire-Joron, Daniel D'Aubin, Annette Davidson,



14 Wing Greenwood's volunteer award evening included recognition for a number of outstanding volunteers and friends of the base. From left are youth volunteer Mercedes LeBlanc (Greenwood Dolphins), Wing Chief Warrant Officer Pierrot Jette, youth volunteer Colin Walker (judo), Lieutenant-Colonel Guy LeBlanc, adult volunteer Karen Townsend (Hachikin judo), Marc Britney, of SISIP Financial Services, which sponsored the April 23 event; and adult volunteer Sergeant Tim Lalonde (minor soccer).

Corporal S. Wilson, 14 Wing Imaging

Ingrid de Pauw, Samantha Dempsey, Leanne Denison, Angelina Desjarlais, Sophie Duchesne, Mackenzie Ellis, Tracey Everett, Jeanie Fahie, Katherine Fortin, Nadia Gelin-Galaise, Taylor Gelin-Galaise, Kellie Gillam, Benoît Godin, Michelle Guertin, Linda Guy, Tressa Haney, Katherine Hayes, Desirea Holt, Anita Hudak, Joann Hudson, Brenda Hulan, Cortney Hutchings, Joyce Jacques, Grant Kelly, Sherry Kemper, Maddie Kiley, Justin Kubis, Maggie LaBerge, Annie Lavoie, Charles LeMoine, Marcel Levesque, Nancy Lewis, Ceclila Lim, Dalton MacDougall, Hunter MacDougall, Shelley MacDougall, Teresa Mackenzie, Beth MacLean, Lauchlin MacLean, Tammy Mann, Bobbie McGrath, Jillian McNeil, Lisa Misner, Lindsay Moore, Jennifer Newton, Dasnai Orchard, Barry Oxford, Holly Pike, Kim Pollard, Karyne Prayal-Brown, Ted Reid, Sharla Rolfe-Hunter, Stephanie Rowbottom, Sebastien Sauvé, Zacharie Sauvé, Corrine Sauvé, Robert Sealby, Kendra Shouinard, Noreen Shouinard, Alex Sidorenko, Audrey Simms, David Simms, Emelye Smith, Kaleigh Stirling, Katie Therrien, Lauren Therrien, Brigitte Thesen, Sarah Thibodeau, Tara Timmons, Michelynn Touesnard, Clinton Townsend, Cynthia Townsend, Ashleigh Tucesku, Megan Venner, Clyde Wagner, Michelle Walbourne, Christine Westhaver, Mary



14 Wing Greenwood Community Centre director Jill Jackson, second from left, and community recreation coordinator Eric MacKenzie, right, presented centre support staff Terri Abbott, left, and Michelle Smith, third from left, with flowers during reception in recognition of the work they do supporting the base's many volunteer clubs and programs.

Wredenhagen and Norman Wredenhagen.

Without the financial support of our programs and events, we would not be able to provide the quality services we do. We would like to recognize the following sponsors and internal partners: AA Munro, Atlantic Superstore, Bounce Kingdom Party Rentals, Brier Island Whale and Seabird Cruises, Dooly's, EXIT Realty Town and Country, Limitless Skate and Snow, McDonald's, Middleton Home Furniture Dept., Rewards Furniture Plus, Sobey's, Ski Martock, Subway, the Zedex Theatre, Tim Hortons, the 14 Wing Community Council, 14 Wing



Corporal Simon Squire, left, Janet Brooks and Amanda Woodcock took on new roles as part of the entertainment during the volunteer reception: the Greenwood Players Theatre Club presented a one-act show for guests.

Fitness and Sports Centre, 14 Wing Military Police, Non-Greenwood Bowling Centre, Public Funds, SISIP Financial 14 Wing Greenwood Golf Services and The Aurora Club, PSP Health Promotion, Newspaper.



From left, actors Chantal Murphy, Michael York and Joan Conrad-Cormier get set for their roles in “There Goes the Bride.”

Players present ‘There Goes the Bride’

The Greenwood Players’ spring production of “There Goes the Bride” is nearing perfection, as the actors fine tune their roles and polish off their comedy shtick.

Prepare yourself for this hilarious play of amnesia, hallucination and general mayhem. When the father of the bride receives a whack on the head, he wakes up in the presence of a 1920’s flapper - and soon discovers no one else can see her. Just when things can’t get any worse, after another smack to the head, he wakes up believing

he is in 1926 at the Savoy Hotel. Can he be revived in time to walk his daughter down the aisle, or will the Australian in-laws put a stop to the whole crazy affair? Join the Greenwood Players as they answer these and other odd questions.

“There Goes the Bride” plays May 14 to May 18. Curtain goes up at 7:30 p.m. Tickets are \$8, available at the Middleton and Kingston Pharmasaves, by calling 825-0019 or 840-3853, or by emailing gwoodplayers@gmail.com.

Youth Happenings

Lindsay McCormack, Recreation Youth Worker

Check out some warm weather fun and treats this week at the 14 Wing Greenwood Community Centre.

Magic Ink

Tuesday, May 14
Pre-teen 5 p.m. to 6 p.m.
Secret messages which can only be seen under a lamp will be on the agenda for tonight! Don’t forget to pre-register. \$2.

Active Chicks

Wednesday, May 15
6 p.m. to 7:30 p.m.
We will be meeting at the

Kingston duck pond and walking to DQ with the Boys’ Club. Don’t forget to bring your \$5.

Teen Activity

Thursday, May 16
6 p.m. to 7:30 p.m.
Tonight we will be making smoothies. With the warmer weather, it’s time to find a healthy treat. Don’t forget to pre-register. \$3.

Chalk drawing and bubble blowing

Saturday, May 18
Pre-teen 2 p.m. to 3 p.m.
We are going to decorate the 14 Wing drive way with colourful chalk drawings and blow bubbles.

	Pre-Teen (ages 9 – 12)	Teens (ages 13 – 18)
Monday	4 p.m. to 6 p.m.	6 p.m. to 9 p.m.
Tuesday	4 p.m. to 6 p.m.	6 p.m. to 9 p.m.
Wednesday	4 p.m. to 6 p.m.	6 p.m. to 9 p.m.
Thursday	4 p.m. to 6 p.m.	6 p.m. to 9 p.m.
Friday	6 p.m. to 8 p.m.	4 p.m. to 6 p.m. 8 p.m. to 10 p.m.
Saturday	2 p.m. to 4 p.m. 6 p.m. to 8 p.m.	4 p.m. to 6 p.m. 8 p.m. to 10 p.m.
Sunday	2 p.m. to 5 p.m.	5 p.m. to 9 p.m.

LE 25 MAI, AIDONS UN ENFANT À JOUER.

La journée Bon départ se tiendra le samedi 25 mai.

Soyez des nôtres lors de cette journée amusante
au magasin Canadian Tire de Greenwood situé au 730, av. Central

Vous pouvez aider les enfants à participer à des activités sportives et récréatives en donnant de l'« Argent » Canadian Tire, de l'argent comptant ou même toutes vos pièces de 1 cent.
La totalité des dons servira à aider cette communauté.



La journée Bon départ Jumpstart Day

ON THE 25th OF MAY HELP A KID PLAY

Saturday May 25th Is Jumpstart Day

PLUS DE 560 000 ENFANTS ONT REÇU DE L'AIDE MORE THAN 560,000 KIDS HELPED (AND COUNTING)

Come on out for a day of fun at: Greenwood Canadian Tire, 730 Central Ave.
You can help get a kid into sports and recreation by donating Canadian Tire money,
cash or all of those pennies you have around the house.
100% of your donations will stay in this community.

bondepart.canadiantire.ca   jumpstart.canadiantire.ca

Merci Greenwood!

La générosité de cette communauté nous a permis d'aider 154 enfants de la région en 2012 et plus de 1106 enfants depuis 2005.



Thanks Greenwood!

The generosity of this community allowed us to help 154 local kids in 2012, and over 1106 since 2005.