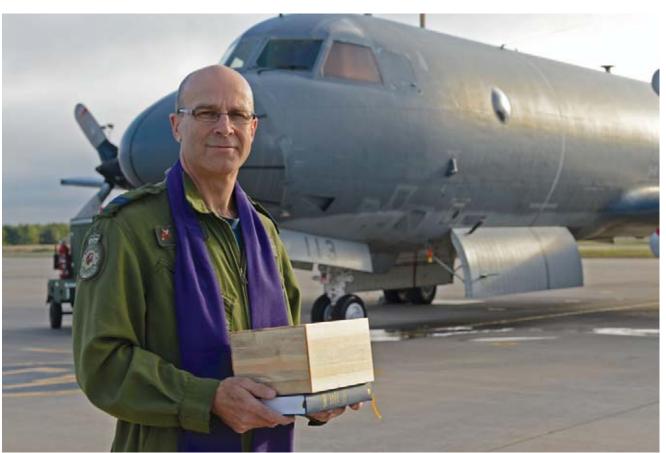








Vol. 34 No. 20 **NO CHARGE** www.auroranewspaper.com



14 Wing Greenwood Padre Captain Gord Poley readies the ashes of Second World War veteran Thomas Vardy for Master Corporal K.Low, 404 Squadron

# Flying high Veteran's final home 'over the ocean'

Sara Keddy. **Managing editor** 

At 92, Thomas Vardy wrote 14 Wing Greenwood padres he was pretty confident he had a few years before his last wish would be granted.

British Columbia, it was.

honoured by 404 Squadron Flight Hunter Crew on one of Greenwood's CP140 Aurora,

age 99 March 25 in Kamloops, the sky and scattered his remains 300 feet high, in The Second World War beautiful sunny skies, "over Royal Air Force navigator was the ocean," 14 Wing Padre Gord Poley says.

"It is hard to talk on the plane with all the noise, so

May 8, after Vardy died at as they carried his ashes into everyone was plugged into the communication system with head sets. I spoke a few words about Mr. Vardy, gave each crew member his biography, and did the basic interment of ashes one does at a grave site. It was a short Andrews went down by the

Continued on page 2...

### **Team effort locates** Tremont woman

Sara Keddy, **Managing editor** 

A team of partners, including 14 Wing Greenwood's 413 Squadron, had a part to play in he was out walking. Howie Antracking down and assisting a missing woman in Tremont May 9.

Kings RCMP spokesman Constable Blair MacMurtery says everyone involved in the incident played an important role. RCMP were contacted just after 2 p.m. about the missing 71-year-old Tremont ered SAR Tech assistance woman. A member responded, and an RCMP dog was brought in to do some initial checking. By 4 p.m., Valley Ground Search and Rescue volunteers had been called, and they were in place by 5:30 p.m. with their team, and another two tracking dogs. 14 Wing Greenwood sent out Cormorant Rescue Crew 902, as tasked by the Joint Rescue Coordination Centre in Halifax, to conduct an aerial visual search of the area. Emergency Health Services was on standby as well.

Around 7:30 p.m., a young neighbour of the missing woman, Ryan Andrews, was in the woods with his father, Howie, and his two brothers.

river, and returned "quite teary," Howie says. "He'd found her."

Ryan actually had seen the woman earlier in the day, as drews says Ryan was coming out of the woods after lunch and saw the woman, but it surprised him then she was without her two dogs.

"Ryan meets her lots of days out walking, and he knows her and her dogs," Howie says.

The Cormorant crew lowto help at the scene, and the woman was evacuated from the woods by ground search and rescue volunteers on their ARGO multi-wheeled vehicle.

Howie Andrews says two police officers came by their home afterwards and spoke with Ryan.

"They said if Ryan hadn't have found her, she may not have been found that evening, so he's really pleased. They said he did the right thing. Then, I met a couple back in the woods at that spot afterwards and he was one of the search volunteers, and he told me how much they appreciated Ryan's help. People say he's a hero."

The woman was taken for medical care.









404 Squadron Hunter Flight crew were honoured to help Air Force veteran Thomas Vardy May 8, sending Vardy's remains to their final resting place over the Atlantic Ocean, covered by much of his flying career. Crew members included 404 Long Range Patrol & Training Squadron members and Maritime Operational Aircrew Training (MOAT) students: Captain Matt Crosbie, Captain Dan Klco, Captain Louise Daigle, Captain John Bernardi, Major Fil Bohac, Lieutenant Jocelyn Gaudette, Sergeant Jean Plamondon, Corporal Aron Gislason, Corporal James Dallner, Master Warrant Officer Des Ogilvie, Sergeant Mark Gordon, Warrant Officer Theirry Marques, Sergeant Chuck Mearns, Captain Eric Savaria, Captain Jason Lachapelle, Padre Captain Gord Poley and Master Corporal Kelly Low.

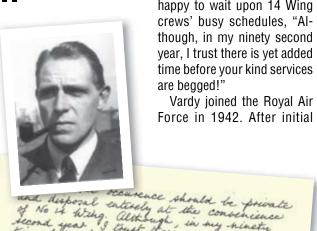
## Flying high ...

event: however, the crew was honoured to facilitate this war hero's last request."

Captain Matt Crosbie was the 17-member crew commander for the flight. Vardy's ashes were dispersed approximately 100 nautical miles south-southeast of Yarmouth.

"The crew generated a copy of the navigation log, indicating the position and time of the service, as we thought the family may appreciate it," Crosbie says.

Vardy wrote 14 Wing padres several times in the past decade to share his final wishes: "No fuss, no ceremony." In a



2005 letter, he said he'd be flight training, he was sent to happy to wait upon 14 Wing crews' busy schedules, "Although, in my ninety second year, I trust there is yet added time before your kind services

Rivers, Manitoba for training as a navigator. He was then posted to Montreal to serve with Transport Command. He helped ferry warplanes to England and West Africa, returning to Montreal by sea. He remembered cotton and chewing gum being used on one voyage to monitor whether gaps in the damaged hull of a troopship were widening. In 1944, Vardy returned to England to train for dropping paratroopers in the invasion of Europe. During the night of D-Day, his plane dropped paratroopers at the mouth of the River Orne. He then flew missions from portable metal airstrips. His plane received 700 hits was decommissioned in 1946. while vacationing, "hence my towing gliders over Arnhem.

Master Corporal K.Low. 404 Squadron



Padre Captain Gordon Poley releases the remains of Second World War Veteran Thomas Vardy over the open water of the Atlantic Ocean.

It was eventually destroyed Vardy returned to Canada Control forgot a ditch had been cut across the runway. Vardy ended the war flying out of Brussels, supporting the final occupation of Germany. planes accompanying Lord Montgomery's to Copenhagen for the German surrender in Atlantic flights through the Norway. Vardy counted 10 1960s, and added 52 similar Atlantic crossings before he flights from the 1970s on

After service in Europe, request."

when it hit a ditch at Le Bour- for cold weather exercises in get airfield near Paris, when Northern Saskatchewan. He was sent to the USA, where he met an elderly gentleman at Wright Field in Florida - Orville Wright. He eventually served in Pakistan, India, Israel and He flew on one of the escort Egypt before emigrating to Canada in 1948.

He made another 10 over-



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### **Useful links** | Liens utiles

#### Canadian Air Force website

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

#### **Community Gateway Site**

Site du portail communautaire des Forces canadiennes

www.cfcommunitygateway.com

#### 14 Wing Greenwood Site

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

#### **Personnel Family Support Services** Services de soutien au personnel et aux

familles des Forces canadiennes www.cfpsa.com

#### National Defence and the Canadian Forces Défense nationale et Forces canadiennes www.forces.gc.ca

Combat Camera | Caméra de combat www.combatcamera.forces.gc.ca

Recruiting | Recrutement www.forces.ca

#### **Military Family Resource Centre**

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

VPI | VPI www.vpinternational.ca

### La reconnaissance de la contribution autochtone est aussi une reconnaissance de la diversité

Sara Keddy, rédactrice en chef

En tant que Canadiens, il est important que nous reconnaissions l'importance de la diversité dans notre pays et dans les Forces armées canadiennes (FAC).

À titre de champion des Autochtones au sein du programme d'équité en matière d'emploi de la 14e Escadre, le lieutenant-colonel Chris Ouellette, commandant du 14<sup>e</sup> Escadron de maintenance (Air) à la 14<sup>e</sup> Escadre Greenwood, est particulièrement intéressé à mieux faire connaître les bénéfices de la diversité.

« Cette fonction me donne l'occasion de mettre en valeur les contributions importantes qu'apportent les Autochtones aux FAC », explique le Lcol Ouellette.

cultures autochtones aura lieu au ministère de la distinctes et parlent plus de 55 langues, un nombre Défense nationale du 21 mai 24 mai, sous le thème « Retour dans le passé ». Cette semaine est tenue au gouvernement fédéral depuis 1991.

« Il s'agit d'une belle occasion pour nous tous de nous rappeler du lien que nous avons avec notre histoire, et des riches et diverses contributions de la collectivité autochtone », de dire le Lcol Ouellette, citant un projet de 2010 commémorant l'histoire des peuples autochtones dans les forces militaires du Canada.

Comme l'indique M. Serge Bernier, de la Direction de l'histoire et du patrimoine, plus de 1 200 Canadiens des Premières nations, Métis et Inuits servent

Cette année, la Semaine de sensibilisation aux dans les FAC. Ils représentent plus de 640 bandes tout à fait renversant.

> « Ils perpétuent les riches traditions de leurs ancêtres. Depuis longtemps, ils se tiennent côte à côte avec leurs camarades en tant que soldats canadiens, et ont ainsi pris part à l'expédition du Nil, à la guerre des Boers, aux deux guerres mondiales, au conflit en Corée et, plus récemment, à la campagne en Afghanistan.

« La Semaine de sensibilisation aux cultures autochtones est notre occasion de nous rassembler en tant que membres de la profession des armes et de reconnaître les contributions passées et actuelles de ces peuples fiers. »



## Aboriginal attention all about recognizing diversity



Ouellette, commanding officer of 14 Air Maintenance Squadron and base champion for Aboriginals.

Sara Keddy, **Managing editor** 

As Canadians, it's important to recognize the importance of diversity within our nation and the Canadian Armed Forces (CAF).

14 Wing Greenwood's Lieutenant-Colonel Chris Ouellette, commanding officer of 14 Air Maintenance Squadron, has a particular stake in raising awareness of diversity as an Aboriginal champion for the 14 Wing Employment Equity program.

National Defence's Aboriginal Awareness Week will take place May 21 to 24, and the theme is "The Past Returning." This week has been marked by the federal government since 1991.

"This is a great opportunity for all of us to be reminded of the connection we have to our history, and the rich and

This year, the Department of diverse contributions of the Aboriginal community," says Ouellette, citing a 2010 project commemorating the history of Aboriginal people within the Canadian military.

> As highlighted by Dr. Serge Bernier from the Department of History and Heritage, there are more than 1,200 First Nations, Inuit and Métis Canadians serv

ing with the CAF, representing African War, two world wars, over 640 distinct bands and speaking a staggering 55 lanquages.

"They carry on the rich tradihave a long history of standing shoulder to shoulder as Canadian soldiers, going back to the Nile Expedition, the South

the Korean conflict and, most recently, the campaign in Afghanistan.

"Aboriginal Week is our option of their ancestors. They portunity to stand together as members of the profession of arms and reflect on the past and present contributions of these proud peoples."



Alex Bouchard



Alexbouchard@kwvallev.com

sonal office: 14 Wing CANEX Mall, Greenwood, NS 32 Cornwallis St., Kentville, NS • 902 679-1122









The Kingston/Greenwood Community Health Board invites you to come hear about

"Brain Bike for Children with autism/attention deficit"

At our Annual General Meeting

**Tuesday May 28, 2013 Kingston Fire Hall** 6:30 pm

\* Light Refreshments Provided \*



For more information contact Cingston/Greenwood Community Health Board Phone: 825-6160 Ext 357 www.annapoliscommunityhealth.ca/chb Email: kgchb@avdha.nshealth.ca





the Aurora | 14 Wing Greenwood, NS Page 4 May 20, 2013



The Greenwood bowlers, from left, Corporal Jason Gilbert, Corporal Jonathon Frederick, Corporal Roger Houde, Sergeant Wade Seymour, Corporal Mike Gillam, Petty Officer First Class Chuck Ranni. Terry Sweeny, right, represented the host PSP staff in Halifax.

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### VILLAGE OF GREENWOOD ANNUAL GENERAL MEETING

May 29, 2013

The Chairman of the Village Commissioners of Greenwood gives notice that the village commissioners have called for the ANNUAL GENERAL MEETING **OF THE ELECTORS** to be held at the New Beginnings Centre, 1151 Bridge Street, Greenwood on Wednesday the 29th day of May, 2013 at 7 p.m.

#### **AGENDA**

- RCMP Report
- Approve 2012 Minutes of Annual General Meeting
- Chairman's Report
- Copies of Audited Financial Statements to March 31, 2013
- Present Village Budget for 2013-2014
- Election of two commissioners; for (3)year terms
- **New Business**

#### Please note; Four nomination forms were submitted for commissioner. Candidates for election are;

- Richard Nickerson
- · Brian Banks
- Pat Nixon · Joanne Abbott

All residents of the Village of Greenwood are encouraged to attend. Please support your commission.

Don MacDonald, Chair

# Greenwood just misses CAF Atlantic bowling regional title

Bowling Team consisting of 82 points and 11,459 Total Chuck Ranni, Wade Seymour, Pin Fall, CFB Halifax finished Mike Gillam, Roger Houde, Jason Gilbert and Jonathan Frederick headed to CFB Halifax for the Atlantic Bowling Regional Championship.

CFB Gagetown and CFB Shearwater could not field a team, and it was a three team competition consisting of CFB Halifax, the Fleet and 14 Wing Greenwood.

All teams came out in a competitive spirit and gave their all. After two days of round robin play 14 Wing

second with 72 points and 10,206 Total Pin Fall and the Fleet finished third with 38 points and 8,622 Total Pin Fall.

Going into the final day of competition, Greenwood had a bye into the finals and would have to be beaten twice. CFB Halifax defeated the Fleet in the semi final game 6 points to 2 and 1,051 to 880 Total Pin Fall, setting up another CFB Halifax Ranni, 970, Greenwood; 2nd vs 14 Wing Greenwood final.

The first game was a very close match, with CFB Halifax finishing on top with 4.5 Points and 1,066 Total Pin Fall

April 2, the Greenwood Greenwood finished first with over 14 Wing Greenwood's 3.5 points and 1,032 Total Pin Fall. Having the momentum, CFB Halifax went on to defeat 14 Wing Greenwood 5 points and Total Pin Fall 1,116 to 3 points and Total Pin Fall 1,072.

> Individual awards were also handed out for the following:

High Average:1st Chuck Ranni, 264.5, Greenwood; 2nd Wade Seymour, 227.7, Greenwood

High Triple: 1st Chuck Rendell, 773, Halifax

High Single: 1st Chuck Ranni, 334, Greenwood; 2nd Roger Houde, 294, Greenwood and Rendell, 294, Halifax



### Village of Kingston

#### NOMINATION DAY

The Clerk of the Village of Kingston will receive nominations for the office of one (1) Commissioner. Nominations must be accepted at the Village Office no later than 4:00pm on Wednesday, May 29, 2013.

Nomination papers are available at the Village Office or on our website. Per the Kingston Election By-Law, no person shall be eligible to the office of Commissioner of the Village unless that person has been nominated as a candidate in accordance with the By-Law by not less than five persons who, on Nomination Day, are qualified electors within the meanings of section 403 of the Municipal Government Act.

If more than two candidates are nominated on Nomination Day, Election Day is designated as Saturday, June 15, 2013 with an advance poll on Tuesday, June 11, 2013. Poll location is Kingston Village Office, 671 Main St, Kingston.

Mike McCleave, Village Clerk clerk@kingstonnovascotia.ca

> Village of Kingston 671 Main St, PO Box 254 Kingston, NS B0P 1R0 p: (902) 765-2800 f: (902) 765-0807 admin@kingstonnovascotia.ca www.kingstonnovascotia.ca

#### ~ Thank You ~ Retired from RCAF • 1961-1992

The family of the late (William) Roger Adams wish to express sincere thanks to family, friends and neighbours for their kindness and sympathy at a time when it was deeply appreciated. Also, the donations in his memory, expressions of sympathy, cards, visits and food. Special thanks to Phyllis Amero, the staff of the EHS vehicle, Bob Beattie, Tina in emergency, Dr. Merryweather, the nurses in ICU (Ciera, Debbie, Colleen) and the staff at the Valley Regional Hospital, Kentville. A heartfelt thank you to Gary Walker at Middleton Funeral Home who made this time much easier.

Sandy, Lori, Dayna and Families

### **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. BOP 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

### Walk for dog guides May 26

May 26, the Kingston Lions to raise and train a puppy and, guide training programs at Club will sponsor a Purina Walk for Dog Guides. Many Lions and community members will be walking to help provide dog guides for those with disabilities.

The Lions Foundation of Canada Dog Guides is a national charitable organization whose mission is to assist Canadians with a medical or physical disability by providing them dog guides at no cost. Sponsoring a dog guide covers a portion of the approximately \$20,000 it costs

complete training but also its veterinary care, transportation, room and board for the the Oakville school for trainduring the life of the team.

has collectively raised more than \$9 million which goes

ultimately, match the dog Lions Foundation of Canada guide with its handler. The Dog Guides: canine vision, entire process takes up to two hearing ear, special skills, years, and sponsorship helps seizure response, diabetic provide not only the puppy's alert, and autism assistance.

The Kingston Lions Club has sponsored dog guides in this community and, with handler while in residence at your help May 26 at the Greenwood Mall, can make ing and follow-up services the program grow in this area. Check out http://puri-To date, the national walk nawalkfordogguides.com for information and click on "Dog Tales" to learn about Noah directly towards the six dog and Argo from Kingston.



Kingston Lions and participants support the Lions' dog guide training program at the 2012 walk; this year's event is coming up May 26.

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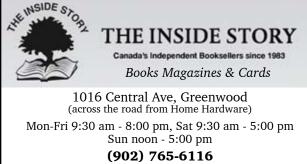


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14 Wing Greenwood is sending the RCAF's entry to the French Air Force's Ex Air Raid Challenge May 21, including Reserve personnel Corporal Nolan Reddick, Corporal Rob White, Master Corporal Joe Whynands, Corporal Tim Cook and Sergeant Matt Ellis.

Ready to represent

Sara Keddy. **Managing editor** 

May 20, 2013

Sergeant Matt Ellis already knows he and his team are different, but they're confident they'll represent 14 Wing Greenwood – and Royal Canadian Air Force Reserve personnel – well.

The five-man team leaves May 21 for the annual Ex Air Raid Challenge in France, and it's been a rush to get ready.

Three Greenwood Reserve members submitted biogra-

Ex Air Raid, but the final team decision was made just six weeks ago. Two of the originals had to withdraw, and, on such an incredibly short turnaround, four new competitors signed on.

Reserves headed to Ex Air Raid

Corporal Nolan Reddick, Corporal Rob White and Master Corporal Joe Whynands, all from 144 Construction Engineering Flight in Pictou; and Corporal Tim Cook from 143 Construction Engineering Flight

phies to the RCAF, hoping to be and Ellis from 14 Construction selected to represent Canada at Engineering Squadron, both from Bridgewater; all received permission to meet up in Greenwood. They lodged in barracks and hit the gym, firing range, climbing wall and pool daily.

"On days we weren't doing that, we were marching," Ellis says. "We've been thrown in there – it's good, we were happy to get the call."

14 Wing sent the RCAF team to the 2012 challenge, and Ellis says it's been great having some of those members and their experiences so close at hand as they prepare.

"There was lots of good stuff

in their after action report, and they've talked about how things went for them – they said they missed one meal on the challenge, so ate their snacks and gels, but it ended up being almost two days for them without a meal. We're packing ration packs!"

There's another big difference between last vear's team and this year's entry: in 2012, there were several former SAR Techs and several members with a wealth of adventure challenge racing. Ellis' team includes three carpenters, a mechanic and a remustering Navyto-refrigeration-technician.

"It'll be a challenge, but we're all adaptable and looking forward to this," Ellis says. "We're younger than that team, but we're still all trained by the Canadian Armed Forces. Three of us have been to Afghanistan and on other deployments, our ex-Navy guy has travelled a lot. We definitely want to go and do well, and do the best we can."

The team will be away May 21 and return May 27. Ex Air Raid challenges up to 60 teams from NATO countries; the 14 Wing contingent will actually be the only North American Air Force entry. The event is a twoday, 60-kilometre trek, with compass points to find and challenges to complete along the way. They could range from obstacle courses to rappelling, from NATO trivia to weapons identification and assembly.

# ~ Obituary ~

NORMAN, Roger Ivan Kingston, NS

NORMAN, Roger Ivan - 64, of Kingston, NS passed away Monday, May 13, 2013. Born in Weyburn, Saskatchewan, son of the late Peter Ivan and Edith Grace (Balkwill) Norman. Roger retired after 27 years from the Royal Canadian Air Force as a Physical Education Recreation & Instructor (PERI), then working for 16 years with Totem Building Supplies, Calgary. He volunteered with the Western Kings Arena in



Kingston and with the Upper Room Food Bank. Roger loved woodworking, running and playing hockey. He is survived by his loving wife of 40 years, Diane (formerly Bond); sons, Ken Norman (Nathalie Fournier) of Ottawa, ON, and Craig Norman of Toronto, ON; brothers, Laurie Norman of Weyburn, SK, and Murray (Heidi) Norman of Thunder Bay, ON; brother-in-law, Les Carroll of Francis, SK and several nieces and nephews. In addition to his parents, Roger was predeceased by his sister Joyce Carroll. Cremation has taken place. A celebration of life service was held 2:00 pm Saturday, May 18, 2013 in the Middleton Funeral Home, 398 Main Street, (902) 825-3448, Rev. Deacon Don Boudreau and Sharon Simoneau officiated. A reception for family and friends followed the service. Donations in Roger's memory may be made to the Canadian Mental Health Association or Heart & Stroke Foundation of Nova Scotia. On-line guest book may be signed by visiting: www.middletonfuneralhome.com







### The ultimate road trip boredom busters

Rain or shine, night or day, this road hazard can strike and you need to be prepared. It's not a flat tire, and it isn't a fuel leak. It is boredom.

A backseat full of restless children can be a nuisance at the trip. best and a driving distraction at worst, so be ready to keep the kids entertained on long summer drives. Before you hit the road for your next trip, stop and think about these boredom busters.

Play the boredom away: It doesn't matter how young your passengers are, a deck

(NC) - It might be the worst of cards is full of endless leaving on your trip, visit your enemy of the family road trip. possibilities. Use a tray for a local library and pick out two table and go fish! If they tire or three stories that will appeal of games they already know, take the chance to teach them a new game they can master while stuck in their seats, and

Get lost in a story: Books are another easy fix. If your child is still a beginner reader and has shorter books, pack extras for them to stay enlock in any reader and make the hours fly. Audiobooks are a great alternative to keep the

to everyone. Giving the mind something to focus on will make a world of difference.

Your satellite saviour: Permake it a go-to for the rest of haps the most important is a good radio. Terrestrial radio is inconsistent and finicky. especially when you're away from urban centres, so make the upgrade to satellite service. With kids in the back, you can gaged with. A good story can turn to a variety of children's programming or family-friendly comedy. When the kids are asleep, turn the dial and listen whole car entertained. Before to your favourite commercial-

free tunes or talk, sports and news radio channels.

Let's get technical: A few good gadgets will also take you far on a long drive. Load your tablet with movies and some favourite shows to keep kids entertained. If your final destination is a hotel or if you're making an overnight stop, you may still need to keep boredom at bay - there are only so many channels to choose from on TV. Many hotels offer free Wi-Fi access, so be sure to load your tablet or smartphone with games, entertainment and music apps.

Say cheese: An inexpensive digital camera to leave in the backseat is another surprisingly effective method of controlling backseat boredom. Younger children will have fun with the new toy, taking awkwardly angled pictures and goofy home movies, while your teenagers can catch great shots of the scenery you miss while navigating. At the end of the trip, you can take all those memories home with you and make a great road trip scrapbook with your own camera footage.

You'll always encounter road-restlessness on a long drive, but with these go-to solutions you can nip them in the bud before it gets out of hand.



## **Counter-worthy** appliances

(NC) - While standard countertop staples in the past have often included slow cookers, blenders and stand mixers, there's a new generation of appliances on the horizon. Countertop appliances often say much about the use of a kitchen and the homeowner whether a java lover, a juicer or a dedicated baker.

Juicers: Unless you've been living under a rock, it's hard to ignore a juicing trend has taken a leading role in the guest for healthy eating. If you're in the market for a juicer, be sure to do your research. Various factors are worth considering, such as the type (citrus or extracting), the speed of the device, and the number of parts. You'll want to remember that fewer moving parts mean a faster and easier cleanup.

Coffee machines: The evolution of single-serve coffee makers has revolutionized many

people's morning caffeine routine. With the simple press of a button, you can have your cup your way. When shopping, keep in mind that some systems have established partnerships with coffeehouse chains you may prefer. Additionally, consider the cup size and capacity of each serving.

Kitchen faucet: A recent study conducted found the kitchen faucet was the most used small kitchen appliance among those surveyed. Since this appliance plays such a key role in the family's kitchen routine, it's natural to want to find the perfect fit. Whether your kitchen style is traditional, transitional or contemporary, there is a design for you. Single handle or two handle? Pull-down or wall mount pot filler? There's a faucet for that.

These suggestions will help you to keep your kitchen functional and fabulous.









### Sundaes take the cake

(NC) - Like cakes, the occasions for serving up sundaes are also endless. From birthdays to family celebrations to every milestone in between, sundaes have earned the reputation of serving up smiles. Put a twist on the ultimate ice cream dessert this summer by creating a delicious recipe line-up inspired by cakes. Who says you can't have your cake and a sundae, too?

#### Rainbow Ice Cream Cake Here is a bright and colourful dessert as easy to make as it is fun to eat - every kid in the household will want to lend a hand. Any flavour of ice cream will work for this multicoloured frozen treat, so don't be afraid to get creative.

- 1 bottle (205 g) Smucker's Magic Shell Chocolate Flavoured Topping
- 6 cups (1.5 L) assorted flavours or colours of ice cream, softened: strawberry, raspberry, mango, orange, chocolate, vanilla, pistachio
- 3 tbsp (45 mL) strawberry flavoured syrup, plus additional for garnish



• 2 tbsp (30 mL) multicolored of a perfect sundae. Let your sprinkles, plus additional for garnish

the shell topping. Let freeze until firm, about 10 minutes. Randomly scoop half of each of the ice creams into the pan. Smooth top. Drizzle with syrup and sprinkles. Continue with remaining ice cream. Freeze until firm, about two hours. To serve, top with additional syrup and sprinkles. This recipe will make about 16 servinas.

#### **Ice Cream Cone Cake**

A combination of ice cream, whipped cream, sprinkles and • 1 ½ cups (375 mL) chococrispy wafer are the essentials

kids' imaginations go wild by offering up colourful ice Cover the bottom of a 9-inch cream cones and a variety of (23 cm) springform pan with sprinkles. No two cakes will ever look the same!

- 14 mini (3.5 g each) vanilla wafer cookies, coarsely chopped
- 1 bottle (205 g) Smucker's Magic Shell Chocolate Flavoured Topping
- 4 (4.5 g each) ice cream cones, halved vertically 2 cups (500 mL) straw-
- berry or cherry ice cream, softened • 3 tbsp (45 mL) strawberry
- flavoured syrup late ice cream, softened

 Whipped cream, sprinkles and chocolate flavoured syrup for garnish

Line the bottom of an 8-inch (20 cm) springform pan with cookies. Top with shell topping and arrange the cones around the edge of the pan, so the bottoms of the cones sit in the topping. Freeze for 10 minutes or until firm. Fill the base with strawberry or cherry ice cream. Make an indent in the ice cream and pour in the syrup. Cover with chocolate ice cream and smooth the top. Freeze until firm, about three hours. Decorate with whipped cream and sprinkles. Drizzle with additional syrup. This recipe will make about 10 servings.

## Cinq conseils pour passer une belle journée de pêche!

(EN) - Les week-ends ensoleillés sont de retour. Cela signifie donc que plusieurs d'entre nous se retrouverons bientôt sur l'eau entre amis ou en famille, canne à pêche à la main, prêts à faire une belle prise. Découvrez le nautisme vous présente des conseils de pêche professionnels prodigués par Patrick Campeau, un pêcheur chevronné comptant 27 ans d'expérience dans ce domaine :

Aiguisez vos hameçons, et ce, même s'ils sont neufs.

Un des bons conseils à techniques qui vous inspirent. Les résultats de pêche seront vraiment meilleurs si vous renseignements au sujet de avez confiance en vos movens. Portez toujours des verres polarisés qui vous permettront d'apercevoir les structures en eaux peu profondes et surtout de protéger vos yeux.

Souvenez-vous que les poissons effectuent des migrations saisonnières, tout au



long de l'année.

Approchez vos sites de pêche se rappeler est de toujours à pas feutrés et silencieuseutiliser des leurres et des ment afin de ne pas effraver les poissons aux alentours.

> Vous trouverez plus de la pêche en eau douce et en eau salée en ligne sur fr.DiscoverBoating.ca, une plate-forme complète vous proposant des outils interactifs pour vous aider à trouver le bateau parfaitement adapté à votre budget et à votre style de vie.

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### Rénovez vous-même votre patio en 10 étapes faciles

(EN) - Il suffit d'une journée produit de finition comme le de travail pour rafraîchir le plus usé des espaces extérieurs. Grâce aux produits dont disposent aujourd'hui les bricoleurs, il est plus facile que jamais de restaurer un patio ou une terrasse:

Faites un test sur une petite section cachée du bois pour vérifier s'il absorbe l'eau (si l'eau pénètre dans le bois, vous devez le protéger).

Mouillez bien les plantes et la verdure entourant le patio et couvrez-les afin de les protéger du produit qui pourrait ruisseler.

Portez de vieux vêtements, ainsi que des lunettes et des gants protecteurs.

Enlevez tout le mobilier et les accessoires décoratifs du patio.

Nettoyez la surface avec une solution comme le nettoyant haut rendement pour terrasses Thompson's WaterSeal. II est recommandé de frotter la solution avec une brosse pour patio après l'application.

Rincez avec un boyau d'arrosage ou un appareil de lavage sous pression, et mouillez la verdure une fois que le nettoyage est terminé.

Réparez les vis desserrées et les planches endommagées à la surface du patio.

Laissez sécher le patio pendant quelques heures.

Pour protéger le fini, et vos heures de travail, appliquez un

# Turn castoffs into garage sale gold

(NC) - As the warmer weath- a variety of colours, so as you er is upon us, it brings many new activities, from baseball to picnics to garage sales. It's the time of the year when people are purging what they don't need - and is the perfect opportunity to turn their trash into your treasure. From outdated odds and ends to forgotten furniture, there is a wealth of worthy items just waiting to be found, re-imagined, and re-purposed.

#### Pretty in paint

Rusty metal, chipped paint, colours from another decade - these are all-too-common sights for the garage sale shopper. But look beyond these imperfections - and at their spray paint potential - and you'll soon find some diamonds in the rough.

Metal products - tables, chairs, garden tools or even watering cans - can receive an easy and instant update with a spray paint available in

create your new masterpieces.

#### New uses for old things

The key to finding items at garage sales is to look at how they can be used in new and different ways. Don't view that dusty, broken typewriter or vintage camera as mechanical pieces you have to fix, but rather as interesting design elements to be admired on bookshelves and mantels.

Even old books can add a level of sophistication to your home. Grab a handful in coordinating colours to stack on a dresser or end table for instant eye appeal. Buy an old ladder and prop it against the wall as a place to drape blankets. You can even spray paint an old coffee mug rack to create a fabulous jewellery organizer where you can hang all your favourites. The possibilities are endless.

#### Turn treasure into sold

If your main reason for get-



ting giddy over garage sales it you loved as a kid and that to make a quick buck, you're not alone. Valuable items lurk at each and every turn, and they are just waiting to be snatched up by an eager buyer. Doing your research and reading up on collectibles is a great place to start. Generally, pieces with high nostalgia value will fetch a higher price tag. Think classic lunch boxes, comic books, sports memorabilia or board games - things

never seem to go out of style. You can also enlist the help of a collectibles expert to tell you everything you need to know.

So, as you head outdoors this summer on a hunt for some bargain fixer-upper or forgotten gems, keep your eyes peeled and your mind open. The perfect addition to your home is right around the corner. You just have to use your imagination and bring it back to life.



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### Introducing kids to camping

ished Canadian pastime with a long-standing tradition, and a great way for families to great outdoors.

While sharing memories of campfire songs and the best swimming spots are sure you put a smile on kids' faces, proper preparation helps ensure it stays that

to entertain the kids in the night. Talk to them about what backyard, or taking your brood to the places you spent your introduce their children to the summers growing and exploring, follow these helpful tips to ensure you all sleep peacefully under the summer night's sky:

> Get the kids involved with planning. Allow them to be involved from the beginning and let them help you select

(NC) - Camping is a cher- way. Whether you're planning where you'll be spending the to look for when booking a campsite, for example: park amenities, a water source near your chosen lot and a balance between shade and sun.

> Buy the necessary groceries to recreate their favourite meals at the campsite. Not only can they help out with the preparation, but eating outside

will be something new and fun they are sure to enjoy.

Before heading out to the great outdoors, organize a practice run in the backyard. Kids will be excited to sleep under the stars, but will feel comfortable knowing that their bedroom is close-by.

Give kids a sense of responsibility with their own camping equipment. Coleman has a line of camping essentials just for kids, including a glow-inthe-dark tent and sleeping bag that is great for backyard sleepovers or overnight adventures at provincial parks. Teach them to be responsible for setting-up and caring for their equipment.

Don't forget about additional ways to keep the kids entertained when they aren't busy roasting marshmallows or telling ghost stories. Remember to pack fun outdoor games like washer toss or badminton, a little friendly competition will add to the memories. Coleman has a line of outdoor games that are easy to set-up and will surely keep the laughter going.

### Simple renovation tips can save you thousands

(NC) - Renovations aren't just about updating the design and comfort of your home or cottage, they can also be a great way to incorporate better approaches and sustainable technologies that cost very little - but lead to big savings.

It's often hard to know where to start. If you want to go green, visit www.cagbc. org/greenhomes for a valuable list of resources.

Often in renovations you have the opportunity to fill un-insulated spaces. Consider rock wool or cellulose insulation. Both are available at most home renovation centres and contain recycled content, made in Canada.

While renovating a kitchen, consider recycling your old fridge and purchasing an Energy Star fridge. Choosing a smaller size will also reduce the monthly energy cost.

Reducing water use and hot water bills when renovating your bathroom is easy. Installing a low flow or low flow dual-flush toilet can reduce your water use by up to 25 per cent. A smart way to sort through what works best on the market now is to visit www.map-testing.com.

Did you know showers use about 40 per cent of the hot water in your home? Installing the right low flow shower head, especially one that is 1.75 gallons per minute or less, will save you up to 30 per cent.

When looking to replace or install new windows, look for those Energy Star rated for zone C or D. You could also consider installing casement windows, which tend to be less drafty as they age when compared to slider and double hung windows.



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### Un repas d'été : sandwich au poulet et à la salade César



la plupart des gens préfèrent profiter de la chaleur plutôt • 6 à 8 pains à hamburger ou que de cuisiner par cette chaleur. Bien que la mijoteuse soit l'appareil tout indiqué pour la préparation des soupes, des chilis et des bons plats si réconfortants durant l'hiver, les familles canadiennes avisées estiment qu'en cuisant des plats à la mijoteuse en été, elles peuvent profiter davantage de la belle saison et passer moins de temps à l'intérieur devant la cuisinière. L'une des formidables recettes à faire en été est le sandwich au poulet et à la salade César.

- 4 poitrines de poulet désossées, sans peau
- 1 pot de 500 ml de votre sauce barbecue préférée
- 1 mélange à salade César Originale ET TU

2 cœurs de laitue romaine

Kaiser Versez la moitié de la sauce

barbecue dans votre mijo-

Disposez les morceaux de poulet au fond de la mijoteuse

sauce. Faites cuire à feu doux l'enrober uniformément de nale ET TU. Préparez la salade pendant 6 heures.

Retirez le poulet cuit de la mijoteuse, déposez-le sur une planche à découper et liquide. déchiquetez-le à l'aide de deux fourchettes.

Remettez le poulet dans salade en utilisant le délicieux salade César.

pendant environ 30 minutes l'emballage. pour diminuer la quantité de

au poulet mijote, faites votre et garnissez du mélange de

(EN) - Par un temps pareil, • 1 laitue romaine fraîche ou et recouvrez avec le reste de la la mijoteuse et remuez pour mélange à salade César Origisauce. Couvrez et faites cuire en suivant les directives sur

> Lorsque la préparation au poulet est prête, répartissez-Pendant que la préparation la sur les pains à hamburger



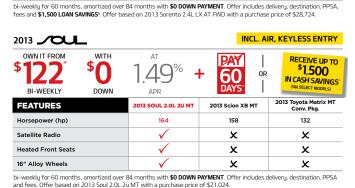




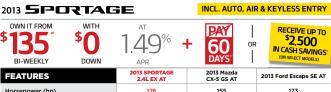












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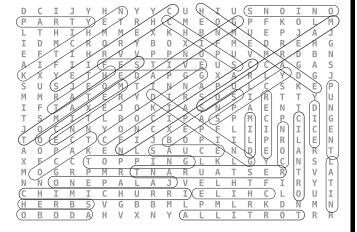
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#### crossword solution

#### sudoku solution

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

### patrick's puzzle



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Specific inquiries pertaining to these tenders may be directed to Tim Bouter, P. Eng.; Supervisor of **Engineering Services:** 

Phone: (902) 690-2219

• Email: tbouter@county.kings.ns.ca

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(3416-6tpb)

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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), 14e Escadre Greenwood, par fax au (902) 765-1717 ou par courriel à l'adresse editor@ du matin le jeudi précédent la publication, à moins d'avis contraire

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#### Volunteers wanted

Special Olympics Nova Scotia will host provincials in Wolfville, with the 5-pin bowling competition being held at the 14 Wing Greenwood Bowling Centre July 13. Volunteer scorekeepers (with some knowledge of 5-pin bowling) and lane monitors (no experience required) are needed. If you are interested in volunteering, please contact bowling centre manager Kathy Alexander, 765-1494 local 5631.

May 20, 2013

#### 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.

#### 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.

#### Meeting

May 20, the Canadian Cancer Society's Kinaston/ Greenwood Living With Cancer Support Group will hold its regular monthly meeting in the St. Mark's Protestant Chanel Annex, Church Street, Greenwood; 7 p.m. to 9 p.m. Back by popular

demand is retired nurse Daisv Dwver on the topic of "Mindfulness - Finding Your 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).

May 21, 7 p.m., the pastor from the United Pentecostal Church in Middleton will be speaking at the New Beginnings Centre, 1151 Bridge St., Greenwood. For information, call 765-8155.

May 22, community lunch at New Beginnings Centre, 1151 Bridge St., Greenwood. 11 a.m. to 1 p.m. This is the last lunch until the fall.

#### Writers' aroun

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.

#### Meeting

May 23, the monthly information session of the Annapolis Valley Chapter, Autism Nova Scotia, will be held 6:30 p.m. to 8:30 p.m., at Kingston & District Elementary School. Tina Williams-Mosher will present on how the Dept. of Community Services supports families living with autism. For further info: Lori Smith, 765-9108.

#### Bottle drive

May 25. Kingston/ Greenwood Minor Baseball players will hold a bottle drive, 10 a.m. to 3 p.m. Club volunteers will be visiting the RHUs, subdivisions and have a drop-off at 1755 Champlain Court in Kingston.

#### Yard sale

May 25, 8 a.m. to 1 p.m., the Kingston Lions Club hosts its spring yard sale. The sale will include many valuable items for your home, including furniture and appliances.

#### Concert

May 25, 2 p.m., the Annapolis Vallev Honour Choir links storytelling with sound in "Soundchants," their final spring concert, at the West Kings High School Auditorium. Explore the art of storytelling with music through poetry, prose and, sometimes, with no words at all. Tickets are \$10, available at the door.

#### Sale

May 25, there is an indoor yard, bake and plant sale at the Aylesford United Church hall from 8 a.m. to 1 p.m. BBQ hotdogs and refreshments available. Everyone welcome. Sponsored by the Committee of Stewards for church expenses.

#### Barbecue

Le 25 mai, le Centre de ressources pour les familles militaires de Greenwood et Valley Ford tiendront un barbecue « Soutenons nos troupes de 11 h à 14 h, chez Valley Ford à Kentville.

May 25, a variety supper will be held at the Brickton Community Hall (12062 Hwy 1), 4:30 p.m. to 6 p.m. Great main courses and delicious desserts. \$10 adults. children under 12 \$5. Family rate of

\$30. Air conditioned hall. Everyone welcome. Info 765-6821.

May 25, the Greenwood Military Family Resource Centre and Valley Ford will host a Support our Troops BBQ, 11 a.m. to 2 p.m. at Valley Ford in Kentville.

#### **Church service**

May 26, and each Sunday at 11 a.m. (pre-service music begins at 10:50 a.m.), join the Kingston Baptist Church, Main St., Kingston, for worship. May 26, minister will be Rev. Brian Wallace. All are welcome!

#### **Walk for Dog Guides**

May 26, at the Greenwood Mall, the Kingston Lions Club will host a Purina Walk for Dog Guides. Registration at 9 a.m. and the walk starts at 10 a.m., from the mall and to the Kingston Lions' hall, 1482 Veterans Lane, Kingston (7 km). Lions Foundation of Canada Dog Guides assists Canadians with a medical or physical disability by providing them with dog guides at no cost. We have people in our community who have benefitted from this service.

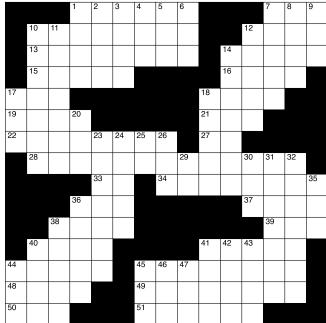
#### Music

May 26, 3rd annual country and gospel jamboree, Inglisville Community Hall, 2 p.m. to 4 p.m. Featuring Highway 10, Taylor Express, Jackie Kendall, Diane Burton, Country Blue. Canteen available, freewill offering. Proceeds for the Inglisville Baptist Church.

#### Bridge

May 27. Funds for Fuel bridge party. 1 p.m., Annapolis Valley Macdonald Museum, 21 School St, Middleton. Cost is \$4 per person. Light refreshments served. Call 825-6116.

## metro crossword solution page 12



#### ACROSS

- 1. Fulmar
- 7. Maple fluid
- 10. Most saponaceous 12. Icelandic island
- 13. Stressed
- pronunciation 14. Ginseng genus
- 15 Seizes
- 16. Loose Arab
- garments 17. Title of respect
- 18. Operatic solo 19. Fleur-de-lis flower 21. Pad used as a floor
- covering 22. Sine curve
- 27. In the year of Our
- Lord 28. Day or sleep away
- supervisor
- 33. Carrier's invention 34. Infant bed
- 36. Fiddler crabs 37. English monk 672-
- 735n (alt. sp.)
- 38. Precise and prudish 39. The beak of a bird
- point N of NE 41. Blighia sapida

- 44. Russian political prison camp
- 45. Unselfishness 48. Arabian Gulf
- 49. Unsupported
- 50. Thieving bird
- 51. Alarm and dismay

#### DOWN

- Cigarette bundle
   Fencing sword
- 3 Cannisters
- A way to drench
- 5. Point midway between E and SE 6. Confined condition
- (abbr.) 7. Yemen capital
- 8. Actresses Ortiz & Alicia
- 9. Photographs
- 10. Exposing folly to ridicule 11. Egg-shaped
- instrument 12. Established custom
- 14. St. Patrick's, Macy's or Rose
- 17. Female sibling
- 18. Gather lots together 20. Total

- 23. Allowance for
- intervals 24. Medieval
- philosopher 25. Jupiter satellite
- 26. Invest with knighthood
- Sodium 30. Women's
- movement Singleness
- 32 Saves or delivers 35. The bill in a
- restaurant 36. Of a city 38. Former name of
- Belau 40. Class of comb
- jellies 41. Height x width 42. Pick out from
- others 43. German port, bay
- and canal 44. Jacob's 6th son 45. Goat or camel hair
- fabric 46. One circuit of a
- 47. 3X = 1 TBS

metro crossword brought to you compliments of



### **Branch 098 RCL Kingston** Regular golf tournament

June 13 and 14 Two person scramble

Registration at club house 7:30-8:30 a.m.

Shot gun start, 9 a.m. both days \$80 per golfer

#### Format

Field Low Gross, Field Low Net, 3 division, 1st and 2nd Low Gross and Low Net in each. Calloway division minimum 1st through 6th placing (prizes for two mystery holes)

**Deadline to enter June 6.** Registration forms and updates at www.kingstonlegion.com or may be picked up at the Kingston Legion.

Golf cart booking: contact (902)765-5800 (please book one cart per team). Trail fees apply to private carts.

Kingston Legion 098 Annual Meeting Kingston Legion hall 7 p.m. June 12

Tournament Banquet 6 p.m. June 13 \$12 for guest tickets



14 Wing Greenwood offers two 18-hole green fees plus golf cart for \$62 plus taxes to all Legion members with proof of membership on Mondays. Call 765-5800 to book tee times.

### Communication and **Electronics Branch Golf Invitational 2013**

WTIS will host the 11th Annual Atlantic Region C&E Golf Invitational Tournament June 20 and 21 at the Greenwood Golf Club, with a day of profes-

sional development June 19, an evening event June 20 in the Annapolis Mess' Copri Lounge, and an awards ceremony June 21 at the clubhouse. The format for the tournament will be a four person

scramble. Last year's event attracted 20 teams of military and civilian personnel involved in telecommunications and IT work, as well as local industry representatives.

The event is open to both current and retired members of the C & E branch.

Information and registration at www.wtis.ca

### Youth Happenings

Lindsay McCormack, **Recreation Youth Worker** 

check out what's happening at the 14 Wing Greenwood Community Centre this week.

#### **Teen Council meeting**

May 21, 5 p.m. to 6 p.m. It's getting close to the Youth, come on down and end of the year, teens. Time to figure out a couple of last minute items before you're off for summer break.

### Correction

In the May 13 Aurora Newspaper, Corporal Simon Squires' name was spelled inconsistently in two places in

the article, "Volunteers make Greenwood go 'round.'

We apologize for the error.



Alex Bouchard **REALTOR®** 

**Bonjour!** 

Alexbouchard@kwvalley.com

Personal office: 14 Wing CANEX Mall, Greenwood, NS 32 Cornwallis St., Kentville, NS • 902 679-1122

#### **Active Chicks**

May 22, 6 p.m. to 7:30 p.m. Tonight we are going to get some exercise at the playground. Meet at the community centre and we will head over as a group.

#### Dance Décor

May 23, 6 p.m. to 7:30 p.m.

**Kingston** Legion Sunday, 1:30 p.m.

- Tuesday, 7:30 p.m. Regular Games - \$100
- 1 Early bird 60/40 2 - 60/40
- Letter H 80/20
- Lucky 7 Progressive
- 1 Bonanza Progressive
- Jackpot 3 Chances

**Consolation \$300** Double Action

Lic.# 115910-08

We will be preparing the teen room for the big blackout 6 p.m. to 8 p.m. \$3 dance May 24.

### **Blackout dance**

May 24

Teen (13 to 18 yrs) 8:30 p.m. to 11 p.m. \$4

Pre-teen (nine to 12 yrs) and watch yourself glow in the black lights! Remember, you don't need a membership to the centre to come enjoy the Wear white or neon colours dances. Come one, come all.

# Irora Find & Win

#### Three easy ways to enter.

- . Through our website: www.auroranewspaper.com
- 3. Drop into our office located on 83A School Road (Morfee Annex)

Entry deadline: Noon, May 23, 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. What business is located at 312 Crocker Road?
- 2. Who is offering a \$25.00 trade in credit?
- 3. Whose business phone number is 760-0264?
- 4. Who is working for Dominion Lending Centers?
- 5. What business is alarmed 24/7?

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

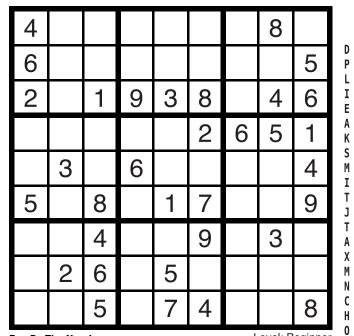
The winner will be drawn randomly from all correct entries. Only one entry per family per week.



Pizza Delight, Greenwood 765-4477

Congratulations to last week's winner: JOSEPH SHELDRICK

solution page 12



#### **Fun By The Numbers**

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

sudoku brought to you compliments of



# horoscopes

May 19 - May 25

Ε Ι 0 0 U Н Ι М Ι СН R R Ι Ε LI Ε R В S ٧ G В В M L Ρ M L R D В 0 V X N Y ALLITR

#### **WORDS**

CILANTRO COOKING **BEANS** CAPSAICIN CHERRIES DICE CHILE CHIMICHURRI DIPPING **FESTIVE** 

HFAT **HERBS** HOMEMADE JALAPEN0 KITCHEN LATIN **ENTERTAINING** 

MTID ONIONS PARTY RECIPE RESTAURANT

SOUR CREAM SPICY TAC<sub>0</sub> TOMATOES TOPPING TORTILLA

MEXICO patrick's puzzle brought to you compliments of



#### ARIES - Mar 21/Apr 20

Aries, life might get stressful really soon unless you curb your spending. Although you may feel like you're made of money right now, eventually the well will dry up.

#### TAURUS - Apr 21/May 21

Making changes is seldom easy, but change is necessary this week, Taurus. You may need to analyze which areas of your life can use the most work

#### GEMINI - May 22/Jun 21

Gemini, kick back and have some fun in the next few days. Otherwise, you may waste an opportunity to recharge your batteries. Work responsibilities will not wait for long.

#### CANCER - Jun 22/Jul 22

Cancer, expect some rejuvenated ambition and energy. Spurred on by this newfound energy, you can successfully tackle many of the things on your to-do list.

#### LEO - Jul 23/Aug 23

Leo, unless you can focus you will just be puttering around without a goal. Put your mind on one thing and stick with this line of thinking for a few days.

#### VIRGO - Aug 24/Sept 22

Virgo, once you set your mind to something, it can be difficult to alter your opinions or perceptions. You may need to be a bit more flexible with a loved one this week.

Libra, if you want someone to take you seriously you have to make up your mind. Don't flip-flop on your ideals this week or you may come across as a pushover.

#### SCORPIO - Oct 24/Nov 22

LIBRA - Sept 23/Oct 23

Scorpio, just when you think you have reached a dead end, a new path miraculously opens up. Don't miss your opportunity because time is fleeting.

#### SAGITTARIUS - Nov 23/Dec 21

If practice makes perfect, then you have just about reached perfection, Sagittarius. You have been over and over something from every angle. It is now or never.

#### CAPRICORN - Dec 22/Jan 20

Capricorn, there are many things you will not be able to change about this week, so why focus on the negativity? Instead, work around any issues and get the job done anyway.

#### AQUARIUS - Jan 21/Feb 18

You often seem immune to the seriousness of certain situations, Aquarius. This week is no different. Try to recognize the gravity of a certain situation and put your best foot forward.

#### PISCES - Feb 19/Mar 20

Don't think that your efforts have gone unnoticed, Pisces. A few key people have been keeping track of your accomplishments.

horoscopes brought to you compliments of



www.frasers.ca

### Novice Intermediate Bombers end with high note

Derek Putnam, Coach

It was a productive and successful year for the Greenwood Novice Intermediate Bombers, as the team started with seven returning players, seven new players up from the IP program and two players join from other local associations.

There was also a brand new coaching staff: Derek Putnam, Ian Perreault, James Murdock, Les Connell; and manager Laurie Prenzel.

The tone for the year was set before the puck dropped for the first game, as two parents purchased a set of jerseys for the team, making players the best-looking team every time we hit the ice! This not only started a great year of parent involvement but it also was a great motivational tool.

The season began against a team that had great success against Greenwood the previous year, Clare. With

The first tournament of the year - and first for many of the players, was the Acadia Christmas tournament. Despite being a little shorthanded, the Bombers showed the principles of positioning and passing were starting to sink in. They came away with a 3-1 record. A weekend series on the South Shore in January was not only team building on the ice, but off the ice as well, with the kids and parents getting some hotel time to bond. This showed up on the ice, as the Bombers won both games. Hosting our own March break tournament was something the kids were very excited about. Not only did they once again come away with a 3-1 record, but our team - Kendall Mcdow, Hunter Lalonde, Owen Lockwood, Garrett Gaulton and Hailey Putnam - for the skills competition placed first, winning three of the four events (fastest lap, rapid fire and



The successful SEDMHA team included players Hunter Lalonde, Kendall McDow, Logan Connell, Meaghan Harris, Garrett Gaulton, Jack Maher, Nicholi Payne, Emillie Murdock, Christophe Samson, Elliot Perreault, Faith Donovan, Cayden Peters, Donovan Duquette, Lance Hiltz, Hailey Putnam and Owen Lockwood.

came at SEDMHA, where of the 20 Intermediate teams, Greenwood was one of only two from outside Metro. The kids played their hearts out and used their skating, passing and, most importantly, positioning to win all four of their games - which included three shutouts. After one game, which Greenwood won 7-2, nobody was laughing at shoot-out). Our last tourna- us! Mixed with the success

of an entry for the "SEDMHA shake" contest.

Throughout the year, they played 28 games and ended with a 23-5 record, losing only to Acadia and Clare.

Having played, been involved with, watched and loved hockey for a lifetime, I can honestly say coaching and being part of this team

MIDDLETON

playoff game; and the creation has been one of my more rewarding experiences. You don't often find a team where the players and parents have this success and cohesion, both on and off the ice, representing the Greenwood association to the best of our abilities and creating memories and friendships that will last for years to come.

On three... Bombers!

### Walk for **CF** hits its second stride

The South West Nova & Valley Chapter of Cystic Fibrosis Canada is hosting its second national Great Strides Walk May 26, along Bridge Street between Kingston and Greenwood.

Registration begins at 11 a.m. at the Kingston arena ball field, with the walk underway at 1 p.m. Walkers will head along Bridge Street, take a break at Stronach Park (the duck pond), then head to Greenwood and the turnaround point. Back at the Kingston ball field, participants will enjoy a wind-up party and refreshments.

There are a number of prizes to be won.

Last year, the Kingston/ Greenwood walk raised \$8,000. Sign up to gather pledges at www.cysticfibrosis. ca/greatstrides, and come on out May 26.

