







Vol. 34 No. 23 **NO CHARGE**

Nijmegen marchers shake their money makers

marker, a few flat batteries and coins from England and Barbados made their way into the buckets carried by 14 Wing Greenwood's Nijmegen they collected funds along the route of their morning march.

Even better, the \$3,082.72 contributed by supporters for the Canadian Armed Forces' chosen Nijmegen charities,

Three buttons, a golf ball the Soldier on Fund and the Military Families Fund.

> And even better than that were the honks, waves and good wishes.

"We were amazed at how marching team May 27, as many toots we got – and we know we're a pain to drive around on the road," says team member Padre Gord Poley. "They know what we're doing, they support us and it's really encouraging, really motivating."

Related story page 3...

TEAM The Greenwood Nijmegen marchers on the road, money buckets in hand for their fundraising march May 27.

Eyes on the sky

Base set for June 12 Armed Forces Day ground, air demo

Sara Keddy, **Managing editor**

The organizer of Armed Forces Day here at 14 Wing Greenwood June 12 is "super excited."

"Everything is coming together," says Captain Lara Jennings, heading up a committee of partners from the Canadian Armed Forces' three I think everybranches that has been working behind the scenes since to be great once

January.

"The participants are really excited, people are com- at 2:30 p.m. for a wide range ing forward with more

ideas of how to be involved - this is a great way to showcase the base and the Armed Forces, and thing is going

the day is underway."

The base opens its gates of displays, hands-

on activities and opportunities to check out what makes our military move. The Navy bus is coming, along with

sentation from Camp Alder- ment, bouncers, face painting, 14 Wing itself is showcasing its long range patrol and search and rescue aircraft, fire services equipment, specialty vehicles and more. Recruiting and Reserve representatives will be on site, and casualty simulation displays will be on-going. There is also lots for families, including a kiddie "commando" obstacle course, food concessions, entertain-

shot, Yarmouth and Cadets. display and sales tables from both the Military Family Resource Centre and Greenwood Aviation Museum – and more.

At 5:30 p.m., all eyes will be on the skies, as the 14 Wing aircraft begin a two-hour air demo: 431 Squadron, the Snowbirds, will be overhead at 6:30 p.m.

parking plan – just drive on ing lot for Armed Forces Day to the base, you don't need a spectators.

pass for anything to do with the show, and the Military Police will direct you as we fill up one parking lot at a time."

14 Wing Greenwood Relay for Life team members will be manning the parking sites, and would be happy to accept a freewill donation for their service.

The Greenwood Mall has "We've got a really good also designated its back park-







GMFRC, Casual Childcare closed June 12, 14

Family Resource Centre and ment. the Casual Childcare Centre will close at 3 p.m. June 12.

care Centre will be closed June Ops., 765-1494 local 5457.

The Greenwood Military 14 for professional develop-

For information, contact reception at 765-5611. For The GMFRC Casual Child- emergencies, call Wing Duty

La halte-garderie du CRFMG sera fermée le 12 et 14 juin

pour les familles militaires de mercredi 12 juin.

sera fermée le 14 juin pour 765-1494 poste 5457.

Le Centre de ressources développement professionnel.

Pour d'informations, Greenwoodet la halte-garderie veuillez appeler la réception au du CRFMG fermera à 15 h le 765-5611. En cas d'urgence, veuillez communiquer avec La halte-garderie du CRFMG les Opérations de l'Escadre au



AII locked up

the Aurora | 14 Wing Greenwood, NS

14 Wing Greenwood Military Police member Corporal Jay Tonguay, pictured, and Corporal Nathan Bearss had their hands full May 22, as they hosted 19 Berwick Girl Guides for a tour of the MP detachment and some information sessions for the girls' Streetwise and Law Awareness badges. S Keddy

Les yeux rivés au ciel

La base est prête pour les activités au sol et les spectacles aériens de la Journée des Forces armées du 12 juin

Sara Keddy. Rédactrice en chef

L'organisatrice de la Journée des Forces armées du 12 juin ici à la 14e Escadre Greenwood est « super excitée ».

« Le tout est en train de prendre forme », de dire le capitaine Lara Jennings, qui dirige un comité de partenaires des trois éléments des Forces armées canadiennes, lequel travaille en coulisses depuis janvier.

« Les participants sont vraiment excités, les gens trouvent

vités se mettront en branle. »

toute une gamme d'exposid'occasions de voir ce qui fait avancer nos militaires. L'auto-

belle façon de mettre en vitrine patrouille à long rayon d'action la base et les Forces armées, et et de recherche et sauvetage, je suis certaine que tout va bien son équipement de lutte contre se passer une fois que les acti- les incendies, ses véhicules spécialisés et bien plus en-La base ouvrira ses portes core. Des représentants du à 14 h 30, et la journée offrira Recrutement et de la Réserve seront sur place, et des détions, d'activités pratiques et monstrations de simulations de secours aux blessés seront données de façon continue. Il bus de la Marine sera là, de y aura aussi beaucoup à faire même que des représentants pour les familles, y compris les aérode l'Armée de Camp Aldershot, une course d'obstacles pour nefs de la de Yarmouth et des Cadets. La les petits commandos, des 14º Escadre encore plus d'idées sur des 14e Escadre elle-même mettra casse-croûte, des divertisse- commenceront

façons de participer – c'est une en montre ses aéronefs de ments, des jeux gonflables, du un spectacle aérien de deux au spectacle, et la Police mimaguillage pour les enfants, heures. Les avions du 431e des tables d'exposition et de Escadron, les Snowbirds, se- nous puissions remplir un vente du Centre des ressources ront dans les airs à compter terrain de stationnement à la pour les familles des militaires de 18 h 30. et du Musée de l'aviation de

> Greenwood – et bien d'autres choses

À 17 h 30, tous les veux seront rivés au ciel, car

encore.

« Nous avons un très bon plan de stationnement

> vous rendre en auto à la base, vous

> > n'aurez pas laissez

litaire vous dirigera pour que fois. »

Les membres de l'équipe du Relais pour la vie de la 14e - vous n'avez qu'à Escadre Greenwood seront au poste dans les terrains de stationnement, et ils accepteront avec grande joie tout don que vous voudrez bien leur faire besoin de pour leur service.

Le Greenwood Mall réserpasser pour vera aussi son stationnement quoi que ce arrière pour les spectateurs de soit qui a trait la Journée des Forces armées.



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Circulation | Circulation: 5,900 Mondays | Lundis Agreement No. | Numéro de contrat : 462268

Fax: 902-765-1717

Website | Site Web: www.auroranewspaper.com

The Aurora, PO Box 99, Greenwood NS BOP 1NO L'Aurora, C.P. 99, Greenwood (N.-É.) BOP 1NO

Location | Emplacement : 83A School Road, Morfee Annex | Annexe Morfee

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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 the Aurora | 14 Wing Greenwood, NS June 10, 2013 Page 3

Sharing steps

Marching alongside military peers a 'ministry of presence'

Sara Keddy, **Managing editor**

If Padre Gord Poley's philosophy is a "ministry of presence," members of 14 Wing Greenwood's Nijmegen marching team are getting their share.

"I'm probably one of the most loquacious people in the bunch, yes - it's a hazard of my occupation!" Poley says. "I have to keep reminding myself God gave me one mouth, but two ears."

Still, anything goes as the group puts in the miles as they get set for the 163-kilometre challenge July 16 to 19 in Holland. They've been training since April, and the camaraderie is strong, with talk, song, advice and support exchanged along the way. Poley acknowledges he's "surely one of the old geezers" of the team, and the training is physically chal- This forges us together,"

lenging, but "Nijmegen has Poley says. "Wherever I go, such a reputation of being an awe-inspiring challenge.

"The padre's role is to be with the people wherever they are – in the field, flying, outside the wire, the same way God came to be with us. I get satisfaction being with other military people as they do their thing."

That "thing" as it relates to Nijmegen is being a tight member of the team: since April, a half-dozen members have had to drop away because of injury or work commitments, another is in the middle of changing trades, there is a new dad in the group, and other members are the only person from their particular section.

"I very much want to be going with people down that road. We're all being tested together, challenged together and struggling together.

I'm always the padre – I'm on this team, but I am who I am."

The practicalities of injuries, his feet "killing him" and being on "plan W" as far as "systems" to care for the blisters, raw skin and soreness all affect him just as they do other team members.

"I had a fellow in the office recently, and he had been in Afghanistan and felt he was still 'wearing' what happened in the field while his peers seemed to be OK. 'Am I weak?' he asked me," Poley says. "Everyone is different, everyone is walking differently and there are many different routes. We're all putting in the same effort."

marches, "there are very often stories and laughter, but not so very often someone will start a heavy topic - that's harder when people are around. We're embarrassed, it's a team effort and we have to finish together and we don't seek help."

The songs, the talking and the togetherness - "even if it's forced," Poley says, as in the last kilometres of a 35-km march - "is what ing, right? For riding on the you need, and I believe in a ministry of presence."

Whether he himself will make the final team cut for Nimegen is up in the air: of the 19 hopefuls, just 11 will be selected by mid-June for the actual march.

"I think we think we're all going - maybe we're all

On the Nijmegen training delusional. Your feet are actually voting you out, and a few people have gone so far - and we miss them."

If he becomes a Nimegen marcher, he's looking forward to "the experience of it all.

"I've heard you get an awful lot of admiration and support from the Dutch, who come out along the route and see your Canadian flash - and that's for doing nothcoat tails of the thousands of Canadians who contributed so much so long ago.

"That's grace, isn't it? Getting something you don't deserve?"



Padre Gord Poley

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Village of Kingston

ELECTION DAY SATURDAY JUNE 15, 2013

TAKE NOTICE that the Village of Kingston will be holding elections for the position of one (1) Commissioner.

Polls will be open from 9:00am until 7:00pm on Saturday, June 15, 2013. An advance poll will be offered from 11:00am until 7:00pm on Tuesday, June 11, 2013. Poll location is the Kingston Village Office, 671 Main St, Kingston.

Voting is open to all residents of the Village. Per section 403 of the Municipal Government Act, an elector means a person resident within the village entitled to vote at a municipal election, and who will have resided in the village for at least six months immediately prior to the village election.

Please visit the Village website www.kingstonnovascotia.ca for updates and more information.

> 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





Partnerships foundation for health, fitness success

Managing editor

Partnerships build success, and 14 Wing Greenwood's athletics and health promotions programs depend upon

At the base's annual awards breakfast May 29, speakers all connected the importance of partnerships: between coaches and athletes, wing trades and event hosting, unit representatives and class participants – and beyond the base, into the wider community. That effort was recognized recently with the presentation of the 2012 Royal Canadian Air Force Health & Fitness Award.

wouldn't be able to compete.

Greenwood Fitness & Sports available to do their job. Too director, and they wouldn't little sport, and folks are unfit, be as healthy and mentally fit as they are, said Lisa White, health promotions manager, wood - duty first, sports without partnerships.

But what Wing Commander Colonel Jim Irvine really wants is a wing of people operationally ready, whether it's because of fitness, physical or mental health.

"We invest in sports to increase readiness, foster team work and build morale." Irvine said. "Healthy living shows we're focused on the big things like winning trophies, but also in making people

"I must seek a balance be-Greenwood athletes tween high readiness training and involvement in sports: too

unready and unhappy. We have that balance in Greensecond."

Guest speakers from Acadia University's athletics department shared the same vision around partnerships, balance and success. Athletics director Kevin Dickie and marketing and development officer Len Hawley talked about Acadia's efforts to build relationships between students, faculty and the community.

"There are a lot of parallels between life on a Canadian Forces base and a university campus," Hawley said, and he pointed to work both entities have done in the past 20 years

said Fred Williams, 14 Wing much sport and folks aren't to reach beyond an "insular" existence to become "vibrant" parts of the wider community. At Acadia, that means several hundred thousand people a year coming through the doors of the Acadia sports facility, for example, for athletics and community programs; student athletes putting in 500-plus hours a week in outreach projects, and drawing students from 10 provinces and one territory to a smalltown, small-size university that can still put six teams in the top-10 2012 Canadian Interuniversity Sport rankings.

"And, we're really happy to be here," said Dickie. "If there's a way for Acadia to make it easier for 14 Wing and Acadia to connect, we



Guest speakers from Acadia University's athletics and outreach program, Len Hawley, left, and Kevin Dickie spoke of their organization's efforts to build community partnerships - the same work 14 Wing Greenwood focuses on regularly. Corporal S.Keegan, 14 Wing Imaging

want to do it. Who wouldn't to 22-year-olds who will be years?"

want to partner with the 18- leading the country in a few

Life with mental illness a day to day struggle

Health awards

A Health Promotion 10year award was presented to unit representative Sergeant Robert Geub for his decade of extra duties promoting programs to his peers.

Butt Out self-help program participants were recognized for 12 monthsplus success in their efforts to quit smoking: Corporal Ron Imeson for 17 months smoke-free, and Private Marc-Andre Ouellet for 12 months-plus.

Master Corporal Kenneth Lenihan was awarded the Healthiest Lifestyle Change award, presented by Wing Commander Colonel Jim Irvine, in recognition of his courage and strength taking on mental health issues.

"He's been through a lot and, when we talk about the mental fitness of our soldiers, I'm very proud of him," said health promotions manager Lisa White. "When I asked him what made him come forward, he said, if he could help one more person, it would be worth it."

Master Corporal Ken Lenihan

Sitting at the local bus terminal waiting to go home, I notice a family sitting across from me laughing and having a good time.

A good time. What is a good time?

I cannot seem to remember what that feelina is like.

The little boy looks over at me and smiles as he runs around after his sister. I can see

they're full of joy. I smile back, but behind that smile is empty emotion. Why am I going though this? What have I done to deserve this? I am a good dad and husband – well, at the world sees something I am blind to.

As I step onto the bus. everyone stops what they are doing to look at me: is it the uniform, or are they looking at me? Stop looking at me. Just leave me alone. Prepared for a long bus ride, I sit in my seat and try to ignore the world.

It has been one year since I are one vear older.

I have been serving in the Canadian Forces for 13 years now passed, and my life has

- and I have been diagnosed with severe depression. I am not sad: the only emotion I feel is anger and, the odd time. rage. At one point, I felt nothing was wrong with me, that the world was messed up. A perfect man living in a messed up world: what a concept but, reality is, I am the one that is messed up.

I can say now my life has taken a 180-degree turn

What triggers a person to say, "Enough is enough," and seek help? Is it drugs? Drinking? Maybe it's the thought of taking one's

life. I cannot answer that because I am one person living in a world with its own issues. However, what I can tell you is my trigger was my wife wanting to take my kids from me. least in my mind I am. Maybe The thought of living without my family is the worst possible feeling that I could ever feel.

I made an appointment and saw a doctor. He asked me a load of questions, which I failed horribly - but I passed the screening for depression. For the next three years, I attended sessions to talk about my past, and to achieve the right level of medications so have seen my family: my kids I could live a normal life - or at least as close to normal as possible. Seven years have

turned around. I have a wonderful marriage, a great relationship with my kids and my mental state is at a high level.

Most of you may say, "What a great success story," but, trust me: the road to here was full of twists and turns and the odd pot hole - and everyone knows how pot holes can be a pain in the butt. So, let us jump back 10 years and see how all this came about.

On a warm day in the spring of 2003, I was about to board HMCS Iroquois for a sixmonth deployment in the Middle East. Our mission was clear: escort ships in and out of the Suez Canel. What wasn't clear were the dangers, which would explain why we traveled at high speeds back and forth through the Suez. For the next four months, we made hundreds of these trips, not knowing if anything was going to happen.

I never thought about it much until I got home, and then my life turned for the worse. I began to become distant from my wife, my daughter's crying made me mad and I started to do a lot of stupid things - not the norm for me. I began to dive into a virtual world, where it was only my PC and me. I spent countless hours pretending to be someone else, someone 10 feet tall and bullet proof. stuff most people would laugh.



14 Wing Greenwood Commander Colonel Jim Irvine, left, presented Master Corporal Ken Lenihan with the Change Award, presented through the Health Promotion program, in recognition of his efforts to live well with mental health issues. Corporal S.Keegan, 14 Wing Imaging

help, I began to fall into a place so many CF members have been before.

A short time after I received a medical re-muster to traffic tech, I was once again ripped away from my family. Five months seems like a lifetime, but I finally made it home. Shortly after, I was sitting in my van with my family driving to Wainwright, Alberta where at last I could finally get on with my life. Little did I know this posting would fester into what would become rock bottom for me. would spend weeks on end not talking to my family, freaking out for no reason and staying mad at

Ignoring my family's cry for Finally, my wife said enough: "You seek help, or the kids and I are gone."

> I can say now my life has taken a 180-degree turn, I am closer to my family than ever. I enjoy life. Most of all, I have put the demons that have been haunting me for so long to rest. I leave you with a touching, but powerful, quote:

> "A pearl is a beautiful thing that is produced by an injured life. It is the tear that results from the injury of the oyster. The treasure of our being in this world is also produced by an injured life. If we had not been wounded, if we had not been injured, then we will not produce the pearl" - Stephan Hoeller

Page 5

"Good news travels fast," said Fred Williams, 14 Wing Greenwood Fitness & Sports director, as he announced several big achievements by Greenwood personnel.

Base nominations sent to the national level were selected by the Royal Canadian Air Force as 2012 winners in several categories. Sergeant Alain Chalifioux was named male athlete of the year, Captain Heather Smith female athlete of the year, and the 14 Wing women's hockey team the RCAF team of the year (undefeated in the season, the Canadian Forces title holders, and including four members who won the World Pond Hockey Championships in New Brunswick).

The base won five Atlantic region sports titles, in golf, curling, men's slo-pitch, women's hockey and bowling; and two national titles in the men's slo-pitch and women's hockey.

Top performers in 2012 in the age brackets for Canadian Armed Forces' fitness testing at 14 Wing are:

Females

17-29 Captain Jennifer Finateri, 413 Squadron

30-39 Corporal Pamela Evans, 14 Air Maintenance Squadron

40-49 Warrant Officer Allison Montreuil, 14 Construction **Engineering Squadron**

June 10, 2013

50-59 Captain Rosemarie Sheppard, Wing Administration Males

17-29 Master Corporal Phillip Graham, CE

30-39 Master Corporal Jefferey Connors, 413 Squadron

40-49 Sergeant Norman Perry, 413 Squadron

50-59 Corporal Barry Doyle, Wing Construction Engineering **2012 CISM participants**

Warrant Officer Rick Hachey - golf Lieutenant Karyne Gelinas - golf Lieutenant Michelle Guertin – fencing

Corporal Arthur White - volleyball

2nd Lieutenant Serena Palmer – swimming

Coach of the year

Sergeant Alain Chalifoux – slo-pitch

* Warrant Officer Kevin Hickey - hockey

Team of the year, individual sports

Bowling | * Curling | Golf

Female athlete of the year

Captain Genevieve Dussault - slo-pitch Corporal Lindsay Williams - hockey/ slo-pitch Captain Andreane Vidal - volleyball / soccer

* Captain Heather Smith – hockey / slo-pitch

Captain Dawn Macauley - hockey

2nd Lieutenant Serena Palmer – hockey / swimming

Male athlete of the year

Major Gilles Couture - squash

Corporal Chris Lindsay - hockey/ ball hockey

Corporal Arthur White – slo-pitch/ volleyball * Sergeant Alain Chalifoux – slo-pitch/ squash

Corporal Todd Macleod - hockey/ ball hockey

Master Corporal Ed Chipman - soccer/ badminton

Official of the year

Sergeant Mark Gordon - hockey

* 2nd Lieutenant Serena Palmer - hockey

Team of the year, collective sports

Men's soccer | Men's slo-pitch | * Women's Hockey

Volunteer of the year

Corporal Mike Gillam

Master Corporal Matt Baer

- * Sergeant Alain Chalifoux
- * denotes winner

business of the week Green Elephant Café

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Colonel Sebastian Bouchard (left) stops to talk with Corporal Christopher Wagner holds the flag pole steady changing ceremony.



Corporal Michael McGrath as he inspects the troops as Warrant Officer Ivan Youden removes the EME flag, during the Electrical and Mechanical Engineers name which has flown in front of 8 Hangar for the past 22 years.



Colonel Sebastien Bouchard (left) presents the new RCEME Corps insignia to Captain Christopher Shute.

Corporal Jennifer Kusche, 14 Wing Imaging

Greenwood marks return of the Royal Canadian Electrical and Mechanical Engineers

Master Corporal Owen McElroy. **TEME Maintenance**

April 19, the Corps of Royal Canadian Electrical Mechanical Engineers (RCEME) regained its Royal Designation.

the corps was known as the equipment. Through the Electrical and Mechanical

Branch of Electrical Mechan- years, with changes to poli- Engineers (LEME). ical Engineers (EME). This is cies, restructures within the only part of the story. Origi- Canadian Armed Forces and nally founded in 1944 as a all the other changes that consequence to the further take place with any organimechanization of the armies zation, the corps changed of the day, RCEME started a names from RCEME to long and storied history of Land Ordnance Engineers Since 1994, what is now closing with and repairing (LORE), then again to Land

May 24, the maintainers of 14 Wing Greenwood celebrated the return of the Royal Designation with a ceremony in 8 Hangar. All RCEME members from the wing were present, with Camp Aldershot's shop members joining the

honour was bestowed upon new flag was blessed and the parade with the attendance of the incoming corps director, Colonel Sébastien first time in over 44 years Bouchard as the reviewing here at 14 Wing. After some officer.

hands to bear witness, the order and marched off to the corps flag (the old EME flag) tune of Lillibulero, the regiparade as well. A particular was lowered and folded. A mental march.

then raised, flying under RCEME Designation for the words from Bouchard, the Standing proud, with all corps advanced in review



THE MUNICIPALITY OF THE COUNTY OF KINGS

87 Cornwallis Street PO Box 100 Kentville, NS B4N 3W3



TENDER FIN 13-3

NOTICE is hereby given in accordance with the provisions of the Municipal Government Act, Part 6, that the following properties situated in the Municipality of the County of Kings is being offered by TENDER to the HIGHEST BIDDER, subject to a minimum bid.

Tenders shall be submitted in a sealed envelope and clearly marked on the outside of the envelope "TENDER FIN 13-3; LAND TO BE SOLD FOR TAXES." The tender shall state the assessment number, amount of the bid, name and address of the bidder and a telephone number where the bidder can be contacted. Tenders will be received up to 2:00 p.m. July 11, 2013. Tenders submitted by fax will not be accepted. There will be a Public Tender opening at the Municipal Building immediately after tender closing.

Tenders may be delivered to: The Municipality of the County of Kings, 87 Cornwallis Street Kentville NS B4N 3W3.

No.	Assessment	PID	Name	Description/Address	Assessment
1.	00251089	N/A	Freddy Johnson	Mobile Home, 321 Main Street, Kingston (Mobile only)	\$ 7,500
2.	02308835	N/A	Roger Keddy	Mobile Home, 292 Davidson Street (Mobile only)	\$ 1,100
3.	03904725	55037675	Hants-Kings Development Centre	Land Highway 221 Sheffield Mills – HST applicable on purchase price	\$ 4,700
4.	04418727	55140149	Ronald Steadman	Land 1087 Rafuse Rd Waterville – HST applicable on purchase price	\$ 19,600 (land value)
5.	05830168	N/A	Steven Meyers	Mobile Home, 1 Brookside Dr. New Minas (Mobile only)	\$ 2,300
6.	08063567	N/A	Tim Kane	Mobile Home, 14 & 16 Homco Drive New Minas (Mobile only)	\$ 10,000

Terms: DEPOSIT MUST ACCOMPANY THE TENDER BID IN FORM OF A CERTIFIED CHEQUE OR LAWYER'S TRUST CHEQUE. Payment of balance of the accepted tender price must be paid within three business days after being notified of acceptance by cash, money order, debit, certified cheque from the bank (will not be accepted if not certified) or lawyer's trust cheque. HST will be added to the purchase price for parcels described as "Land." Each bid must include \$ 210.00 for recording fees and expenses.

"Take notice that properties sold by tender do not in all circumstances clear up defects in title. A tax deed conveys only the interest of the assessed owner, whatever that interest may be. If you are intending to clear up defects in the title of your property by way of a Tax Sale, you are advised to obtain a legal opinion as to whether or not this can be done." Purchasers should not consider that the Municipality in any way guarantees good title.

The Municipality of Kings makes no representations or warranties to any purchaser regarding the fitness, geophysical or environmental suitability of the land(s) offered for sale for any particular use and are being sold on an "as is" basis only. Descriptions may be viewed and Tender Forms may be picked up at the Finance Office, Municipal Complex, located at 87 Cornwallis Street, Kentville, NS.

The Municipality of Kings reserves the right to reject any or all tenders.

Kim Durling, Manager of Financial Services and Municipal Treasurer

Give me a break

GMFRC coordinator of child and youth services

We all know the minute our spouse has left for any type of training or deployment, Murphy's Law comes into effect! When it comes to finding a plumber for the leaky tap or a repair man for the washer, it is as simple

pages and finding that expert to fix the problem.

Parenting on your own during a family separation, unfortunately, isn't that easy. Our children did not come with an instruction manual, nor can you find a listing in the phone book under parenting repair. Taking time for yourself while your spouse available at no charge. These

as looking though the yellow is away is essential for good mental health. This does not mean your children will not be your top priority; it simply means you need to do activities just for you, without the children.

During periods of family separations, the Greenwood Military Family Resource Centre has respite childcare

scheduled sessions are offered to all Canadian Armed Forces families experiencing a family separation, such as deployment, IR or the many courses that take our spouses away from home on any given day. Respite childcare is there for you - an easy, guilt-free day for you to do whatever it is that makes life a little easier, or simply makes

you smile. Some spouses use child will have a fun-filled day it to go for groceries without having to drag the kids to the store, while others take full advantage of having the house all to themselves and nap the day away or have a lunch date with friends without trying to look for a babysitter.

During respite childcare days at the GMFRC, your

of playing with friends, making crafts and having a great time with the state of the art toys and equipment the GM-FRC has for young children in our childcare rooms.

For more information on respite childcare, or how you can register your child, please contact the GMFRC at 765-5611.

J'ai besoin d'une pause

s'absente pour de l'instruction ou pour un déploiement, la loi de Murphy entre en vigueur. Lorsqu'il faut trouver un plombier pour réparer un robinet qui coule ou un réparateur de machine à laver, il est facile de chercher dans les pages jaunes et d'appeler un spécialiste qui peut régler le problème.

Toutefois, il n'est pas aussi facile d'exercer le rôle de parent seul lors d'une séparation de

Nous savons tous que dès famille. Les enfants ne viennent que le conjoint ou la conjointe pas avec un mode d'emploi et vous ne pouvez pas trouver de numéro dans l'annuaire téléphonique sous la rubrique « réparateur à l'intention des parents ». Il est donc essentiel que vous preniez du temps pour vous lorsque votre conjoint ou votre conjointe est absent. Cela ne signifie pas que vos enfants ne demeurent pas votre priorité, mais plutôt que vous devez mener certaines activités sans leur présence.

Durant les périodes de séparation des familles, le Centre de ressources pour les familles militaires de Greenwood vous offre gracieusement un service de garde de relève. Des sessions sont prévues et offertes à toutes les familles des FC qui vivent une séparation comme lors des déploiements, des RI ou des nombreux cours qui font en sorte que le conjoint ou la conjointe militaire peut quitter le domicile à tout moment. Le service de garde

de relève existe pour vous. Il s'agit d'un moyen facile de passer une journée sans sentiment de culpabilité et d'en profiter pour faire une activité qui vous libère du poids qui pèse sur vos épaules ou qui vous rend simplement heureux. Certains conjoints ou conjointes utilisent ce service pour aller faire l'épicerie sans avoir à traîner les enfants tandis que d'autres en profitent pleinement pour rester seuls à la maison et se prélasser ou

devoir trouver une gardienne.

Durant les journées de garde de relève au CRFMG, les enfants passent une journée de l'équipement de dernier cri au 765-5611.

vont dîner avec des amis sans dont le CRFMG dispose dans ses salles de garde d'enfants.

Pour obtenir plus de renseignements sur le service de garde de relève, ou pour divertissante en jouant avec savoir comment vous pouvez des amis, en bricolant et en y inscrire votre enfant, veuillez s'amusant avec des jouets et communiquer avec le CRFMG



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ENCHANTED TEA PARTY

Tues., June 18 11:00 a.m. – 12:30 p.m. Children aged 3 – 5 years \$12 per child GMFRC Register by: Fri., Jun 14

FÊTE DU THÉ ENCHANTÉ **Mardi le 18 juin** 11 h 00 à 12 h 30

Enfants âgés de 3 à 5 ans 12 \$ par enfant au CRFMG Date limite d'inscription vendredi le 14 juin

SURVIVING **DEPLOYMENT: THE** ROAD TO MENTAL READINESS (R2MR) Wed., June 19

FREE at the GMFRC Register by: Wed., Jun 12

SURVIVRE À UN **DÉPLOIEMENT: EN** ROUTE VERS LA *PRÉPARATION* MENTALE (RVPM) Mercredi le 19 juin GRATUIT au CRFMG Date limite d'inscription:

Road.

re cash or cheque

Methods of payment accepted

mercredi le 12 juin

RESPITE CHILDCARE Saturday, June 22

10 a.m. – 5 p.m. Free for CF Families who have a partner deployed. Children up to age 12 Register by: Thurs., Jun 20

SERVICE DE GARDE DE RELÈVE Samedi le 22 juin

10 h à 17 h Gratuit pour les familles des FC dont un conjoint est déployé. Enfants âgés de 0 à 12 ans. Date limite d'inscription : jeudi le 20 juin

BABYSITTING COURSE Tues., June 25

30 a.m. – 4 p.m. \$25 per youth at the GMFRC Youth aged 11 years and up Register by: Thurs., June 13

COURS DE GARDE D'ENFANTS Mardi le 25 juin 8 h 30 à 16 h 00

25 \$ par adolescent au CRFMG Adolescents âgés de 11 ans et Date limite d'inscription:

765-5611 or drop-in to the GMFRC located at the AVM Morfee Centre on Greenwood. MFSP

jeudi le 13 juin

To register, or for more information, call | 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 argen ou par chèque.

familyforce.ca forcedelafamille.ca Facebook.com/GMFRC

GMFRC Community Needs Assessment

re your opinion. Have a voice ut it out. Suggest changes. * FOR MILITARY FAMILIES

From June 1 - 30, 2013 On-line survey available at www.familyforce.ca/sites. greenwood or a printed copy a the GMFRC Reception Desk.

Sondage sur l'évaluation des besoins de la communauté du **CRFMG**

Donnez votre opinion! Faites vous entendre! Dites haut et for ce que vous pensez! Suggérez des changements!

* POUR LES FAMILLES MILITAIRES SEULEMENT_* Du 1er au 30 juin 2013 Sondage disponible en ligne à www.forcedelafamille.ca/

sites/greenwood ou copie papier disponible à la réception du CRFMG.

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Kentville 678-2521

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Tues 9:00-4:30, Wed 9:00-4:00 Thurs 8:45-4:30

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Familiar faces coming 'home' with Snowbirds

Managing editor

Look up and check out the number of Nova Scotians making up 431 Squadron members, performing June 2 here in Greenwood as the Snowbirds.

"We're probably the most fortunate people in the forces, to do what we do," says Corporal Justin Hill, a Beaverbank native. In fact, it gets closer than that: his mom was from Greenwood and his father from Middleton, with plenty of family still in the area.

"And I may even be related to him," says Corporal Jason Timpa, a Greenwood lad whose father, a long-time West Kings teacher, now lives in Margaretville. Timpa's mother grew up in Tremont.

Hill serves as the Snowbirds' technical coordinator, and is making his first "sweep" over the next month in the role. He lines up everything the continwith the aircraft: fuel, hangar my style - but we like to take space, oxygen and more, along with amenities for crew members. There is a checklist of minimum standards he ensures are ready 60 days before every show. Wearing another of his "many hats," he continues as the group's structures technician, the "autobody guy on aircraft.

"The Snowbirds take a lot of teamwork," Hill says. After two years in the Navy, he remustered to the Air Force in 2008, was posted to Borden and then to 431 Squadron.

Timpa also seems to have started his aviation career "backwards:" his first posting, "fresh out of Borden," in 2005 was with the Snowbirds.

"I wanted a career in aviation, and was going to be a commercial pilot at community college in Shearwater. "But, if you like to fly, this is it.

"There's a high tempo, and the number 11 jet.

gent needs on the ground to do we're busy. To a degree, that's a break."

> Timpa, who flies in the number three jet as a level A avionics technician, expects to squeeze a couple night's stay in at his dad's at the shore, and he's looking forward to being back in Greenwood: "home is home."

> Captain Steve MacDonald is no stranger either: he left Greenwood behind after 12 years with 405 and 404 squadrons last year, and now is close to marking his first year with the Snowbirds. Those links are valuable for the June 12 show, as he's close friends with Captain Jeff Isenor, 14 Wing's air show coordinator.

> "I always wanted to be with 431 Squadron, and this is awesome," MacDonald says. Another Nova Scotian, this New Waterford native is one of the squadron's safety planners and show announcers, and flies in

"I show up two hours before - to watch the actual the team, check the display area, talk to the organizers and look after the on-the-ground details. The team shows up and we do a standard covering brief."

As for air show buffs, MacDonald knows there will be those who take to the hills - the North and South mountains

on to the base. to the show." "We're planning a full-up high show, and we need about

ence in Greenwood, and now

with the Snowbirds team, he

recommends spectators come

Corporals Jason Timpa, left, and Justin Hill are among the Snowbirds team members heading to Greenwood for the June 12 Armed Forces Day air show. Nova Scotia – with deep local roots here in the Greenwood area - is home to both men.

Captain T Edelson, Public Affairs Officer, 431(AD) Squadron CE Snowbirds

Des visages familiers reviennent « à la maison » avec les Snowbirds

Sara Keddy, Rédactrice en chef

Allez voir et vérifier le nombre de Néo-Écossais qui font partie du 431^e Escadron, les Snowbirds, qui donneront un spectacle aérien ici le 2 juin.

« Nous sommes probablement les gens les plus chanceux des Forces, parce

que nous faisons ce que nous le caporal Jason Timpa, un faisons », de dire le caporal Justin Hill, originaire de Beaverbank. En fait, ses liens locaux sont encore plus étroits : sa mère était de Greenwood et son père de Middleton, et il a encore beaucoup de famille dans la région.

« Et je suis peut-être même parent avec lui », explique jeune homme de Greenwood dont le père, qui a longtemps enseigné dans West Kings, vit maintenant à Margaretsville. La mère du caporal Timpa a grandi à Tremont.

Le caporal Hill est le coordonnateur technique des Snowbirds, et il fera son premier « ratissage » au cours du prochain mois dans ce rôle.

Il trouve tout ce dont le

soin au sol pour les aéronefs : ne bat cela. carburant, hangars, oxygène et plus encore, en plus des commodités pour les membres de l'équipe. Il y a une liste de contrôle de normes minimales à respecter dont il faut s'occuper 60 jours avant chaque spectacle aérien. Ensuite, enfilant l'un de ses nombreux autres « chapeaux », il continue d'appuyer l'équipe en tant que technicien des structures, le « réparateur de carrosserie » des aéronefs.

« Les activités des Snowbirds nécessitent beaucoup de travail d'équipe », explique le caporal Hill. Après deux ans dans la Marine, il a été transféré à la Force aérienne en 2008, puis a été affecté à Borden et ensuite au 431e Escadron.

Le caporal Timpa semble aussi avoir commencé sa carrière en aviation « à l'envers » sa première affectation, tout de suite après Borden en 2005, était avec les Snowbirds.

aviation, et j'allais devenir un s'exclame le capitaine Macpilote commercial au collège Donald. Un autre Néo-Écoscommunautaire à Shearwater. Mais si vous aimez voler, rien

La cadence est élevée. et nous sommes occupés. Dans une certaine mesure, c'est mon style - mais nous aimons prendre une pause à l'occasion. »

Le caporal Timpa, qui fait partie de l'équipage de l'avion nº 3 en tant que technicien en avionique de niveau A, espère passer quelques jours chez son père au bord de la baie, et il a bien hâte de revenir à Greenwood: « je suis d'ici. »

Le capitaine Steve MacDonald n'est pas un étranger lui non plus : il a quitté Greenwood après 12 ans dans les 405e et 404e Escadrons l'an dernier, et il marquera bientôt sa première année avec les Snowbirds. Ces liens sont précieux pour le spectacle du 12 juin, car il est un très bon ami du capitaine Jeff Isenor, coordonnateur du spectacle aérien de la 14^e Escadre.

« J'ai toujours voulu faire partie du 431° Escadron, « Je voulais une carrière en et c'est extraordinaire », sais, ce militaire originaire de New Waterford est l'un des

planificateurs de la sécurité et des annonceurs du spectacle, et fait partie de l'équipage de l'avion nº 11.

a 4,500-foot ceiling. This is

appreciate it. Come in for the

announcing and the music that

goes with it all - it really adds

performance. With his experiour best show, and spectators

« Je me pointe deux heures avant le spectacle, je vais voir la section de l'exposition statique, je parle aux organisateurs et je m'occupe des détails au sol. L'équipe se présente, et nous tenons un briefing de couverture standard. »

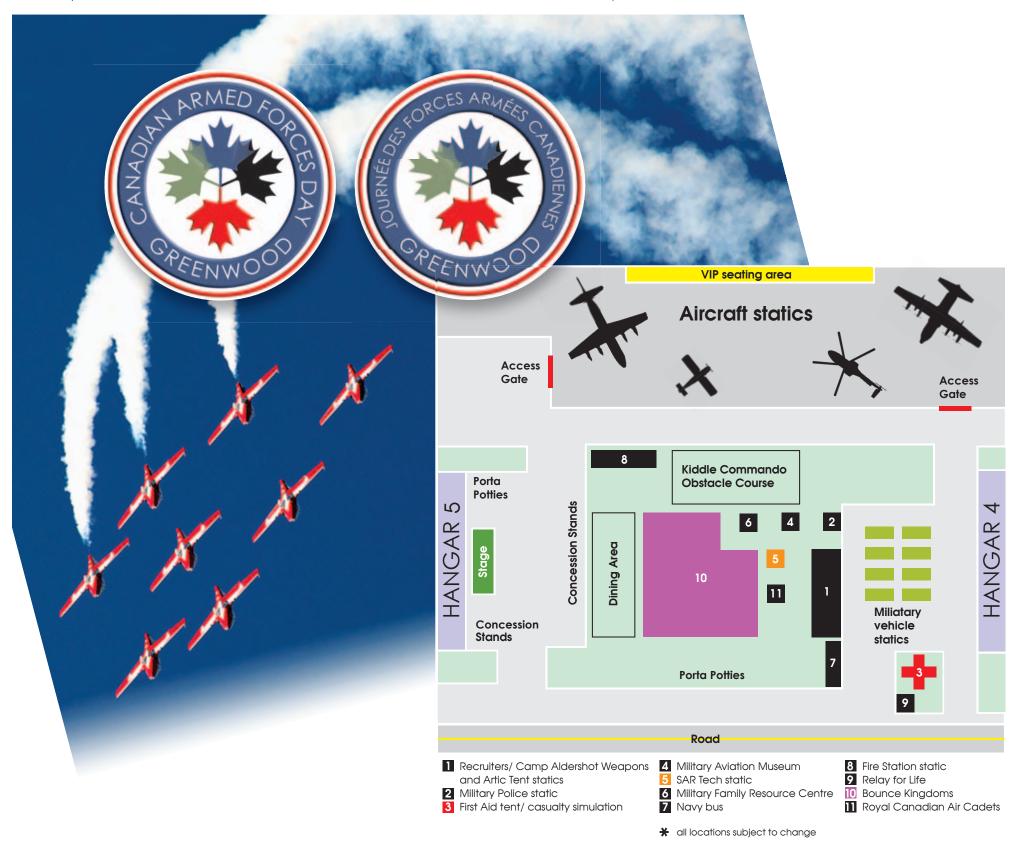
En ce qui concerne les vrais amateurs de spectacles aériens, le capitaine MacDonald sait que certains d'entre eux se rendront dans les collines - les montagnes North et South pour voir la prestation en soi. Mettant à profit son expérience à Greenwood et maintenant avec l'équipe des Snowbirds, il recommande aux spectateurs de venir à la base.

« Nous planifions un spectacle complet pleine hauteur, et nous avons besoin d'un plafond de 4 500 pieds. C'est notre meilleur spectacle, et les spectateurs l'apprécient. Venez à la base pour les commentaires et la musique tout cela ajoute vraiment au



Un visage bien connu à Greenwood, le capitaine Steve MacDonald revient le 12 juin pour la Journée des Forces armées en tant que membre du 431° Escadron, les Snowbirds.

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Armed Forces Day schedule | Horaire de la Journée des Forces armées

June 12

2:30 p.m. Event opens to the public Parade Square 14 Wing Greenwood Pipes & Drums 2:30 p.m. to 3:00 p.m. Main stage 14 Wing Greenwood Pipes & Drums 5:00 p.m. to 5:30 p.m. Main stage 14 Wing Greenwood aerial demonstrations Overhead 5:30 p.m. Snowbirds Demonstration Team 6:30 p.m. Overhead 8:30 p.m. Event ends

Le I2 juin

Activités ouvertes au public

14 h 30 à 15 h 00

16 h 00 à 16 h 30

17 h 30

18 h 30

20 h 30

Activités ouvertes au public

Cornemuses et tambours de la 14º Escadre Greenwood

Cornemuses et tambours de la 14º Escadre Greenwood

Spectacle aérien de la 14º Escadre Greenwood

Spectacle aérien des Snowbirds

Fin des activités



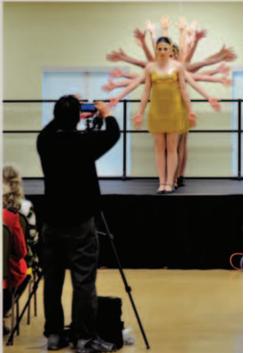
















Valley ties blossom between base, festival

Lieutenant Lydia Mombourquette, Wing Comptroller Branch

Apple Blossom Festival has evening, Military escorts inbeen running since 1933, one cluded Captain M.Loubani, of the longest running festi- 404 Squadron; Captain vals in Canada. The festival B.Morrison, 405 Squadron; brings together communi- Corporal J.Brightman 3 MOP ties from Windsor to Digby to celebrate local traditions, agricultural heritage and the poral Pelletier, Master Correturn of the apple blossoms. poral M.Gosselin, Corporal This year, May 29 to June M.Leblanc, Private C.Buckley 3, the theme was A Time to and Corporal D.Johnson, 14 Celebrate, which highlighted Air Maintenance Squadron; the co-operative community AB B.Settle, Corporal K.Lucas spirit that characterizes the and Corporal M.Moses. Wing annual festival.

team at festival events.

As part of the festival, each the coronation ceremony at spectators. Acadia University. Princess spokeswoman for the festival. ties. First-lady-in-waiting is Princess Kingston Hilary Alain, accompanied by her

Shayna Keddy. Thirteen 14 Wing escorts

ushered each of the princesses on and off the stage dur-The Annapolis Valley's ing the coronation ceremony Squadron; Corporal C.Chittick, Private M.MacIssac, Cor-Logistics & Engineering. The As in previous years, 14 escorts also accompanied the Wing Greenwood personnel festival's Royal Party to the participated in several of fireworks at Kentville's Memothe festival activities. Acting rial Park and for formal picture Wing Commander Lieutenant- taking at the Old Orchard Inn, Colonel Mike Adamson (405 and the entire Royal Party and Squadron) and Wing Chief festival organizers joined the Warrant Officer Pierrot Jetté escorts at a luncheon hosted represented the command by 14 Wing Greenwood Commander Colonel Jim Irvine.

The 14 Wing Brass & Reed local community nominates a Band and the Pipes and Drums princess to represent it during band participated in the grand festivities. These young ladies street parade June 1, led with participate in a leadership a flypast from 14 Wing aircraft. competition which encom- There were approximately 110 passes public speaking, team entries in the parade, which building and deportment. At drew an estimated 80,000

The festival provides the New Minas, Michelle Saade, opportunity for 14 Wing to was crowned Queen Annap- participate in local events and



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Recreation... DSCO



nch walkers

About 40 Greenwood walkers kicked off summer – and the provincial Heart & Stroke Foundation Walkabout fifth birthday party – with a Nova Scotia Walk Day lunchtime outing May 8 through the 14 Wing Greenwood Residential Housing Units neighbourhood. The three-kilometre route was followed by light refreshments and prizes for participants. J.Jackson

Youth Happenings

Lindsay McCormack, **Recreation Youth Worker**

Summer fun is getting started at the 14 Wing Greenwood Community Centre, so come check us out!

Boys Club

Tennis

June 10, 4:30 p.m. to 6 p.m. Bring your outdoor shoes and energy! We will be heading to the outdoor courts for a bit of fun.

Teen Council Meeting

June 11, 5 p.m. to 6 p.m.

We are so close to the end of the year, let's make these last couple of weeks count, teens! Ideas for this year and the start of next are welcome.

Active Chicks

Father's Day Crafts June 12, 6 p.m. to 7:30 p.m. We are going to be making gifts from the heart to show

Teen Activity

Wii Games

June 13, 6 p.m. to 7:30 p.m. We also have the Xbox/ Kinect system up and running, so there are options!

Kinect Games

June 15 Pre-teen 4 p.m. to 5 p.m. Teen 5 p.m. to 6 p.m.

Today will be more of a familiarization day, as we check Dad how much we love him. out the ins and outs of the Please pre-register, cost is \$2. xbox/ kinect.



May 2, the Active Chicks and Boys Club groups had an adventure to Oaklawn Zoo. Although the beginning of the day was absolutely beautiful, the clouds slowly started to creep in and it cooled off quickly. The rain held off as we made our way around the zoo and saw the beautiful animals, including the newest addition, a young lion named Sterk.

Les enfants - Enfourchez votre vélo pour le rodéo à bicyclette de Greenwood

Sara Keddy, Rédactrice en chef

Venez passer une journée amusante - et sécuritaire pendant que vous acquérez au défi les participants du des aptitudes de conduite à vélo qui vous seront utiles sur la route.

la 14^e Escadre Greenwood organisent un rodéo à bicy-Caporal-chef Fred Ferguson prochaine fois. »

affirme que ses collègues ont bien hâte de rencontrer les enfants et les familles ainsi que de partager quelques conseils de sécurité à vélo et de mettre rodéo.

« Nous aimons rencontrer les gens durant la tenue Les policiers militaires de d'activités amusantes, pour assureront le bon déroulequ'ils se sentent confortables et en sécurité avec nous s'ils clette pour enfants le 15 juin doivent nous voir pour quelprochain, et l'organisateur que chose de plus sérieux la

Le rodéo promet d'être très amusant, avec la station d'inspection du vélo et du casque, les conseils de sécurité puis la course à obstacles même. Les policiers militaires et quelques employés du Comité consultatif communautaire des jeunes de la 14^e Escadre Greenwood ment de l'activité, mais les bénévoles qui souhaitent offrir du renfort sont les bienvenus (contactez Ferguson au 765-1494, poste 5162, ou rendez-

vous sur les lieux de l'activité pour choisir une tâche).

Les participants, âgés de moins de 12 ans, doivent amener leur vélo et leur casque, et les familles devraient prévoir environ 45 minutes pour l'activité, ainsi que prévoir du temps pour le barbecue de collecte de fonds organisé à l'intention de l'œuvre de charité préférée de la police militaire, soit le Fonds militaire pour les aveugles. L'activité se déroulera entre 10 h et 14 h dans le

stationnement de CANEX (en cas de mauvais temps, l'actide l'aréna Greenwood Gardens sans glace).

CANEX et l'Assurance La personnelle ont fait don d'un vélo pour fille et d'un vélo pour garçon en guise de prix à gagner, et les policiers militaires donneront également un certain nombre de casques à vélo approuvés pour les enfants qui ont besoin d'un autre casque ou pour ceux qui n'ont

pas encore.

« Le problème concernant la vité se déroulera à l'intérieur conduite à vélo, affirme Ferguson, c'est que même si vous respectez toutes les règles, ça ne veut pas dire que les autres le feront également – et si cette autre personne qui ne respecte pas les règles conduit une voiture, c'est la personne à vélo qui a le plus de chance d'être blessée. Vous vous promenez peut-être à vélo juste pour le plaisir, mais vous devez quand même être prudent. »

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Les Coisses... L'AVENTURE ATTEND

Kids – ride in for Greenwood bike rodeo

Sara Keddy, Managing editor

Have a fun day – and a safe day – as you learn riding skills for down the road.

14 Wing Greenwood's Military Police members are hosting a youth bike rodeo June 15, and organizer Master Corporal Fred Ferguson says his co-workers are looking forward to meeting kids, helping families share some cycling safety tips and challenging rodeo participants.

"We like meeting people when it's for fun, so if it is something more serious the next time we see them, people feel comfortable and safe with us."

The rodeo promises to be fun, with a bike and helmet inspection station, safety tips and then the actual obstacle course itself. The MPs and some helpers from the 14 Wing Greenwood Community Youth Council will run the event, but volunteers are welcome to join in (contact Ferguson at 765-1494 local 5162, or show up at the event to pick up a job).

Participants, under age 12, should bring their bikes and helmets, and families should be ready to spend about 45 minutes at the event – and allow time for a fundraising BBQ for the MPs' preferred charity, the Military Blind Fund. The event runs between 10 a.m. and 2 p.m. in the CANEX parking lot (if the weather is poor, everything will be held indoors, inside the icefree Greenwood Gardens Arena).

CANEX and The Personal Insurance have donated a boy's and girl's bike as event prizes, and the MPs also have a supply of approved bike helmets for kids who may need a replacement, or don't have one at all.

"The issue with driving a bike," Ferguson says, "is, even if you're doing everything right, someone else may not be — and if that someone else is a car, you're the one more likely to get hurt. You may be out just having fun, but you have to be careful."





www.canex.ca

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June 15, 2013 From 1000 - 1400 CANEX parking lot

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Art time

Barb Annis from B&J Ceramics visited with some of her former students at Dwight Ross Elementary School recently, while helping all students find their "inner artist" painting ceramic tiles during an art exploratory day, funded by the school's PTA.

Health in Harmony radiothon June 13, 14

take donations by phone or in person at Valley Regional Hospital June 13 and 14 for the new Health in Harmony Radiothon, on AVR.

The radiothon, supporting the Our Community Our Health campaign, will begin at 7 a.m. on the AVR morning show with

Volunteers will be ready to host Mike Surette. Tune in to and palliative care centre and listen to stories, interviews and fundraising announcements chemotherapy and mental health from generous individuals, and addictions. The push is on service clubs and businesses. Radiothon numbers to call to make a pledge are 680-1759 or To volunteer, tell your story 1-855-313-2584.

build and furnish the hospice radiothon, call 678-5414.

enhance vital services in ER, for the final \$1.2 million needed.

Do you want to be involved? or for information to organize Donations will be used to a fundraiser in support of the



De retour pour une autre année

Renee Cormier, Camp pour les jeunes francophones

Le centre communautaire de la 14^e Escadre de Greenwood est fier d'offrir des camps d'été pour les jeunes de la région. Comme à chaque année, il y aura trois camps: un camp pour les ieunes anglophones de 6 à 12 ans, un camp pour les sportifs de 9 à 14 ans et, un camp pour les jeunes francophones

et francophiles de 6 à 12 ans.

ouvert de 09h00 à 15h00 du lundi au vendredi à partir du

Pour un tarif de 70\$ plus avant et après le camp sera taxes par enfant par semaine offert de 07h30 à 09h00 et de (80\$ plus taxes par semaine 15h à 16h30 chaque jour pour pour les non-titulaire de la carte le prix modique de 20\$ par jour de récréation) plus 10\$ pour soit 10\$ pour le service avant bk.cfpsa.com/greenwoodpub/ les voyages, les camps seront le camp et 10\$ pour le service après le camp.

Pour inscrire votre enfant, mardi 2 juillet prochain. Le il vous suffit de communiquer tout se terminera le ieudi 22 avec le centre communautaire août. Pour les semaines de 4 de la 14e escadre de Greenwood de 10\$ au tarif hebdomadaire. ment si vous aviez une titulaire camps d'été!

De plus, un service de garde de la carte de récréation, en téléphonant le 765-1494 poste 5341, poste 5337 ou le poste 5331 et en complétant le formulaire d'inscription au site http:// index.asp. Si vous préférez inscrire votre enfant en personne, vous pouvez venir au centre communautaire le 19 iuin prochain à partir de 09h00.

Dans la prochaine édition on jours, il y aura une réduction dès le 17 juin prochain, seule- va avoir les horaires pour les

Summer camp fun approaching quickly

Emily Gorman, Day Camp & Jeff Paradis, Sports Camp

Planning for 14 Wing Greenwood summer youth camps is officially underway, and it's already shaping up to be a fun-filled summer.

Day camp and French camp are for children ages six to 12, and sports camp is for youth ages nine to 14. Camp hours are from 9 a.m. to 3

from 7:30 a.m. to 9 a.m. and after care from 3 p.m. to 4:30 p.m. (\$10 per service for the week - there are no daily rates). Camp rates range from \$60 to \$90, depending on the number of days and whether or not there is a day trip included. There are discounts for Greenwood recreation card holders.

p.m.; before care is available next few weeks gearing up at www.cfcommunitygateto miss! Some themes heard around the office are: Guide to the Galaxy, Survivor and Mystery Week. Keep an eye out for the official list of themes and trips for the summer! Camps start July 2 and will run until August 22.

Online registration for all We will be spending the recreation card holders only)

for a summer kids won't want way.com or bk.cfpsa.com/ greenwoodpub (contact Jill Jackson at 765-1494 local 5331 to set up a username and password for these websites) and in person at 9 a.m. June 19 at the 14 Wing Greenwood Community Centre. For information, contact 765-1494 locals 5341 or camps opens June 17 (for 5337, or greenwoodsummercamps@gmail.com.

the Aurora | 14 Wing Greenwood, NS Page 15 June 10, 2013

(((SiriusXM))) caravan Kids

SCAN HERE







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 quarantee 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 date de tombée des soumissions est à 9 h 30 du matin le jeudi précédent la publication, à moins d'avis contraire

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@ 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

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.

Masonic notice

Kingston Argus Masonic Lodge as a day lodge. Argus Lodge formed as a distinct military-based Masonic organization, but is open to all. Past members and anyone interested in this day lodge, please contact Rocky Hendrickson, 765-0621. Interest in this lodge has been shown, and a committee meeting is now planned for September (TBA).

will be:

Monday

Tuesday

Thursday

Lundi de

Mardi de

Jeudi de

Mercredi de

Vendredi de

Friday

Wednesday

presents Two Dumb Dogs: The Amazing Adventures of Ferdo and Floof. Two silly dogs like to break the rules of their owner, Roger, and run away to seek fame and fortune. Despite the warnings

Greenwood competed at the Canada Open in Toronto and won a bronze medal in the boys' bantam weight division. of a wise owl, they enter the rules is a good thing. This show out and enjoy chicken supreme enchanted forest and must rally

National bronze

will delight children of all ages! Plays Saturdays and Sundays to June 23, with two performances Saturdays (11 a.m. and 2 p.m.) and afternoon matinees Sundays (2 p.m.). Tickets are \$5. 678-8040 for reservations. www.centrestag-

Congratulations to Rodrigo Meier. May 4, the Durling's Taekwondo Club athlete from

June 11, enjoy a community luncheon at the Kingston Lions'

with mashed potatoes, vegetables and dessert. Cost is \$8, or \$8.50 delivered. Deliveries must be ordered by 10:30 a.m.

the Aurora | 14 Wing Greenwood, NS

Fundraising walk

June 15, join friends on the annual Walk the Walk for Autism - Stepping in the Right Direction, in Middleton, Registration starts at 10:30 a.m. at Rotary Raceway Park, followed by the walk at 11:45 a.m. Refreshments and



THE MUNICIPALITY OF THE COUNTY OF KINGS

87 Cornwallis Street PO Box 100 Kentville, NS B4N 3W3

PUBLIC INFORMATION MEETING

KINGS COUNTY AND NEW MINAS LAND USE BYLAWS - SIGNAGE (File 13-07)

A PUBLIC INFORMATION MEETING will be held on TUESDAY, JUNE 18, 2013 at 1:00 p.m. in the Council Chambers of the Municipal Complex, 87 Cornwallis Street, Kentville, NS. The meeting concerns an application to amend the Kings County Land Use Bylaw and the New Minas Land Use Bylaw to permit an increase in the size of the digital reader board signs for the McDonald's restaurants at 954 Central Avenue, Greenwood and 9197 Commercial Street, New Minas.

The intent of the meeting is to review the relevant planning policies, explain the proposal and receive an early response from the public on the proposed

Further information may be obtained by contacting Leanne Jennings, Planner, at 690-6150 or by email at

www.county.kings.ns.ca

rossword solution page 18

ACROSS

- 1. Chicago time
- 4. And hearty 8. In a murdérous
- frenzy (var. sp.) 10. Substance that
- imparts a hue 11. Italian's capital
- 12. Oral flavours
- 13. The Pitt Family artist. Wm.
- 15. Most buffoonish
- 16. A group of 8
- 17. Overlords 18. Camera artists
- 21. Resinlike substance in
- 22. Fundamentally important
- 23. Fishing
- implement 24. Hamilton's bill
- An adult female hoa
- 26. Emergency broadcast network
- 27. Transcending

- national boundaries
- 34. Applied by spreading
- 35. Lower in esteem
- 36. Entered the noneating larval stage
- 37. Nears
- 38. Woke up
- 39. Selfs 40. Parts
- 41. Dry: esp. of
- vegetation 42. Knot in a tree
- 43. River in NE Scotland

DOWN

- 1. Drive-in server
- Kiss
- 3. Red fruit eaten as a vegetable
- 4. Foot and leg wear
- 5. Changes
- 6. Wind deposited silt
- Formerly (archaic) 9. Gold fineness

- 10. Military snack bar 12. Capital of
- Uzbekistan 14. Old Tokyo
- 15. Heat in a microwave
- 17. A waterproof raincoat
- 19. Stared sullenly
- 20. Slang for cool
- 23 Revolves 24. Don't know when
- Sports shoe
- 26. Opposite of beginnina
- 27. Chevy sedan
- model 28. Communist
- nickname 29. 007's Flemming
- 30. Drama awards 31. Badgered
- 32. Towards land 33. Leaseholder
- 34. Capital of Gyeonggi-do
- 36. Yellowstone or Central

measure metro crossword brought to you compliments of



954 Central Avenue Greenwood

765-6381

Volunteers wanted

Special Olympics Nova Scotia will

We are proposing to re-open the

At CentreStage

To June 23, CentreStage Theatre

their brainpower and confidence to release the prince and escape from the queen's dungeon. Howl with delight as we learn with these pups, that sometimes, following

Agence de logement des Forces canadienn

7:30 a.m. to 3:45 p.m.

7:30 a.m. to 3 p.m.

7 h 30 à 15 h 45

7 h 30 à 15 h 45.

7 h 30 à 15 h 45

7 h 30 à 15 h 45

7 h 30 à 15 h

Canadian Forces

Housing Agency

Effective Monday, June 10, the 14 Wing Greenwood

Closed noon to 1 p.m. daily.

À compter du lundi 10 juin, les heures de bureau de

l'Agence de logement des Forces canadiennes à la

Fermé de midi à 13 h tous les jours

14e Escadre Greenwood seront les suivantes :

Canadian Forces Housing Agency's hours of business

etheatre.ca.

hall, 11:30 a.m. to 1 p.m. Come





PROPOSED TEXT AMENDMENT TO THE

amendment.

ljennings@county.kings.ns.ca.

Tel: (902) 690-6150 Fax: (902) 679-0911 Tel: 1-888-337-2999

family activities will be offered between 12:30 p.m. and 1:30 p.m. To register online, or for more information, www.walkthewalkforaustim.ca.

Breakfast

June 15, 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 is welcome!

Evening cabaret

June 15, 6 p.m.: '50s cabaret at the Brickton Community Hall. Advance tickets only. Special appearances by the Brickton Players and surprise guest (E.P.). Call now for your tickets. 765-6821.

Concert

June 15, enjoy a Serenade in the Indoors Park, with the 18-piece Annapolis Big Band and VIP guests from Middleton Regional High School, beginning 6:30 p.m. This freewill concert in support of the emergency room at Soldiers' Memorial will introduce the Consul General of Club d'échange de livres en the United States (Atl) Richard français Riley and co-host of CBC Radio's Information Morning, Louise Renault.

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.

Venez voir l'inventaire des livres maintenant disponible à la bibliothèque de la 14 e Escadre dans la section désignée à cet effet. En collaboration avec des bénévoles et en partenariat avec la bibliothèque de la 14 e Escadre, le CRFMG a lancé il y a déjà quelques mois un projet afin de faciliter l'échange de livres en français (romans ou autres) pour la communauté francophone. Le principe est simple; les gens peuvent amener un ou des livres à la réception du CRFMG et ils peu-

The Baislon Saga

An adventure story that will leave you breathless from

page one to the end you never expected.

Buy it online at

www.publishamerica.com

Written by Canadian author

Denis E. Perigord

solution page 18

en faire don. Les livres sont mis à la

la bibliothèque de la 14^e Escadre. de membre. Si plusieurs personnes réduire nos coûts d'achat!

vent en demeurer le propriétaire ou Les gens peuvent les emprunter s'impliquent et amènent les livres de la même façon qu'ils emprun- qu'ils ont à la maison, ceci nous disposition de la communauté dans teraient un livre appartenant à la permettra d'avoir accès à un bel une section réservée à cette fin à bibliothèque. Il n'y a aucun frais inventaire de romans à jour et de

Find & Win

Three easy ways to enter.

- 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, June 13, 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 is the website for the Ralph Freeman's auto sales?
- 2. Who do you call to pick strawberries?
- 3. Where can you get 1% cash back?
- 4. Where can you get breakfast for \$5.69?
- 5. Who wrote the book, The Baislon Saga?

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: TYNISHA PYNCH



horoscopes

June 9 - June 15

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

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



S L L D W Ε В D Ι G U Z G M U N 0 U Ε N Z М 0 U R Ε В S Ε Ε C D Ι Ш Ε R U S Ε C U Ε K 0 C N G Α N L F R 0 C L L 0 Ι L Α T Ι R Α U F ٧ Н K C L C Ε I R Τ G Р F Α U U A Ε D Н 0 0 G U В Υ D С Z 0 Τ 0 N G U В U C L ٧ В Υ F C В В Н R

WORDS

ACID CALE LACTOSE STEER CURD CHEESE STERILE CURDLE ALLEY MILK **ANTIBIOTIC** CHURNING DATRY PASTEURIZED **ENVTRONMENT** COMPOST BARN PASTURE **UDDER BOVINE FORAGE** RUMINANT BULL CULL HFRD STI 0 WHEY LACTATE STANCHION

patrick's puzzle brought to you compliments of

Feeling confined by your data plan? All Promotional Plans include:

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 Unlimited Text, Picture and Video Messaging



ARIES - Mar 21/Apr 20

You could be feeling under the weather this week, Aries. Even if your to-do list is a mile long, you need to take some time to recuperate before getting back to business.

TAURUS - Apr 21/May 21

Life experience is your advantage, Taurus. When your company is looking to fill a position, they most likely hire from within. Make the most of this opportunity.

GEMINI - May 22/Jun 21

Gemini, just when things seem hopeless, a small ray of light shines through and you find a solution to your problem. Scorpio has some wise words, so listen up

CANCER - Jun 22/Jul 22

Cancer, once you think you have all of the answers, something pops up to make you reassess a situation. It could take a few days for you to find the answer you're looking for.

LEO - Jul 23/Aug 23

Leo, you may have fun in the sun on your mind, but others are urging you to buckle down and focus on some tasks that need to get wrapped up before you leave.

VIRGO - Aug 24/Sept 22

There are some changes coming at work, Virgo. You just don't know if they will be to your advantage or be something that could tilt you off your axis.

LIBRA - Sept 23/Oct 23

Libra, you have much to learn, but you cannot cram it all into one week. There is no crash course on life. Make the most of a getaway opportunity

SCORPIO - Oct 24/Nov 22

You can't seem to focus on one thing for very long this week, Scorpio. You might have to spend a few days clearing your mind before you can refocus on the tasks at hand.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, you are not one to let an obstacle block you from your goal. Rethink your strategy and you will soon find yourself back on the path to success

CAPRICORN - Dec 22/Jan 20

Capricorn, changes at home are in store and you may be feeling both excited and anxious at the same time. This is perfectly understandable as you await the news

AQUARIUS - Jan 21/Feb 18

Aquarius, vacation plans may have been elusive until now, but you finally have the funds and the time to take the trip you desire. Your traveling partner is still up in the air.

PISCES - Feb 19/Mar 20

Pisces, a new season inspires you to make changes and reconsider old relationships. Call it a late spring cleaning of your life.

horoscopes brought to you compliments of





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assifieds

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

Classified advertising must be booked and prepaid by noon Wednesday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/ or services advertised. To place a classified, contact 765-1494 local 5440, visit the office, 83A School Road, Morfee Annex, Greenwood; email frontdesk@auroranewspaper.com or fax 765-1717.

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

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

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

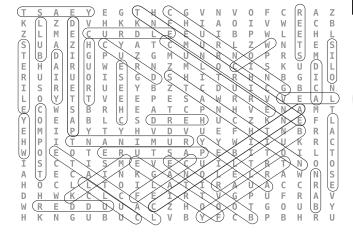
Pour faire paraître une publicité dans un encadré, appelez-nous au (902) 765-1494 poste 5833, ou un courriel à marketing@auroranewspaper.com.

crossword solution

sudoku solution

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

patrick's puzzle



flyers

Insert your flyers in The Aurora Newspaper

We distribute 5,900 copies from Middleton to Coldbrook.

What better way to promote your business or service?

Call Anne at 765-1494 local 5833



the Aurora

FOR RENT

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

FOR RENT - Bright One Bedroom Apartment for rent to a single person in a quiet country setting. Rent includes all utilities, Wi-Fi and Cable. Apartment is fully furnished and equipped with washer, dryer, fridge and stove. Apartment is air conditioned in summer. Please no pets and no smoking Rent is \$850 per month. Call Joe at 765-1898. (3415-ufnb)

FOR RENT: A Spacious one bedroom apartment in a quiet, private location in Middleton ideal for one person. New Flooring and paint, utilities and WIFI included. Furnished / unfurnished as needed, Rent is \$725.00/month. Call 902-844-0331 or rocket650@eastlink. ca. (3418-ufn)

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FOR RENT - 2 Bedroom duplex on Glebe Road. Adult living. 5 appli-ances, attached garage. Utilities extra. Laminate/ceramic floors, front verandah, back deck. Snow and lawn care included. Available August 1, 2013. Phone 765-4709 or 847-1312. (3422-ufnb)

FOR RENT - Two bedroom cute house newly renovated on large lot near West Kings, Auburn. Fridge/stove, washer/ drver hook-up, lawn care and snow removal provided. Available now. \$575.00 per month. Call 844-0432. (3423-ufn)

FOR RENT - Three large bedroom mini home. Fridge/stove, washer/dryer hookups on large lot. Snowplowing and lawn care provided. Electric heat, available mid June. \$700.00 per month. Call Susan at 765-4206. (3423-ufn)

FOR RENT - Worry free retirement living located centrally between Kingston and Greenwood on Sampson Drive New built 2 bedroom duplex, with in floor heating, 5 appliances, attached garage, spacious lots with back patio and front deck. Paved driveway with snow removal and lawn care included. 5 minutes away from 2-18 hole golf courses, Greenwood base gym facilities and Greenwood Mall

Kingston area grower requires strawberry pickers.

Week of June 10, 2013. Phone 765-9444. Leave message.

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urora

shopping center. Transit services. For more information or viewing please contact 902-765-0339 or 902-848-6279. (3421-4tpb)

FOR RENT: Kingston, Lincolnshire Apartments, 2 bedroom with 2 appliances \$600/m plus utilities. Also 2 bedroom Sept 1st in a New Luxury Building with 5 appliances for \$800/m. Call 902-765-6669. (3421-4tpb)

FOR RENT - Adult only, two bedroom apartment in the lower part of a split entry style four unit building. Fridge and stove provided also lawn care and snow removal. Small pet considered. Easy St. Greenwood area. \$450.00 monthly. Phone 765-2042. (3422-2tp)

FOR RENT – One bedroom apartment located in Wilmot on Hwy #1. Full basement and large backyard with fenced dog run. \$700.00 a month heat & lights included. Call Jeff at 309-1477. (3423-3tp)

FOR RENT - CLEAN, MODERN ONE BEDROOM APARTMENT. Located at 1013 Main Street, Kingston. Near Greenwood on ground level. Suitable for professional person (IR Personnel Welcome.) Private paved parking. lawn care & snow removal provided. Fully furnished with quality furniture. New 40" inch flat screen remote TV in living room plus a 25" inch remote TV in bedroom. All utilities are included in rent, including Eastlink package. Available July 15, 2013. Can be seen now

by appointment. \$850.00 per monthly. Call 765-6741. (3423-2tpb)

FOR RENT - Parkers Cove Cottage Rental Small Cottage Available for weekly or monthly rental. Beautiful private setting overlooking the Bay of Fundy. Maximum 3 people accommodation. \$650.00 week. Pictures available email cindym@execulink.com. Please call 705-375-2288. (3423-2tpb)

SERVICES

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

WANTED

BOARDER WANTED - To share a large home in River Ridge Subdivision 5 minute drive to Base. Large private furnished bedroom & own private bathroom with stand up shower. Ideal for IR Personal. Wireless internet, telephone, electricity, heat and laundry facilities included. Access to hot tub and pool as well. \$125.00 a week available July 1st, 2013. Call 844-0213. (3422-2tpb)

STRAWBERRY PICKERS - EO Randall Vegetable Farm in Auburn. Nova Scotia is looking for strawberry pickers starting approximately June 20th, 2013. Phone 847-9456. (3422-5tpb)

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- Wills / Estates
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White CAF chief for soccer

The Canadian Forces National Sports program in May appointed Graham White as the chief official for soccer for the next four years.

White has been involved in the soccer community for over 50 years, 38 years of which has been with the Canadian Armed Forces in conjunction with civilian organizations. His dedication to the sport is highlighted in his own history as a player since 1960 (at provincial, regional and national levels, as a coach since 1979 (high school, senior men and regional levels), as CAF national referee in chief since 2006, CAF regional referee in chief since 2002 and an official for senior men masters, senior women, youth soccer and junior and high school play. He has been an assessor, worked with recruiting programs, is a Level 3 official, a CAF base sports coordinator at 14 Wing Greenwood and a long-time supporter of grass root programs.



Graham White, 14 Wing Greenwood sports coordinator Submitted

Challenge success for base runners

Four 14 Wing Greenwood competitive runners represented the base at the May 25 and 26 Military Running Nationals in Ottawa. All members train with or are part of the Greenwood Multisport Club

The weekend featured five-kilometre, 10-kilometre, half-marathon and marathon challenges: a unique, scenic route through some of Ottawa's most vibrant neighbourhoods and popular landmarks, and travelling through two Canadian provinces.

Sergeant Chris MacIntyre from 413 Squadron made his seventh appearance at nationals. This year, in the five-kilometre Male Masters (40 to 47), he finished fourth in 22:19.1 (first place time was 19:17.4). He is in the process of healing and training for the military triathlon nationals in July.

At 48 years of age, Major Derek Salley from Wing Operations took up running last year so he could compete in his first triathlon. He ended up qualifying for military running and triathlon nationals in both of his first five-kilometre road races and triathlon proving age is only a number. In the five kilometre

Military Running Nationals, his first appearance at nationals, he finished second in the Male Senior (48-plus) in 20:36.0 (the first place time was 17:27.1). He will be heading to triathlon nationals in July with MacIntyre

Private Shawn Clarke, another nationals first-timer, finished third, with a time of 36:39.5, in the 10-kilometre Male Open (under 40) race (the first place time was 33:54.7). At age 25, Clarke took up competitive running last year. He competed in the Run Nova Scotia series, finishing first in his age category by a land slide.

413 Squadron Commanding Officer Lieutenant-Colonel Guy Leblanc went all out in his first appearance at nationals, running the marathon (Male Masters, 40 to 47) in 33:52:12.0 to place second (first place time was 3:00:15.2). Leblanc is a veteran marathoner, and found the Ottawa event an experience he will not forgot. Around the 25km mark, the weather cooled and the wind picked up, but he still finished the race.











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Saturday, 6 July 2013

Where: Annapolis Mess
Cocktails: 1730 hrs

Main Meal: serving starts @ 1830 hrs

Live Entertainment: Kickin' Mule Blues Band starting at 2000 hrs – 2400 hrs

(Open to all 14 Wing Mess Members and Guest – FREE)

MENU & COST: Rib Eye Steak: Members \$5.00; Guest \$7.00 and/or Lobster: Members \$10.00; Guest \$13.00 Potato Salad, Coleslaw, rolls, butter, coffee, tea

IMPORTANT! – ALL FOOD MUST BE CONSUMED AT THE MESS.
YOU CANNOT PURCHASE TICKETS AND TAKE THE FOOD HOME, THIS INCLUDES LOBSTER

DRESS: Casual, no cut-off jeans, no tank tops, no bare feet or flip flops
Only 160 tickets being sold starting Tuesday 28th May 2013 at the Annapolis Mess Admin Office.
Any remaining tickets not sold after 17th June will be offered to the Officers Mess and Jr Ranks Mess at Guest prices.

FINAL TICKET SALES: 1200 hrs 21st June 2013

When:

Ticket clarification, Member + 1st Guest is at member rate.

Max of 2 extra guests – unlimited guest tickets can be purchased after 17th June.

No exchange of tickets/no refunds UNLESS event is cancelled. Dance open to all 14 Wing Mess Members and their guests after the meal.



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Norm Shelton, left, and Brian Bartkow, the singles 8-ball champion at the RCL Dominion 8-Ball Championship.

Singles 8-ball champ, team runners-up from Kingston

Kingston's Branch 098 team took second place honours at the second annual Royal Canadian Legion Dominion National 8-Ball Championship, hosted by Branch 4 in Fredericton. The Sackville, New Brunswick team scored 41 points to capture first place.

Nine provinces took part in the two-day tournament with, in total, over 500 games of eight ball played.

Kingston team members included Chris Marsh, Robert and Brian Thomas. Bartkow also won the singles championship. run) and 16 to 17 yrs (750m

Triathletes take on base challenge

wood and the surrounding community, as the base hosts the 6th annual Air Force Triathlon and several partnering events June 16.

This event is sanctioned by Triathlon Nova Scotia and is part of the 2013 TNS race point series. Race registration details for the 18-plus sprint triathlon (750m swim, 20km bike, 5km run), try-a-tri (300m swim, 10km bike, 3km run), duathlon (3km swim, 20km bike, 5km run), 5 &5 aquath-Ion (500m swim, 5km run), sprint team tri (750 swim, 20km bike, 5km run) and the Youth Points Series events for males and females ages 12 to 13 yrs (300m swim, 10km (Bob) Moore, Brian Bartkow bike, 3km run), 14 to 15 yrs (500m swim, 10km bike, 3km

Run, swim and bike your swim, 20km bike, 5km run); way around 14 Wing Green- and fees are on-line at www. atlanticchip.ca. There is a \$5 discount for Greenwood Multisport Club members. A Triathlon Nova Scotia 2013 membership card must be presented upon registration; a one-day, \$20 membership fee may be purchased on-site from TNS for insurance purposes. Registration closes at noon June 16, and is limited to 200 participants. Race day registration will only be accepted for the duathlon.

This event also marks Atlantic Canada's first paratriathlon divisions for competitors ages 12-plus. Divisions are detailed at http://trins.ca/paratriathlon/ classifications/ (based on impairment and functional ability). Paratriathlon registration is free.

Race check-in will be on

& Sports Centre, beginning at 7:45 a.m.

A pre-race briefing will be given 20 minutes prior to the start of event heats. Events are underway at 9 a.m., and should wrap up around noon.

Medals will be awarded to the top male and female athletes in the try a tri, duathlon and aquathlon events at the end of the sprint race. There will be award presentations for cr@gmail.com.

the gym floor of the Fitness the sprint triathlon and paratriathlon shortly after the race is over. Random gift cards will be given away as draw prizes.

> Efforts will be made to minimize impacts on base and local traffic, but minor delays can be expected along the route during the race. Motorists are asked to drive with caution.

> For information contact: Chris MacIntyre, macintyre.





