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The Canadian Forces national women's hockey champions, from 14 Wing Greenwood: in the back, left to right: head coach Warrant Officer Kevin Hickey, Master Warrant Officer Darlene Donovan, Captain Marie-Helene Marseille, Captain Dawn Macauley, Corporal Lindsay Williams, Leading Seaman Mallory Gavin (Fleet Diving Unit training, Shearwater), 2nd Lieutenant Serena Palmer, Private Heather Gillespie (4 ESR Gagetown) and Sergeant Cindy Woodford. In the front are Captain Mary Cameron Kelly, Sergeant Paula Hickey, Captain Heather Smith, Master Corporal Karen Lindsay, Sub-Lieutenant Kirsten Lindstol (HMCS Iroquois), Sergeant Erica Oliver (CFSME Gagetown), Private Virginie Roux, Private Emilie Clairoux (Combat Training Centre Armoured School Gagetown), Master Corporal Johanie Maheu and assistant coach Chief Warrant Officer Bob Viel. Missing: Corporal Jenny Saltzman.

Corporal M.Terry, Imagery technician, CFB Borden

Canadian champs Raiders credit on, off ice team work for title

Sara Keddy,
Managing editor

Raiders captain Lindsay Williams calls her national

championship hockey team "the best female team I've ever played on."

14 Wing Greenwood put some impressive stats on the

scoreboard this season on its way to the Canadian Forces Women's Hockey National title: winning Atlantic Regionals, a contingent won the

women's division at the World Pond Hockey Championships in New Brunswick and going undefeated through the national tournament in Borden

March 3 to 9. The women scored 37 times through the rounds, and only let three goals past them.

"We were really strong to

begin with, and we picked up some good players," Williams, a corporal at 14 Wing, said. "Everyone played amazing, and we played really well as

Continued on page 2...

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Canadian champs...

...cover

a team. We all got along, we hung out and went to team dinners.

"It's nice to win with our own team."

Williams has been to nationals and won in the past, but as a pick up for the representative Atlantic Region team. This was also Captain Heather Smith's fourth appearance at nationals – and her first win.

"We were definitely pleased with the way we played, and on and off the ice we all got along," Smith said.

Stepping onto the ice in Royal Canadian Air Force hockey jerseys, Greenwood made an impression from the start. Day one included two games, beating Petawawa 5-1 and Ottawa 4-0. Williams was named game MVP in the Ottawa game after making some great defensive plays and scoring on a hard shot from the point.

Greenwood then met Esquimalt, taking a 7-1 victory, and secured a semi-final spot by beating the Prairie team 8-0. Second Lieutenant Kirsten Lindstol was game MVP, with four goals to her name through that match-up.

Greenwood and the Prairie team met again in the semi, with goalie Master Corporal Karen Lindsay holding a 9-0 shut-out for Greenwood.

In the final against Ottawa, Greenwood fought back



Brigadier-General Stephen Noonan, Canadian Forces' patron for women's hockey, presents Corporal Lindsay Williams and coach Warrant Officer Kevin Hickey with the Canadian Forces national women's hockey trophy and banner.

Corporal M.Terry, Imagery technician, CFB Borden

against hard skating opposition which managed the first goal of the game. With focus, Greenwood dominated offensively, scoring four goals. Smith was game MVP.

At the closing ceremony, three Greenwood team members made the allstar list: Lindstol, Leading Seaman Mallory Gavin and Private Heather Gillespie – all pickups from Halifax and Gagetown. Williams received the Sportsmanship Award.

The Raiders' full roster included Master Corporal Karen Lindsay, Corporal

Lindsay Williams, Second Lieutenant Serena Palmer, Sergeant Cindy Woodford, Captain Heather Smith, Captain Dawn Macauley, Sergeant Paula Hickey, Captain Mary Cameron-Kelly, Master Corporal Johanie Maheu, Private Virginie Roux, Captain Marie-Helene Marseille, Private Jennifer Saltzman, and Master Warrant Officer Darlene Donovan. Coaches were Chief Warrant Officer Bob Viel and Warrant Officer Kevin Hickey. Sergeant Erica Oliver, Second Lieutenant Kirsten Lindstol, Trooper Emi-

lie Clairoux, Sapper Heather Gillespie and Leading Seaman Mallory Gavin were picked up by the Raiders from the Halifax and Gagetown teams.

"We're always looking for girls," Williams said, as military postings and work requirements make for constant change in team make-up.

Half the Greenwood team is now heading to PEI for a fun tournament at the end of March, then it's on to the ball diamond.

"Basically, our hockey team is our ball team," Williams said.

Online second language training offered by GMFRC

Danielle Brochu,
GMFRC Second language
services associate

To increase English or French second language learning opportunities and provide improved service to families of Canadian Forces personnel, online language training with Rosetta Stone is available through the Greenwood Military Family Resource Centre.

For a period of one year commencing April 1, online language training will be available to CF families in Canada through the

FamilyForce.ca website. Priority for the online language training will be given to CF family members unable to attend class-led learning due to the time classes are offered or to those who require language training at a level not offered locally. Participants have the opportunity to carry out the free online training from their home or from the GMFRC during open hours.

Please register at GMFRC reception or by phone, 765-5611. If you have any questions, feel free to contact danielle.brochu@forces.gc.ca or 765-5611.

Formation linguistique en langue seconde offerte en ligne par le CRFMG

Danielle Brochu,
Adjointe des services de
langues secondes au CRFMG

Dans un effort d'accroître les possibilités d'apprentissage de langue seconde anglais/français et de fournir un meilleur service aux familles du personnel des Forces canadiennes, la formation linguistique en ligne Rosetta Stone vous est offerte par l'intermédiaire du Centre de ressources pour les familles militaires de Greenwood.

Pour une période d'un an débutant le 1er avril, les familles des militaires au Canada auront accès à de la formation linguistique en ligne sur le portail

forcedelafamille.ca. La priorité en matière de formation linguistique en ligne sera accordée aux membres des familles des Forces canadiennes qui n'ont pas la possibilité de participer aux cours en personne en raison de conflits d'horaire ou à ceux qui voudraient suivre un niveau qui ne leur est pas offert localement. Les participants pourront suivre une formation en ligne gratuite à partir de chez eux ou du CRFMG pendant les heures d'ouverture.

Inscrivez-vous à la réception du CRFMG ou par téléphone au 765-5611. Pour toutes questions, n'hésitez pas à contacter Danielle Brochu au 765-5611 ou à danielle.brochu@forces.gc.ca.



Managing Editor | Directeur de rédaction
Stephen R. Boates • 902-765-1494 ext./poste 5441

Interim Managing Editor | Directrice de rédaction par intérim
Sara Keddy • 902-765-1494 ext./poste 5441
editor@auroranewspaper.com

Business & Advertising | Affaires commerciales et publicité
Anne Kempton • 902-765-1494 ext./poste 5833
marketing@auroranewspaper.com

Production Coordinator | Coordonnateur de production
Brian Graves • 902-765-1494 ext./poste 5699
production@auroranewspaper.com

Administrative Clerk | Commis à l'administration
John Steeves • 902-765-1494 ext./poste 5440
frontdesk@auroranewspaper.com

Editorial Advisor | Conseiller à la rédaction
Captain John Pulchny • 902-765-1494 ext./poste 5101
john.pulchny@forces.gc.ca

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

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

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

Personnel Family Support Services
Services de soutien au personnel et aux familles des Forces canadiennes
www.cfpsa.com

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www.forces.gc.ca

Combat Camera | Caméra de combat
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Military Family Resource Centre
Centre des ressources pour les familles des militaires
www.familyforce.ca

VPI | VPI
www.vpiinternational.ca

CF ombudsman checking in with Greenwood

Canadian Forces ombudsman Pierre Daigle and his team will visit 14 Wing Greenwood March 27 through 29 as part of his outreach campaign, and he's looking to meet with as many people as possible.

All units are asked to encourage military and civilian personnel to take advantage of time in Daigle's schedule to visit with him and to permit those interested to attend. Military dependents are also invited to attend the family town hall session March 28 at 7 p.m. The

town halls are an opportunity for all military ranks, civilians and dependants to voice concerns in an open forum and to allow the ombudsman to talk about the purpose and role of his office.

March 27, he will be greeted at 14 Wing headquarters by base leaders. Following that, he will spend the morning with wing padres at the Queen of Heaven Chapel. Daigle meets with wing medical staff at the health centre that afternoon. He may also visit the construction

of the new health centre if time allows.

A town hall session that afternoon, between 1 p.m. and 2:30 p.m., will be held for Junior Non-Commissioned Members at the Birchall Theatre.

March 28, Daigle will lead a town hall session with Senior Non-Commissioned members, 9 a.m. to 10:30 a.m., at the Birchall Theatre. He then will spend an hour with wing social workers at the Morfee Centre Mental Health Clinic.

That afternoon, there is an-

other town hall session set for officers at the Birchall Theatre, from 1 p.m. to 2:30 p.m. He will then meet with staff at the Integrated Personnel Support Centre.

In the evening, from 7 p.m., Daigle would like to meet with military spouses and families at St. Mark's Chapel. The Military Family Resource Centre will offer free childcare at the MFRC (pre-registration is required through the reception desk, 765-5611, by March 22) during this evening session.

March 29, Daigle will lead another town hall session at the Birchall Theatre for civilian employees on the base, between 9 a.m. and 10:30 a.m. MFRC staff will host the ombudsman from 10:45 a.m. at the Morfee Centre.

A final visit with the wing commander and wing chief warrant officer that evening will wrap up Daigle's Greenwood visit, as he heads back to Ottawa March 30.

In order to allow for a free exchange in confidential settings, the only ranks to attend the

town halls are the ranks identified in the title of the meeting. The Junior NCM town hall will only have Junior NCMs in attendance. The Senior NCM town hall will only have Senior NCMs in attendance. The officers town hall will only have officers in attendance, and the civilian employees' town hall will only have civilian employees in attendance. The ombudsman is willing to lengthen various meeting times during his visit to accommodate vigorous discussion.

Visite de l'ombudsman des FC à Greenwood

Dans le cadre de sa campagne d'information, l'ombudsman des Forces canadiennes, Pierre Daigle, et son équipe effectueront du 27 au 29 mars 2012 une visite à la 14e Escadre Greenwood, au cours de laquelle il espère rencontrer le plus grand nombre de personnes possible.

Toutes les unités sont donc invitées à encourager le personnel civil et militaire à profiter du calendrier de Daigle pour le rencontrer, et à permettre aux personnes intéressées d'assister aux diverses rencontres. Les personnes à charge des militaires sont également invitées à assister à l'assemblée publique pour les familles, prévue le 28 mars à 19 h. Les assemblées publiques offrent l'occasion

aux militaires de tous grades, au personnel civil et à leurs personnes à charge d'exprimer leurs préoccupations dans le cadre d'une discussion ouverte et de permettre à l'ombudsman d'expliquer la raison d'être et le rôle du bureau qu'il dirige.

Le 27 mars, l'ombudsman sera accueilli au Quartier général de la 14e Escadre par les dirigeants de la base. Il passera la matinée avec les aumôniers de l'escadre à la chapelle Queen of Heaven. Dans l'après-midi, il aura un rencontre avec le personnel médical de l'Escadre. Il pourrait également visiter les travaux de construction du nouveau centre de santé, si le temps le permet.

Une assemblée publique

prévue pour les militaires du rang subalternes aura également lieu dans l'après-midi, de 13 h à 14 h 30, au théâtre Birchall.

Le 28 mars, Daigle dirigera une assemblée publique avec les militaires du rang supérieurs, de 9 h à 10 h 30, au théâtre Birchall. Ensuite, il aura une rencontre d'une heure avec les travailleurs sociaux de l'Escadre, à la clinique de santé mentale du Centre Morfee.

Dans l'après-midi, il participera à une autre assemblée publique à l'intention des officiers au théâtre Birchall, de 13 h à 14 h 30. Il rencontrera ensuite le personnel au Centre intégré de soutien du personnel.

Dans la soirée, à partir de 19 h, Daigle souhaite rencontrer

les conjoints et familles des militaires à la chapelle St. Mark. Lors de cette rencontre du soir, le Centre de ressources pour les familles des militaires (CRFM) offrira gratuitement un service de garderie sur place (vous devez vous inscrire à l'avance en téléphonant au bureau d'accueil, au 765-5611, au plus tard le 22 mars).

Le 29 mars, Daigle dirigera une assemblée publique pour le personnel civil de la base, de 9 h à 10 h 30, au théâtre Birchall. Le personnel du CRFM accueillera l'ombudsman à 10 h 45 au Centre Morfee.

Dans l'après-midi, une dernière rencontre avec le commandant et l'adjudant-chef de l'Escadre clôturera la visite de

Daigle à Greenwood, son retour à Ottawa étant prévu le 30 mars.

Pour garantir la libre expression dans un environnement confidentiel, seuls les grades indiqués dans le titre de la réunion pourront participer aux assemblées publiques. Ainsi, seuls les militaires du rang subalternes assisteront à la

rencontre prévue pour les militaires du rang subalternes. Et il sera de même des rencontres prévues pour les militaires du rang supérieurs, les officiers et le personnel civil. L'ombudsman est prêt à prolonger la durée des rencontres prévues lors de sa visite afin de permettre des discussions animées.

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Sara Keddy,
Managing editor

Mobilizing people to stand up and become involved in issues, press for change and fight for rights is what Joan Jessome does as president of Nova Scotia's largest labour union.

"Well," she told 14 Wing Greenwood personnel gathered to hear her speak as a guest at base International Women's Day events March 8, "you do that every day – we just do it differently.

"It's about freedom, the right for people to work safe, have a decent life and be able to afford life after we work. Sometimes we don't win everything, but we have to push back."

Within the Nova Scotia Government and General Employee's

Union – and the Canadian Forces, she said, women in particular "need to figure out how to support each other.

"I am a woman in a man's world – leaders are men, and there is a lot more ground we have to break through. I don't

stand here and know about military rank, but a woman who stays home to raise her child, then has to work her way back up the ranks – that's an issue."

Those are challenges Jessome, her 30,000 union members and generations of labour activists have taken up for decades around the world. At a United Nations conference in February, Jessome said delegates reported continued issues with pay equity, lack of property ownership and in-

are as well, but expressed pride in the work the Canadian Forces, 14 Wing and his personnel have done to tackle those issues.

"We've done a lot to ensure women have the opportunity to get out there, living a full and rewarding career and be at their full potential," Irvine said, specifically mentioning three base women part of the United Nations' Operation Mobile to support a democratic surge in Libya last year.

"I'm very proud of each and every woman on the wing. We've come a long way; there is a long, long way to go."

14 Software Engineering Squadron Commanding Officer Lieutenant Colonel Tom Flynn is 14 Wing's designated "champion" for women on the base – "a pleasure and an honour," he said.

"We have women in the back end of an Aurora over

Libya, women in the front end of a Cormorant over stormy seas, with the Mission Support Flight overseas, providing daily operational support – all excellent examples of how we have been seamless as an operation. We're celebrating women, but also the team, and what we do together on a day-to-day basis."

A collection at the event also gathered \$219.50 and a box of personal items and small appliances for Chrysalis House, a Valley shelter for women and children in transition.



Joan Jessome,
the first
president of the
30,000-strong
Nova Scotia
Government
and General
Employees
Union.

Corporal E. Jorge, 14 AMS Wing Imaging

heritance rights, no childcare, restricted education – "It's unbelievable what women are facing – across our country and around the world."

14 Wing Greenwood Commander Colonel Jim Irvine knows what those challenges



Sergeant LaLena Stary, a medical lab tech at 14 Wing Greenwood, shared heartfelt experiences March 8 as a wife and a senior supervisor in the Canadian Forces. She served in Afghanistan through 2004: "I loved it."

Submitted

Time for life

Career, adventure, expectations come at a cost

Sara Keddy,
Managing editor

Time is the biggest challenge facing LaLena Stary.

Time to relax, laugh, stay in touch with friends, turn around at work and realize just what she does. On International Women's Day, marked at 14 Wing Greenwood March 8, that includes time "to be able to celebrate all the accomplishments women make," Stary said.

Stary is a sergeant, a medical laboratory technologist with 26 Canadian Forces Health Services Centre. A Kingston native, she has accomplished "more than I expected of myself" in her 10 years with the military. In the last year or so, though, she's come to realize that drive can come with a price.

Arriving in Greenwood in 2008, she and her military husband, posted in Halifax with HMCS Montreal, decided

they'd face the challenge of matching their careers with their lives together.

"Who better than another soldier to understand the dedication and sacrifice it takes to be part of such a great organization?" Stary asked. "Being a service couple is a challenge, but we're supportive and understanding of each other's choices."

Three years in, Stary realized she was on "uncharted waters."

"I wasn't excited about going to work, I felt guilty about the time away and the distance apart, I was lonely. There were friends I was neglecting. It is easy to forget that, behind the uniform, there is a person with their own life and emotions."

She was called upon for a tour in Afghanistan, one of three lab techs serving the 15,000 international troops at the Kandahar air field. The pressure, trauma, professional challenge – and meeting it all – was "extremely rewarding," Stary says.

"I loved it. I have never been as challenged professionally in my career. Everything I learned, I put into practice. I learned I have an attention to detail, and that can save a life. I learned to watch, to step in and to recognize when someone was having difficulty. I had a role to play in someone's survival."

Home again, she and her husband are now following a dream together: to become adoptive parents. She calls

the endless rounds of appointments, paperwork, meetings and the wait an "emotional rollercoaster," but she understands now she has a choice.

"With all the demands on us, how do we know when to turn them off? When is it enough? We can be buried alive by our own unrealistic expectations, or be realistic."

She has acted, making a list of what she enjoys, what she felt she was missing – and is acting upon it. She goes to the gym, buys books to read, makes time with her husband and calls friends.

"It feels fabulous. That guilt and selfishness associated with taking time for your self shouldn't be there."

In Afghanistan, she found some good girlfriends to talk to about the day's highlights, laugh and share food in care packages from home.

"That is a skill women do tend to have, and it makes a difference in the workplace. Empathy, caring – that's therapeutic, and I know it made my seven months bearable."

"As women, we need to support each other, be happy for one another. Surround yourself with people who have your best interests at heart."

At the same time, "celebrate the small victories every day, embrace the beautiful qualities we have as women – and set goals, big and small. Don't be afraid."

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The bureau, celebrating its 40th year, is funded by Veterans Affairs Canada, but it is otherwise like any other private law firm.

The bureau's legal services are free to a variety of potential clients, including war-service veterans, current and former members of the Canadian Forces, the RCMP, the Merchant Navy and their families. The bureau also works closely with the Royal Canadian Legion, other veterans' organizations and private lawyers to ensure the best representation possible. Surveys show the bureau gets high marks from

more than 95 per cent of the men and women it helps.

For information about the Bureau of Pensions Advocates, visit veterans.gc.ca or call the bureau, toll-free, at 1-877-228-2250.

Veterans Affairs Canada offers free help with submitting an application to the department for disability benefits. For this assistance, contact Veterans Affairs Canada by telephone, toll free, at 1-866-522-2122, or visit one of the department's 32 district offices or 24 Integrated Personnel Support Centres across the country.



Reading time

Wing Administration Officer Lieutenant-Colonel Heber Gillam pulled out some classic Robert Munsch as reading material during his visit to the 14 Wing Library February 29. He was the special guest for the weekly Under the Story Tree time.

S.Keddy

business spotlight of the week

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Corporals Mike Probert, left, and Tim MacDonald set the stage for the day's work, March 16, clearing snow and ice from the framing of Construction Engineering Flight's garage building exercise.
S. Keddy

Skill building

Construction support at home, abroad 'always in demand'

Sara Keddy,
Managing editor

The skills and experience in Jessie Dessureault's shop means his crew "gets 'er done."

The warrant officer with 14 Wing Greenwood's Construction Engineering Flight watches his team of 30 carpenters, plumbers and electricians, from apprentices to experienced journeymen, complete complex construction

projects on a demanding schedule.

"Many, many people aren't fully aware of what we do – there are always projects, our people are always picked for exercises or deployments, and we're always first in and last out after a tear down," Dessureault says. "To go into a place that's flat and empty and build a whole camp – under pressure – that's quite a thing."

"We get the job done."

To meet the demands set by 14 Wing operations and Canadian Forces' commitments, at home or abroad, CEF crews are constantly looking for the best projects to keep their skills up. In 2011 alone, they renovated the search and rescue squadron's office complex, repaired airfield barricades, built a base cold storage structure, installed all new electrical systems and alarms in those structures and renovation projects, put in sprinkler systems and fire hydrants and a steam heating system in hangars and a Camp Aldershot building. They are available for work at 14 Wing and Camp Aldershot – "and we're always in demand," Dessureault says.

On the go right now is a 24-foot by 26-foot outbuilding, a replacement garage for the wing commander's residence. The old "modified shed, I'd call it," Dessureault says, was built in the 1950s and deteriorating. Crews tore it down earlier this winter – a chance to look at some reconstruction and demolition challenges they could face in bombed areas or disaster zones, and the new build is a training opportunity, qualifying unit members in some advanced construction skills and cold weather experience. The property is maintained by CEF as the base's only primary residence.

The Canadian Forces Housing Authority looks after over 500 Private Married Quarters at 14 Wing, and has its own lengthy list of similar projects in the year ahead: 20 garages in its PMQs for military tenant families alone.

"We're using some newer concrete technology – insulated concrete forms," says Dessureault. "The building is air tight and sealed, and we're constructing our own trusses – that alone is a great opportunity to learn:" the local construction supply store doesn't pull up in the field with a handy flatbed and crane of trusses for a from scratch military encampment.

"If you can build a garage, you can build pretty well any kind of structure."



Corporal Mike Probert, nailing exterior sheathing in place, is the site foreman for Construction Engineering Flight's current project, a replacement garage at the wing commander's residence.
S. Keddy

The most interesting project he himself worked on, coming from his water/ environmental/ fuel background trade, was a water treatment plant in Israel, laying all the pipes, putting in a filtration system and ensuring the camp had potable water.

Dessureault juggles the unit's project schedule and crews to ensure CEF is always at "high readiness," as individuals or teams could be picked up for small jobs, two or three week exercises, a few months' deployment – or more.

"We have an electrician just back from Afghanistan a few days ago. We're busy, we support operations every day and there are jobs to do non-stop."

Another important part of what makes the work happen are the partnerships CEF maintains between its own Canadian Forces personnel, civilian tradespeople and contracted local companies: "we have a civilian electrician with us and – it's rare – but he was picked up to do a couple months in Afghanistan. He ended up there six months, and he loved it, the most exciting professional challenge and experience he says he ever had."

NOVA SCOTIA ELECTORAL BOUNDARIES COMMISSION CALL FOR SUBMISSIONS

A Nova Scotia Electoral Boundaries Commission has been established to recommend revisions to the electoral boundaries for the Legislative Assembly of Nova Scotia.

The Commission will hold public meetings across the province to obtain public input on changes to Nova Scotia's electoral boundaries. It is asking for input on several key subject areas. A list of questions regarding these key subject areas can be obtained by contacting the Commission or by visiting the Commission's website.

THE FIRST ROUND OF PUBLIC MEETINGS WILL BE HELD AS FOLLOWS:

MIDDLETON
Saturday, March 24
1-3 p.m.
Nova Scotia Community
College, Annapolis Valley Campus
295 Commercial Street

Individuals and organizations wishing to present views to the Commission are invited to attend a public meeting in their area. Please advise the Commission in advance by calling toll-free 1-855-628-5550. Nova Scotians may also express their views on the same toll-free line. Please contact the Commission in advance to discuss any special needs. French interpretation services will be provided at the meetings in Halifax, Louisdale, Tuskent and Church Point/Pointe de l'Église.

MAIL TO:

Nova Scotia Electoral
Boundaries Commission
7037 Mumford Road, Suite 6
Halifax, NS B3J 3C8

ONLINE:

www.nselectoralboundaries.ca
E-mail: boundaries@gov.ns.ca

All submissions should be filed with the Commission no later than Friday, April 27, 2012.

**Electoral
Boundaries
Commission**



**Commission
de délimitation des
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Please be advised that all submissions (i.e., e-mails, presentations and other papers) forwarded to the Nova Scotia Electoral Boundaries Commission will be viewed as public documents, and therefore, will be available to the public and may become part of the Commission's published reports.

Fire call

If you are free most Monday evenings and every fifth Sunday morning, the Aylesford and District Volunteer Fire Department has an opportunity for you.

Currently, there is a critical shortage of volunteer firefighters in many districts throughout the Valley, and Aylesford is no exception. This absolutely essential community service cannot function without a dedicated group of community-minded members. If you are interested in checking out the challenges and rewards of serving your community in this most honourable organization, drop by the hall any Monday evening or Sunday morning and check us out. During a quick visit you can ask any firefighter for an application, or simply call one of membership committee members: Peter Fancy, 341-2163; Wayne Ritchie, 847-3559; Mark Mac Donald, 847-9809.

There will be an open house for any and all interested community members on March 26 at 7 p.m. Bring your family to have a look at the equipment and ask any question you may have. Free refreshments will be provided.



Speak and win

Kingston Lions hosted the annual speak-out competition for local high school students March 5, with five contestants. With King Lion Dave McHattie, left, and Lion Ron Lasseter, right, are Jason Eaton, first place winner; Jamie Breckon, second; Jonathon Frontain, third; and Amos Parker, fourth.

Submitted

business of the week

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Youth Happenings

Megan LeMoine,
Recreation Youth Worker

Easter on the Wing is set for April 7 at the Annapolis Mess, from 1 p.m. to 3 p.m., with games, cookies, treats and so much more! If you would like more information, please call 765-8165.

Here's what's happening this week at the 14 Wing Greenwood Community Centre:

Boys' Club
March 19, 6 p.m. to 7 p.m.
Tonight, we'll have one string of bowling and then try our luck at bowling bingo. Cost \$3.

Teen Council
March 20, 4 p.m. to 5 p.m.
Teens, let's discuss an upcoming dance theme, Easter on the Wing and the volunteer dinner.

Teen Games Night
March 20, 6 p.m. to 7:30 p.m.
Teens, come play your favorite games at the centre.

Active Chicks
March 21, 6 p.m. to 7:30 p.m.
Girls, come and be treated to a manicure, pedicure and facial.

Teen Activity
March 22, 6 p.m. to 7:30 p.m.
Teens let's get creative in the kitchen: you decide what to make.
Cost \$2.

Pre-Teen Dance
March 23, 6 p.m. to 8 p.m.
Dance the night away at the centre, with the latest music, cool prizes and dance contests. Admission \$3.

Movie Night
March 24
Pre-Teen: 6 p.m. to 8 p.m.
Happy Feet Two: Mumble's son, Erik, is struggling to realize his talents in the Emperor Penguin world. Meanwhile, Mumble and his family and friends discover a new threat in their home- one that will take everyone working together to save them.

Teen: 8 p.m. to 10 p.m.
The Three Musketeers: The hot-headed young D'Artagnan, along with three former leg-

endary but now down on their luck Musketeers, must unite and defeat a beautiful double agent and her villainous employer from seizing the French throne and engulfing Europe in war.
Cost - \$2 regular sundae, \$3 supreme sundae.

Teen Hot-Chocolate House
March 30, 8 p.m. to 9:30 p.m.
Come to the centre to enjoy your favorite music, games and show us your talent. We'll have hot-chocolate, tea and sweets to enjoy. Cost \$2.

Live Well With Your Chronic Condition

Workshops coming to your community

Do you have a chronic (ongoing) health condition? Or, would you like to be able to better support a loved one who has a chronic condition? Your Way to Wellness is a free program that helps Nova Scotians with chronic conditions overcome many daily challenges they face. Join a six-week program in your area to learn how to better manage your condition, develop new skills and discover proven tools to help you maintain an active, happy life.

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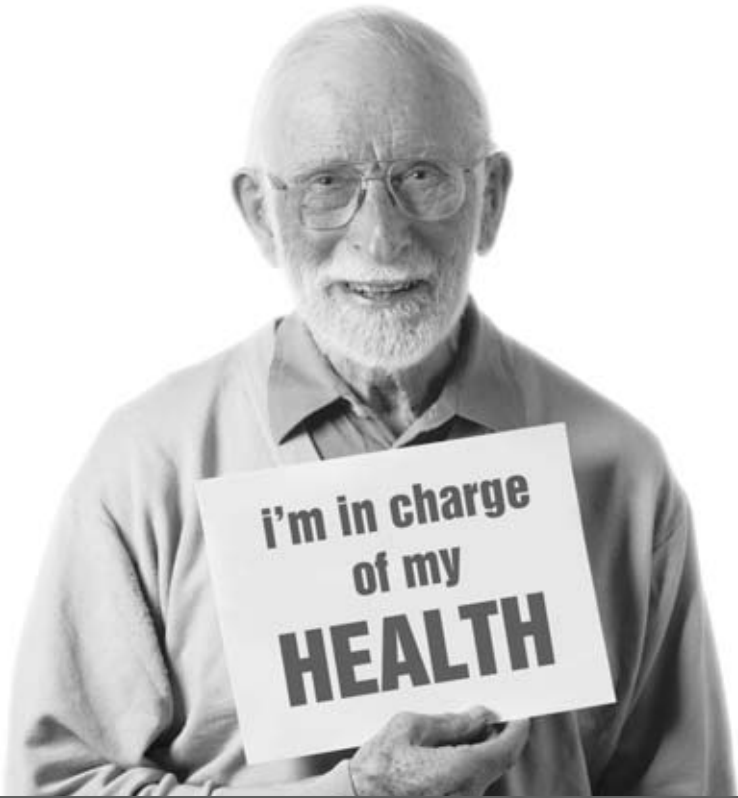
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various photos: Combat Camera 2012

Pegasus boxer wins national gold

Twice the bride's maid, now the national champ.

Pegasus Boxing Club Cyrus Taylor and his coach, Bruce Harkness, have returned from St. Hyacinthe, Quebec with a national gold medal.

"I don't have the words to describe how good I feel," says Harkness, "and I know Cyrus feels the same way. On the drive back from Quebec, Cyrus was saying he had to keep pinching himself to realize it is not a dream!"

Harkness doesn't know of any other athlete that deserves this more than Taylor.

"He has worked so hard. All the trips we made to Dartmouth for good sparring, the many hours in the gym and

the diet - it all paid off. Losing in the final last year at the Canada Games and at the 2010 national championships, and now winning it all in 2012 is just that much sweeter."

Boxers weighed in February 28. There were four boxers in the youth male 81 kg division, with Taylor drawing Kevin Ercolano, a two-time Canadian champion, from Quebec for his first bout March 1. Taylor dominated the fight from start to finish, connecting with heavy body shots Ercolano did not like at all. Taylor backed him up the whole fight, winning 16-7.

Max Rizzi, a 2011 national champion from Orangeville, Ontario, was victorious over

Daniel Lambert from BC in the next bout to set up the final.

Rizzi, taller than Taylor, has a good left jab and excellent footwork.

"I gave Cyrus lots of room Friday to be alone and focus on the task at hand - he knew what he had to do," says Harkness.

In the ring, Taylor dominated from the opening bell, controlling the tempo and landing good body shots, backing Rizzi up so he could not use his jab and fast feet. Taylor won the fight 12-6.

"After the decision, Cyrus leapt into my arms," Harkness says. "It was awesome, I can't describe it!"

Other medalists from Nova

Scotia were, gold, Wyatt Sanford (Citadel), Bianca Quinn (Titans) and Ryan Dillman (Truro); silver, Ryan Sanford (Citadel), Raheem Downey, Jason Downey (Titans) and Jenna Bernard (Membertou); bronze - Taylor Ross (Sydney).

With this title comes some opportunities for Taylor. The Youth World Championships are in Bangkok, Thailand in October. Boxing Canada will hold a dual match competition in July and a training camp after that to evaluate what boxers it will send.

In the mean time, Taylor will continue to work with Adam Burns, a strength and conditioning coach, at the Fitness Experience Gym in Middleton.



New national champ Cyrus Taylor and his coach, Bruce Harkness. Submitted

CF volleyball championships coming to 14 Wing

The 2012 Canadian Forces male and female volleyball championships will be held at 14 Wing, April 21 to 25 at the Fitness and Sports Centre.

With the vast majority of CF

nationals hosted at CFB Borden after major infrastructure replacement and upgrades in Borden in the late 1990s for that purpose, it is rare to see a CF national at another location.

With this hosting comes a requirement for volunteers to act in various positions, including team hosts, lines people, scorers, timers and various other duties in pursuit

of a successful event. Should you wish to volunteer, contact the 14 Wing sports coordinator, Graham White, 765-1494 ext 5753 or graham.white2@forces.gc.ca.

Championnat national de volleyball des FC, à la 14^e Escadre

L'édition 2012 du championnat de volleyball masculin et féminin des Forces canadiennes se déroulera à la 14^e Escadre, du 21 au 25 avril, au centre de sport et de conditionnement physique.

Étant donné que la grande majorité des championnats nationaux des FC se déroulent à la BFC Borden, depuis le remplacement et la rénovation de ses infrastructures à cet effet vers la fin des années 1990, il est rare que des compétitions

nationales des FC aient lieu dans d'autres bases.

En raison de la tenue de ce championnat, nous aurons besoin de bénévoles pour occuper diverses fonctions : hôtes d'équipes, juges de ligne, marqueurs, chronomètres,

entre autres et assurer la réussite de la compétition. Les intéressés sont priés de communiquer avec le coordonnateur des sports de la 14^e Escadre, Graham White, par téléphone au 5753 ou par courriel à graham.white2@forces.gc.ca.

Music for Young Children



10 week session for three and four year olds starts Saturday, March 24.

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would like to thank supporters and community friends for their support of S&R work throughout the year. The recent annual ticket auction was a success, thanks to the contributions of:

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The deadline for nominations is April 27, 2012. We'll announce the winners at an Awards Celebration in June in Halifax. Nominate someone today. Visit our website at www.cancercare.ns.ca/awards for details or call 1-866-599-2267.





Elyse Veillette-Brosseau, 21, from Quebec celebrates with one of the officials after finishing the Cadet female youth mass start race March 5.



Grant Novak, 18, from Alberta, takes aim during the Cadet male youth mass start March 5.



Emile Vogel-Nakamura from the Pacific team races for the finish during the relay March 8.



Carson Mackenzie, Pacific team, carries his provincial flag to the finish of the Cadet male senior (7.5 km) pursuit March 6.

Cadets on course N.S. hosts national biathlon challenge

The 25th National Cadet Biathlon Championship hit the trails in Martock March 4 through 9, with 138 Cadet biathletes and 60 cadet officials from every province and territory in Canada participating. Biathlon combines two separate disciplines; traditionally, cross-country skiing and shooting. Competitors complete a round of shooting after each loop on the course. The challenge is to be a quick and accurate shooter under conditions

of aerobic stress. Competitors range from age 12 to 18. In the senior male pursuit race (7.5 kilometres), Nova Scotian Cadet Jack Hennessey of 18 Squadron won a silver medal, with a time of 31:02.8, three minutes behind the first place time. Zachary Lakes, also of Nova Scotia, was silver in the youth male pursuit (10 km), in 39:22.2, just over two minutes from the top spot. Nova Scotia won bronze in the Cadet Corps/ Squadron

female 3x4.5 km relay. Team members included Katrena Thomas, Clara Hodder and Mackenzie Seagram. Their time was 1:13:14.4, just under five minutes from the first place time laid down by Saskatchewan's team. Staff Cadets from across Canada, assisting with the championship, were surprised to be presented with the Diamond Jubilee Century of Service Bronze Award. Commander Gary Reddy, commanding

officer of the Regional Cadet Support Unit (Atlantic) was on hand as Carole Thompson, president of the Nova Scotia Duke of Edinburgh Awards Provincial Council, and Brian Gazeley and Joseph Landry, co-chairs of the Century of Service Awards committee, presented the awards. The award marks the 60th anniversary of Queen Elizabeth's coronation in 1952, as well as the 40th year of the Duke of Edinburgh program in Nova Scotia and is

given to Canadian citizens who spend a time learning a new skill, exploring Royal history or, in the case of the Cadets, volunteer 40 hours of service to their communities. The staff cadets, having completed this amount of time during the course of the championship, qualified for the Bronze award. Next year's biathlon championship will be in Valcartier. For more on the event, visit www.cadets.ca/biathlon/championship-championnat.

Background image: Cadet female junior competitors race for a good position during the mass start race March.

Photos Corporal J.Kusche, 14 AMS Wing Imaging

Couple shares Special Olympics success

By Sara Keddy,
Managing editor

This year is shaping up to be a good year for Kingston's Tim Prosser and Eileen Ramsay.

The pair put in multiple medal-winning cross country skiing performances at the 2012 Special Olympics Canada National Winter Games February 28 to March 3. They're also engaged to be married in July.

"I'm proud of Tim – this was first time at nationals, and I'm surprised at how well he did," says Ramsay. "He worked really hard."

Prosser won Team Nova Scotia's first gold medal in his 1km race. He placed second – two silver medals - in the men's 500m and 100m.

"It was worth it," Prosser says, of all his hard work, exercise and time at the gym. "I did all I wanted to do in the competition, and it shocked me I got the first gold for Nova Scotia. It was just getting out there and getting the



Annette McCann of Berwick was a silver and bronze medallist on the snowshoe course.

NS Special Olympics

skiing done – it was great."

Ramsay, 34, is a past national competitor, having raced at the 2008 National Winter Games in Quebec and then the 2009 World Winter

Games in Idaho, where she won gold in the 500m race and bronze in the 1km. Ramsay was third in this year's 500m event March 1 and won a bronze in the 100m.

"The competition was awesome, such a good time," Ramsay says.

She's waiting to hear if she will have a chance to attend worlds again, based on her national results; in the meantime, she'll continue at the gym, walking and exercising. She's also looking ahead to the summer Special Olympics soccer program.

In three speed skating events February 29, Phillip Brown from Kentville won the 1,500m race, and took bronze medals in both the 500m and 1000m races.

In snowshoeing Feb. 29, Skylar Banks from Kingston won a silver medal in the 1600m race. He also competed in the 100m, 200m, 400m (he beat his qualifying time by more than 25 per cent and was disqualified) and 1500m races.



Tim Prosser, left, and Eileen Ramsay, on the podium at the 2012 Special Olympics Canada National Winter Games.

Submitted

Annette McCann of Berwick was second in the March 1 100m - Division 6 event. She also competed in the 100m, 200m, 400m (sixth) and 800m (bronze) events.

Fifty-one members of Team Nova Scotia repre-

sented the province in St. Albert, Alberta, in floor hockey, curling, cross country skiing, snowshoeing, speed skating and figure skating competitions. Over 700 athletes and coaches from across Canada were involved in the games. Successful athletes may

advance to the 2013 World Winter Games in South Korea.

Highlights for athletes also included an Oilers' game, time at the West Edmonton Mall and a roller coaster ride, and the games' opening and closing ceremonies.

Greenwood golf eyes new season

Spring is finally here and, with it, comes a new golf season.

The Greenwood Golf Club is getting the course ready for play and hopes to be open soon. Check out www.greenwoodgolfclub.ca for up-to-date information, daily play rates and membership rates.

The office is now open from 8 a.m. to 4 p.m., Monday to

Friday for the season. Come out early to take advantage of our payment plan options, which allow you to spread membership fees from April and October. If you become a member before April 30, we will take 10 per cent off adult, spousal, weekday and senior rates. Children's rates are \$87 for juniors (eight to 12 years) and \$97 for intermediate (13

to 18 years), which includes our junior program from May to August.

Greenwood has many options to suit all of your golfing needs, so be sure to stop by the clubhouse or give us a call at 765-1494 ext 5880 for details. We are a fun and affordable club, "Golf the way it should be... Golf fore you!"

Be Back Soon!

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11-319A	2009	Matrix Touring	Red	4	A	AC,PW,PDL,Cru	88,000	13,995
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11-370A *	2010	Tacoma Acc Cab	Red	4	A	2WD,SR5,AC,PW	34,000	20,995
11-384A	2010	C Matrix Touring	Sundance	4	A	AC,PW,PDL,Cru	70,000	15,995

Vehicles have the following ECP/EXT Warranty Coverage:

- * 11-370A 4 YR—100,000 Ext.Warr/ In-Service: Mar. 09/10
- * 11-371A 7 YR—120,000 Ext.Warr/ In-Service: Jun. 20/07
- * 11-400A 5 YR—100,000 Ext.Warr/ In-Service: Jan. 21/09
- * 11-424A 4 YR—100,000 Ext.Warr/ In-Service: Nov. 07/07
- * U1852 4 YR—100,000 Ext.Warr/ In-Service: May 12/08
- * 12-59A 6 YR—120,000 Ext.Warr/ In-Service: Jul. 14/08
- * 12-142A 5 YR—120,000 Ext.Warr/ In-Service: Mar. 27/09

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Lieutenant-Colonel Jeff Boucher (back), Canadian Association for Disabled Skiing instructors and Captain Debra Carter (seated) demonstrating the "I believe I can fly" sit skiing manoeuvre.

Submitted

CF vets hit the slopes

Winter sports clinic held at Ski Martock for injured soldiers

Lieutenant-Colonel Jeff Boucher

From February 19 to 22, Ski Martock in Windsor, the Canadian Association for Disabled Skiing and Soldier On hosted 11 ill and injured Canadian Forces members and veterans from New Brunswick, Nova Scotia and Prince Edward Island for the first annual East Coast Winter Sports Clinic.

Participants got to experience downhill skiing,

snowboarding, curling, cross-country skiing, biathlon and snow shoeing; some for the first time. All of the events were exceedingly well received by participants and instructors alike, and, while not everyone was interested in continuing all of the events, there are now some dedicated converts.

Soldier On is a CF program dedicated to optimizing the functional independence and lifestyle of ill and injured

personnel through numerous events and support to physical fitness, health promotion and sport.

Instructors and participants stayed at the Falls Lake Recreation Facility, provided by Personnel Support Programs, a relaxing atmosphere where all could kick back and enjoy the serenity of their surroundings after a hard day at the hill.

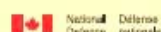
The amazing several days spent by participants and instructors will not be soon

forgotten. The opportunities provided to these soldiers not only helped to increase their independence, but also provided participants with the opportunity to develop new skills, achieve personal goals, socialize, share and learn with their disabilities.

This event would not have been possible without the generous volunteer support from the following organizations and from the funding provided by Soldier On: curl-

ing, hosted by the Windsor Curling Club; cross-country skiing, courtesy of Ski Martock; the biathlon conducted by the Cadet Organization of Nova Scotia, along with Biathlon NS; General Dynamics Canada and all of the ski and snowboard instructors with the Canadian Association for Disabled Skiing who dedicated their time.

For additional information on the Soldier On program, visit: www.soldieron.ca.



"Racism in 2012 – a reality check!"

Join us at the Annapolis Mess dining hall for a special DVD showing of "Long Road to Justice – the Viola Desmond Story"

INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION
STRENGTH through DIVERSITY
La DIVERSITÉ fait la FORCE
JOURNÉE INTERNATIONALE POUR L'ÉLIMINATION DE LA DISCRIMINATION RACIALE

Her courageous stand against institutional racism was an important part of Nova Scotia's civil rights movement.

Start time will be 1200 hrs and lunch will be available for purchase



Canada

March 21st is designated by the United Nations as the International Day for the Elimination of Racial Discrimination. It's a day observed all around the world to focus attention on the problems of racism and the need to promote racial harmony.

DND/CF joins the rest of the world/nations on March 21 and commemorates this day throughout the organization. This is a collective respect and awareness effort that can make a real difference – millions of hands, all at once, saying "Stop racism!"

Canada has become an increasingly diverse nation. As members of the Defence Team, our mission is to defend Canada, its interests and its values, while contributing to international peace and security. The strength of our future depends on the actions we take and the relationships we build today.



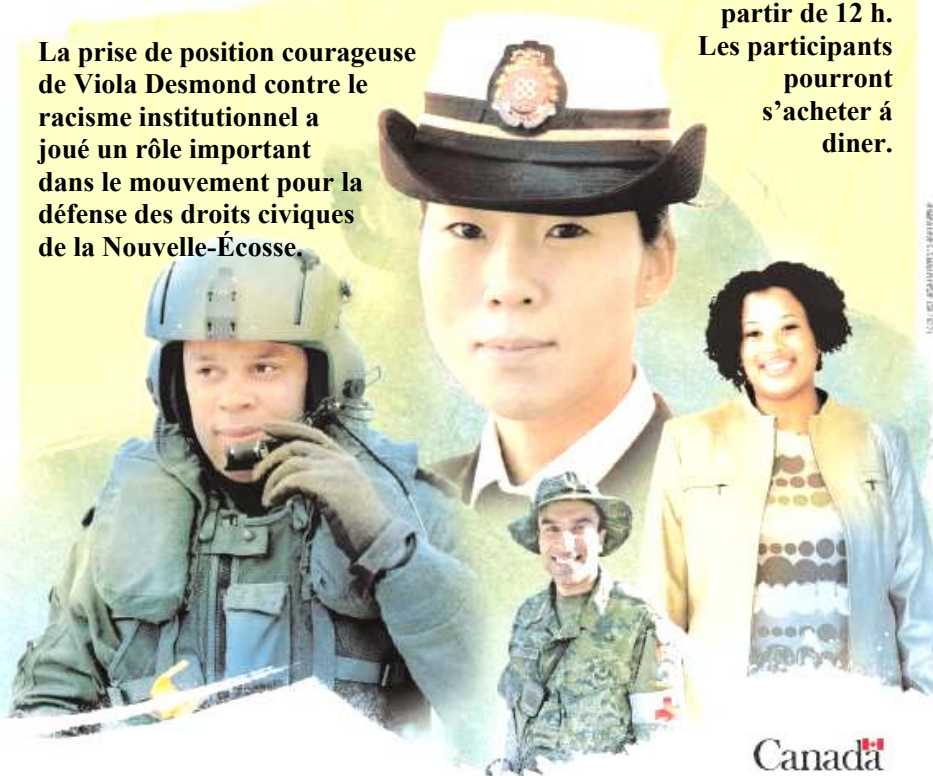
« Le racisme en 2012 – face à la réalité! »

Rendez-vous dans la salle à manger du Mess Annapolis pour visionner avec nous le DVD intitulé « Long Road to Justice – The Viola Desmond Story ».

INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION
STRENGTH through DIVERSITY
La DIVERSITÉ fait la FORCE
JOURNÉE INTERNATIONALE POUR L'ÉLIMINATION DE LA DISCRIMINATION RACIALE

La prise de position courageuse de Viola Desmond contre le racisme institutionnel a joué un rôle important dans le mouvement pour la défense des droits civiques de la Nouvelle-Écosse.

Projection à partir de 12 h. Les participants pourront s'acheter à diner.



Canada

L'Organisation des Nations Unies a proclamé le 21 mars la Journée internationale pour l'élimination de la discrimination raciale. Partout dans le monde, en cette journée spéciale, une attention particulière est accordée au problème du racisme et à la nécessité de promouvoir l'harmonie interraciale.

Le ministère de la Défense nationale et les Forces canadiennes s'unissent à tous les peuples du monde le 21 mars afin de célébrer cette journée dans l'ensemble de l'organisation. Il s'agit d'un effort collectif axé sur le respect et la sensibilisation qui peut vraiment changer les choses – des millions de voix, clamant, à l'unisson, « Mettons fin au racisme! ».

Le Canada est un pays de plus en plus diversifié. Notre rôle de membre de la Défense consiste à défendre le Canada, ses intérêts et ses valeurs tout en contribuant à la paix et à la sécurité dans le monde. Les mesures que nous prenons et les relations que nous construisons aujourd'hui nous assureront un avenir solide.

Couple takes on mission challenge

Vince D.I. Vincent

Harvey and Aileen Priest, long-time residents of Greenwood, are about to embark on a journey to Jacksonville, Florida, to serve an 18-month mission for the Church of Jesus Christ of Latter-day Saints.

The Priests came to Nova Scotia in 1967 when Harvey, then a member of the Canadian Forces, was transferred to CFB Greenwood. It was here that Harvey and Aileen raised their three children, Jason, Jennie and Jeana. In 1976, Harvey was medically released from the military and began a very successful business as an electrician in the Valley. Aileen was, from 1967 to 1969, the NPF secretary and later secretary to the CFB Greenwood base exchange officer. Later, Aileen could be found at the



Harvey and Aileen Priest of Greenwood will support mission work in Florida for the next 18 months. Submitted

Country Store and managed Harvey's business bookwork.

As members of the Church of Jesus Christ of Latter-day Saints since 1977, Harvey and Aileen have been actively involved in church activities and responsibilities. Harvey, now a High Priest, has served

as the ecclesiastical leader for many years in the Greenwood and Kentville units. Aileen has also dedicated herself in teaching children, youth and adults. She has also taught an early morning seminary class for many years.

More recently, Harvey and Aileen served a three-year mission in the Halifax Nova Scotia Temple. Harvey was one of two counsellors to the Temple President. He also was the Temple Engineer responsible for maintaining all electrical and water systems. Aileen served as one of two assistants to the Temple Matron, respon-

sible for welcoming visitors and assisting in maintaining Temple cleanliness.

On this new mission, Harvey and Aileen will be serving in the Jacksonville mission office, handling correspondence to and from the 160-plus missionaries who serve in the boundaries. They will manage the fleet of mission vehicles, and make travel arrangements for missionaries and for the Mission President through an area extending from Deland to the south, north into Savannah, Georgia, and reaching up into Ridgeland and Port Royal in South Carolina. They will also be involved in administrative and financial responsibilities and preparing newsletters for training conferences, and ensuring missionaries have the supplies they need and any medical attention.

GMFRC spring second language training

Dates: From April 2 to June 8
Registration deadline: March 26 at the GMFRC front desk
Duration: 10 weeks, for a total of 60 hours (three hours twice a week)
Location: 14 Wing Birchall Centre, Language School
Cost: For spouses, CF members, and dependants over 14 years of age: \$50 (refundable upon completion of 85 per cent of classes). All other participants: \$100.

Free childcare is offered to military families during GMFRC childcare hours, spaces are limited (first come, first served), pre-registration is necessary.

Placement Test: Contact Danielle Brochu at 765-1494 local 5276

LIMIT of 10 students per class – register early to avoid disappointment!

For information: GMFRC reception, 765-5611

Schedule: Subject to change

depending on Birchall Centre second language classrooms, teacher, students' availability. Let us know your availability; we will do our best to accommodate you.

****Please note:** if you have

some knowledge in French or English, you could join Module 2 or 5 even if you have not done the previous module. A placement test will guide you to the appropriate module.

	Monday	Tuesday	Wednesday	Thursday	Friday
9 a.m. to noon			French module 5		French module 5
6 p.m. to 9 p.m.	French module 2	English module 2		French module 2 English module 2	

CRFMG Cours de langue seconde – session de printemps

Dates : Du 2 avril au 8 juin
Date limite d'inscription : le 26 mars à la réception du CRFMG

Durée des cours : 10 semaines, pour un total de 60 heures (trois heures deux fois par semaine).

Lieu : Centre Birchall de la 14e Escadre, École des langues

Coût : membres des FC, conjoints et personnes à charge de plus de 14 ans – 50\$ (remboursables à condition que le participant ait assisté à 85% des cours). Autres participants – 100 \$.

Service de garde gratuit offert aux familles de militaires pendant les heures d'ouverture de la garderie du CRFMG, les places sont limitées (premier arrivé, premier servi); réservation obligatoire.

Test de classement : Contacter Danielle Brochu au 765-1494 poste 5276

LIMITE de 10 étudiants par classe – inscrivez-vous tôt pour éviter toute mauvaise surprise !

Pour informations : Téléphonez à la réception du CRFMG au 765-5611.

Horaire : Sujet aux changements en raison de la disponibilité des salles de classe de l'École des langues du Centre Birchall, aux enseignants de cours et afin de répondre aux demandes des étudiants. Donc, laissez-nous savoir vos préférences et nous ferons de notre mieux

pour vous accommoder.

**** Notez bien que si vous avez une base en français ou en anglais, il est possible de vous joindre aux modules 2 ou 5 même si vous n'avez pas fait le module préalable. Un test de classement vous guidera dans la bonne direction !**

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
9 h à 12 h			Français module 5		Français module 5
18 h à 21 h	Français module 2	Anglais module 2		Français module 2 Anglais module 2	

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CFHA Office Closure

22 March 2012

This is to inform you that our CFHA office will be closed from 8:00 hrs 22 March 2012 to 16:00hrs 22 March 2012 as all personnel will be attending a training session. These infrequent events are important to the development of our personnel and to improving the operation of CFHA.

Your calls are important to us and to ensure that your requests are answered we would ask that you call, during this period of time, CFHA's Emergency After-hours toll-free phone line (1-800-903-2342).

We will return on 23 March 2012 at 08:00 hrs and normal business will be resumed. Please accept our advanced apologies for any inconveniences that this training session may have caused you and your family.

Fermeture des bureaux de l'ALFC

22 mars 2012

Cette annonce est pour vous informer que nos bureaux seront fermés du 8 :00 hrs le 22 mars 2012 à 16:00 hrs le 22 mars 2012 pendant que tous nos employés participent à une session d'information régionale. Ces événements peu fréquents sont important pour le développement de notre personnel et pour améliorer les services de l'ALFC.

Vos appels sont importants et pour s'assurer que vos demandes sont traitées comme il se doit pendant cette période, nous vous prions d'appeler la ligne d'urgence sans-frais nationale de l'ALFC (1-800-903-2342)

Nous serons de retour le 23 mars 2012 à 08:00hrs et nous reprendrons notre routine normale. Nous nous excusons d'avance des inconvénients que cette session d'information pourrait vous avoir causés.

bravo zulu | promotions & presentations

14 Air Maintenance Squadron Honours & Awards

Images by 14 AMS Wing Imaging unless otherwise indicated.

January 27, 14 Air Maintenance Squadron (AMS) hosted its semi-annual Honours & Awards ceremony at the Annapolis Mess. Acting Commanding Officer Major Gord Colwell presented 10 Canadian Forces' Decoration clasps (bar), awarded for every subsequent period of 10 years of qualifying service (CD1), four Canadian Forces' Decoration medals (CD), one Sea Service Insignia Level 1, four 2011 Department of National Defense Photography Contest awards of excellence and the 14 AMS Performer of the Quarter award.



CD1 recipients are, in the back row, from left: Sergeant Bryan Forrester, Warrant Officer Scott Longland, Master Corporal Reg Potter, Sergeant Mario St-Laurent, Sergeant Andrew Elliott, Master Corporal Christopher Boudreau, Sergeant Charles White, Sergeant Joanne Lewis, Sergeant Daniel Bohemier and Sergeant Craig MacLellan.
Front row, from left: Major Gord Colwell, two CD recipients: Master Corporal Remi Duguay and Corporal Darryl Knott, Sea Service Level 1 Insignia recipient Master Warrant Officer Dave Leblanc, 14 AMS Performer of the Quarter Corporal Colin Clarke, two CD recipients: Corporal David Marcotte and Corporal Alexandre Bouchard; Awards of Excellence for the 2011 DND Photography Contest Corporal Eduardo Jorge and Corporal Brent Kenny.

Corporal Eduardo Jorge received three Awards of Excellence in the DND Photography Contest: first in the Professional Portrait Category and both first and second in the Professional Special Effect category. Corporal Brent Kenny received first place in the Professional Sports Category. Visit www.cfpsa.com/en/psp/recreation/photocontest_e.asp to see the winning photographs.

The 14 AMS Performer of the Quarter for October through December 2011 was Corporal Colin Clarke. Corporal Clarke had a tremendous impact on the squadron's de-ice capability, both as an instructor and an assessor

for driving and operation of the de-icing trucks. With his positive attitude and natural leadership ability, he made significant contributions to crew morale and operational response, making him an ideal role model for junior technicians. His outstanding performance and dedication were exemplary.

Corporal Jennifer Kusche receives an Award of Excellence from Lieutenant-Colonel Christian Ouellette, commanding officer of 14 Air Maintenance Squadron in the 2011 DND Photography Contest for first place in the Professional – Open category for her work titled “Frozen Memorial” and third place in the Professional – Environment category for her work titled “Petal Power.”



Private Jason Hume receives his first chevron from Captain Maxine Kapralik, 14 Air Maintenance Squadron acting Aircraft Maintenance Support Organization officer.



Private Trevor Zoney accepts his first chevron from Major Stephane Racle, 14 Air Maintenance Squadron Aircraft Maintenance Organization officer.



Corporal Chantal St-Jean accepts her promotion to current rank from Captain Maxine Kapralik, 14 Air Maintenance Squadron acting Aircraft Maintenance Support Organization officer.



Corporal Jeremy Lankin receives his promotion to current rank from Captain Maxine Kapralik, 14 Air Maintenance Squadron acting Aircraft Maintenance Support Organization officer.



Private Randal Taylor received his first chevron from Captain Etienne Gignac-Bouchard, Acting Aircraft Maintenance Support Organization officer.



Private Matthew Kidson accepts his first chevron from Major Stephane Racle, 14 Air Maintenance Squadron Aircraft Maintenance Organization officer.



Corporal Pier-Yves Gravel receives his promotion to current rank from Major Stephane Racle, 14 Air Maintenance Squadron Aircraft Maintenance Organization officer.



Private Tyler Burke accepts his first chevron from Major Stephane Racle, 14 Air Maintenance Squadron Aircraft Maintenance Organization officer.



More Power. Less Fuel. Great Value is a comparison between the entire current Chrysler Canada lineup and the entire 2011 Chrysler Canada lineup. Wise customers read the fine print: * **†** **‡** **§** The Canada's Fastest Growing Automaker Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers between March 1 and April 2, 2012. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailers for complete details and conditions. **•** \$18,995 Purchase Price applies to 2012 Dodge Grand Caravan Canada Value Package (29E) only and includes \$8,000 Consumer Cash Discount. See participating retailers for complete details. Pricing excludes freight (\$1,400-\$1,500), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees. **•** \$111 bi-weekly payments of \$111 with a cost of borrowing of \$4,082 and a total obligation of \$23,076.94. Price including applicable Consumer Cash Discount: \$25,495. Pricing excludes freight (\$1,400-\$1,500), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. **•** 2012 Dodge Grand Caravan Crew shown. Price including applicable Consumer Cash Discount: \$25,495. Pricing excludes freight (\$1,400-\$1,500), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. **•** Based on Year-To-Date Oct. 2011 versus Year-To-Date Oct. 2010. R. L. Polk Canada, Inc. Canadian National Total NVR Market Share and volume gains data by brand. **•** Based on Ward's 2011 Small Van Segmentation. Excludes other Chrysler Group LLC designed and/or manufactured vehicles. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license. **•** Based on 2012 EnergyGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption may vary. 2012 Dodge Grand Caravan Canada Value Package - Hwy: 7.9 L/100 km and City: 12.2 L/100 km. **•** SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. **•** Jeep is a registered trademark of Chrysler Group LLC.

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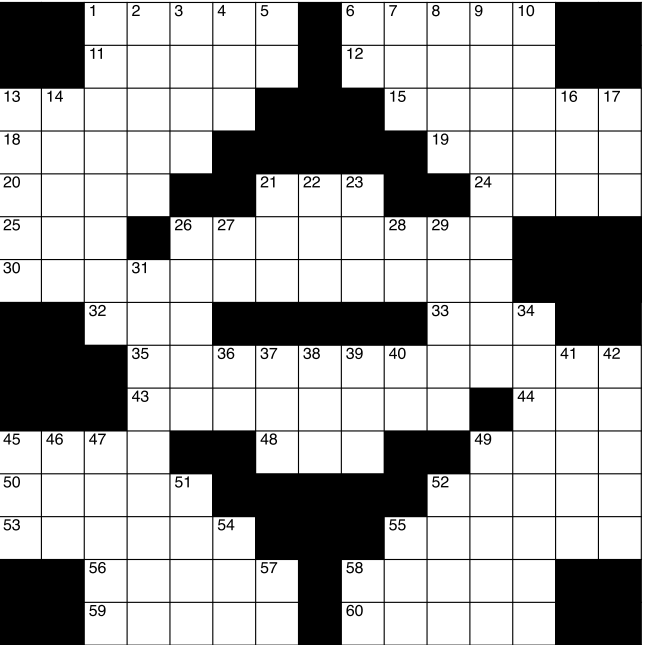


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, (902)765-1717; or email editor@auroranewspaper.com. Dated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

Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 83A, School Road, (annexe Morfee), 14^e Escadre Greenwood, par fax au (902) 765-1717 ou par courriel à l'adresse.editor@auroranewspaper.com. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le jeudi précédent la publication, à moins d'avis contraire.

metro crossword

solution page 18



- ACROSS
1. Duck cartoon character

6. Town in Guinea

11. Upright posture

12. Rest on your knees

13. Move upward

15. Disposed to take risks

18. Makes a sweater

19. Grooved surface of a tire

20. Identical in kind

21. Radiotelegraphic signal

24. "Picnic" author William

25. Bashkir Republic capital

26. Male highlanders

30. Doing several things at once

32. Title of respect

33. Old world, new

35. "Sophie's Choice" actress

43. Encloses completely

44. Decaliter

45. Makes angry

48. Commercial free network

49. Latvian capital

50. Tycho _____, Danish astronomer
52. Leave slowly and hesitantly

53. Harm to property

55. Dining, pool and coffee

56. Remove all traces of

58. Yemen capital

59. Passover feast and ceremony

60. Trenches
- DOWN
1. Proper fractions

2. Ridgeline

3. Marshland area of E. England

4. Flood Control District capital

5. Canadian province (abbr.)

6. Project Runway designer judge's initials

7. Along with

8. Orderly and clean

9. A short-barreled pocket pistol

10. Extraterrestrial being

13. Ancient capital of Ethiopia

14. Goof

16. Annoy constantly

17. Haitian monetary unit (abbr.)
21. Arrived extinct

22. Belonging to a thing

23. Tounge click

26. Fireman's signal

27. Connecticut

28. 3rd tone of the scale

29. Language spoken in Russia

31. Split occupancy

34. Diacritics for s's

36. Mobile camper

37. Affirmative (slang)

38. Bachelor of Laws

39. _____ Angeles

40. State police

41. U.S. gold coin worth 10 dollars

42. Bets on

45. Million barrels per day (abbr.)

46. Macaws

47. Julie Andrews and Judi Dench

49. Capital of Morocco

51. Oh, God!

52. _____ Carvey, comedian

54. Point midway between E and SE

55. Principle of Chinese philosophy

57. Trauma center

58. Atomic #62

metro crossword brought to you compliments of

954 Central Avenue
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Coffee party
March 19, coffee party, 10 a.m. to 12:30 p.m.; at the Beehive Adult Service Centre, 1119 Station Street, Aylesford. Freewill offering. Door prizes, baked goods and fabric sale.

Spring at the library
March 20, join in the celebration of the first day of Spring, 7 p.m., at the Rosa M. Harvey Library in Middleton. Town crier proclamation, spring tips and colour from Cinnamon Creek and Middleton Valley Rose, along with an added treat for children: Bo and Peep, two five-week old baby lambs.

Wilmot Garden Club
March 21 is the next meeting of the Wilmot Garden Club, 7 p.m., in the Melvern Square Community Hall. Michel Palmer will be speaking about organic gardening. Everyone welcome. For information, phone Sharon at 765 2884 or visit

www.wilmotgardenclub.ca.

Supper
March 21 is the annual pancake supper at Kingston United Church, 733 Main Street, 4:30 p.m. to 6 p.m. Homemade everything: pancakes, sausage, real maple syrup, hashbrowns and pies for dessert.

Schizophrenia meeting
March 21, The Kings County chapter of the Schizophrenia Society of Nova Scotia presents a movie night, featuring "A Beautiful Mind," the 2001 Oscar-winning story of Nobel Laureate in economics John Forbes Nash Jr. 7 p.m., Kentville Lions' hall, 78 River Street. All welcome, free, popcorn provided. (If school is cancelled, meeting is cancelled.)

Meeting
March 21, the Kingston, Greenwood & Area Acquired Brain Injury (ABI) Support Group will meet at Doug & Sillina Mallyon's home,

765-7959, 961 Bradley Street (Mystic Meadow Subdivision), 7 p.m. to 9 p.m. Guest speaker: Neil Kennedy, social worker, stroke support team, Valley Regional Hospital. All welcome to attend. For information, contact Dan or Sharon Nogler, 765-6760.

CSA workshop
March 21, 7 p.m., come find out about Community Shared Agriculture (CSA). Annapolis Valley Green Community presents a session on community-based farming for sustainability, with Patricia Bishop of Taproot Farms. This is all about how a farmer can partner with her neighbours, promoting community connections with food. Freewill offering at the door.

Religious class
March 21 at 7 p.m., you are invited to attend the "Beginning Discipleship Course" at New Be-

ginnings Center, 1151 Bridge St., Greenwood. We are an evangelical Christian church. The course is intended to give new Christians guidance in their faith and be a refresher for older Christians. Sponsored by Foundations Bible School.

Valley Autism Support Team
March 22, the Valley Autism Support Team meets at the Kingston and District School, with guest Nancy McKenzie-Childs, a speech language pathologist with AVRSB with years of experience working with students with autism from primary to Grade 12. She has a special interest and knowledge in the area of technology to support the needs of her students. Hear Nancy talk about IPADS, IPODS and APPS for autism, 6:30 p.m.

Seniors' wellness clinic
March 22 in Berwick, Annapolis Valley Health's Seniors' LINC program will be offering a seniors' wellness clinic at Western Kings Memorial Health Centre. This clinic will provide seniors aged 60 and above with advice and information on healthy aging, one-on-one time with practitioners including a physiotherapist, occupational therapist, pharmacist, dietitian, registered nurse and social worker. Seniors may book an appointment to receive mobility assessments, exercise suggestions, information on creating a safer home environment, medication education, blood pressure and general health checks, and information on community resources. Call 902-538-3111.

Kids' night
March 23, calling all kids! There will be a Kids' Night at the Kings-

14 Wing Greenwood Golf Club 2012 Season Rates

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Entry deadline:
Noon, March 22, 2012.

Full name

Phone number

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

1. Who is introducing "Maverick?"

2. Who offers airport services for dogs?

3. What business has 5 million book titles?

4. Who has a 16' cube van for moving & deliveries?

5. Who has a 7 month payment plan?

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

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Fri-Thurs 7 pm

30 Mar - 05 Apr 12 (Week #2)
Fri-Thurs 7 pm

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ton United Baptist Church from 6:30 p.m. to 8 p.m. Face painting, carnival games, crafts, make-your-own ice cream sundaes and performances by our kids' drama team. This event is open to all the children in the community. Please join us, and bring a friend!

Ticket auction
March 24, at the Melvern Square Community Centre, 10 a.m. to 2 p.m. Canteen, names and phone numbers can be left with organizers. Proceeds to the Melvern Square United Baptist Church.

Hall sale
March 24, mark your calendar and make plans to attend an indoor sale in the Windermere Community Hall, 9 a.m. to 3 p.m. Variety of sellers. Admission free. To book a table, call Carol, 375-2483.

Fundraiser
March 24, a tea party, silent auction and sale will be held at New Beginnings Centre, 1 p.m. to 3 p.m. For information, call Jackie, 847-0336.

Ticket auction
March 24, the Middleton Fireflies (fire department auxiliary) present a ticket auction, 10 a.m. to 2 p.m., at the Middleton fire hall. Draws start at 2:05 p.m.

Variety music show
March 24, the Kingston Lions present a variety music night at the Kingston Lions' hall. Entertainment features Lois Lutz, Chet Brown, Lucas Monroe, Mike, Marilyn & Don, Wendy Lynn, Jeff and Tina Tooker and Lenn Hannam. Doors open 6 p.m., the show runs from 7 p.m. to 10 p.m. \$5 per person.

Benefit
March 24, join Team Joshua volunteers for a memorial fundraiser

and auction, 6 p.m. to 9 p.m., at the Michelin Social Club, Waterville. Funds raised support children's participation in minor hockey.

Brunch
March 25, come for brunch in support of the Twelve Baskets Food Bank, noon, in St. Monica's church hall, Middleton. Scrambled eggs, pancakes, sausages, coffee, tea, juice for a freewill offering. Everyone is welcome. Sponsored by the Knights of Columbus Greenwood/Middleton Council. For more info, contact Kent Sill, 765-2734.

Concert
March 25, the Nova Scotia Junior Wind Ensemble is in concert with the PRMS Concert Band, 1 p.m.,

Pine Ridge Middle School, 625 Pine Ridge Ave, Kingston. Freewill admission.

Dessert, card party
March 26, a dessert and card party will be held on at 12:30 p.m. for 1 p.m. at the Kingston Lions' hall. There will be bridge, 45s, euchre and other card games. The admission will be \$5. For information, contact Janet Rawding, 765-3094; or Jean Baak, 765-4253. This event is sponsored by the Kingston and District Health Auxiliary.

Meeting
March 26 is the next meeting of the Greenwood Health Auxiliary, 1:30 p.m. at the Queen of Heaven Chapel, Church Street. The aux-

iliary's Opportunity Shop in the Greenwood Mall (open Mondays through Saturdays, 1 p.m. to 3 p.m.) is accepting donations of clothing, shoes, purses, linens and household goods (no large appliances) for re-sale. Proceeds support local community health

initiatives. Drop donations off at the shop, or contact Mary, 765-3063.

NOTICE



Village Commissioners of Greenwood will be holding the monthly meeting on March 28th at 9 a.m. for this month only.

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sudoku

solution page 18

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

Level: Beginner

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!

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patrick's puzzle

solution page 18

Word Search — Spring Into Spring

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

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Birds Chirp Insects Rain Umbrella
Blooming Flowers Lawn Rebirth Windy

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horoscopes

March 18 - March 24

ARIES - Mar 21/Apr 20
Aries, even though your intentions are good, be careful with words this week. Rely on your actions and not just your words to convey the message.
TAURUS - Apr 21/May 21
Taurus, you are absolutely sure your work week will go your way. Considering you weigh all the facts in decisions, there's a strong chance you'll be right.
GEMINI - May 22/Jun 21
Gemini, you are tempted to bend the truth a little this week. Be careful what you wish for, as it might be hard to recover a sense of trust if your actions are discovered.
CANCER - Jun 22/Jul 22
Cancer, adjust your way of thinking to be more flexible. You should not always operate on a rigid schedule, but be more receptive to changes. Check with friends; see what they think.
LEO - Jul 23/Aug 23
Leo, you are aware of what lies ahead, but you're not eager to jump in and get started on the tasks that need your attention. Develop a plan and things will work out.
VIRGO - Aug 24/Sept 22
Virgo, your confidence returns this week but you are still treading carefully so as not to be disappointed later on. Trust in yourself and you likely won't be disappointed.

LIBRA - Sept 23/Oct 23
Establishing a balance between humility and self-confidence is the key to being a well-rounded person, Libra. Therefore, don't take the power of positive thinking to the extreme.
SCORPIO - Oct 24/Nov 22
Scorpio, although you are not overly excited about plans for the near future, you are capable of balancing fantasy with reality. Things will work out for the best.
SAGITTARIUS - Nov 23/Dec 21
Sagittarius, this week you realize that you don't have as many answers as you thought you had. You can look for other answers by being in touch with friends and family.
CAPRICORN - Dec 22/Jan 20
Use this week as a time for renewal, Capricorn. Set lofty goals because this will serve as a challenge in order for you to really shine -- and you thrive on challenges.
AQUARIUS - Jan 21/Feb 18
Aquarius, you may get caught up in your emotions about a certain person in your life. Take a step back and you'll realize there's no reason to get so excited.
PISCES - Feb 19/Mar 20
Pisces, once you start focusing on what you want to do next, you find you have the motivation to get anything accomplished.

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

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

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FOR RENT – 3 bedroom - 1/2 duplex located in Kingston. Fridge and stove provided. Rent \$625/month plus utilities. Call Donna at 765-3838. (3312-2tp)

FOR RENT – 2 bedroom apartment located in Middleton. Fridge and Stove provided. Rent \$525/month plus utilities. Call Donna at 765-3838. (3311-2tp)

FOR RENT – 1 bedroom apartment located in Kingston. Fridge and stove provided. Rent \$600/month utilities included. Call Donna at 765-3838. (3311-2tp)

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FOR RENT – Single Family home in Kingston. Located in a beautiful private setting with deck. Recent upgrades. Has 2 Bedrooms on main floor. Close to Superstore and golfing. Hot water heat, fire-place insert + 5 appliances. Non smoking and references required. \$950.00 plus utilities. Call 765-2884 or 824-3164. (3312-3tp)

FOR RENT – 1 bedroom apartment located in Middleton area in a private and quiet location. Furnished or not as needed. Rent \$725/month with heat and all utilities included no disappointments. Ideal for IR or student. Available May 2012. View pictures at www.middletonapt.weebly.com. Email: rocket650@eastlink.ca or telephone 902-844-0331. (3312-ufn)

FOR RENT – Small 1 bedroom house on Marshall Rd, Kingston. Fridge and stove supplied. \$425/month + utilities. Call Cindy at 765-4987. (3309-ufn)

FOR RENT – Clean quiet bachelor apt suitable for one person. Located near the Kingston Legion. Rent is \$540/month with utilities included for the right person. Call 825-3607 (3311-ufn)

FOR RENT – one bedroom apart-

ment, 2.5kms from Greenwood (Meadowvale Rd.). \$550/month lights included. Call 765-8019 (3311-2tp)

FOR RENT – 2 bedroom apartment located at 677 Central Ave, Apt B, Greenwood. \$500/month + utilities. Available immediately. No pets. Please call 765-2938. (3312-1tp)

FOR RENT – 1 bedroom apartment located at 517 Pleasant St. Kingston. Rent is \$650/month including utilities (heat and lights). Kitchen, living room on main level with bath and bedroom upstairs. Call 250-0181. (3312-4tpb)

FOR SALE

FOR SALE – House located at 73 Geiger Rd, Wilmot. 3 Bedroom bi-level with finished basement containing an extra bedroom. 2 full bathrooms. Well treed lot located 10 minutes from 14 Wing Greenwood. Asking \$157,500. Please call Blaine at 532-0466 (Res) or 825-3415 (Bus). (3312-3tpb)

FOR SALE – OCEANFRONT IMPROVED BUILDING LOT. 1.2 acres, 150 feet waterfront on the BAY OF FUNDY, PORT GEORGE AREA. Very private yet only 10 minutes from Middleton. Easy year-round access. Many newer upscale homes. Assessed value of \$80,000.00. Open to reasonable offers. Call 825-4093. (3312-2tpb)

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obituaries

The Aurora Newspaper offers obituary notices to the community. Families may record their loved one's life as they wish, and work with our staff to design borders, add photos and proofread the final notice.

Obituaries are priced at 55 cents per line (black and white) or 65 cents per line (colour).

Obituaries for serving Canadian Forces Regular, Reserve members and Canadian Forces veterans are complimentary to an eighth of a page space (2 columns x 67 lines), black and white only. Regular line rates apply on space over this size.

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sudoku solution

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

patrick's puzzle

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

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Robot fun, science a winning combination

Sara Keddy,
Managing editor

Tristan Armstrong thinks back to high school, and time spent with the national science Olympiad team stands out. Fast forward a few years, and he's "paying it forward" himself.

Armstrong, a lieutenant with 14 Wing Greenwood's Telecommunications and Information Service, is the coach for the Greenwood high school robotics competition team, four local students who just won the provincial title at the Acadia University competition. "They crushed it," Armstrong says.

"We had five minutes to complete the task – we did it in 45 seconds."

He credits the kids' success with hours spent through the winter writing computer code in job-specific blocks: when it came down to the competition itself, they had much of the work done, and could re-string and link that code to make it happen.

Alex St-Laurent, in Grade 10 at West Kings; Luc Rousseau, in Grade 9 at Ecoles Rose-des-vents; Angelina Engelberts, in Grade 10 at West Kings; and



Alex St-Laurent checks out the workings of his team's robot.
S.Keddy

Alexandra Rousseau, in Grade 8 at Ecole Rose-des-vents; make up Awesome Inc. They showed off their robots' stuff at a community appreciation evening in Greenwood February 28, along with the younger members of the First LEGO League robotics team.

"First, we discussed what the robot was going to be doing," said St-Laurent. "Then, we worked on how to do it. It was all from scratch."

The Rousseaus built the robot – three different shapes

before they found the best design.

"It started coming together – then it worked," Luc Rousseau said. In competition, "our robot... was only one of two that worked."

The team's plan is to continue meeting until summer, setting itself little challenges to design and code.

"It's fun," St-Laurent said, "for people who enjoy this kind of stuff. This is first-year university stuff."

The Awesome Inc students were presented at the community evening with \$500 Acadia University scholarship awards and the provincial robotics trophy by Dr. Danny Silver, the Acadia dean of computer science.

"This team did well in all the various categories," he said: robots had to tell the difference between black and white tin cans with optical sensors, and then had to dump a ping pong ball into a cup in the impromptu mystery challenge.

"One of the side effects of the competition is how young people can really work together to develop complex solutions to complex problems."



From right, Angeline Engelberts, Luc Rousseau, Alex St-Laurent and Alexandra Rousseau watch as their robot finds and then dumps a ping pong ball into a cup on course.

S.Keddy

He commended 14 Wing Greenwood as a strong supporter of the program, and also said seeing a 50/ 50 split on the team of boys and girls was part of its winning formula: "girls have so much to offer, some unique characteristics regarding design and development."

Ray Rousseau, a captain at 14 Wing Greenwood's Maritime Proving and Evaluation Unit, as recognized at the provincial competition with a judges' award for his work with the Greenwood youth team.



Brian Wilkins, mortgage advisor would like to congratulate Clinton Wilkins on his successful year in 2011!

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Notice of the Annual General Meeting of the Kingston/ Greenwood Soccer Club

WHEN: Wednesday, March 21, 2012 @ 7 p.m.

WHERE: Greenwood Community Centre – Club Conference Room

All Executive Positions will be up for election at the AGM as follows:

President
Vice-President
Treasurer
Secretary
Head Coach
Registrar
Mini-Referee Coordinator
Field Maintenance
Equipment Manager
Fund-Raiser

Volunteer Positions (non-voting) with the Club are as follows:

Webmaster
Mini Coordinator
Youth Coordinator
Tournament Chair
Tournament Registrar
Year-End Party Chair

We strongly encourage everyone to attend who has an interest in strengthening our Club and playing an active role in the Kingston/ Greenwood Soccer Club for the 2012 season!!

Questions regarding the AGM may be directed to (Acting) President Craig Sawler at craig@colesawlerlaw.ca

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Soup's on
Kingston Lion Dave McHattie recently presented cases of soup to Harley Hazelwood of the Upper Room Food Bank in Kingston, on behalf of the Lions club. Submitted

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Methods of payment accepted are cash or cheque. Payment is required at the time of registration.

Pour s'inscrire ou pour plus d'informations, appelez au 765-5611 ou vous présenter au CRFMG situé au Centre AVM Morfee sur la rue School à Greenwood.

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Facebook.com/GMFRC

Passion, Action, Impact

Who are Greenwood Military Family Resource Centre (GMFRC) volunteers? I'm sure that many people are under the misconception that volunteering is only for stay-at-home parents or retired people.

You may be surprised to discover the diversity and knowledge base that can be found among our volunteers. Our volunteers do of course include stay-at-home parents and retired people. However, they are also students, teachers, lawyers, doctors, police officers, retired and current military members, graphic designers, interior decorators, psychologists, accountants, mechanics, cooks, retail workers, construction workers, early childhood educators, sales people, executives, parents, grandparents, youth and everyone else you can think of. Some are still in middle-school, some have never finished school, and others have several post-graduate degrees.

So, what kinds of volunteer opportunities exist for such a diverse team of volunteers? The list is truly endless! GMFRC volunteers are involved in every aspect of the Centre and their talents are greatly appreciated in their area of expertise and/or interest.

April 15-21, 2012 is National Volunteer Week in Canada. It is when every organization that benefits from the services of volunteers **officially** celebrates their volunteers, although we hope that our volunteers feel appreciated and celebrated every day. At the GMFRC we thank our 132 active volunteers for their 2500+ hours of volunteering last year and look forward to continuing to help them reach their altruistic goals next year and beyond. If you want to learn more about volunteer opportunities, please contact Leona at leona.conrick@forces.gc.ca or 765-1494 local 5938.

Qui sont les bénévoles du Centre de ressources pour les familles militaires de Greenwood (CRFMG) ? Je suis certaine que de nombreuses personnes pensent, à tort, que le bénévolat n'est réservé qu'aux parents à la maison et aux personnes à la retraite.

Vous serez peut-être surpris de découvrir la diversité et les connaissances qui peuvent être retrouvées chez nos bénévoles. Bien entendu, nous comptons parmi nos bénévoles des parents au foyer et des personnes à la retraite. Mais il y a également des étudiants, des enseignants, des avocats, des docteurs, des policiers, des militaires en service ou à la retraite, des graphistes, des décorateurs d'intérieur, des psychologues, des comptables, des mécaniciens, des cuisiniers, des travailleurs du commerce de détail, des travailleurs de la construction, des éducateurs de la petite enfance, des vendeurs, des cadres de direction, des parents, des grands-parents, des jeunes et toute autre personne à laquelle vous pouvez penser. Certains sont encore au secondaire ou n'ont jamais terminés leurs études, d'autres sont titulaires de plusieurs diplômes d'études supérieures.

Alors, quels types de possibilités de bénévolat existent pour une équipe diversifiée de bénévoles comme celle-ci ? La liste est vraiment interminable ! Les bénévoles du CRFMG participent à tous les aspects du Centre et leurs talents sont fort appréciés dans leurs domaines d'expertise et/ou d'intérêt.

La Semaine de l'action bénévole au Canada aura lieu du 15 au 21 avril 2012. C'est à cette occasion que toutes les organisations bénéficiant des services de bénévoles célèbrent **officiellement** leurs bénévoles, même si nous espérons que nos bénévoles se sentent appréciés et célébrés chaque jour. Le CRFMG remercie tous ses 132 bénévoles actifs pour leurs 2500+ heures de bénévolat enregistrées l'année dernière, et espère continuer de les aider à atteindre leurs objectifs altruistes l'année prochaine et au-delà. Pour en savoir plus sur les possibilités de bénévolat, veuillez communiquer avec Leona par courriel à leona.conrick@forces.gc.ca ou par téléphone au 765-1494, poste 5938.

Upcoming Activities | Activités à venir

CLAYGROUND STUDIO FOR FRANCOPHONE FAMILIES
Saturday, March 24
1 p.m. at the GMFRC
Pay the cost of your pottery piece.
Register by: Wednesday, March 21

CHILDREN'S DEPLOYMENT SUPPORT GROUP
Sunday, March 25
1 – 2:30 p.m. FREE at the GMFRC (3 – 12 years)
Register by: Wednesday, March 21

CHILDCARE PLANNING FOR SUMMER - ARE YOU PREPARED?
Wednesday, March 28
6 – 7:30 p.m. FREE at the GMFRC. Register by: Wednesday, March 21

EASTER BRUNCH FOR DEPLOYED FAMILIES
Saturday, April 7
11 a.m. – 1 p.m.
Annapolis Café. FREE
Register by: Tuesday, April 3

YOUTH FIRST AID & CPR
Monday & Tuesday, April 16 & 17.
5:30 – 9 p.m.
\$35.00 per person. At the GMFRC. Register by: Wednesday, April 10

CF RECRUITING
Friday, April 13
10 a.m. – 2 p.m. FREE at the GMFRC

STUDIO CRÉATIF DE CÉRAMIQUE « CLAYGROUND STUDIO » POUR LES

FAMILLES FRANCOPHONES
Le samedi 24 mars
13 h au CRFMG
Payer le coût de votre création
Date limite d'inscription : le mercredi 21 mars

GROUPE DE SOUTIEN POUR LES ENFANTS DONT UN PROCHE EST EN DÉPLOIEMENT
Le dimanche 25 mars
de 13 h à 14 h 30.
Gratuit au CRFMG.
Enfants âgés de 3 à 12 ans.
Date limite d'inscription : le mercredi 21 mars

ORGANISER LA GARDE DES ENFANTS PENDANT L'ÉTÉ : ÊTES-VOUS PRÊT ?
Le mercredi 28 mars
18 h à 19 h 30
GRATUIT au CRFMG.
Date limite d'inscription : le mercredi 21 mars

BRUNCH DE PÂQUES POUR LES FAMILLES DE MILITAIRES DÉPLOYÉS
Le samedi 7 avril
11 h à 13 h Café Annapolis GRATUIT
Date limite d'inscription : le mardi 5 avril

COURS DE PREMIERS SOINS ET RCR POUR ADOLESCENTS
Le lundi et mardi 16 et 17 avril, 17 h 30 à 21 h
25 \$ par personne au CRFMG. Date limite d'inscription : le mercredi 10 avril

RECRUTEMENT DES FORCES CANADIENNES
Le vendredi 13 avril
10 h à 14 h GRATUIT au CRFMG