

Kim Connell BBA
Wealth Advisor
(902) 825-6309
Strategic Wealth Management
kim_connell@scotiacleod.com
90 Commercial St., Middleton, N.S. B0S 1P0

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 the **Aurora**

14 WING • ESCADRE 14 GREENWOOD, NS

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Project tidies up Clements Park services

Sara Keddy,
Managing editor

Digging in and around Clements Park, Greenwood, represents a change in responsibilities for basic utility services to Dwight Ross and Ecole Rose-des-Vents schools.

The schools sit in the middle of a four-part, 60 hectares parcel of land once populated with dozens of Private Married Quarters. The last of the PMQs were demolished by 2006 – but the underground sewer, drainage and water lines operated by Canadian Forces Base Greenwood remained in place to continue services to the schools.

“We’re trying to get out of the business of basic services, and we’re turning them over to the County of Kings,” says Rick Nippard, the base’s engineering officer.

The two school buildings and some land have been transferred to the province: the Annapolis Valley Regional School Board now owns Dwight Ross, while Ecole Rose-des-Vents is in the process of being transferred to the Conseil scolaire acadien

provincial.

With the transfer of property, CFB Greenwood intends to sever and decommission its service lines to the schools, and the County of Kings will hook both properties into its municipal systems via Bedford Road.

“This has been a five-year project to turn over the infrastructure,” Nippard says; much of that time has been in the hands of lawyers and engineers from multiple levels and departments of government.

“This has been a difficult project to do – lots of interests and different ways of doing things.”

The base will keep the former PMQ lands, and maintain its right of way from, basically, the wing commander’s residence on Central Avenue south for one kilometre, following the old water line.

The Department of National Defence’s Capital Assistance Program is providing \$4.5 million to ensure the water and sanitary sewer systems are upgraded to current municipal and provincial standards. Physical work started in mid-January; the old and



On course

Hookey? Hockey? No - golf! 14 Wing Greenwood Commander Colonel Jim Irvine took advantage of his lunch break March 21 to be one of the first on the greens at the Greenwood Golf Course, day one of the new season. S.Keddy

Continued on page 3...

A flick of the switch

Base Earth Hour effort could start with computers

Sara Keddy,
Managing editor

Weekend office hours and operations schedules don’t make an ideal match with Earth Hour 2012 supporters at 14 Wing Greenwood, but there are things base personnel can do to do their part for the worldwide environmental awareness initiative – and every day.

Steve Sauveur is the acting wing environmental sustainability officer, and he says there are lots of ways – big and small – the 14 Wing community can think green.

“Earth Hour this year is March 31 at 8:30 p.m.,” says Sauveur. “In past years, we’ve tried to promote turning off the lights on the wing whenever it could be done for one hour, but it is hard because so very few people are here.”

Instead, this year, he’s encouraging wing personnel to flick their switches at home.



In 2011, millions of people in 5,200 cities and towns in 135 countries switched off their lights for Earth Hour.

Earth Hour started in 2006, when the World Wildlife Fund challenged Australians to show their support for climate change action. The initiative has spread worldwide in the years since, all calling attention to the effects of climate change. Earth Hour is now scheduled on the last Saturday of every March, closely coinciding with the equinox to ensure most cities are in darkness as it rolls out around the Earth. Individuals,

Continued on page 2...

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French air raid event a Reserve challenge

14 Wing Greenwood Royal Canadian Air Force Reserves have been selected from across Canada to compete in the Air Raid Challenge in Cognac, France June 22 and 23.

Ex AIR RAID is a national exercise and competition with invited foreign participants, hosted by the French Air Force and the French Air Force Reserve Officers and non-commissioned members. The 24-hour competitive field exercise (styled as a raid) may include any or all of a night navigation march, shooting various weapons, obstacle courses, driving, first aid and weapons and aircraft knowledge. Approx-

mately 60 French and international teams are expected.

A five-member team will represent 14 Wing. These five positions are open to all 14 Wing Reservists. There will be information sessions to review the selection process and provide details on what is expected of participants March 30 and again April 2, both at 9 a.m., at the Birchall Training Centre Theatre.

You do not have to be an elite athlete to participate; you will be given the training to be able to meet the challenge for this exercise.

For information, contact Master Warrant Officer Keith Mitchell, 765-1494 ext 5404.

A flick of the switch...

Cover...

groups and larger towns and cities are encouraged to register their participation at www.earthhour.org.

One thing Greenwood personnel could take from Earth Hour this year, which also ties in with the Canadian Forces' increasing awareness of environmental sustainability, is the "I Will If You Will" challenge, Sauveur says: a commanding officer could challenge his peers, one department or office another and so on. Sauveur suggests taking a moment at the end of the work day to turn off computers.

"Staff can help reduce 14 Wing's energy consumption by turning off

their computers at night," he says – and think of how many computers are in use at 14 Wing.

"Contrary to conventional wisdom, most Department of National Defence computers can be turned off after hours without affecting performance or upgrades."

Steve Sauveur, with just one switch, can help save electricity: 14 Wing Greenwood encourages personnel to take simple steps supporting environmental sustainability. Nightly turning off base computers is an easy way to make a change.

S.Keddy



Q: If I shut my computer off at night, won't I miss important updates?

A: Software updates will be sent to your computers during the day, which may require a restart on occasion (as they do now).

Q: Won't it take a long time for my computer to start in the morning?

A: Turning off computers at night may add two to five minutes to the start-up time when larger updates or patches are applied (not the case everyday).

Q: Will my computer's life be shortened by turning it off and on every day?

A: You won't wear your computer out any faster by cycling it once a day, or even a few times a day. Modern computers just aren't that fragile.

Q: Won't it take more energy to turn the computer back on than just leaving it on?

A: It doesn't take any more energy to start a computer than to keep it running. The only extra energy it takes is the two to three minutes or so it takes to start up, which is barely different than any other two minutes' of use.

**Office closed
April 6 & 9**



**Early deadline for the April 9 Aurora Newspaper
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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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Useful links | Liens utiles

Canadian Air Force website
Site Web de l'Aviation royale canadienne
www.airforce.forces.gc.ca

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

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

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

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

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

Recruiting | Recrutement
www.forces.ca

Military Family Resource Centre
Centre des ressources pour les familles des militaires
www.familyforce.ca

VPI | VPI
www.vpinternational.ca

Projet d'aménagement des services publics de base de Clements Park

Sara Keddy,
Rédactrice en chef

Les travaux d'excavation à l'intérieur et autour de Clements Park, Greenwood, représentent un changement des responsabilités en ce qui a trait aux services publics de base offerts aux écoles Dwight Ross et Rose-des-Vents.

Les écoles sont installées au milieu d'une parcelle de terrain de 60 hectares, en quatre tranches, qui abritait auparavant des dizaines de logements familiaux (LF). Les derniers LF ont été démolis en 2006 – mais les réseaux

souterrains d'égouts, de drainage et de conduites d'eaux, exploités par les Forces canadiennes, sont demeurés en place afin de continuer à offrir les services aux écoles.

« Nous essayons de nous retirer de la prestation des services publics de base afin de les remettre au comté de Kings », affirme Rick Nippard, l'officier des services techniques de la base.

Les édifices des deux écoles et quelques terrains ont été transférés à la province : le conseil scolaire régional de la vallée d'Annapolis (AVRSB) possède désormais l'école

Dwight Ross, tandis que l'école Rose-des-Vents en est en voie d'être transférée au Conseil scolaire acadien provincial.

Avec le transfert de propriété, la BFC Greenwood a l'intention d'interrompre et de supprimer la prestation de sa gamme de services aux écoles, ce qui permettra au comté de Kings de brancher les deux propriétés à son réseau municipal via le chemin Bedford.

« Il s'agit d'un projet de transfert d'infrastructure qui dure depuis cinq ans », dit Nippard. « Une grande partie du temps a été consacrée au travail des avocats et des

ingénieurs de plusieurs ministères et ordres de gouvernement ».

« Il s'agit d'un projet difficile à mener – beaucoup d'intérêts et différentes façons de faire les choses ».

La Base conservera les anciens terrains qui abritaient les LF et maintiendra son droit de passage, essentiellement, à partir de la résidence du commandant de l'Escadre sur Central Avenue south, sur un kilomètre, en suivant l'ancienne conduite d'eau.

Le Programme d'aide aux immobilisations du ministère de la Défense nationale inves-

tit **4,5 millions de dollars** afin que les réseaux d'aqueduc et d'égout soient modernisés selon les normes municipales et provinciales actuelles. Les travaux physiques ont commencé à la mi-janvier, et les anciennes et nouvelles conduites devraient être transférées avant la fin d'août. L'absence d'un hiver rigoureux cette année a permis au processus de construction de rester sur la bonne voie, et Nippard affirme que lorsque les écoles seront fermées – vacances du mois de mars et début des vacances d'été – les travaux seront réalisés dans

des conditions optimales, en causant le moins de perturbation possible aux autobus, au personnel scolaire et aux familles qui se déplacent dans les écoles. L'essentiel des travaux routiers sera effectué en juin, lorsque les excavations auront été remblayées et pavées.

Nippard dit que le transfert de service est également bon pour le comté, car cela lui permettrait d'étendre ses réseaux actuels aux propriétés avoisinantes.

Aucun plan n'est actuellement envisagé pour les anciens terrains de LF.

Clements Park...

Cover...

new lines should be switched over by the end of August. The lack of severe winter weather this year has helped the construction process stay on track, and Nippard says, when schools are out – March break, and at the start of the summer break – work will be “maximized” to be the least disruptive to buses, school staff and families travelling

into the schools. The majority of road work will be done in June, when whatever has been dug up will be re-finished and paved over.

Nippard says the service exchange is also good for the county, as it can potentially extend its current systems into nearby properties.

There are no current plans for the old PMQ lands.



Road trip

Fifty-two members of 180 Mosquito Squadron Air Cadets from Toronto took a March break road trip east, with stops through Quebec, New Brunswick and Nova Scotia. The group visited Greenwood March 15 for an overnight stay, and spent some time checking out displays at the Greenwood Military Aviation Museum in the capable hands of the museum's experienced volunteers, including Sergeant Al Daigle of 413 Squadron.

S.Keddy

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Open opportunity

Education, employment fair chance to make a future plan

Sara Keddy,
Managing editor

Caroline Couture is proof there is something for all at the 14 Wing Greenwood annual education and employment fair. In January, the head of the

base's Learning and Career Centre herself signed up for a distance education program.

"I learned about it at a fair a few years ago, and this was the time," Couture says.

Along with the Military Family Resource Centre and the

Wing Personnel Services Office, the LCC is hosting the 11th fair March 28. Last year, about 300 people attended.

"Getting people through the fair is big – we want them to benefit from the event," says Verilea Warren, the base's education coordinator. "We have schools who come a long way to display their programs and draw on our people and the community, and we always hear a lot of good feedback on the event from our employer exhibitors."

Close to 50 educational institutions and programs and employers will be at the fair. The event has grown and become a solid resource in the last decade.

"It started in response to a need identified by the MFRC to help their military spouses and dependants when they arrived in Greenwood, and also to help Canadian Forces members when they release and think about their second



Military and community members are all welcome to drop-in on the education and employment event, with its dozens of career and learning resources. Submitted



Your future awaits at 14 Wing Greenwood's annual education and employment fair March 28. Organizers Caroline Couture, Learning and Career Centre; Verilea Warren, Wing Personnel Services; and Stephanie Townsend of the Military Family Resource Centre have put their offices together to host the event.

S.Keddy

Possibilités ouvertes

Salon annuel de l'éducation et de l'emploi : une occasion de construire un projet d'avenir

Sara Keddy,
rédactrice en chef

Caroline Couture est la preuve que tout le monde trouve son compte au salon annuel de l'éducation et de l'emploi de la 14^e Escadre Greenwood.

En janvier dernier, la directrice du Centre d'apprentissage et de carrière de la base s'est inscrite elle-même à un programme d'éducation à distance programme.

« J'en avais entendu parler à un salon de l'emploi il y a

quelques années, et j'ai décidé cette fois-ci que le moment était venu », affirme-t-elle.

En collaboration avec le Centre de ressources pour les familles des militaires (CRFM) et le Bureau des services du personnel de l'escadre, le Centre d'apprentissage et de carrière (CAC) organise le 11^e salon le 28 mars. L'année dernière, environ 300 personnes y ont participé.

« Il est très important d'avoir la participation du public au salon – nous voulons qu'ils profitent de l'évènement. Nous

avons des établissements scolaires qui viennent de loin pour présenter leurs programmes et encourager nos militaires et la collectivité, et nous entendons toujours de bons commentaires de la part des exposants employeurs concernant l'évènement », soutient Verilea Warren, coordonnatrice des programmes d'éducation de la base.

Près de 50 établissements et programmes d'enseignement seront présents au salon. L'évènement a pris de l'ampleur et est devenu une importante ressource au cours des dix dernières années.

« Le salon a débuté en réponse à un besoin défini par le CRFM d'aider les conjoints et les personnes à charge des militaires lorsqu'ils arrivent à Greenwood, ainsi que les membres des Forces canadiennes libérés qui songent à entreprendre une seconde carrière. Il s'agit d'une excellente occasion de faire du réseautage avec des établissements d'enseignement et des employeurs éventuels », affirme Warren.

Si vous songé à terminer votre diplôme d'études secondaires, à poursuivre des études universitaires ou à suivre d'autres programmes

d'enseignement, ou si vous cherchez des renseignements concernant des ressources destinées aux entrepreneurs, des services de counselling d'emploi, des programmes gouvernementaux liés à l'éducation ou à l'emploi, alors ce salon est pour vous, que vous soyez adolescent ou militaire retraité des FC à la recherche de nouvelles possibilités de carrière.

Couture organisera un atelier « café C.V. ». Elle vous invite donc à apporter votre C.V. afin qu'elle puisse l'examiner en vue d'y apporter des améliorations. Au cours de l'atelier, elle vous donnera

également des conseils et vous informera sur les nouvelles tendances en matière de recherche d'emploi susceptibles de vous aider dans votre recherche.

« Il existe de nombreuses façons de rédiger un C.V. – mais il est très important que les gens demeurent au fait des changements et qu'ils soient aussi efficaces que possible dans leur recherche d'emploi », indique Couture.

Les participants sont également invités à assister à une série de présentations de 15 minutes portant sur divers sujets, notamment l'entrepreneuriat et les options de transition des militaires vers la vie civile. Le programme complet sera disponible, le 28 mars, au salon d'emploi.

Le 11^e Salon de l'éducation et de l'emploi se tiendra le 28 mars, de 13 h à 16 h, au mess Annapolis. Il est gratuit et ouvert à la communauté militaire et civile.

~ Birth Announcement ~

Tawnya and Tyler Youden are proud to announce the birth of their baby girl

Paisley Abygail Youden

Born 14 March 2012 at 4:59 p.m.

Weighing 7lbs 14.5oz

Paisley was welcomed home by her ecstatic siblings Emma, Ethan and Keeley.



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Spring forth

When temperatures cracked 20 degrees Celsius as March wrapped up, 14 Wing Greenwood's grounds crews came out in full force to clear off gardens and get set for spring. Head gardener Zacharia Gubbins, left, and Patrick LeClair tackled the main gate gardens to start things off. Spring bulbs were popping out underneath the protective winter brush.

S.Keddy

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Pour beaucoup, la sécurité-incendie et la prévention est une pensée lointaine. Malheureusement pour certains, une tragédie est nécessaire pour bien prendre conscience de l'importance qu'il y a de mettre en œuvre des pratiques en matière de sécurité-incendie et de prévention. Il existe mille et une façons d'éviter qu'un incendie se déclare et de se protéger en cas d'incendie. Il est recommandé d'installer des détecteurs de fumée à chaque étage de votre résidence et à l'extérieur des pièces utilisées comme chambres à coucher; de vérifier chaque détecteur au moins une fois par mois; de dépoussiérer vos détecteurs et de remplacer les piles par des neuves au moins une fois par année – ou plus tôt si le détecteur émet un son strident. Si votre détecteur de fumée est branché directement au réseau électrique, vérifiez si un petit voyant lumineux clignote régulièrement, ce qui signifie que le détecteur est activé. Il convient d'installer un extincteur dans la cuisine, le garage et l'atelier de manière à ce qu'il soit visible et bien à l'abri des dangers possibles. Les extincteurs de type ABC, qui peuvent éteindre toutes sortes de feux, sont généralement les plus recommandés. Vous devez apprendre à vous servir de votre extincteur avant le déclenchement d'une alarme. Rappelez-vous : l'extincteur est votre premier système de protection incendie lorsque vous êtes sur place au déclenchement de l'incendie. Enfin, il faut prévoir. Comme dans bien d'autres situations, le meilleur dicton demeure : « Soyez préparé! ». Dessinez un plan de votre maison, indiquant au moins deux sorties pour chaque pièce. Veillez à ce que les corridors et les escaliers soient exempts d'obstacles et de matières combustibles afin de permettre une évacuation rapide. Il est recommandé de garder les portes de chambre fermées pendant la nuit. En cas d'incendie, la porte empêche la chaleur et la fumée de pénétrer dans la pièce. Si la porte est chaude, ne l'ouvrez pas; sortez par une autre porte ou une fenêtre. On peut acheter par catalogues et dans certains commerces des échelles de secours qui s'installent facilement aux fenêtres. Vous devez convenir d'un endroit précis où les membres de la famille devront se rassembler. Restez ensemble, à l'abri de l'incendie, et appelez le 911 à partir d'un autre endroit. Assurez-vous que personne ne retourne à l'intérieur du bâtiment en feu. Le respect de ces consignes contribuera grandement à protéger votre maison et vos proches contre les incendies.

Fire chief says: be prepared

For many, fire safety and prevention is a distant thought. Unfortunately for some, it takes a tragedy to re-enforce the importance of implementing fire safety and prevention practices. There are countless ways everyone can prevent fires from occurring and protect ourselves in the event of a fire. Install smoke detectors on every level of your home and outside of sleeping areas. Ensure you test every detector at least once a month. Keep smoke detectors dust free and replace batteries with new ones at least once a year - or sooner, if the detector makes a chirping sound. If you have a smoke detector directly wired into your electrical system, be sure the little signal light is blinking periodically. This tells you the alarm is active. Ensure you have fire extinguishers in the kitchen, garage and workshop so they are visible and away from possible hazards. Purchase an ABC type extinguisher for extinguishing all types of fires. Learn how to use your fire extinguisher before there is an emergency. Remember: an extinguisher is your best bet if you're on the spot when a fire begins. Finally, think ahead. As with other things, the best motto is "Be prepared." Prepare a floor plan of your home, showing at least two ways out of each room. Keep corridors and stairways free of obstructions and combustibles to aid in escape. Sleep with your bedroom door closed. In the event of fire, it helps hold back heat and smoke. If a door feels hot, do not open it; escape through another door or window. Easy-to-use window escape ladders are available through many catalogues and outlet stores. Agree on a fixed location out-of-doors where your family members are to gather. Stay together, away from the fire, and call 911 from another location. Make certain no one goes back inside the burning building. Following these few tips will go a long way in protecting your home and loved ones from fire.



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Deployed families: Easter just a hop away

Amy Snow,
GMFRC Coordinator of
deployment services

Easter is just a hop away!
Let us help make your Easter

extra special. The GMFRC is proud to invite all deployed families to our 9th Easter brunch. Come and enjoy a wonderful Easter brunch cooked just for you, no cook-

ing or cleaning required.

Bring your family and join us April 7, 11 a.m. to 1 p.m., for a morning filled with great company, a delicious breakfast and Easter cheer.

There will be many fun crafts and activities for everyone, as well as a special opportunity to meet, and have your picture taken with, the Easter Bunny! Two photos will

be available free of charge within one week of this activity. A digital copy will be sent directly to you via email. To register, call 765-5611 by April 3.

The brunch will be followed by Easter on the Wing, at the Annapolis Mess from 1 p.m. to 3 p.m. There will be lots of fun activities for everyone to enjoy.

Les familles en deployment: Pâques est à notre porte

Amy Snow,
Coordonnatrice des services de
déploiement du CRFMG

Pâques est à notre porte !
Laissez-nous rendre votre fête
de Pâques encore plus spéciale.

Le Centre de ressources pour les familles militaires de Greenwood est fier d'inviter toutes les familles de militaires déployés à son 9e brunch annuel de Pâques. Venez savourer un merveilleux brunch de Pâques préparé juste

pour vous; vous n'aurez pas à cuisiner ni à faire la vaisselle.

Vous êtes invité à emmener votre famille et à venir nous rejoindre, le samedi 7 avril, de 11 h à 13 h, pour un avant-midi rempli de bonne compagnie,

d'un délicieux déjeuner et de la joie de Pâques. Il y a aura des activités et des bricolages amusants pour tout le monde. Vous avez aussi l'occasion de rencontrer le lapin de Pâques et de faire prendre votre photo

en sa compagnie ! Deux photos gratuites seront disponibles dans la semaine qui suivra. De plus, une copie électronique vous sera envoyée directement par courriel. Pour vous inscrire à cet évènement, svp. appeler au

765-5611 par le 3 avril.

Le brunch sera suivi de l'activité Pâques à l'Escadre qui aura lieu à l'étage supérieur, au mess Annapolis, de 13 h à 15 h. De nombreuses activités amusantes seront au rendez-vous.

business spotlight of the week



Greenwood
MILITARY FAMILY RESOURCE CENTRE
CENTRE DE RESSOURCES POUR LES FAMILLES MILITAIRES

To register, or for more information, call 765-5611.

Pour s'inscrire ou pour plus d'informations, appelez au 765-5611.

familyforce.ca
forcedelafamille.ca

Facebook.com/GMFRC



Image: Cpl Jennifer Kusche

The GMFRC is proud to have been serving the military families of 14 Wing Greenwood since 1986. We work hard to offer a wide variety of programs and services to

enhance and support the military family lifestyle. If you need employment assistance, tutoring services, or short term counselling services, come and see us. Looking to volunteer? We have extensive volunteer opportunities for all interests. Need causal childcare? Our Casual Childcare Centre is beautiful. Looking for information? We maintain an extensive database and have resources of all types. Need support during times of family separation through deployment, IR, or TD? We are here. If you are interested in workshops and information sessions on current topics in our community, we have those too! Don't forget about our special events; our next one is **Easter on the Wing on April 7th**. For a complete listing of GMFRC events, activities, workshops, and programs find our newsletter and calendars at www.familyforce.ca. Drop by or call us at 765-5611 for more information on what the GMFRC has to offer you. Our door is always open!

Le Centre de ressources pour les familles militaires de Greenwood (CRFMG) est fier d'offrir ses services aux familles de la 14^e Escadre Greenwood depuis 1986. Nous travaillons fort pour offrir un large éventail de programmes et de services visant à améliorer et à soutenir le mode de vie des familles militaires. Si vous avez besoin de services d'aide à l'emploi, de tutorat ou de counseling à court terme, venez nous voir. Vous voulez faire du bénévolat ? Nous avons de nombreuses possibilités qui sauront répondre à tous les goûts. Vous avez besoin d'un service de garde occasionnel ? Notre halte-garderie est magnifique. Vous avez besoin de renseignements ? Nous disposons de bases de données exhaustives et de ressources de toutes sortes. Vous avez besoin de soutien pendant les périodes de séparation dues à un déploiement, à une restriction imposée (RI) ou à un service temporaire ? Nous sommes là pour ça. Si vous recherchez des ateliers et des séances d'information sur les sujets d'actualité touchant votre collectivité, nous en offrons aussi ! N'oubliez pas nos événements spéciaux. **Le prochain sera Pâques à l'Escadre, le 7 avril.**

Pour obtenir la liste complète des événements, des activités, des ateliers et des programmes du CRFMG, consultez notre bulletin et nos calendriers à l'adresse www.forcedelafamille.ca. Passez nous voir ou appelez au 765-5611 pour obtenir de plus amples renseignements sur ce que le CRFMG peut vous offrir. Notre porte est toujours ouverte !

Greenwood
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CENTRE DE RESSOURCES POUR LES FAMILLES MILITAIRES

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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 Defence Photography Contest awards of excellence and the 14 AMS Performer of the Quarter award.



Private Mathieu Gaudreault receives an Award of Excellence from Lieutenant-Colonel Christian Ouellette, commanding officer of 14 Air Maintenance Squadron, in the 2011 DND Photography Contest for third place in the Professional – Portrait category for his work, “Man in the Universe”.



Corporal Dominic Jodoin receives his promotion to current rank from Captain Etienne Gignac-Bouchard, acting Aircraft Maintenance Support Organization officer.



Corporal Tyler Youden receives his promotion to current rank from Captain Etienne Gignac-Bouchard, acting Aircraft Maintenance Support Organization officer.



Private Jean-Francois Sauve receives his first chevron from Major Stephane Racle, 14 Air Maintenance Squadron Aircraft Maintenance Organization officer.



Warrant Officer Alain Bilodeau receives his promotion to current rank from Lieutenant-Colonel Christian Ouellette, commanding officer of 14 Air Maintenance Squadron; pictured on the right is Squadron Chief Warrant Officer Gary Pitman.



Master Corporal Greg Clarke accepts his appointment from Lieutenant-Colonel Christian Ouellette, commanding officer of 14 Air Maintenance Squadron; pictured on the right is Squadron Chief Warrant Officer Gary Pitman.



Corporal Jessica Reynolds receives her accelerated promotion, of nine months, to current rank from Lieutenant-Colonel Christian Ouellette, commanding officer of 14 Air Maintenance Squadron; pictured on the right is Squadron Chief Warrant Officer Gary Pitman.

14 Wing Greenwood presents the 11th Annual
La 14^e Escadre Greenwood accueille le 11^e Salon annuel

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De 13 à 16 h
Le 28 mars 2012
Au mess Annapolis (à l'étage, tous les salons)
Admission gratuite

Presented by the 14 Wing
WPSO, GMFRC & LCC
For more info call
765-1494 ext. 5390

Présenté par le OSPE, CRFMG et CAC
Pour plus d'information:
765-1494 poste 5390




Corporal Michael Manning receives his accelerated promotion of three months to current rank from Lieutenant-Colonel Christian Ouellette, commanding officer of 14 Air Maintenance Squadron; pictured at right is Squadron Chief Warrant Officer Gary Pitman.



Private Philip Dixon received his first chevron from Captain Etienne Gignac-Bouchard, acting Aircraft Maintenance Support Organization officer.



Kelly Venables receives the Commanding Officer's Commendation from the commanding officer of 14 Air Maintenance Squadron, Lieutenant-Colonel Christian Ouellette. Kelly Venables exudes the 14 AMS motto “Dedicated-Driven-Ready.” Her tireless support to the local community and 14 AMS is a testament to the steadfast devotion and enthusiasm she personifies. Venables’ unrelenting devotion to 14 AMS endeavours, such as Combined Charities and fundraisers for personnel in the 14 AMS family, like Ruth Hunter, exemplify her passion and commitment to the squadron. Venables is awarded the CO’s Commendation for her continuous efforts.



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DND file

Tout ce qu'il faut savoir sur les norovirus

Sergent Laura Hobin,
26^e Centre de services de santé
des Forces canadiennes

Les infections à norovirus a fait l'objet de nombreuses questions. Les norovirus sont un groupe de virus qui provoquent la grippe intestinale ou gastro-entérite. Appelés auparavant virus semblables à Norwalk, les norovirus ont été identifiés pour la première fois en 1972 à la suite d'une éclo-sion à Norwalk, dans l'Ohio. Ce virus n'est pas lié à la grippe (ou

influenza), qui est une maladie respiratoire causée par le virus de la grippe. Les norovirus qui sont répandus partout en Amérique du Nord et sont très infectieux. Ces infections sont plus courantes pendant l'hiver et touchent tous les groupes d'âge. Il n'y a ni vaccin ni médicament pour prévenir une infection par des norovirus et une maladie causée par des norovirus peut resurgir tout au long de la vie d'une personne. Les personnes infectées par un norovirus se sentent malades jusqu'à deux jours

(dans le cas des personnes bien portantes), mais peuvent être contagieuses jusqu'à trois à quatre jours après leur guérison. L'infection se fait par un contact direct avec une autre personne malade ou qui a été récemment malade, par la consommation d'aliments ou d'eau potable contaminés ou par un contact indirect, en touchant des surfaces ou des objets contaminés par un norovirus (comme des poignées de portes). Les symptômes de la ma-ladie liée aux norovirus apparais-sent brusquement, environ de 24 à 48 heures après l'exposi-tion, et incluent des nausées, des vomissements, la diarrhée et des crampes d'estomac. Les personnes atteintes peuvent également éprouver une fièvre

à faible intensité, des refroi-dissements, des céphalées, des douleurs musculaires et la fatigue. Il n'existe pas de traitement préventif pour les norovirus. De plus les norovirus ne peu-vent pas être traités au moyen d'antibiotiques, qui combattent les bactéries et non les virus. Cela dit, les personnes en santé se rétablissent généralement en l'espace d'une journée ou deux. Les personnes atteintes devraient boire beaucoup de liquide – eau, boissons spor-tives, bouillons et jus– afin prévenir la déshydratation, l'un des effets graves possibles sur la santé d'une infection par des norovirus. Les bois-sons énergisantes ne sont pas recommandées, car elles contiennent de la caféine, un

diurétique qui peut accroître la déshydratation. Les jeunes enfants, les personnes âgées et les personnes qui ont d'autres maladies sont plus vulnéra-bles à la déshydratation. Une déshydratation aigüe peut être grave et la personne malade peut devoir se rendre à l'hôpital afin d'y être réhydratée. On peut réduire le risque d'infections par des norovi-rus, en se lavant les mains fréquemment, notamment après avoir utilisé les toilet-tes, après avoir changé des couches et avant de manger ou de préparer des aliments. Il faut également nettoyer soigneusement les surfaces contaminées immédiatement après un épisode de maladie avec de l'eau chaude savon-neuse, et désinfecter ensuite

les surfaces en utilisant un désinfectant ménager. Vous devez retirer et laver immé-diatement les vêtements, la literie ou les autres linges de maison susceptibles d'être contaminés par des selles ou des vomissures avec de l'eau chaude et du savon. En cas d'infection, évitez tout contact avec les autres jusqu'au réta-blissement et évitez de prépa-rer des aliments en présence de symptômes et moins de trois jours suivant le rétablis-sement. Environ 300 à 400 éclo-sions de maladie à norovirus sont signalées chaque année à l'Agence de la santé publique du Canada; de nombreuses éclo-sions ne sont cependant pas déclarées. Seul le rhume survient plus souvent.

The ins and outs of norovirus

Sergeant Laura Hobin,
26 Canadian Forces Health
Services Centre

There have been many ques-tions about norovirus. Norovirus is a name given to a group of viruses that cause the stomach flu, or gastroenteritis. Previously called Norwalk-like viruses, they were first identi-fied in 1972 after an outbreak in Norwalk, Ohio. This virus is not related to the flu (or influ-enza), which is a respiratory illness caused by the influenza virus. Noroviruses are com-monly found throughout North America and are very infectious. They are more common in win-ter months and can affect all age groups. There is no vaccine or medicine that will prevent a norovirus infection, and the illness can recur throughout a person's lifetime. People who are infected are ill for up to two days (in healthy people), but can remain infec-tious for up to three to four days after recovery. Infection occurs when you have direct contact with a person who is ill or has recently been ill, by eating contaminated food or drinking water or through indirect con-tact by touching surfaces (like door handles) contaminated with the virus. The symptoms of norovirus-related illness often begins suddenly, about 24 to 48 hours after exposure and includes nausea, vomiting, diarrhea and stomach cramps. Additionally, there may be a low-grade fever, chills, headache, muscle aches and fatigue.

There is no preventative treat-ment for noroviruses, and they cannot be treated with antibiot-ics: antibiotics fight bacteria, not viruses. Healthy people normally recover within one or two days. Those suffering from illness should drink plenty of fluids – water, sports drinks, broth or juices - to prevent dehydration, a possible serious health effect of norovirus infection. Energy drinks are not recommended because they contain caffeine, a diuretic which may increase dehydration. Young children, the elderly and people with other illnesses are at greatest risk for dehydration. Severe dehydration can be serious, and the ill person may require re-hydration in a hospital. Reduce your risk of noro-virus infections by frequent handwashing, especially after using the bathroom or chang-ing diapers and before eating or preparing food. Thoroughly clean contaminated surfaces immediately after an episode of illness with hot, soapy water and then disinfect the area using a household disinfectant. Immedi-ately remove and wash clothing or linen that may be contami-nated with stool or vomit in hot soapy water. If you do become infected, avoid contact with oth-ers until you are well again, and avoid preparing food while you have symptoms and for three days after you recover. About 300 to 400 outbreaks of norovirus are reported to the Public Health Agency of Canada each year; many outbreaks go unreported. Only the common cold occurs more often.

Reserve Some Time With Nature





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Season	Park
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May 18–Oct. 8	Cape Chignecto
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June 15–Sept. 10	Battery, Boylston, Salsman
June 15–Sept. 24	Smileys
June 15–Oct. 8	Amherst Shore, Caribou, Dollar Lake, Five Islands, The Islands
June 15–Oct. 15	Whycocomagh



Make it real

Life experience, dream career for former Army man

**Sara Keddy,
Managing editor**

When Marc Deveault watches a movie, it's all about the special effects.

"Oh, how the hell did they do that?" he asks himself, as he watches the gunshots, crashes, monsters and stunts that make the scenes.

He's got a special interest in the blood, the gore and the animation of out-of-this-

world creatures from all things fake: liquids, plastics, fibre-glass and fibres.

Deveault is three years into his own business, designing and building special effects and casualty simulations for everything from hor-

ror movies to medical training scenarios for professional programs. Trauma Sim is based out of his Melvern Square basement workshop, but that's not holding him back from shipping arms, masks, blood bombs and other bits and pieces around the world.

And, he knows his stuff.

Deveault joined the Canadian Army right out of high school in Quebec in 1990, and spent 10 years with field artillery, with tours in Bosnia and Haiti under his belt. He remustered as a medic, but found the class training "not even close" to what the injuries he treated in Afghanistan looked like.

"No one trains you to see the blood, or a body on the side of the road. Classes are good for a controlled environment but, when you're medical support for wherever the guys are, always, the s**t hits the fan."

For him, medical

It takes hours and many, many steps to create good-looking simulations, from monsters to medical injuries



trauma sim

simulation – good simulation – makes it real. Dummies and computerized mannequins don't breathe, scream or move when you poke them. They often can't be taken outdoors; or, they just don't work. "Dollar store" make-up always looked "cheesy" to him.

"Simulation is all about desensitization. If you never saw anyone blown up, you'd just practiced on my bare arm, you're going to come to a scene and freeze up. You have to expect it's gruesome."

Deveault became a training instructor, and went out of his way to learn how to simulate injuries, sculpting, painting and creating just the right effects: "it needs to be rough, heavy, bloody – if it looks real,

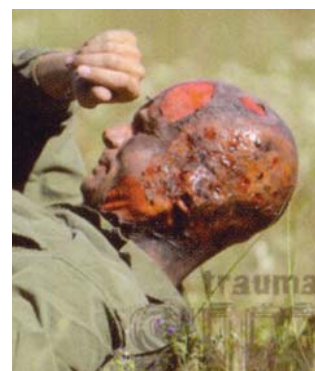


I've even seen paramedics turn into working mode in just a class."

Retiring from the forces in 2010, Deveault settled here in the Valley, and turned his talents to fulfilling a dream. His basement workshop is full of moulds, materials and half-finished monster heads, skulls and limbs. His first movie work – a zombie – in Katrina's New Beau was used in what turned out to be a 2011 nominee for Best Short Film at the Atlantic Film Festival. He's consulted on injuries and set-up for movies, and he runs simulation-rich courses for the military, firefighters and other medical training programs.

"I can make anything – heads that do stuff, monsters, dentures, fake body parts, trick a stabbing, compressed air squibs....

"I'm a problem solver."



trauma sim

He admits there are limits to his "madness:" he's bringing on board people who can help with electronics, metal working, animation – he even taps into the services of a seamstress.

"I make it real, as real as possible. Something real is always better."

Does it ever bother him personally?

"No, I don't think back to my own experiences. The friends I have remind me of those times."

Marc Deveault handcrafts a mask, shaping the clay over the mould in painstaking detail.

Photos S.Keddy



Greenwood rocks 45th regional medspiel

**Paul Perry,
26 CF Health Services Centre**

March 2 through 4, 26/27
Canadian Forces Health

Services Centre (26/27 CF
Health Svcs Centre) hosted
the 45th Atlantic Regional
Curling Medspiel at the
Greenwood Curling Club.

Twenty-one teams, con-
sisting of personnel from
Halifax, Gagetown, Ottawa
and Greenwood' partici-
pated in the event.

The Medspiel was held at
CFB Cornwallis for its first
25 years, then it moved to
14 Wing Greenwood when
CFB Cornwallis closed in
1993. This event is eagerly
awaited by both avid and
novice curlers alike, and
it brings together medi-
cal personnel from various
locations, an excellent op-
portunity for old friends to
reminisce.

Major Christine Drab, ac-
companied by piper Captain
Denise Olson opened the
event March 2, throwing the
ceremonial bedpan. After
a fun filled weekend, the
closing ceremonies were
held March 4. The team
from Ottawa/ Halifax (Kevin
McIsaac, Paul Perry, Lisa
Holmes, Pierre Lamontagne,
Jim and Shirley Woodley)
won the A division with its
win over a combined team
from Halifax/ Greenwood.
A consolation was won by
a Greenwood/ Halifax den-
tal team (Scott Swindells,



**Halifax entrants Lieutenant Richard Brierley, left, Captain Yvonne Brierley, Lieuten-
ant-Colonel Sheila Ouellette, Major Michael Ouellette.**

Submitted



**Representing the 26/27 Canadian Forces Health Services
Centre here in Greenwood were, back left, Private Jo-
seph Guy and Corporal Matthew Tindall; front: Private
Sandra Hervieux and Linda Guy.**

Submitted

Brian Stacey, Paulette Swin-
dells and Brain Walker).
The B division was won by
a Greenwood team (Ron
McIsaac, Paul Perry, Lisa
DeMont and Deena McNeil),
and the C division was won
by a Gagetown team (Ken
Grattan, Mike Bennett, Mike
MacKenzie and Alex Kings-
ton).

This annual event would
not be possible without the

commitment and dedication
of many volunteers, and
the staff of 26/27 CF Health
Services Centre. Paul Perry,
in particular, has organized
this event for several years.
Thanks to the Accommoda-
tion staff (Diane Florian and
Keith Pinkerton), Bill Cox
and the Personal Support
Program arena and curl-
ing club staff, and Phyllis
Schutz, Bonnie Vaughan and

Kathy Matthews were great
hostesses, ensuring every-
one stayed well hydrated
during the weekend. Roger
Brooks and Scott Tynes pro-
vided curlers with the neces-
sary food to keep up their
strength. Door prizes were
drawn for, raising money for
next year's event, thanks to
the supportive contributions
of a number of local busi-
nesses and organizations.

Check out broomball event

**Sara Keddy,
Managing editor**

Fourteen teams from
across Nova Scotia and New
Brunswick take to the ice in
Berwick at the end of the
month – for broomball.

“Berwick is a hotbed of
broomball, yes,” says Ber-
wick Broomball League orga-
nizer Charlie Cox, describing
the success of the six-team
league over the past eight
seasons. Several teams will
be playing in the Valley Credit
Union Championships' three
divisions March 30 through
April 1 at the Kings Mutual
Century Centre.

In the men's senior divi-
sion, there are five teams:
Tatamagouche, Etoile des
Nords from New Brun-
swick, Valley Thunder from
Brooklyn, and Berwick's
Blue Hawks and Butler's

Contracting.

In the recreational men's
division, Liverpool will meet
three Berwick-based teams:
the Tsunami, Fraser's and
the Wrecking Crew.

And in the co-ed division,
Liverpool, Tatamagouche,
Moncton, Windsor and Ber-
wick's Wrecking Crew make
up the field.

“Players range in age from
15 to as old as me,” Cox
says, “and there's a range of
experience: high school kids,
middle aged people. That all
makes it fun, to see younger
people playing on the same
line as older fellows.”

The Berwick Broomball
League runs September
through March, and Cox
says is always recruiting
newcomers, experienced
players and spares for the
six teams. Play is general
Sunday evenings.



Services vs students

**Sparky, appropriately dressed to represent the 14 Wing Fire and Emergency Service, razzes department firefighter Private
Justin Chamberlain, sporting a West Kings high school hockey jersey during a recent intersection event. The Greenwood
firefighters, RCMP and other local emergency first responder services have been challenged by the West Kings Wolverines
to a non-contact game of hockey March 31, 7:30 p.m., at the Western Kings Arena in Kingston, all in support of the school's
Safe Grad activities. As most of emergency responders have responded to some tragic events in the past, this is a cause for
which they are more than happy to take to the ice. If you are looking for a good game of hockey and willing to support West
Kings Safe Grad, please come out to the game.**

Master Corporal D.Beers, 14 Wing Fire and Emergency Service



Holy Week Services 14 Wing Chapels

St. Mark's Protestant Chapel
Sunday 1 Apr (10:30 AM) – Palm Sunday
Thursday 5 Apr (7 PM) – Maundy Thursday
Friday 6 Apr (3 PM) – “The Shadows Deepen”
– a Good Friday drama
Sunday 8 Apr (6:30 AM) – Easter Sunrise
Service & Breakfast
Sunday 8 Apr (10:30 AM) – Easter Sunday

Queen of Heaven Roman Catholic Chapel
Sunday 1 Apr (11 AM) – Palm Sunday
Wednesday 4 Apr (7 PM) – Parish Reconciliation Service

TRIDUUM
Thursday 5 Apr (8 PM) – Holy Thursday Feast of the Lord's Supper
(Eucharistic adoration until midnight)
Friday 6 Apr (10 AM) – Stations of the Cross (mime vignette)
Friday 6 Apr (3 PM) – Good Friday Veneration of the Cross
Friday 6 Apr (7 PM) – Stations of the Cross (mime vignette)
Saturday 7 Apr (9 PM) – Easter Vigil
Sunday 8 Apr (11 AM) – Easter Sunday







On course

The 14 Wing Greenwood Golf Club is open for the season, so be sure to call 765-5800 to book your tee time.

Course staff would love to host your upcoming golf event on their 18-hole course. Greenwood offers great rates, a driving range, power carts, a beverage cart and a fully licensed bar and kitchen. Rates may be found at www.greenwoodgolfclub.ca and the office is open from 8 a.m. to 4:30 p.m., Monday through Friday. We offer golfers many options when it comes to membership and power cart plans: call Sherri at 765-1494 ext 5821. Come out early to take advantage of payment plan options, which will allow you to spread your fees out between April and October. There are also plenty of parking spots for



Greenwood leaders indulged in a little spring fever, being among the first on the links over their lunch hour as the Greenwood Golf Club opened for the season May 21. From left are Mike Taylor, Personnel Support Programs manager; Wing Commander Colonel Jim Irvine, Wing Chief Warrant Officer Jim Jardine, Wing Administration Officer Heber Gillam, course manager Karen Gorman, head of maintenance Bruce Whitman and club president Major Ron Kielback.

S.Keddy

new members with their own power cart. Greenwood's cart parking rates are among the best in the local area.

The Greenwood junior program will be headed up by Tamara Stephen, following

the CN Future Links Learn to Play model, beginning June 10 and running through July 29 on Sunday afternoons. This great opportunity for our junior and intermediate members is free with their membership.

We are a fun and affordable golf club and have something to offer everyone, regardless of your skill level. Remember: we are “Golf the way it should be... Golf fore you.”



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Répondez au sondage et vous pourriez gagner un iPod

Les services de loisirs communautaires offerts dans le cadre du Programme de soutien au personnel de la 14^e Escadre contribuent à la qualité de vie et à l'efficacité opérationnelle des militaires canadiens et de leur famille. Ce programme offre notamment des services d'intégration communautaire, de soutien aux familles, de soutien aux familles de militaires en déploiement, de santé et de conditionnement physique, de développement des compétences (physiques et interpersonnelles) ainsi que des opportunités d'encadrement.

Afin de savoir comment mieux répondre aux besoins des militaires et de leur famille, le PSP invite les membres de la Force régulière et de la Réserve ainsi que les militaires retraités à répondre à un sondage. Vous pourrez remplir ce sondage en ligne (il se trouve sur le site : www.surveymonkey.com/s/14WingPSP) ou sur papier (passez chercher un formulaire au Centre communautaire, 110, rue Church). Répondez au sondage d'ici le 2 avril et vous pourriez gagner un iPod.

Pour de plus amples renseignements, prière de communiquer avec Jill Jackson, directrice des services de loisirs (765-1494, poste 5330).

Survey says: win an iPod

Community recreation services offered by Personnel Support Programs at 14 Wing Greenwood contribute to the quality of life and operational effectiveness of Canadian Forces members and their families. They include community integration, family support, deployment support, health and fitness, skill development (physical and interpersonal) and leadership opportunities.

Regular and Reserve Force members, as well as retired CF members, are invited to complete a survey to assist PSP in better meeting you and your family's needs by visiting www.surveymonkey.com/s/14WingPSP by April 2, or pick up a survey at the 14 Wing Community Centre, 110 Church St. All entries will be entered to win an iPod.


If you have any questions, contact Jill Jackson, community recreation director, 765-1494 ext 5331.



**THE MUNICIPALITY OF THE
COUNTY OF KINGS**
87 Cornwallis Street PO Box 100
Kentville, NS B4N 3W3

TENDER 12-06
Hants Border STP UV Upgrades
The Municipality of the County of Kings, Engineering and Public Works invites tenders for construction of a new effluent UV disinfection building with related equipment and yard piping modifications for the Hants Border Sewage Treatment Plant, located at 200 Avon Street, Hants Border NS.
Specifications and tender forms may be viewed and picked up beginning March 29, 2012 upon receipt of a non refundable deposit of \$50.00, at the Municipal Complex, located at 87 Cornwallis Street, Kentville NS. Office hours are Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at the Nova Scotia Construction Association, located at 260 Brownlow Avenue – Unit 3, Dartmouth, NS.
Specific inquiries pertaining to this tender may be directed to Evan Teasdale, P. Eng., GENIVAR by phoning (902) 835-9955 or email: evan.teasdale@genivar.com
**SEALED TENDERS WILL BE ACCEPTED UNTIL 2:00PM
THURSDAY, APRIL 19, 2012**
The Municipality reserves the right to reject any or all tenders, not necessarily accept the lowest tender, or to accept any which it may consider to be in its best interest. The Municipality also reserves the right to waive formality, informality or technicality in any tender.
Tel: (902) 678-6141 Fax: (902) 679-0911
Toll Free: 1-888-337-2999
www.county.kings.ns.ca

**On April 1, 2012
Nova Scotia's
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**The minimum wage for
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Employers can pay the inexperienced rate only if an employee has worked for them less than three months and has less than three months total experience with that kind of work.
For more information please phone,
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You can visit the Moose Draw website for more information, to find out application dates, check your eligibility and select your preferred Zone and Season:
www.gov.ns.ca/natr/draws/moosedraw





AIR QUALITY HEALTH INDEX (AQHI)

1	2	3	4	5	6	7	8	9	10	+
RISK: LOW			MODERATE			HIGH		VERY HIGH		
1-3			4-6			7-10		10+		

The Air Quality Health Index is a scale from 1 to 10+ that relates outdoor air quality to health risk.

Want to know more about outdoor air quality in Nova Scotia? Visit www.airhealth.ca for details today!



Youth Happenings

Megan LeMoine,
Recreation Youth Worker

As of April 1 our pre-teen and teen membership will increase to \$12 for pre-teens and \$20 for teens. If you would like more information please call 765-8165. Here's what's hap-

pening this week at the 14 Wing Community Centre.

Teen Council

March 27, 4 to 5 p.m.

Teens, come to the centre to discuss our upcoming hot chocolate house, fundraisers and special events.

Boys Club & Active Chicks

March 28, 6:30 p.m. to 7:45 p.m.

Meet at the F&S Centre for casual swim; have your parents pick you up there as well.

Teen Activity

March 29, 6 p.m. to 7:30 p.m.

Come to the Greenwood Bowling

Centre to play bowling bingo.

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.

Eyes on summer skies

Preparations for the 2012 Atlantic Canada International Air Show are well under way in Summerside for the event August 25 and 26.

The Royal Canadian Air Force Snowbirds and the CF-18 Hornet Demonstration

have confirmed participation, with the previously announced U.S. Navy Blue Angels. Colin Stephenson, executive director of the show, reports "this year's Summerside show will be one of a select few in North America that feature two jet demonstration teams, attracting air show enthusiasts to Prince Edward Island from all over North America."

Organizers are pleased with the progress of planning for the 2012 program, the event website has been launched and more acts will be announced as the event draws near.

"Additional aerobatic acts, vintage aircraft and many others are showing even more interest in participating as they see what we have attracted on the military side."

For information, visit www.airshowatlantic.ca.



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[illegible]

2012 Dodge Journey SXT shown.⁵

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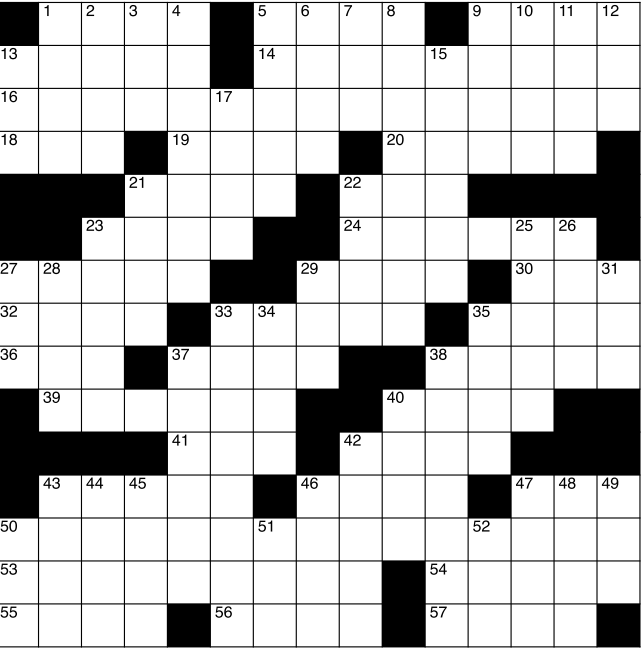


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, (902)765-1717; or email editor@auroranewspaper.com. Dated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

5. Depletes gradually

9. Metrical foot used in poetry

13. Brand of clear wrap

14. Gabriel was one

16. Famous for his window's & glass

18. H. Potter's best friend

19. Tennessee's flower

20. Narrow inlet

21. Puts it on the chopping block

22. Fed

23. Hall of Fame DJ Rick

24. Most loathsome

27. Farewell (Spanish)

29. Plant germination vessel

30. Am. Heart Assoc.

32. Sock repair

33. Gather fabric in rows

35. Muscat is the capital

36. Goat and camel hair fabric

37. Raised meeting platform

38. Oral polio vaccine developer

39. Yield to another's wish

40. A country's entry permit

41. Hero of Spain El _____

42. Partner of pepper

43. Famous grandma artist

46. Freedom from difficulty

47. Supervises flying

50. In spite of

53. Insatiable

54. Source of chocolate

55. Sulk

56. CCC

57. Amounts of time
- DOWN

1. Popular Mexican dish

2. Fe

3. Obstruct

4. Fixes firmly in

5. Indian frocks

6. Music, ballet and literature

7. What part of (abbr.)

8. More deceitful

9. Informal term for data

10. Chinese gelatin

11. Repair fabric

12. Nellie _____, journalist

13. Single Lens Reflex

15. Away from one's home

17. Mined minerals

21. Longest division of geological time

22. Affirm positively

23. Paul Adrien _____, Br. physicist

25. Ballroom dance

26. Tai (alt. sp.)

27. Dental group

28. Aba _____

29. Female sibling

31. Today host Curry

33. Deriving pleasure from cruelty

34. Went quickly (archaic)

35. Kiln for drying hops

37. Misrepresentation

38. Absence of sound

40. Many blood vessels

42. Satisfies to excess

43. Glandular fever

44. Capital city of Shiga, Japan

45. Hit sharply

46. This (Spanish)

47. Payroll tax

48. Freshwater duck genus

49. In the past

50. A small drink of liquor

51. Own (Scottish)

52. Daughters of the Am. Revolution

metro crossword brought to you compliments of

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Senior fitness
Tuesdays & Thursdays, there will be older adult fitness classes at the Kingston Legion, 10 a.m. to 11 a.m. Cost \$2/ visit or \$20 until program ends. Call 765-2800 or email recreation@kingstonno-vascotia.ca.

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 auxiliary'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.

Fire department open house
March 26, the Aylesford and District Volunteer Fire Department will hold an open house, 7 p.m. Bring your family to have a look at the equipment and ask any questions you may have. Refreshments provided. There is a critical shortage of volunteer firefighters in many districts throughout

the Valley, and Aylesford is no exception. Check out the challenges and rewards of serving your community in this most honourable organization: drop by the hall any Monday evening or Sunday morning. 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 MacDonald, 847-9809.

Luncheon
March 27, the Middleton Fireflies host a luncheon at the Middleton fire hall, 11 a.m. to 1 p.m. Menu: Lobster Chowder (\$8), corn chowder, split pea/ ham or turkey vegetable soup (\$7). Desserts: assorted cakes. Home delivery is available (Middleton only) by calling 825-3062 by March 26.

Post partum meetings
From March 28, Family Matters partners with Annapolis Valley Health to offer a 10-week facilitated session for women experiencing or at risk of post partum depression. Family Matters, 10 Middle Road, Lawrencetown; every Wednesday morning March 28 to May 30. To register, call Angela Fredericks, 825-4825.

Jiggs dinner
March 29 at the Middleton fire hall, Jiggs dinner and dessert, 4:30 p.m. to 6 p.m., sponsored by the St Josephs Men's Club of the Parish of Wilmot.

VPI meeting
March 29, the Greenwood 14 Wing VPI will hold its monthly meeting at the VPI Centre. Fit Plan at 1500 hrs, E/O for the meeting at 1530 hrs, Retask, Rebrief, with



Live well

Joker's Right rocked out to a full house at the Capitol Lounge in Middleton March 10 during "Live for Lives," a fundraiser for Cystic Fibrosis. The band donated its music and, with a freewill offering at the door and 50/ 50 draws, the event raised \$1,200. Live for Lives musicians included, from left, Shanna Henneberry, Derek Fraser (guitar) Tim Vallillee, Dick DenHaan, Jamie Hewlett, Greg Patterson, Allison Hewlett, Vinnie O'Reilly, and Dave Sabean. The South West Nova and Valley Chapter of Cystic Fibrosis Canada thanks the community for its support of a cause close to Joker's Right and the many local families CF affects. Cystic fibrosis is the most common, fatal genetic disease affecting Canadian children and young adults. There is no cure for CF.

Submitted

T/O expedited to 1600 hrs. PLE TBD. Come and join in.

Supper
March 31, the West Kings Band Parent Association is hosting a dinner fundraiser. The Italian-inspired menu features Italian salad with olive oil/ apple vinaigrette, followed by an entrée of linguini with garlic, tomato and sausage and garlic bread. Chocolate biscotti with vanilla ice cream and coffee/ tea will be served for dessert. This entire meal is made with locally and/ or organically grown produce.

Entertainment courtesy of student band members. Choose from two sittings, 5 p.m. or 6 p.m. Tickets \$10 per person, proceeds to benefit the school band program. To order tickets, call the school, 847-4440, or contact Bob Trimm at 765-2630 or bob.trimm@gmail.com or Randy Bevis at wr.bevis@gmail.com.

Breakfast
March 31, 8 a.m. to 10 a.m., there will be a community breakfast at the Kingston Baptist Church, Main St. Freewill offering, come and enjoy a hot, delicious breakfast. All proceeds donated to the Kingston & District School's breakfast program for their students. All are welcome.

the Aurora

Find & Win

Three easy ways to enter.

1. Through our website: www.auroranewspaper.com

2. Fax: 765-1717

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

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. When does minimum wage go up?

2. What is the cost for the assistant water safely instructor course?

3. Who is a certified hypnotherapist?

4. What kind of service does Peek-a-Boo offer?

5. Whose ad says, "your choice for collision repair"?

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

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

Pizza Delight, Greenwood

765-4477

Congratulations to last week's winner: MARJORIE COMEAU

765-8848

The Hunger Games

25 - 29 Mar 12 (Week #1)

Sun-Thurs 7 pm

30 Mar - 05 Apr 12 (Week #2)

Fri-Thurs 7 pm

Rated 14A
(Disturbing Content)

See you at the Movies

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Easter Eggstravaganza

April 1, 2:30 p.m. to 4:30 p.m.: family Easter egg hunt at 2:30 p.m. at Rotary Park, Middleton, for children ages two to 11, followed by Easter activities, games, treat bags, crafts and cookie decorating in the Family Life Centre, Middleton Baptist Church, 3:15 p.m. to 4:30 p.m. Pre-registration not required for this free event. Please note childcare will not be provided. For info, Holly, 825-3537.

Church service

April 6, 7 p.m., Good Friday service at New Beginnings Center, 1151 Bridge St., Greenwood. Special desserts and coffee will follow.

Gospel music

April 6 at 7 p.m., Nictaux Baptist Church. Special guests: Matt Lunn, Graham Moorehead, Brad and Adam Hewey, Janice Sheridan and Old Country. Refreshments to follow. Everyone welcome

Breakfast

April 7 at the Inglisville Hall, 8

a.m. to 10 a.m. Eggs, has browns, sausage, bacon, pancakes, tea/coffee/juice, toast. Freewill offering. Easter basket draw tickets 3 for \$1, one for 50 cents. Proceeds to Helping Hands Ladies group.

Dance

April 7, Valley Pride hosts a gay/lesbian and all genders dance, 9 p.m. to 1 a.m., at the Middleton Lions Club, Nictaux, 8921 Highway10. Admission \$5. 50/50, door prizes, cash bar, all request DJ. Contact David at 902-825-3197, menembracingmen@hotmail.com or facebook us. Hope to see you there.

Easter supper

April 7, there will be a free Easter ham supper at New Beginnings Centre, 1151 Bridge St., Greenwood, 5 p.m. The community is invited to come and enjoy a meal together. For info, phone Jackie at 847-0336.

Men's basketball

Mondays, play men's basketball at West Kings High School, Auburn, 7 p.m. to 9 p.m. (no school - no basketball). Call Glen, 765-2800

or 844-0156, for details.

Community luncheon

Wednesdays, there will be a free community luncheon at the New Beginnings Centre, 1151 Bridge Street, Greenwood. 11:30 a.m. to 2 p.m., all welcome. For information, phone Jackie, 847-0336. Sharing is caring!

Greenwood AA Group

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

Club d'échange de livres en français

Venez voir l'inventaire des livres maintenant disponible à la bibliothèque de la 14^e Escadre dans la section désignée à cet effet. En collaboration avec des bénévoles et en partenariat avec la bibliothèque de la 14^e Escadre, le CRFMG a lancé il y a déjà quelques mois un projet afin de faciliter l'échange de livres en français (romans ou autres) pour la communauté fran-

cophone. Le principe est simple; les gens peuvent amener un ou des livres à la réception du CR-FMG et ils peuvent en demeurer le propriétaire ou en faire don. Les livres sont mis à la disposition de la communauté dans une section réservée à cette fin à la bibliothèque de la 14^e Escadre. Les gens peuvent les emprunter de la même façon qu'ils emprunteraient un livre appartenant à la bibliothèque. Il n'y a aucun frais de membre. Si plusieurs personnes s'impliquent et amènent les livres qu'ils ont à la maison, ceci nous permettra d'avoir accès à un bel inventaire de romans à jour et de réduire nos coûts d'achat !

Kingston Area Seniors Association

Kingston Area Seniors Association meets the second Wednesday of each month at 10 a.m. at Kingston Branch No 98 Royal Canadian Legion. Fun day (cards and games) every second and fourth Friday of the month, 1:00

p.m. For information, contact Fred Carter, 902-363-2406.

Playgroup

You are welcome to join a parent-run playgroup for children to age five, Mondays, Wednesdays and Fridays, 9 a.m. to 11:30 a.m.; in the Morfee Annex (across from the MFRC), Greenwood. Non-structured fun for children - and adult conversation. \$25 yearly membership (must have a rec card number). Check us out on

Facebook – Greenwood, The Playhouse; or call Nicole, 242-2329.

Volunteers wanted


The Middleton Food Bank seeks volunteer(s) to pick up food from various suppliers and bring to the food bank, operating out of its location in Nictaux. Requirements: a pick-up truck with no cap, physical strength and time flexibility to make pick-ups on short notice. Fuel costs reimbursed. For information, call 825-4330.

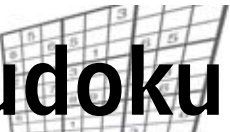
~ Special memories ~

GRANT, Walter Roy "Wally"

"Special" memories of a "special" man, husband, father, father-in-law, "Grampie" and friend As the leaves of memory softly fall We gather then gently and treasure them all?

Teresa & family





sudoku

solution page 18

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

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 — Eyes on Vision

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

Appointment
Astigmatism
Blurry

Conjunctivitis
Cornea
Debris

Focus
Flush
Goggles

Iris
Protection
Sunglasses

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horoscopes

March 25 - March 31

ARIES - Mar 21/Apr 20
Aries, kick back and let your fantasy world take over your conscious thoughts. You can use a little time lost in a land of utmost happiness this week.

TAURUS - Apr 21/May 21
This is not the week to try to do everything solo, Taurus. Involve your friends and family members as much as possible. At the very least you'll have a host of able bodies.

GEMINI - May 22/Jun 21
Gemini, people are likely to offer you advice this week. While the advice might be unsolicited, take it into consideration and you might just be better for it.

CANCER - Jun 22/Jul 22
Cancer, address any unresolved projects this week. You're riding on a wave of very positive energy that will fuel you as you tie up all those loose ends.

LEO - Jul 23/Aug 23
Leo, try to keep your cool this week, even if stress levels are rising and you can't seem to get anything done. Maintain your composure and everything will work out.

VIRGO - Aug 24/Sept 22
Virgo, expect to get a lot done this week. An extra hop in your step is enabling you to accomplish all your goals. Offer your help to Pisces when you get a free moment.

LIBRA - Sept 23/Oct 23
Libra, focus on the things in life that provide you pleasure. This will help balance out anything that might be bothering you. You'll find this balance is right up your alley.

SCORPIO - Oct 24/Nov 22
What you desire and what you experience are starting to meld, Scorpio. Be sure that you position yourself correctly to maximize the benefits of this scenario.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, now is the time to reach for something bold and big. Think about any changes you can make that will involve a leap of faith and then get started on the goal.

CAPRICORN - Dec 22/Jan 20
Capricorn, encourage others to tackle a problem with a different mindset. Things are looking up for you, so don't be afraid to offer some advice.

AQUARIUS - Jan 21/Feb 18
Aquarius, your desire to help a person in need this week is paramount. Find some new ways to exhibit compassion and surprise a loved one with a random act of kindness.

PISCES - Feb 19/Mar 20
Pisces, you will soon find you have the momentum to implement any change you desire. Start making a list of your plans.

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

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

Les annonces classées, 35 mots ou moins, sont vendues au prix de 7 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 8 \$, taxes incluses. Si vous voulez recevoir un reçu et/ou d'une facture par l'entremise de Postes Canada, un supplément de 1 \$, taxes incluses, sera ajouté. Les annonces classées doivent être réservées et payées à l'avance avant midi, le mercredi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au (902) 765-1494 poste 5440, visiter notre bureau au 83A, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à frontdesk@auroranewspaper.com ou nous transmettre un fax au (902) 765-1717.

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

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 – Computer desk, beige in colour. Heavy duty and durable; half inch plywood. Like new condition. Have adjustable shelves, pull out drawer for keyboard. 5 ft long & 4 ft high. \$125. Revlon Manicure/Pedicure System with Nail Dryer. Self contained centre, conveniently stores hand held unit, nail dryer and AC adapter. There are 7 styling attachments

to file, clean and shine nails on hands and feet. Great for natural or acrylic nails. Price: \$25.00. EXCEL Crunchboard in excellent condition. Crunch board tones, trims and firms abs, stomach, thighs calves and lower back. Measures 30" long, 13" wide and 5" tall. \$30. Wooden lighthouse, electric amber light blinks on & off. Red maple leaf painted on sides. Green rope attached for decoration. 23" high, base is

7" square, weight approx 7lbs. Base is surrounded by seashells, orange rope, driftwood, rocks and a small tug boat. \$25. Call 765-0277 Leave a message. (3313-ufnStaff)

FOR SALE – OCEANFRONT APPROVED 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)

FOR RENT

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)

FOR RENT – 2 bedroom basement apartment. The apartment is in an adult only building in Greenwood. No pets. \$715/month - utilities included. Call 765-4132. (3307-ufn)

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 – 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 – 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)

SERVICES

SERVICE – Bilingual handyman carpenter available, 25 years of experience with finish work, flooring, stairs, tile work and more. Reasonable rates – flexible hours. Call Mike at 242-2465 or 840-0529. Greenwood/Kingston (3024-ufn)

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crossword solution

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

sudoku solution

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

patrick's puzzle

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

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# Lucky Stars speak out

Garion Henry,  
Lucky Stars 4-H Club

The Lucky Stars 4-H Club of Melvern Square held its annual speeches and demonstrations rally for the 2011/ 2012 year at the Melvern Square Community Centre February 18. The 2011 host and hostess winners, Melanie DeLong, Alicia Charlton and Garion Henry; hosted the event.

This year, the club had 28 members participating in the categories for Cloverbud speech, junior speech, intermediate speech, senior speech, junior single demo, senior single demo and senior double demo. There were also members competing

for junior host, senior host, junior hostess and senior hostess. A big thank you goes out to this year's judges, Marilyn Wilkins, Sharon Shaw, Lorraine Reagh, Jack Reagh, Bill Dahr, Wendy Dahr, Mitch Lewis and Lorraine Lewis.

There were many great speeches and demonstrations from every category. After all the speeches and demonstrations had finished, a cake walk (similar to musical chairs, in which the winner gets a cake) was held, and the members and their friends and families had lots of fun with a "dance."

The winners of the Lucky Stars 2012 speeches and demonstrations are junior speech - Jillian

Morse, intermediate speech - Austen Brown, senior speech - Kristine Spidle, junior single demo - Brianna McKinnon, senior single demo - Alannah Journeay, senior double demo - Emily Bond and Laura Richardson, junior host - Keagan Henry, senior host - Austen Brown, junior hostess - Melanie DeLong, senior hostess - Kristine Spidle. The winners may go on to county level to compete against other 4-H clubs. In the junior speech category, the second and third place winners get to go on as the first place winner's introducer and thanker. Good luck to all the members going on to the county level April 21 in Lawrencetown.



Congratulations to the Lucky Stars 4-H Club speech, demonstration and host/ hostess winners for 2012.

R.Henry

# 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.

## Who should attend?

Any adult who has a chronic health condition, including among others:

- Arthritis  
Asthma  
Diabetes  
Fibromyalgia
- High Blood Pressure  
Pulmonary Disease  
Heart Disease  
Mental Illness
- C.O.P.D-Chronic Obstructive Pulmonary Disease  
A support person of someone with a chronic condition

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**100% attendance and participation mandatory**

**Prerequisites:** must be 15 yrs of age by the last day of the course, ability to perform RC Swim Kids L10 strokes and skills.

**Course Dates:** End of March and April 2012

**Price:** \$210.00

For more information or to register, call Marie-Claude Carrier Aquatic Supervisor at 765-1494 ext 5564 or E-mail at Marie-Claude.Carrier@forces.gc.ca

Season Opens:  
18 May 2012  
Closes: 8 October 2012

Bookings for 2012 Season start 2 April 2012

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#### Cabin Rental Rates for 2012

| Cabin Rentals | Non-Rec Card Holders                             | Rec Card Holders |
|---------------|--------------------------------------------------|------------------|
| Day           | \$50.00                                          | \$40.00          |
| Cabin #8 & #9 | \$55.00                                          | \$45.00          |
| • plus HST    | Damage Deposit for All Rentals \$50.00 per Cabin |                  |

#### Additional Amenities

- Club House
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- Special Events

For more information about Your Way to Wellness and for workshop locations and dates in your area visit:

**yourway2wellness.gov.ns.ca or call toll free 1-888-672-3444**





Kings County Warden Diana Brothers and Harley Hazelwood at the Upper Room Food Bank. The food bank provides everything from food to toothpaste for families in need.

Submitted

## Food banks still feeling winter chill

Over 150 families a month walk through the doors at the Upper Room Food Bank in Kingston, and it's not expected to slow down as warmer weather approaches. Families who come to the food bank are greeted by the familiar face of Harley Hazelwood, with the food bank since it opened over 20 years ago. Hazelwood says the high cost of heating created more

of a demand on the food bank and, even though the spring season is bringing warmer temperatures, he expects the demand to continue while people catch up on bills. To keep up with the demand, the food bank relies on the generous donations from the community. Over 42 volunteers help run the food bank. To find out more contact, Hazelwood at 765-3143.



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**Photos available** by Econo Color | \$5

**March 30** | Roo's Movie Night  
featuring **HOP** 6:00 - 8:00 p.m.

**April 1** | Pet photos with  
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Centre Court 

**April 7** | Roo's Easter  
Egg Hunt 10:00 a.m.  
Pre-registration | \$6



**GREENWOOD MALL**

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[www.greenwoodmall.ns.ca](http://www.greenwoodmall.ns.ca)