







## Tree health, safety behind removal

Sara Keddy **Managing editor** 

Passersby will see more of the wing commander - his residence, anyway.

A stand of pine trees along Central Avenue was removed by arbourist crews April 10 to deal with tree health and safety issues identified by 14 Wing Greenwood's airfields and grounds staff.

"The trees became a more serious issue with the winter construction of a replacement garage at the wing commander's residence." says Captain Chad Houde, the planning officer with 14 Wing Construction & Engineering. "The new building represents a significant investment in base housing, and the threat of towering pines in questionable health was too great to not deal with at the same time."

Thirty-eight trees on were identified to come down, alleviating the risk of them coming down on their own in a wind storm. Houde says, thinking back to days of work and recovery undertaken by base personnel following the December 2010 wind storm which felled dozens of trees around Greenwood.

Last year, the Canadian Forces Housing Agency planted \$30,000 worth of new trees to regenerate green spaces in the Residential Housing Units' area.

Houde says CE and CFHA, with airfields and grounds, often work together on tree projects: CE personnel trained in chain saw operation

Continued on page 2...



## Music & memory

14 Wing Pipe Major Sergeant Andrew Bruce, an ex-Highlander, lead Halifax Citadel 78th Highlanders' pipers Private Neil White and Sergeant Patrick Craig and drummer Corporal Matt Blackmore past the Titanic memorial cruise ship, Azamara Journey, as it docked at Pier 21 in Halifax April 12. Passengers toured various Halifax sites related to the 100th anniversary of the sinking of the RMS Titanic.

Sergeant P.Nicholson, 14 Wing Photojournalist

### CF women's, men's volleyball championships this week

With less than a week Kingston is here from before the first serve in the 2012 Canadian the Prairie, Halifax from Forces' volleyball championships April 21 to 25, 14 Wing Greenwood

staff and volunteers are hard at work to ensure the prestigious sporting event is ready to go.

With teams from across Canada travelling to Greenwood, organizers are looking at making this event a memorable experience for all involved. This is the first CF national event at 14 Wing in over 20 years.

In the men's division, Trenton represents Ontario, Edmonton represents Prairie, Halifax represents Atlantic, Ottawa represents Quebec and Comox the Pacific. In the women's division, Ontario, Winnipeg from Atlantic, Montréal from Québec and Esquimalt from Pacific.

> As a player, having an audience is always a bonus: Greenwood fans are encouraged to come out and support the visit-

ing teams. Competition starts after opening ceremonies April 21, so come out and help welcome wing leadership. competitors, officials, trainers, hosts and organizers at the opening ceremonies.

The 14 Wing Fitness and Sports Centre gym floor will be reserved April 21 through 24, allowing for the championship's practice, round robin, semi and final games.

Continued on page 2...





Middleton Cell (902): 825-7026



## Birthday party, reunion for overseas 'brats'

The Canadian Overseas Brat Reunion Association (COBRA 2012) is hosting a reunion for all children (adults now) of Armed Forces members once stationed overseas. All former overseas "brats" are invited to join a truly wonderful experience.

The reunion will take place in Ottawa August 3 to 5. More detailed information can be found at the reunion website, http://cobra2012ottawa.myevent.com/?cp=1.

Several reunions in the past have proven to offer great re-connections for old friends. In 2000, more than 800 brats got together for a weekend filled with tears (of joy), good cheer and reconnecting with long lost friends.

## 407 Squadron set for 71st anniversary

The 407 Long Range Patrol Squadron's Demon association will mark the squadron's 71<sup>st</sup> anniversary June 1 through 3 in Comox, British Columbia. The event will celebrate Demon pride and honour the squadron's World War II veterans.

The squadron formed May 8, 1941 on Thorny Island, England as a strike squadron to seek out and bomb enemy shipping. Due to the squadron's tenacity, members were nicknamed the Demons. Later, the Royal Air Force gave the squadron to Canada. June 4, 1945, at the end of the war, the squadron was stood down, but it rose from the ashes on Dominion Day 1952. With the threat of nuclear attacks from submarines, during the Cold War, the squadron became focused on anti-submarine warfare. Today, the squadron conducts sovereignty surveillance patrols, coastal patrols, fisheries patrols, northern patrols, search and Rescue missions, drug interdiction patrols, U.N.-sponsored maritime interdiction patrols and submarine searches.

For information on the anniversary events, contact Second Lieutenant Kristofer Kaehler, Demon Association Chair of Advertising, kristofer.kaehler@forces.gc.ca.

### **Correction**

The Aurora Newspaper photo April 9, Page 1, of 14 Wing Greenwood personnel volunteering to judge students' science fair projects at Dwight Ross Elementary School misidentified the ranks of the two men depicted.

They should have been identified as 404 Squadron members Master Warrant Officer Chevalier and Captain Cusson.



A stand of towering pine trees along Central Avenue was removed April 10 to alleviate the risk of the older trees coming down unexpectedly, a safety risk for people and property in the area.

Corporal J.Kusche, 14 AMS, Wing Imaging

### Tree removal...

...cover

can maintain skills that may be called upon in a weather disaster or deployment.

In this case, though, time and available personnel were at a premium, and the work was contracted to Atlantic Arbourists. The company removed and disposed of the felled trees as part of the contract.

"It's not the ideal for us to take those trees – they're nice trees and it is a shame," Houde says, "but are we willing to take the risk they'll come down at any time on their own?"

Airfields and grounds will plant six to 10 young hard-wood trees on the property this spring.

## CF volleyball championships...

...cover

Tournament results will be posted on the cfcommunitygateway. com site after each match. The Atlantic ladies are the defending national champions, and the men hope to capture the 2012 title.

There are still openings for volunteers to assist in various capacities. Please contact event organizer Graham White, 765-1494 ext 5753, for information on how to get involved.

#### Men's schedule

Sunday   22 April				
0830 hrs	Opening Cer	remonies	3	
0900 hrs	Ontario	VS	Prairie	)
1030 hrs	Atlantic	VS	Quebe	C
1400 hrs	Pacific	VS	Ontari	0
1530 hrs	Prairie	VS	Atlant	ic
1830 hrs	Pacific	VS	Quebe	C
Monday   23 Apri	1			
0900 hrs	Quebec	VS	Ontari	0
1030 hrs	Atlantic	VS	Pacific	3
1400 hrs	Quebec	VS	Prairie	)
1530 hrs	Ontario	VS	Atlant	ic
1830 hrs	Prairie	VS	Pacific	)
Tuesday   24 Apr	il			
0800 hrs	Semi-Final	1st	VS	4th
0800 hrs	Semi-Final	2nd	VS	3rd
1300 hrs	Championsh	nip Game	)	

#### Women's schedule

Sunday   22 April				
0830 hrs	Opening Ce	remonies	<b>;</b>	
0900 hrs	Atlantic	VS	Quebe	C
1030 hrs	Pacific	VS	Ontari	0
1400 hrs	Prairie	VS	Atlanti	C
1530 hrs	Pacific	VS	Quebe	C:C
1830 hrs	Ontario	VS	Prairie	)
Monday   23 Apri	il			
0900 hrs	Prairie	VS	Pacific	
1030 hrs	Quebec	VS	Ontari	0
1400 hrs	Atlantic	VS	Pacific	
1530 hrs	Quebec	VS	Prairie	)
1830 hrs	Ontario	VS	Atlanti	C
Tuesday   24 Apr	il			
1000 hrs	Semi-Final	1st	VS	4th
1000 hrs	Semi-Final	2nd	VS	3rd
1530 hrs	Championsl			
1900 hrs	Closing Ban	quet   Ar	inapolis	s Mess

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

#### Canadian Air Force website

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

#### **Community Gateway Site**

Site du portail communautaire des Forces canadiennes

www.cfcommunitygateway.com

#### 14 Wing Greenwood Site

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

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

familles des Forces canadiennes www.cfpsa.com

#### **National Defence and the Canadian Forces** Défense nationale et Forces canadiennes

www.forces.gc.ca

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

**Recruiting |** Recrutement www.forces.ca

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

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

VPI | VPI

www.vpinternational.ca

## Dining out

14 Wing Greenwood hosted the 88th Royal Canadian Air Force Mess Dinner March 30 in the Annapolis Mess, including toasts, tradition, special guests and presentations.

Master warrant officers B.E. Donovan (left) and M.D. Donovan.







The 14 Wing Pipes and Drums Band enters the dining room, announcing the arrival of the Mess dinner VIPs.

Corporal C.Smith, 14 AMS, Wing Imaging

Brigadier General Fred Bigelow (right) toasts the Mess manager, Petty Officer 1st Class Cooper (2nd from left) and cook, Ordinary Seaman Bent for the evening's meal and service.



14 Wing Commander Colonel Jim Irvine (left) and 14 Wing Chief Warrant Officer Jim Jardine (right) present Captain I. Perreault with the 14 Wing Greenwood Wing Commander's Leadership Award (Officer).



14 Wing Commander Colonel Jim Irvine (left) and 14 Wing Chief Warrant Officer Jim Jardine (right) present Master Corporal C.S. Malone with the 14 Wing Greenwood Wing Commander's Leadership Award (Non-Commissioned Member).



Honourary president of the Kingston Branch Legion, Clyde Goulden.











## What's fair?

## Ombudsman's visit showcases resources for soldiers, families and staff

Sara Keddy, Managing editor

When people call Pierre Daigle's office, "their issue is important."

Daigle is the ombudsman of the Canadian Forces and Department of National Defence: "a very complex environment, with lots of laws, regulations and policies," he says. "There are disciplined processes, and sometimes the systems are not perfect, and sometimes people fall through the cracks – we are a tool they can use."

Daigle and his team held several town hall sessions at 14 Wing Greenwood at the end of March, talking about the resources their office has available and meeting with military and civilian defence team members and their families.

The ombudsman's office was established in 1998, following difficult Canadian military involvement in Somalian unrest. The goal was to provide a



"It's beneficial for us to hear what you have to say - it puts a face on particular cases and is a constant reminder that, attached to any process that might bring unfairness, there's a person" - Pierre Daigle, Canadian Forces and Department of National Defence ombudsman.

was managed with transparency and openness. Daigle and his team hear 1,600 concerns service to ensure people were a year: his recommendations treated fairly, and the system go straight to the minister of our staff to be aware of what's

national defence for action.

Daigle's office operates on four guiding principles: independence, impartiality, credibility and confidentiality.

"Our recommendations, most of the time, should be accepted," he said. "I can publish what I do to make things public and bring awareness to what's concerning the military community."

Intake staff and investigators will help people with concerns find resources they need, or make a determination they have, in fact, been treated unfairly. Where there are broader concerns, Daigle's reports can "accelerate" action on recommendations. Past examples include the ombudsman's 2002 report on post-traumatic stress disorders and occupational stress injuries and the 2008 report on care for injured Reservists. More common concerns cover performance reviews, housing and relocation, medical, release and benefits issues, harassment

"It is a constant challenge for

going on and what's out there," Daigle said. "It's beneficial for us to hear what you have to say - it puts a face on particular cases and is a constant reminder that, attached to any process that might bring unfairness, there's a person."

In Greenwood, Daigle reports good response at his town halls. He did not hear any housing concerns - a good sign for the local infrastructure, and he was particularly impressed with the medical care available to military families through the Greenwood/ Kingston health clinic - "very rare," he said.

"There is the perception Greenwood is a small base, but the activity here is a lot more proportionately. The tempo is high - but that doesn't equate to low morale: people are busy, active, working. That does take a toll on families, and people do have to try and regain that balance between life and family and work. Families are well looked

Daigle does take some "food for thought" from his Green-



Padre Richard Bastien (left) and Padre Rosemary Sheppard (right) with ombudsman Pierre Daigle during a meeting with 14 Wing padres at Queen of Heaven Chapel Private M.Gaudreault, 14 AMS, Wing Imaging

wood stop: no families attended cation and medical concerns. a family-specific town hall evening session. His staff and other representatives of base

family services were the only

ones there.

"That doesn't mean there are no issues," he said, but the lack of attendance may point to a bigger challenge for his next project: in April, his office is launching a national study on the impacts of a military lifestyle on families, particularly on edu-

"You can't separate the family from the soldier and the forces, but the dynamic and definition of a military family today is quite different than it was even a decade ago," he said. Single parents, double-income earners, grandparents, same-sex couples; day care issues and moving medical information across provincial borders are all some of the topics he'd like to investigate.

## Qu'est-ce qui est équitable?

## La visite de l'ombudsman permet de présenter les ressources offertes aux soldats, aux familles et aux membres du personnel

Sara Keddy, rédactrice en chef

Lorsque les gens téléphonent au bureau de Pierre Daigle, c'est que « leur problème est important ».

Daigle est l'ombudsman des Forces canadiennes et du ministère de la Défense nationale : « un environnement très complexe, avec beaucoup de lois, de règlements et de politiques. Il existe des processus disciplinés et certains systèmes ne sont pas parfaits, et des gens sont parfois victimes de la défaillance du système - nous sommes l'outil qu'ils utilisent », affirme-t-il.

Daigle et son équipe ont tenu plusieurs assemblées publiques à la 14<sup>e</sup> Escadre de Greenwood à la fin de mars, afin de discuter des ressources offertes par leur bureau et de rencontrer les membres militaires et civils de

Le bureau de l'Ombudsman a été créé en 1998, à la suite de la participation difficile des militaires canadiens à la crise somalienne. L'objectif était d'offrir un service qui garantisse le traitement équitable des personnes et la gestion transparente et ouverte du système. Daigle et son équipe examinent plus de 1 600 affaires par an : ses recommandations sont directement transmises au ministre de la Défense nationale afin qu'il intervienne.

Le fonctionnement du bureau de Daigle repose sur quatre principes : indépendance, impartialité, crédibilité et confidentialité.

« Nos recommandations, la plupart du temps, devraient être acceptées. Je peux publier ce que je fais afin de rendre les choses publiques et sensibiliser

l'Équipe de la Défense et leurs aux préoccupations de la communauté militaire », dit-il.

Le personnel de la réception et les enquêteurs aident les personnes à trouver les ressources dont elles ont besoin ou à déterminer qu'elles ont, en fait, été traitées injustement. S'il y a des problèmes fondamentaux, les rapports de Daigle contribuent à « accélérer » le suivi des recommandations. Les exemples passés comprennent notamment le rapport de l'ombudsman de 2002 sur les états de stress post-traumatique et les blessures liées au stress opérationnel et celui 2008 sur le traitement des réservistes blessés. Des préoccupations plus ordinaires portent sur l'examen de rendement, le logement et la réinstallation, les soins médicaux, les questions relatives à la libération et aux avantages, le harcèlement et le recours au

règlement des griefs.

« C'est toujours un défi pour les membres du personnel d'être au courant de ce qui se passe sur le terrain. Nous sommes intéressés à entendre ce que vous avez à dire – cela nous permet d'associer un visage aux cas particuliers et, il faut constamment se rappeler que tout processus qui revêt un cas d'injustice concerne une personne » affirme-t-il.

À Greenwood, Daigle fait état de réactions favorables lors de ses assemblées publiques. Il n'a entendu aucune préoccupation concernant le logement - un bon signe pour l'infrastructure locale, et il a été particulièrement impressionné par les services de soins médicaux offerts aux familles des militaires, grâce à la clinique médical Greenwood/Kingston - « ce qui est très rare », avoue-t-il.

Greenwood est une petite base. mais les activités ici sont beaucoup plus importantes proportionnellement parlant. Le rythme est élevé - mais cela ne reflète pas un moral à la baisse : les gens sont occupés, actifs et au travail. Cela met à rude épreuve les familles, et les militaires doivent tenter de retrouver cet équilibre entre vie professionnelle et vie familiale. Ici, on s'occupe bien des familles ».

Daigle a trouvé matière à réflexion de sa visite à Greenwood: aucune famille n'a assisté à l'assemblée publique prévue en soirée pour les familles. Les membres du personnel de son bureau et certains autres représentants des services d'aide aux familles de la base étaient les seules personnes présentes.

« Cela ne signifie pas qu'il

« On a l'impression que n'y a aucun problème », dit-il, mais le manque de participation peut révéler un défi plus important dans le cadre du prochain projet : en avril, son bureau lancera une étude nationale sur l'incidence du mode de vie militaire sur les familles, surtout sur les études et les problèmes médicaux.

> « On ne peut pas séparer la famille du soldat et, par conséquent, des Forces canadiennes, mais la dynamique et la définition de la famille des militaires, aujourd'hui, est tout à fait différente de celle d'il y a 10 ans », affirme-t-il. Les parents uniques, les parents bi-actifs, les grands-parents, les couples homosexuels, les problèmes de garde d'enfants et le transfert des renseignements médicaux entre provinces constituent autant de sujets qu'il aimerait à étudier.

### Make time for mental health first aid

ly-formed coalition made up of a community. partnership of local community

Mental Health Coalition is a new- on mental health within our outcome. Mental Health First Aid

groups (including the Kingston/ experience a mental health important in recovery. Mental Greenwood Community Health problem at some point in their health first aid is a program of

Canada gives people the skills to One in three Canadians will provide that early help that is so Board) and organizations inter- life. The earlier a problem is de- the Mental Health Commission

The Kingston/ Greenwood ested in promoting education tected and treated, the better the of Canada and is promoted by (www.mentalhealthfirstaid.ca) the Canadian Mental Health Association and the Mental Health and English for groups and Strategy for NS (www.gov.

provide mental health first aid community health board coor-

concurrent sessions in French individuals within our communs.ca/health/mhs/first\_aid.asp). nity. Space is limited: register The coalition is working to by contacting Lisa Garand,

dinator, 825-6160 ext 357 by April 20. We are offering this course (normally a \$150 value) for the cost of the book (\$35) to encourage people to attend. Registration is on a first come. first served basis.

## Consacrez le temps qu'il faut aux premiers soins en santé mentale

mentale de Kingston/ Greenwood est un partenariat qu'ont formé récemment des groupes communautaires locaux (y compris le Conseil de santé communautaire de Kingston/

La Coalition pour la santé l'éducation sur la santé men- santé mentale Canada confère tale dans notre collectivité.

Un Canadien sur trois fera face des problèmes de santé mentale à un moment ou une autre au cours de sa vie. Plus le problème est détecté et tions intéressées à promouvoir sont bons. Premiers soins en

aux gens les aptitudes nécessaires pour apporter une aide qui joue un rôle si important quant au rétablissement. Premiers soins en santé mentale est un programme de la Com-Greenwood) et des organisa- traité tôt, plus les résultats mission de la santé mentale du Canada, et l'Association cana-

et la Stratégie en matière de santé mentale pour la Nouvelle-Écosse (www.gov.ns.ca/ health/mhs/first\_aid.asp) en font la promotion.

La coalition travaille à ofen français et en anglais sur du Conseil de santé commu-

mentale (www.mentalhealthfirstaid.ca) pour les groupes et les particuliers dans notre collectivité. Le nombre de places est limité : pour vous inscrire, veuillez communiquer avec

dienne pour la santé mentale les premiers soins en santé nautaire, au 825-6160, poste 357, d'ici le 20 avril. Nous offrons ce cours (qui coûte normalement 150 \$) pour le prix du seul manuel (35 \$) afin d'encourager les gens à y assister. L'inscription se fait frir des séances parallèles Lisa Garand, coordonnatrice selon le principe du premier arrivé, premier servi.

## business of the week

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#### the Aurora | 14 Wing Greenwood, NS

#### Delete this...

Phishing – These are specially crafted emails trying to get you to do something specific - click on a link, or open an attachment. Once you do, embedded programs allow outside users access to your system.

#### DON'T click on this...

Unfamiliar emails that arrive in your inbox could have dangerous hyperlinks, or compromised attachments. EXCEL is the most commonly exploited software for compromised attachments.

#### I can see it in your face...

Don't post a countdown to your sunny southern vacation on your facebook page. Not all your "friends" are hoping you have fun: people watching your status could time a break-in at your home while you're away. Set your privacy settings high, watch your friend requests and think about the personal information you're posting for the world to see.

Play on-line games? Opening up facebook fun means all your information, regardless of privacy settings, is being mined by computer data collection companies.

#### Websites to watch...

Entire websites are traps. "Honey pots" urge you to "click here" and win a prize or challenge you to shoot a target – and track your every on-line movement from then on.

A secure website will have an "s" in its address bar: instead of reading "http," it will read "https." A secure website should also have a padlock symbol featured. Be very careful where you share personal and financial information on-line.

#### Don't get sick...

Use up-to-date virus scanning software. Scan at home, scan at work, scan before you move media or files between the two.

## On-line life, work a security challenge

Sara Keddy, Managing editor

People may be the biggest problem when it comes to keeping computers and technology systems secure.

14 Wing Greenwood military and civilian staff are brushing up on internet safety from the base's information security officer, Trevor Engelberts. He's spent the last couple of weeks tagging onto other organized presentations, town halls and section briefings with a 10-minute talk on computer dos and don'ts.

"There are threats and risks all over the place - email, websites, phishing, facebook...," he says. "There are a lot more things to be worried about than foreign threats.

"The Department of National Defence receives approximately three million emails a day and only delivers 120,000 of them. We're already blocking 90 per cent of the email coming in - imagine if we didn't."

There are hundreds of computers at 14 Wing, tied into a used in public spaces on open



14 Wing Greenwood's information security officer Trevor Engelberts: "There are threats and risks all over the place."

are hundreds more being

base personnel: if DND didn't give you the technology you're using, don't use it on a DND computer. That includes USB sticks travelling from office to office to home, MP3 players and other removable media, and software.

"The technical security on a you're getting from who."

secure military system. There networks. Engleberts reminds computer is very good nowadays," he says. "It's very hard for someone out there to get onto your computer – without you intervening: jokes, funny pictures, pirated software, programs from home you think will work at the office... it's important you know what







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## Surviving military marriage: how to keep the trust

Stephanie Townsend, GMFRC Coordinator of Prevention, Support & Intervention

The military lifestyle can be

of a hat.

challenging, with long work requirements, each day can concerns can arise for all fam- an information session, Sur- tise in the area of trust and the 765-5611 by April 20.

hours, short notice schedule present a new set of chalchanges, relocations across lenges and military members the country and the possibil- can often spend a lot of time ity of deployment at the drop away from their family. With every family separation or Due to these operational new challenge, questions and

ily members, and trust in your viving military marriage: how spouse, in your family, and in yourself is very important p.m., April 24 at the Greenin dealing with this unique wood Military Family Resource lifestyle.

to keep the trust, 6 p.m. to 8 Centre. We will have a variety We invite you to join us for of quest speakers with exper-

military lifestyle. This information will be beneficial for all military families, whether you are new to the lifestyle or a seasoned family. For more information or to register, call

## Relever les défis d'un mariage militaire : comment maintenir la confiance

Stephanie Townsend, Coordonnatrice de la prévention, du soutien et de l'intervention

aux militaires peut poser de

Dues aux exigences opéralongues heures de travail, peuvent souvent passer beau- à soi-même est très important

la dernière minute, réinstalla- familles. Chaque fois qu'une tions à travers le pays et pos-famille est séparée, tant les sibilité de départ au pied levé. membres laissés derrière que le militaire qui est parti peu-Le mode de vie propre tionnelles, plusieurs nouveaux vent s'interroger et s'inquiéter. défis peuvent survenir chaque Faire confiance à son conjoint nombreux défis à la famille : jour et les membres militaires ou sa conjointe, à sa famille et

changements au calendrier à coup de temps loin de leurs quand on a adopté ce mode de h à 20 h le 24 avril au Centre mations seront bénéfiques pour vie particulier.

> communication sont essentielles dans un couple, nous vous invitons à venir assister à notre atelier « Relever les défis d'un mariage militaire : comment maintenir la confiance », de 18

de ressources pour les familles toutes les familles militaires, Puisque la confiance et la militaires de Greenwood. Divers qu'elles soient expérimentées conférenciers qui en savent ou nouvellement exposées au long sur la confiance et le mode mode de vie militaire. Pour plus de vie militaire prendront la de renseignements ou pour parole et pourront indiquer des vous inscrire à cet atelier, s.v.p. ressources et des conseils pour appelez au 765-5611 avant le en assurer le succès. Ces infor-

20 avril.

## business spotlight of the week

## Cindy MacDonald, EXIT Realty Town & Country

Town/Village | Kingston



**\$94,900** MLS#55121768

Hi, I'm Cindy MacDonald, with Exit Realty

Town & Country in Greenwood NS.

· 3 yrs. Legal Secretary

· 14 yrs. Realtor working for **Buyers and Sellers** 

Experience

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In our area you have many options:

- · Coastal Communities on The World Famous "Bay of Fundy"
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- Or one of our many Quaint Towns/Villages for Convenient Living or Commercial Enterprise

Let ME show YOU all of your options before you sign on the dotted line, making what may be one of the LARGEST purchases of your life.

I will show you ANY MLS listing, to help YOU pick the PERFECT PROPERTY FOR YOU!

Are you thinking of Listing your property? Before you list, give me a call. I will make SURE you know the TRUE value of your home in today's market.

With 14 years of experience, I know how to "CLOSE THE DEAL" and help you realize your dream. Contact me today at 902-840-0653

lpink@eastlink. stickledpink.com





National Volunteer Week GMFRC volunteers give hundreds of hours in honour of military families! Thanks so much! La semaine de l'action bénévoles

Les bénévoles du CRFMG donne des centaine d'heures en l'honneur des familles militaires! Merci beaucoup!



Join us from April 16th to 21st for our in-store First Anniversary Celebration! FREE Gourmet Food Sampling FREE draws for his/her Crocs FREE Kids Face painting (Saturday from 12-4)

Garden centre and kids play area NOW OPEN!

You'll be ... Tickled Pink!









### **CF** Health and Wellness Challenge – one choice at a time!

Forces' Health and Physical Fitness Strategy, Strengthening the Forces Health Promotion Program has created the CF Health and Wellness Challenge.

Join us for the CF Health and Wellness Challenge – one choice at a time - May 1 to 31. Register with your health promotion office to become part of the B/W team and receive a checklist of "daily choices" (activities to complete). The more you can check off, the more points you get: it's that simple! There are even one-time bonus choices to

In support of the Canadian increase your total score. Participate daily to accumulate points and you could win one of our great local prize kits.

> Registration begins April 23 to 30. By registering for the challenge, you will have access to health information, healthy eating tips, updates and many other exclusive resources at http://cmp-cpm. forces.mil.ca/healthchallenge-defisante.

To enter and be eligible to win, a person must be of the age of majority in the province in which he or she is living and have a valid firstname. lastname@forces.gc.ca email under their home base, even

address. CF personnel and civilians are encouraged to participate. Because the website is available on the DND Intranet, family members over the age of majority who wish to join must be registered by a CF personnel or civilian employee with a valid email address.

To enter, during the month of April, "Participant Registration Forms" will be available at a local HP office, or downloaded from the CF Health and Wellness Challenge website. Military members are required to register



if deployed or on training at ends at midnight May 31. 15. There will be three local another base or wing. Registration opens April 23 and ends at midnight May 31. Register using the website to the Health Promotion ofregistration form or email your information directly to edith.tremblay@forces. gc.ca. Download your daily tracker and begin tracking your health activity choices. Tracking your daily choices checklist begins May 1 and

Participants will have until close of business June 7, fice. At the end of the month, those that have achieved 2,170 points or more will be entered into the prize draw.

Random local draws from the pool of eligible participants in Canada for each location will be held by June

prizes awarded at each of the 29 locations. The prize kit 2012 to submit their points includes: a hydration backpack, a journal, a deck of playing cards and a first aid/ survival kit.

> For more information or to obtain a hard copy of our tracking or registration form, contact the 14 Wing Health Promotion Office at 765-1494 ext 5388.

### Le Défi de la santé et du mieux-être des FC — Un choix à la fois!

Dans le cadre de la Stratétion physique au sein des du mieux-être des FC - Un d'activités, plus vous accu-Forces canadiennes, le programme de promotion de la santé Énergiser les Forces a créé le Défi de la santé et du mieux-être des FC.

choix à la fois, du 1er au mulerez de points. C'est tout 31 mai. Inscrivez-vous pour joindre les rangs de l'équipe de votre base ou escadre et recevoir votre liste des « choix

simple! Vous pourrez même sélectionner des choix bonis pour augmenter votre pointage total. Participez chaque jour afin d'accumuler des points. Vous pourriez aussi gagner le concours local et mériter l'une de nos superbes

Inscriptions à compter du 23 au 30 avril . Tous les participants du défi auront accès à une mine d'information renseignements sur la santé, astuces d'alimentation santé, messages de dernière heure - ainsi qu'à une foule d'autres ressources exclusives au http://cmp-cpm.forces.mil. ca/healthchallenge-defisante.

Pour s'inscrire et être ad-

Faites comme nous, re- quotidiens » (les activités à avoir atteint l'âge de la ma- s'inscrire en fonction de leur que vous aurez soumis votre adresse électronique prenom. nomdefamille@forces.gc.ca valide. Les membres des Les inscriptions auront lieu à FC et les civils sont invités à participer. Comme le site Web du défi est mis en ligne sur l'intranet du MDN, les membres de la famille ayant atteint l'âge de la majorité qui être inscrits par un militaire ou et commencer à compléter un employé civil qui dispose vos activités quotidiennes. d'une adresse électronique Le suivi de vos choix quotivalide.

Pour participer, les personnes intéressées doivent se procurer le formulaire d'inscription auprès de leur bureau santé en avril ou le télécharger à partir du site Web du Défi

ou reçoivent leur instruction à une autre base ou escadre. partir du 23 avril et prendront fin le 31 mai à minuit.

Inscrivez-vous en utilisant le site Web ou envoyez un courriel à edith.tremblay@ forces.gc.ca; aussi, vous pousouhaitent participer doivent vez obtenir la liste de contrôle diens commence le 1er mai et prend fin le 31 mai. Les participants devront soumettre leur pointage au bureau de la Promotion de la santé de local de la Promotion de la leur base ou escadre au plus tard le 7 juin. À la fin du mois, les participants ayant amassé de la santé et du mieux-être 2 170 points ou plus seront

gie sur la santé et la condi- levez le Défi de la santé et réaliser). Plus vous cocherez jorité dans sa province de base principale même s'ils liste de contrôle, vous courrez résidence et disposer d'une participent à un déploiement la chance de gagner un prix.

Les tirages au hasard locaux parmi les participants admissibles au Canada se tiendront d'ici le 15 juin. Trois prix seront remis dans chacun des 29 lieux de tirage. Les gagnants pourront prendre possession de leur prix à leur bureau local de la Promotion de la santé ou le faire expédier par la poste au besoin. Les prix sont les suivants : un sac à dos avec gourde, un journal, un jeu de cartes « Énergiser les Forces » et une trousse de survie et de premiers soins.

Pour avoir plus de renseignements, obtenir la liste de contrôle ou pour vous enregistrer; communiquez avec le bureau de la promotion de la missible, le participant doit des FC. Les militaires doivent inscrits au tirage. Une fois santé au 765-1494 poste 5388.

## **STARTING SCHOOL** in September 2012?

If you have or know of a child who will be starting school in **September** 2012, at Kingston & District School, please call the school as soon as possible at 765-7530. Children MUST BE five years of

age on or before December 31st in order to begin school in September.

**Primary Parent Meeting** will be held on Wednesday, April 25th at 6:30 p.m.

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- 2011 Canadian Home Insurance Study<sup>SM</sup>





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## Weekly Wing Wide email - at your fingertips!

stay informed of what is tion sessions and more Pages/default.aspx.

The weekly Wing Wide offered at the wing and are coming up, visit the email at 14 Wing Green- in the local community, GMFRC website Fridays wood is now available on through the weekly Wing and click on the link on the the Greenwood Military Wide email. If you would righthand side of the main Family Resources Centre like to know what special page below the calendar, or events, activities, work- go http://www.familyforce. Military families can now shops, services, informa- ca/sites/Greenwood/EN/

## Courriel hebdomadaire de l'Escadre au bout de vos doigts!

de l'Escadre Greenwood est CRFMG. Si vous voulez Greenwood/FR/Pages/demaintenant accessible sur le site web du Centre de ressources pour les familles militaires de Greenwood.

Les familles militaires peuvent maintenant être site web du CRFMG chaque au courant des activités offertes à l'escadre et dans notre communauté par l'intermédiaire du courriel hebdomadaire de l'escadre

connaître les prochains évènements spéciaux, activités, cours, services, sessions d'information, et plus encore, s.v.p. consultez le vendredi et cliquez sur le lien situé à la droite de la page principale juste audessous du calendrier ou vous pouvez aller à http://

Le courriel hebdomadaire publié sur le site web du www.familyforce.ca/sites/ fault.aspx.

### Veteran of the month

Cordell Levy joined the Affairs Commendation. Royal Canadian Navy in As well as being a Legion 1965 and served on sever- member for 28 years, he al ships, including HMCSs Nipigon, St. Laurent, Algonquin and Iroquois. He the Eastern Star and the also had postings at CFB C.A.V.U.N.P. Levy and Halifax, 14 Wing Green- his wife, Edna, reside in wood and four at CFB South Greenwood where Cornwallis. Levy retired he, in semi-retirement, from the service in 1985 and then served as supply officer on the CCGS proud to present Levy as Labrador, worked as a barber and as an auditor/ compliance officer for the provincial tax commission. Levy received the Minister of Veterans'

is a member of Markland Masonic Lodge, Order of still barbers part-time. The Kingston Legion is veteran of the month.



#### **SUMMER SOCCER 2012**

Spring is here and it is time again for Soccer Registration. There will be several opportunities to register.



Wednesday, April 4 14 Wing Community Centre 6:00 - 8:30 Saturday, April 7 14 Wing Community Centre 2:00 - 3:30 Wednesday, April 11 14 Wing Community Centre 6:00 - 8:30 M-T April 16-19 14 Wing Community Centre

> Online: Open April 4 - April 20. Visit our website: www.kingstongreenwoodsoccer.org

- \* Players are required to register according to the year they were born
- \* An additional \$10 fee will be charged for non-Rec Card holders
- \* Valid Health Cards and Rec Cards are required at registration
- There is also a \$50 Jersey Deposit cheque required at time of registration

In Person: Cash, Cheque. Debit will only be available April 16-19. Online registration credit card only.

For more information and/or to download a registration form, please visit our website: www.kingstongreenwoodsoccer.org Or contact the registrar at: kgsc.register@gmail.com

## **Notice of Special Meeting**

From: Kingston District Fire Commission

**Ratepayers** To:

**TAKE NOTICE** that a Special Meeting will be held on Wednesday, April 25, 2012 at 7:00 p.m. at the Kingston District Fire Hall to approve the proposed borrowing for a new fire truck, not to exceed \$400,000.00.

PLEASE NOTE that this meeting is not to increase the area fire tax rate.

Marilyn Wilkins Secretary/Treasurer 765-8158

The Village of Kingston

#### **NOTICE OF BUDGET MEETINGS**

The Kingston Village Commission will be releasing its proposed 2012/13 Operating and Capital Budgets and has scheduled budget meetings for the following dates:

- Thursday, April 12, 2012 at 7:00pm
- Thursday, April 26, 2012 at 7:00pm
- Thursday, May 10, 2012 at 7:00pm

Residents are invited to provide input into the budget by attending these meetings, by contacting the Village Office or Village Commissioner.

The proposed budget will be presented at the April 12<sup>th</sup> meeting, and will be available at the Village Office or on the village website after this date. Any comments or queries regarding the budget may be directed to the Village (902)765-2800 Office at info@kingstonnovascotia.ca.

All meetings are open to the public and are held at the Kingston Village office - 671 Main Street, Kingston, NS.

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

## Want to make a difference?

We are seeking energetic and enthusiastic Nova Scotians to serve on the province's Agencies, Boards and Commissions (ABCs)

"I feel a real sense of responsibility to the people of Lunenburg and Queens Counties, who are depending on us to oversee the allocation and utilization of precious and limited health care resources."

– Sheila Woodcock **Community Health Board Member** South Shore District Health Authority, Board of Directors "In my role with the Human Rights Commission I get the opportunity to be part of the solution, build a better community for our families and support the disadvantaged in our society."

> Patricia Skinner Commissioner **Human Rights Commission**

### If you have an interest, we have a committee.

Deadline for Adjudicative applications is May 25, 2012 Consideration of Non Adjudicative applications will begin May 18, 2012

For more information about current opportunities and the selection process for each,

visit www.gov.ns.ca/exec\_council/abc

or call the Executive Council Office 902-424-4877 (toll free 1-866-206-6844) or email execounc@gov.ns.ca



public it serves. Government is committed to ensuring diversity in the workplace by supporting initiatives that promote the equitable participati ersons, African Nova Scotians and other racially visible persons, persons with disabilities, and women in positions where they are under-represe licants who are members of an employment equity group are encouraged to self-identify

the Aurora | 14 Wing Greenwood, NS Page 10 April 16, 2012

Emma and Tyler MacDonald of Greenwood put in a good word with the Easter Bunny.

## the Aurora Newspaper presents Save 0% per week. Save 20% if you commit to all three weeks!

Advertise in The Aurora Newspaper April 30, May 7

sizes

elcome

and May 14 in our full colour lifestyle promotion.

**Contact Anne Kempton** 

765-1494 ext 5833

marketing@auroranewspaper.com

## Easter on the wing

Families - with lots of excited-for-Easter youngsters - turned out for Greenwood's annual Easter on the Wing event April 7 in the Annapolis Mess. Volunteers from the Military Family Resource Centre and Community Centre hosted all kinds of craft activities, games and treats during the party.



Rowynn Brown isn't sure she wants to get too close to the Easter Bunny, as mom, Kerry, offers encouragement.



Making an Easter ear hat for Zach Hines was a family affair, with mom Tammy and sister Maddy pitching in.



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Murray Salsman and Diane Hutt, centre back, helped the Greenwood Golden Oldies team celebrate the tournament's success, with cancer survivors Nancy Stark, Patty Martin, Barry Mitchell and Dave Farris.

## Hockey help for cancer care

the annual Valley Golden Oldies tournament March 31 and April 1. hosted in Greenwood. Players from all over Nova Scotia and New Brunswick registered for the event, and were then placed on teams by organizers using a complicated scoring system: age,

65 divisions.

The Greenwood Golden new pink cancer awareness jerseys for the weekend – and were happy they did, as they won and were able to repre-

each other. Four teams each tournament was presented to were in the over 50 and over representatives from the Annapolis Valley Health Cancer Patient Navigator program and Oldies broke out this season's a non-profit support fund, the Cancer Care Memorial Fund. Diane Hutt, the patient navigator, and Murray Salsman, the organizer of the annual sumability and physical health are sent the cause well in photo- mer Glad Gardens initiative

Eight teams turned out for all weighed so teams balance graphs, as \$1,000 raised at the in Grafton, were on hand to accept the donation. While the co-ordinator supports patients and their families through the complexities of a cancer diagnosis and treatment, the memorial fund helps with funds to cover gas for unexpected travel for treatment, medications and supplies and other practical supports.



Bob Holmes, left, the icon and founder of the Valley Golden Oldies, presented the Holmsey Trophy to Al Peppard (85 this year), captain of the Pink Bruins.



Kings West MLA Leo Glavine recognized this year's tournament cancer survivor, Patty Martin.

## ZX runners ready to start the season

ners to come out and enjoy a members). Race day registraflat course, smiling faces and the best host facility on the 2012 Run Nova Scotia series calendar.

The 33<sup>rd</sup> Royal Canadian Air Force ZX 10k April 22 is a great way to start off the running season. Enjoy free parking, hot showers, draw prizes and a free gift for the first 100 runners to register. This is an Atlantic Chip-timed event.

All races start and finish at the 14 Wing Fitness & Sports Centre. The five kilometre route through Greenwood and the surrounding community is a fast, paved, out-and-back flat course with a water stop at the 1.25 km marker. The 10 km event is two loops of the same course.

Register online through www.atlanticchip.ca by 6 p.m. April 20. On race day, registration will be accepted at the 14 Wing Fitness & Sports Centre from 8 a.m. to 9:45 a.m. (cash only). Registration from April 2 to 15 is \$35 (\$5 discount for Run NS and Greenwood Multisport Club members), and from April 16 to race day is \$40 (\$5 discount for Run NS and

tion pick-up is from 8:15 a.m. to 9:45 a.m. The 10km race and Military. starts at10 a.m. and the 5km starts at 10:05 a.m.

Open Class (all ages), Juniors (19 and under), Masters (40

CFB Greenwood invites run- Greenwood Multisport Club to 49), Senior Masters (50 to 59), Golden Masters (60 to 69), Platinum Masters (70+)

> Chris MacIntyre is the race director, greenwoodmulti-Awards will be presented in sportclub@gmail.com. Anyone the male and female categories: who would like to volunteer at the event is also welcome to contact MacIntyre.



1-800-361-0500 (204) 771-5310

Check out our CF Testimonials online at: www.eddale.com eMail: ed@eddale.com



## Thanking our Volunteers

National volunteer week is from April 15 - 21, take time to thank a volunteer! Annapolis Valley Health celebrates the contributions of our many volunteers. We wish to thank you for your time, service and expertise to help us strengthen health services and promote wellness in the Annapolis Valley. You are an important part of our team!



"Healthy people, caring communities, valued healthcare teams and partners." www. annapolisvalleyhealth.ca

## **Brookfield Global Relocation Services**

The Canadian Forces Integrated Relocation Program (CFIRP) is administered by Brookfield Global Relocation Services (Brookfield GRS). The CFIRP, under the departmental authority of the Director Compensation and Benefits (DCBA), lets you customize your relocation entitlements to best suit your and your family's needs.

Brookfield GRS, Government Services Division, provides professional assistance to CF members and their families throughout the relocation process. We are Canada's oldest and largest relocation services company, administering all the Government of Canada relocation programs, including CF relocations managed through offices at 26 CF bases across

Contact: Audrey Robson

Phone: 902-765-1494 extension 1903

Website: www.irp-pri.com

Location: CANEX Building, Greenwood

Canada and overseas.

During the course of your relocation, a team of Brookfield professionals will assist you. We will provide information and planning assistance, and reimburse your IRP relocation expenses. We have two websites to assist throughout your relocation: the public information until such time you are authorized to move; and the secure website, www. relodialogue.com, is an essential tool during the relocation process. Through the secure website, you will access your file, request advances, submit expense claims and be provided with online resources and links to numerous information sources.

Upon receipt of your posting message, pre-register at www.irp-pri.com. The system will search for your authorized relocation file and notify you electronically of its receipt. A user ID and password will be sent to you, allowing the completion of the registration process at www.relodialogue. com. Once you've successwebsite, www.irp-pri.com, fully registered online you'll

age for review prior to your first planning session.

A relocation advisor will be assigned to your file; however, there is a whole team involved in the relocation process. Your advisor has probably helped hundreds of people relocate, so they know all the things you have to do, and all the tricks to make your move as easy as pos-

you understand the policy, the forms and how you are going to keep track of your advice on selling your home or terminating your lease, on finding a new home and on all the steps you have to go through to rent or buy a home. They will help you the forms you have to fill out figure out your relocation expenses, advise you about your qualifying entitlements

provides general relocation receive your relocation pack- sible. Your advisor will help and benefits and recommend ways to reduce costs or penalties. They can also help you complete the application expenses. They will give you for Married Quarters, facilitate travel bookings, process your advance requests and expense claim submissions.

The CF established the CFIRP to make relocation as easy as possible. Your **Brookfield Global Relocation** Services team is here to help make that happen.

## Services globaux de relogement Brookfield

Le programme de réins- à vous réinstaller, et le site tallation intégré des Forces Web protégé, www.relodiacanadiennes (PRIFC) est administré par les Services globaux de relogement Brookfield (SGR Brookfield). Le PRIFC, sous l'autorité ministérielle du Directeur sier, demander une avance, rémunération et avantages sociaux administration (DRASA), vous permet de personnaliser vos indemnités de réinstallation pour mieux s'adapter à vos besoins et à ceux de votre famille.

Les SGR Brookfield. Division des services aux gouvernements, fournit une assistance professionnelle aux membres des Forces canadiennes et à leurs familles tout au long du processus de réinstallation. Nous sommes la plus ancienne entreprise de relogement au Canada, et nous administrons tous les programmes de réinstallation du gouvernement du Canada, y compris celui des FC, par le biais de 26 bureaux sur les bases militaires au Canada et outre-mer.

Au cours de votre réinstallation, une équipe de professionnels des SGR Brookfield vous assistera. Nous fournirons des renseignements et une aide à la planification, et rembourserons vos dépenses de réinstallation liées au PRI. Nous avons deux sites Web pour vous aider tout au long de votre réinstallation : le site Web public, www. irp-pri.com, qui fournit des toutes les choses que vous renseignements généraux avez à faire, tous les formusur la réinstallation jusqu'à laires à remplir et tous les ce que vous soyez autorisé trucs du métier afin que votre

loque.com, qui est un outil essentiel au cours du processus de réinstallation. Grâce au site Web protégé, vous pourrez accéder à votre dossoumettre des demandes de remboursement et profiter de ressources en ligne, et des liens vers des nombreuses sources d'informations.

Dès réception de votre message d'affectation, vous devez vous préinscrire à www.irp-pri.com. Le système effectuera une recherche pour localiser l'autorisation de votre dossier de réinstallation et vous enverra un courriel confirmant sa réception. Un code d'utilisateur et un mot de passe vous seront acheminés, vous permettant de compléter le processus d'inscription à www.relodialogue.com. Une fois votre inscription en ligne complétée avec succès, vous recevrez votre trousse de réinstallation contenant des informations précieuses dont vous pourrez prendre connaissance avant votre première séance de planification.

Un conseiller en relogement sera assigné à votre dossier, mais sachez que toute une équipe est impliquée dans le processus de réinstallation. Votre conseiller a probablement aidé des centaines de gens à se réinstaller, alors il connaît

#### Officier responsable:

Audrey Robson

#### Téléphone :

902-765-14940 extension 1903

#### Site Web:

www.irp-pri.com

#### **Emplacement:** CANEX Mall, Greenwood

réinstallation soit aussi facile que possible. Votre conseiller en relogement vous aidera à comprendre la politique, les formulaires et de quelle façon vous serez en mesure de conserver une trace de vos dépenses. Il vous donnera des conseils concernant la vente de votre maison, la résiliation de votre bail, la recherche d'une nouvelle résidence, et sur toutes les étapes que vous devez suivre pour louer ou acheter une maison. Il vous aidera à déterminer vos dépenses de réinstallation, vous conseillera sur vos droits et indemnités admissibles, et recommandera des façons de réduire les coûts ou les pénalités. Il peut également vous aider à remplir la demande de logement familial, faciliter les réservations de voyage, et traiter vos demandes d'avances et vos réclamations de dépenses.

Les FC ont instauré le PRIFC dans le but de rendre la réinstallation des membres aussi facile que possible. L'équipe des Services globaux de relogement Brookfield est là pour vous y aider.

## SCAN TRANSITION & MEDICAL SEMINAR SÉMINAIRE DU SERVICE DE PRÉPARATION À UNE SECONDE CARRIÈRE (SPCS) ET DU SPCS POUR RAISON DE SANTÉ

Concerned about retirement? Want to plan ahead to be prepared? Unsure of your benefits on release? Want to know how your pension works? Wondering if your will is sufficient? **Entitled to education reimbursement?** 

Registration Deadline: 30 Apr 2012 For more info call 765-1494 local 5390

Registration form can be found at http://greenwood.mil.ca/Units/WAdmin/ WpersAdminO/Scan\_eng.asp

Second Career Assistance Network (SCAN) seminars assist Regular Force and full-time Primary Reservists and their families in planning, preparing and achieving their personal and professional transition to the civilian environment upon release from the CF

Members are encouraged to attend at least one SCAN seminar at a mid-point in their career and then again prior to release, to gain any updated information.

## 15 - 17 May 2012 Du 15 au 17 mai 2012



La retraite vous inquiète? Vous souhaitez vous y préparer d'avance? Vous ne savez pas à quels avantages vous aurez droit à votre libération? Vous voulez savoir ce que sera votre pension? Vous vous demandez si votre testament est adéquat? Vous ne savez pas si vous avez droit au remboursement de vos frais d'études?

Date limite d'inscription: 30 avril 2012 D'autres renseignements peuvent être obtenus en téléphonant au 765-1494, poste 5390

Les formulaires d'inscription peuvent être téléchargés du site suivant: http://greenwood.mil.ca/Units/WAdmin/ WpersAdminO/Scan\_eng.asp

Les séminaires du Service de préparation à une seconde carrière (SPSC) ont pour but d'aider les militaires de la Force régulière et les militaires à temps plein de la Première réserve à planifier et réussir leur transition personnelle et professionnelle à la vie civile lors de leur libération. Ces séminaires s'adressent aussi aux familles de ces militaires. Il est recommandé aux militaires de suivre au moins un séminaire du SPSC à la moitié de leur carrière et de nouveau à leur libération pour bénéficier de toute mise à jour de l'information.

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## Youth Happenings

**Recreation Youth Worker** 

Is it time to update your membership for programs a games night (depending on at the 14 Wing Community Centre? For a pre-teen membership, it's \$12 and for a teen membership it's \$20 with your 14 Wing Recreation Card, it's always free! If you would like more information about any programs, events or volunteer opportunities, call the centre at 765-8165. Here's what's happening this week:

#### **Boys Club**

April 16

4:30 p.m. to 6 p.m.

Boys ages nine to 12: meet at the Kingston duck pond, where we'll enjoy the fitness trail and then walk to DQ for an ice cream treat (please bring money for a treat).

#### Teen Council

April 17

4 p.m. to 5 p.m.

Teens, now that spring is here, we need to get out there and start fundraising!

#### **Teen Games Night**

April 17

6 p.m. to 7:30 p.m.

Let's get outside and have the weather). We could play tennis, soccer or badminton.

#### **Active Chicks**

April 18

6 p.m. to 7:30 p.m.

Girls, please wear sneakers tonight for outdoor games: capture the flag, soccer baseball and more.

#### **Teen Activity**

April 19

6 p.m. to 7:30 p.m.

Teens, bring your gym and swimming gear to the F&S Centre, where we'll use the walking track, bikes, etc and then hit the pool for casual swim.

#### **Movie and Treat Night**

Pre-teen 6 p.m. to 8 p.m.

Chipwrecked - playing around while aboard a cruise ship, the chipmunks and chipettes accidently go overboard and end up marooned

in a tropical paradise. They discover their new turf is not as abandoned as it seems.

Teen 8 p.m. to 10 p.m.

We Bought A Zoo - set in Southern California, a father moves his young family to the countryside to renovate and re-open a struggling zoo.

#### **Walking Club**

April 24

5 p.m. to 6 p.m.

Pre-teens and teens, join the Walking Club. We'll meet every other Tuesday to walk, jog or bike around our community. If the weather doesn't co-operate, we'll use the walking track at the F&S Centre. Put some spring in your step! Wear appropriate footwear and bring a water bottle.

### **Spring Fling Dance**

April 27

6 p.m. to 8 p.m.

Get dressed in your best spring outfit for tonight's Spring Fling dance, with the latest music, dance contests and cool prizes. Bring your friends! Admission \$3.



### **Taking** stock

Friends of the Greenwood **Library Society volunteers** show off the stack of 52 books they purchased for the library through 2011. Thank you to all for all the donations, grants and personal donations which helped in enhancing the library. If you would like information on the society, contact Joyce Hazelwood at 765-3143; or, check out new material by visiting the library.

Submitted

## 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).

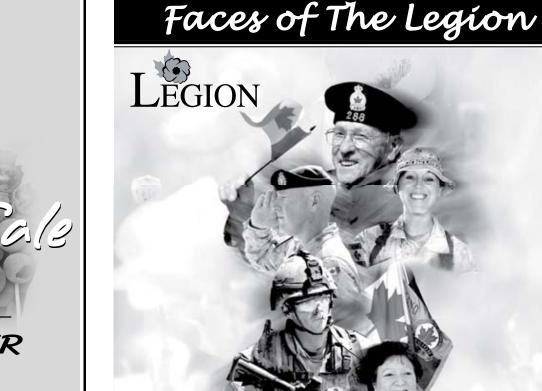
Obituaries for serving Canadian Forces Regular, Reserve members and Canadian Forces veterans are complimentary to an eighth of a page space

(2 columns x 67 lines), black and white only. Regular line rates apply on space over this size.

Payment is required before publication (cash, cheque or VISA, MasterCard, AMEX).

Contact Anne Kempton, 765-1494 x 5833, marketing@auroranewspaper.com, for details.





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## Top term kids

Congratulations to Annabelle Haley, Evangeline Tosh, Taylor Baker and Isaiah Rafuse, Lawrencetown Consolidated School's students of the term. Presenters of the awards March 30 were, from left, 14 Wing Greenwood and Lawrencetown Legion visitors Major LeBlanc, June Thompson, Captain Pahl, George Grant, Corporal Cromwell, Reg Piggott, Corporal Goguen, Norman Mofatt, Corporal Viel, Bill Parkinson, and Chief Warrant Officer Webb. Student of the Month plaques are provided by the Legion and are presented three times a year, once per term, to one teacher-selected student per class. The theme for the second term was cooperation.

## Spring craft season for ceramics club

Donna Niemelainen, Greenwood Ceramic Club

Finally, we can put the winter blues behind us and start to think about spring!

The Greenwood Ceramic Club has a large selection of garden decor and flower pot moulds, from bird baths and houses to gnomes and large deer. We also have a welcome lighthouse that you can put a light in for your deck or front entrance - and many other items. This spring, I will be pouring an alligator (or two) for around my pond and a large garden lantern.

Membership to the club is \$10 (until June 29). Membership allows you to come learn how to pour moulds and clean your piece

and, if you want, how to paint and glaze. You will purchase your own slip (\$20 a box) and pay pouring and firing fees for each piece. Every shift is managed by a knowledgeable supervisor who can take you through the steps of ceramics. We are open Sundays 9:30 a.m. to 3:30 p.m. and Wednesdays 9:30 a.m. to 2:30 p.m. Our location is across from the MFRC in the smaller blue building around the back.

If you've been thinking of joining the club or have been looking for a new hobby - or want to come back to ceramics, now is a good time. If you have any questions or just want to drop in, feel free. Our phone number is 765-1494 ext 5074, or call Rose, 765-8352.

## Multicultural food, music in Margaretsville

exceptional Mediterraneanthemed membership gala, with dinner at the Margaretsville Community Hall, followed by an evening show with special guests Sagapool at the Evergreen Theatre; April 21.

Dinner is at 6 p.m. at the Margaretsville Community Hall,

and lentils, seafood plaka (fresh sauce, enriched with olives and feta cheese. A cash bar will be available

Sagapool will entertain. As the accordionist and clarinet-

Margaretsvillle presents an mary focaccia, Palestine rice Godfather theme in the halls crafting acoustic original inof the conservatory, they knew haddock baked under a tomato exactly what they had to do: start a klezmer band. But what happened was a completely different story. Joined by a Following dinner, at 8 p.m. whole family of other instruat the Evergreen Theatre, ments, Sagapool went Balkan and Gypsy-inflected, with impromptu shows on the streets

strumentals as a six-piece band. The story is rich, with members from Hungary (percussionist Marton Madersparch) and Italy (second-generation accordion whiz and co-founder Luzio Altobelli), links to Quebec's remote, stunning Magdalen Islands and to the culturally vibrant northern the cinematic, for the sugges-

The Evergreen Theatre in 1 Seaman St., featuring rose- ist jammed together to The of Old Montreal, and began reaches of the St. Lawrence tion of narrative, continues to River. The original fascination with the intersection of movie music and European roots, with parts: the cost for show tickets the flash of Balkan exuberance and the stately skip of klezmer lines, may no longer be the animating force behind the band's music—though it's still a major element in its live shows; but

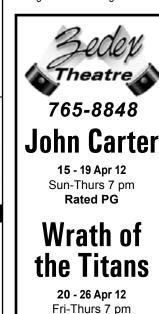
inspire Sagapool.

The evening is offered in two only is \$20. Dinner, the show and an Evergreen annual membership is \$30. An Evergreen membership itself is \$30 annually, offering supporters a range of advantages, including at least two offers of free shows a year, invitations to after-theatre gatherings with the artist for selected shows, the first chance to buy tickets for special shows and advance seat reservations.

Reservations can be made online at www.evergreentheatre. ca, call 902-825-6834 or email evergreentheatre@gmail.com.



Information & dealers: 1-800-A NEW-POT or www.paderno.com. Not all locations open Sunday. Quantities limited, please be early. Sale items may not be exactly as shown



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the Aurora | 14 Wing Greenwood, NS April 16, 2012 Page 15



caravan Kids

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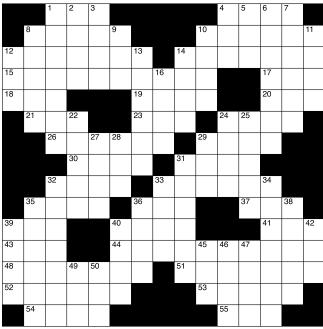


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood: by fax. (902)765-1717: or email editor@auroranewspaper.com. Dated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

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



solution page 18



#### ACROSS

- 1. Milk producer 4. Am. Music Awards
- 8. Engaged in 10. Moved over the water
- 12. Deflects in fencing14. Southwest or United
- 15. Elin's ex
- 18. Macao's monetary
- unit 19. 1st Korean pres. Syngman 20. The god of the sun
- 21 Old world, new 23. Metal food storage
- container
- 24. Dutch colonist
- 26. 2 source sound
- system 29. Prohibitions
- 30. Oh, God! 31. Poly and Octa are

- some
  32. Clip
  33. 1st, 2nd and home
  35. Highest cards
- 36. Equals 1/100 afghani 37. One and only
- 39. Don't know when yet
- 40. Ripped
- 41. Smallest whole

- number
- 44. C.S. Forester officer
- Horatio
- helmetflower

#### DOWN

- 3. Stream fence to catch
- AKAs
- Detector
- Morning moisture

- 12. Parent Teacher

- 43. White vestment worn
- 48. Made it forbidden
- 51. Monkshood or
- 52. Director Spielberg
- 53. Palm tree fruits
- 54. Mild yellow Dutch
- 55. In favor of

- 1. Goods carried by

- 4. Air America Radio
- 1/1000 of an inch
- Voluntarily set aside
- 11. A small wooded
- hollow
- 13. Arranged according

- to size 14. Gulf in the Arabian
- 16. The Mississippi's largest tributary
- 22 Comb-plate
- 24. Prohibits
- 25. The early stages 27. Breastplate

- 28. Popular spoken
- music 29. Cattle genus
- 31. 61036 IL 32. Crusted over a wound
- 33. US VP 1801 1805
- 34. More flamboyant 35. Remove an organ or
- bodily structure 36. Russin weight unit
- 36 lbs 38. Siberian nomads
- 39. Makes lacework
- 40. At a specific prior
- 42. Before 45. Binary coded decimal
- 46 Loiter

time

- 47. Upon
- 49. Egg cells 50. Original equipment
- metro crossword brought to you compliments of



954 Central Avenue Greenwood 765-6381

#### Girl Guide cookies

Berwick Sparks, Brownies, Guides and Pathfinders are selling traditional chocolate and vanilla creme cookies, \$5 a box. Proceeds support girl greatness! If you miss us or would like cookies, call Sara, 538-9191.

April 16 "Funds for Fuel" bridge party at Macdonald Museum, Middleton, 1 p.m. \$4 per person. Light refreshments served. Come out for a fun afternoon and support your community museum. Call 825-6116 for information.

#### Meeting

April 16, the Kingston/ Greenwood Canadian Cancer Society "Living With Cancer" support group will meet at St. Mark's Chapel Annex. 14 Wing Greenwood, 7 p.m. to 9 p.m. Guest speaker: LeeAnn White-Young, nurse practitioner, at the Greenwood/ Kingston Family Health, on nurse practitioners and skin cancer. Cancer patients, spouses, family members or anyone seeking information on cancer are most welcome and encouraged to attend. For information, call Lloyd Graham (765-6133) or Lynda Pierce (765-3055).

#### Museum display

April 16 to 23, the Annapolis Valley Macdonald Museum, Middleton, hosts the Lawrencetown

**YARMOUTH** 

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Suite/Pièce 220

Yarmouth NS/NÉ B5A 1E9

902-742-6808

greg.kerr.c1a@parl.gc.ca

Student Art show. Drop by for a p.m. to 9 p.m. All welcome. For p.m. Booklets \$5 for 15 games. visit weekdays, 10:30 a.m. to 4:30 p.m. Admission charged.

#### Alzheimer cafe

April 17, Careforce will hold an Alzheimer Café at the New Beginnings Centre in Greenwood, 2 p.m. to 4 p.m. No cost. Everyone welcome. For information, call 765-3122.

#### **Speech competition**

April 17, the annual Rosemary Chapter IODE public speaking contest for grades 6, 7 and 8 students will be held in the library of Middleton Regional High School, 7 p.m. The public is invited to attend.

#### Support program

April 17 through May 29 (10 weeks, Tuesdays & Fridays, 1 p.m. to 2:30 p.m.), Annapolis Valley Health offers a free program for women who want to change something about their substance use (cigarettes, drugs, alcohol). Western Kings Memorial Health Centre, Berwick, Registration is required, 538-3648 (space is limited to 15 women).

#### Meetina

April 18, ABI – the Acquired Brain Injury Support Group - for the Kingston/ Greenwood area meets at the MFRC - Morfee Centre (Military Family Resource Centre), School Road, Greenwood. 6:30

open at 6 p.m., play begins at 7

WILMOT 14373 Highway 1/Route 1 Wilmot, NS/NÉ B0P 1W0 902-825-2320 greg.kerr.c2@parl.gc.ca



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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. Whose ad says, "Makes working on the fly a snap"?
- 2. Whose ad says only 30 per store?
- 3. Where can you buy beer kits at 20% off? 4. Where is the Memorial Tour info night being held?
- 5. Who has just returned from holidays?

#### 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: GRANVILLE SNYDER

information, contact Dan and Cookie iar, 50/50 draw, door priz-Sharon Nogler, 765-6760 (leave es and a canteen add to the fun. a message and your call will be For information, call 584-4500. returned).

#### Writing group

April 18 - Authors Ink - Creative writing group meets at Macdonald Museum, Middleton, 10 a.m. to noon. Cost is \$3 per person. Newcomers welcome. Proceeds to Macdonald Museum. Call 825-6116 for details.

#### Meetina

April 18, 7 p.m., is the next meeting of the Wilmot Garden Club at the Melvern Square Community Hall. Program: a cottage garden for sun and shade, with Nina Newington. For info, call Sharon, 765 2884 or visit www.wilmotgardenclub.ca.

**Geocaching workshop** April 18, the 14 Wing Library is hosting an introduction to geocaching workshop, presented by a local geocacher, from 6 p.m. to 8 p.m., in the library, Registration required. Please drop in or call 765-1494 ext 5430. A silver donation to benefit the library is greatly appreciated.

Bingo April 20, Lawrencetown Consolidated School invites you to their annual spring prize bingo. Doors

#### sale items.

Yard sale April 21 is the annual yard sale of the Catholic Women's League of St. Monica's Parish, 8 a.m. to noon at the parish hall. All proceeds go back to the community.

the Aurora | 14 Wing Greenwood, NS

Coffee party

Concert

April 20, the Kingston and District

Health Auxiliary will be holding

a coffee party, 9:30 a.m.to11:30

a.m., at the Kingston fire hall. All

proceeds for palliative care. Please

come and join us for the morning.

April 20 at 7 p.m, KCA gym, Kent-

ville. The Annapolis Valley Honour

Choir, Acadia Youth Band, Andy

Duinker and Donna Rhodenizer

and the Kings County Academy

Elementary Choir present an

evening of music. Admission:

\$10/ adults, \$5/ students, children

age 11 and under free. Proceeds

support the honour choir, raising

funds for a trip to Vienna in 2013.

April 21, 10 a.m. to 2 p.m.,

at RCAFA #107 (Valley) Wing,

Greenwood, 20 tickets/ \$1, hotdogs and pop on sale. Proceeds

assist with our support of Air

April 21, the Torbrook Mines

United Church Workers will hold

their spring tea and sale, 2 p.m.

to 4 p.m., at the Three Rivers

Community Centre. Admission:

\$5. Homemade food, ice cream

sundaes, jams, jewellery and

Ticket auction

Cadet youth.

Spring tea, sale

**Breakfast** April 21 at the Aylesford United Church, 8 a.m. to 11 a.m. Freewill offering. Sponsored by the Com-

Kingston Legion Sunday, 1:45 p.m. Tuesday, 7:30 p.m.

#### Regular Games - \$100

- 1 Early bird 60/40
- 2 60/40
- Letter H 80/20
- 1 Lucky 7 Progressive
- 1 Bonanza Progressive Jackpot - 3 Chances
  - Consolation \$300 Double Action

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## Taking aim

April 1, the North Mountain Gun Club held its annual Easter ham shoot for .22 long rifles. Sportsmen shot at targets such as sugar cubes, paper targets, gongs and little metal animals; from 10 yards' to 100 yards' distance. At the end of fierce competition, there was a tie between Edward Vidito and Dieter Jildge for first place, and another between Thomas Brown and Clifford Neiley for third. After another round, the final winners were, in first place, Jilge, left; Vidito, second; and Brown in third. Lunch's hotdogs and beans were served by Chris Tanner and Horst Loegler.

welcome.

#### Supper

mittee of Stewards. Everyone is popular stuffed roast pork loin Memorial Health Auxiliary. Two

dinner, prepared by chefs from settings: 4:30 p.m. to 6 p.m. and CFB Greenwood, at the Middleton 6:45 p.m. to 8:15 p.m. Tickets April 21 marks the return of the fire hall; hosted by the Soldiers' available from Elizabeth Spinney,

825-6841, or Ruth Brigley, 825-3663. All proceeds to purchase hospital equipment.

#### Learn to tango

April 21, take in an Argentinian tango workshop at the Macdonald Museum, Middleton, 2 p.m. Instructors Andrea and Udo Fagin. Cost \$15 per couple for an introduction to this gentle dance. All proceeds to the museum. Must pre-register by April 17, 4:30 p.m., call 825-6116.

#### **Ticket auction**

April 21, the Middleton & District Supper Lions Club will be holding a ticket auction at the Lions' hall, Highway 10, Nictaux. Doors open 10 a.m., draws start at 2 p.m. sharp. 20 tickets for \$1, 50/50 draw, kitchen and canteen.

#### Open house

April 22, ABI - the Acquired Brain Injury Support Group – Kingston/ Greenwood and area will host an inspiration and general information day about the group's work and resources at the Multi Mountain Rd., North Kingston, 10 a.m. to 3 p.m. For information, contact Dan and Sharon Nogler, 765-6760 (leave a message and your call will be returned).

#### Museum display

April 23, the Annapolis Valley Macdonald Museum, Middleton, presents the opening of the Greenwood Camera Club photography show. Drop by for a visit weekdays, 10:30 a.m. to 4:30 p.m. Admission charged.

April 23, there will be a turkey dinner in support of West Kings' annual Safe Grad, 4:30 p.m. to 6:30 p.m., at the Kingston Lions' hall. Cost is \$10 per person, takeout available.

#### Luncheon

April 24, the Middleton Fireflies (fire dept. auxiliary) host a luncheon at the Middleton fire hall, 11 a.m. to 1 p.m. Menu: corn chowder; hamburger soup or pulled pork sandwich/ slaw. Des-

Addiction Centre, 2080 Bishop sert: chocolate trifle; strawberry shortcake: coffee or tea. Call 825-3062 by April 23 for deliveries (Middleton only).

#### Meetina

April 24 is the Annapolis Valley Historical Society Meeting, 7:30 p.m., Macdonald Museum, 21 School St, Middleton. Guest speaker is Jon Gray on shoemaking. He will have samples of his work to show and discuss. No admission. All welcome. Phone 825-6116 for information.

#### Meetina

April 25 is the annual meeting of the Companion Animal Protection Society of Annapolis County (CAPS), following the regular monthly board meeting, 7 p.m., at the municipal building in Lawrencetown. Elections for the 2012-2013 board of directors will take place. If you are interested in accepting a nomination for a position, contact the organization for information: 825 2277 or info@ caps-annapolis.org.



solution page 18

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

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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Word Search — On the Road

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Cylinder Drive Economy Exterior Fuel

Interior Storage Suspension

Transmission Truck

Utility

County

patrick's puzzle brought to you compliments of



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April 15 - April 21

#### ARIES - Mar 21/Apr 20

Aries, once you have your mind set on something, it is hard to get you to think about anything else. This dedication can be an asset at work but might also hinder relationships.

#### TAURUS - Apr 21/May 21

Taurus, you're in good spirits this week and it could be because you received some good news that provides you with extra energy. Get tasks done and then have fun.

#### GEMINI - May 22/Jun 21

Gemini, it may be time for a change of scenery, especially if you feel like you need recharging. Browse available travel deals and you can probably find something affordable.

#### CANCER - Jun 22/Jul 22

Cancer, accept help when it is offered. Doing so will reduce stress and put you in a better frame of mind. Someone close to you has a proposition.

#### LEO - Jul 23/Aug 23

Leo, though you often enjoy being the center of attention, there are many times -- like this week -- when you simply thrive being able to recuperate out of the limelight.

#### VIRGO - Aug 24/Sept 22

Virgo, when an opportunity presents itself, jump on it without delay. This could be the break you're looking for, so don't pass up the opportunity to get on board

LIBRA - Sept 23/Oct 23

Libra, pick your battles and recognize that there are certain things that you just can't change. It may prove frustrating, but that's the way it is.

#### SCORPIO - Oct 24/Nov 22

Scorpio, sometimes the best way to help someone is to leave them to their own devices. This week you'll adopt this approach, and it will work out for the best.

#### SAGITTARIUS - Nov 23/Dec 21

Sagittarius, there is conflict at home, you must help reduce the tension. It may take some time, but use this week to lay the ground

#### CAPRICORN - Dec 22/Jan 20

Capricorn, with so much change in the air, you may want to shout it from the hills. However, it may be wise to keep things hush-hush for a while until it's all worked out.

#### AQUARIUS - Jan 21/Feb 18

Aquarius, there's no time like the present to do a self-analysis and take the steps to change something that has been on your mind. You'll have the support of family.

#### PISCES - Feb 19/Mar 20

Pisces, positive thinking can often help you overcome obstacles, but so can simply taking some action. Expect good news this week.

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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

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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.

#### FOR RENT

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.

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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 - 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. (3316-4tpb)

FOR RENT – Large 2 bedroom duplex located in Kingston in

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Blaine G. Schumacher, CD (Also of the Alberta Bar) Counsel:

Clare H. Durland, Q.C.

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Middleton, NS

B0S 1P0

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FOR RENT - 2 bedroom apartment located in Nictaux in a quiet subdivision. Fridge and stove provided. Rent is \$625/ month plus utilities. Call 840-3337 (3315-2tp)

FOR RENT - 1 bedroom apartment in Kingston close to all amenities. Fridge and stove included. Non-smoking and no pets. Available May 1. Call 765-3664 (3315-4tp)

FOR RENT - 5 bedroom house <u>located</u> in Margaretsville, Fridge and stove provided. Rent is \$725/month plus utilities. Call 765-0790. (3315-

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FOR RENT – Large 2 bedroom apartment located in a quiet area. Fridge and stove provided and also has washer and dryer hook-up. Non-smoking and no pets. Call 242-2465 (3315-2tp)

FOR RENT - Posted to Greenwood? House with garage in quiet residential area 12 minutes from 14 Wing. Fully furnished and equipped. Rent includes utilities, Wi-Fi, lawn care and maintenance. No smoking or pets. Phone 825-5800. (3315-4tpb)

FOR RENT - 3 bedroom duplex available 1st May. Has a private vard and driveway with a storage shed. No pets permitted. Located in Greenwood behind the mall. References required. Rent is \$550/month plus utilities. Please call 825-6512. (3316-ufnb)

FOR RENT - 2 bedroom duplex suitable for Senior(s). Lawn mowing and snow plowing included in rent \$500/month plus utilities. Located in quiet Greenwood location. One level, no stairs. Fridge/Stove provided and there is a washer

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#### dryer hook-up. Call to view 765-0276. (3316-1tpb)

FOR RENT - three room apartment. Heat, lights and cable provided. No pets allowed. Please call 847-3714, 847-9285 or 844-1107 for viewing and information. (3316-2tp)

FOR RENT - 2 bedroom apartment located at 677 Central Ave, Apt B, Greenwood. . \$500/ month + utilities. Available immediately. No pets. Please call 765-2938. (3316-2tp)

#### **SERVICES**

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

SERVICE - Local Lawn Care: lawn mowing; hedge & tree trimming; flower bed weeding; fertilizing & liming; gut-ter cleaning; spring & fall cleanup. I will maintain your property when you are away. am a retired serviceman. Please contact Lenny at 848-6669 (3314-4tpb)

#### FOR SALE

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. EXCÉL 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. Call 765-0277 Leave a message. (3313-ufnStaff)

#### NOTICE

NOTICE - ATTENTION CRAFT-ERS! The Flight Line Café will be hosting a 15-20 table Mini Craft Fair in the CANEX Mall on April 28 10:00am-4:00pm. Move inventory, trial new product(s) or get a head start on this year's season. Tables \$10/ea. Call 765-3875 to book early & avoid disappointment. No dealers please. (3315-2tp)

#### **EMPLOYMENT**

**Employment Opportunity:** Massage Addict (as seen on Dragons Den) ic coming to Kingston. Full and part-time positions for Registered Mas-. sage Therapists available. Be part of an exciting, new, spa like experience! Forward your resume to ykane@masśageaddict.ca. (3316-1tpb)

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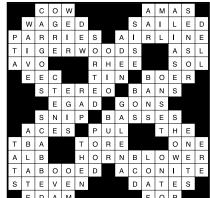
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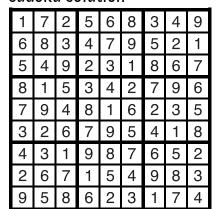
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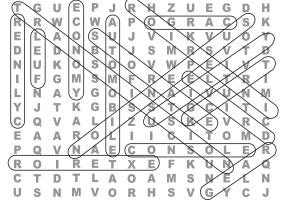
#### crossword solution



#### sudoku solution



## patrick's puzzle



## Le service en ligne du bulletin du CRFMG maintenant amélioré

Directrice des services d'approches du CRFMG

Le CRFMG offre aux familles une nouvelle manière de S'ABONNER à son bulletin trimestriel, DE RÉSILIER SON ABONNEMENT ou de MODI-FIER SON ADRESSE COUR-RIEL pour recevoir le bulletin. Chaque trimestre – en avril,

Si vous souhaitez être ajouté trimestriel du CRFMG, veuillez ca/sites/greenwood/FR/Pa-

juillet, octobre et janvier –, les la partie droite de notre page abonnés recevront du CRFMG d'accueil et saisissez les inforun lien par courriel leur per- mations requises. Vous êtes mettant d'accéder au bulletin. alors inscrit; c'est aussi simple que ça . Les abonnés désirant à la liste d'envoi du bulletin modifier leur adresse courriel de livraison n'ont qu'à cliquer visiter http://www.familyforce. sur le même onglet et modifier leur adresse. Si vous ne désirez ges/default.aspx. Cliquez sur plus recevoir notre bulletin tril'onglet « Pour vous inscrire mestriel, peu importe la raison, à notre bulletin » situé dans nouvelle affectation, retraite ou

autre, utilisez le même onglet verez dans la section « Bulletin bulletin par l'intermédiaire de

Cette nouvelle procédure nous permet de vous offrir un bulletin entièrement bilingue. Nous aimerions recevoir vos commentaires au sujet de la fusion des bulletins anglais et français. Vous pouvez nous envoyer votre rétroaction en adresses courriel internes Web. Des exemplaires papiers utilisant le formulaire « Évaluation du bulletin » que vous trou-

pour résilier votre abonnement. et calendriers mensuels » dont cette procédure de réseautage. le lien est affiché sur notre Nous vous recommandons page d'accueil. Cliquez sur le lien « Bulletin et calendriers mensuels » dans le menu de gauche et vous atteindrez le formulaire.

en mesure de consulter notre à l'accueil du CRFMG.

de remplacer cette adresse par une adresse courriel personnelle dans votre profil d'abonnement. Nos bulletins et les calendriers sont toujours Les abonnés utilisant les offerts à partir de notre site (forces.gc.ca) ne seront pas sont aussi offerts en tout temps

## **GMFRC** newsletter gets on-line upgrade

Nicole Godin. **Outreach services manager** 

The Greenwood Military Family Resources Centre has a new way for families to subscribe, unsubscribe or edit the email address used to receive its quarterly newsletter.

In April, July, October and January, subscribers receive an email from the GMFRC with the link to the newsletter.

ceive the GMFRC newsletter, (posting, retiring, etc.)click on visit http://www.familyforce. ca/sites/greenwood/EN/Pages/ default.aspx. Click "Sign Up lowed us to provide one fully for our Newsletter" on the right bilingual newsletter. We would side of the home page and fill love to get your feedback about out the required information. the amalgamation of both the You are then signed up. It's that simple. For subscribers who wish to edit their email the "Newsletter feedback form" address, click on the same link found in the "Newsletter and

the same link.

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to the distribution list to re- wish to receive the newsletter gation bar, click on "Newsletter and Monthly Calendars" and you will find the feedback form.

For subscribers using a baseline email address (forces. gc.ca), due to the firewall restrictions, you will not be able to view our newsletter. We recommend you use a personal email address. Newsletters and calendars are available on-line, or a printed copy may be picked up anytime at the GMFRC front

### **OPTOMETRIST**

Dr. Paul Gagnon

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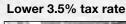


that makes life better for students.

#### Tax refunds



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