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the **Aurora**

14 WING • ESCADRE 14 GREENWOOD, NS

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## Can't wait to play

### Playground new, shiny, turning kids' heads

Sara Keddy,  
Managing editor

Eye candy.

The lime green turrets and vibrant purple posts of Greenwood's new community playground are making children squirm with excitement. What's still wrapped in plastic against the fence? And, is that really a dragon's head?

Construction is underway for the new play structures beside the 14 Wing Greenwood Community Centre.

"We're hearing lots of people enquiring about the playground – where it's finally going up, and people can see what's happening, they're really excited," says recreation director Jill Jackson.

She admits it herself, looking out her centre's windows to watch workmen assemble the complicated posts, fencing and features of the playground.

"I look out every day and



How many men does it take to set a dragon in its place?

S. Keddy

Continued on page 2...

## Team effort pulls off CF nationals

The Greenwood team behind the scenes of the Canadian Forces national men's and women's volleyball championships may have been the real winner.

The CF title event April 21 to 25 was the first event of its scale hosted by 14 Wing Greenwood in over 20 years. The Annapolis Valley setting, spring weather and the high spirits of competitors and officials was a match made in volleyball heaven.

While the base's own volleyball players were knocked out at the regional level, a large number of local players, volunteers and Personnel Support Program staff were available, working tirelessly to make the nationals the best possible for over 100 visiting male and female athletes and officials from across the country.

"It takes a lot of work, but all the work was done," says PSP manager Mike Taylor. "It was a fabulous few days."

Taylor said the level of play on the courts was competitive, with obvious esprit du corps, but he was also impressed with the "real team effort" from base staff and volunteers to make action on and off the

courts so successful.

"Thanks a million for that."

Three days of games were hosted at the 14 Wing Greenwood Fitness & Sports Centre, with visitors staying in base accommodations and enjoying meals and activities at the Annapolis Mess. The closing banquet and awards were held April 24. Quebec Region winners, the team from Ottawa, won the men's national title for the third consecutive year, while Halifax, Atlantic Region winners, won the women's championship for a second straight year.

Local event organizers heard many positive comments from visiting players, who enjoyed the advantages of playing in a rural location: teams became a close-knit group, and supported not only their own region's representatives on the court, but also the entire draw. The stands were full throughout the tournament. Players appreciated the many little things that were looked after and the willingness of volunteers and staff to assist in any capacity.

In hosting any championship event, nothing could happen without the support of wing leadership and the many

Continued on page 2...

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# Un tout nouveau terrain de jeu captive l'attention des enfants

**Sara Keddy,**  
Rédactrice en chef

Tape-à-l'œil. À la vue des poteaux d'un violet intense et des tourelles vert lime du nouveau terrain de jeu communautaire de Greenwood, les enfants sont tellement excités qu'ils ne tiennent plus en place. Qu'est-ce qui est encore emballé dans du plastique contre la clôture? Est-ce bien une tête de dragon?

La construction des nouvelles structures de jeux est

en cours à côté du Centre communautaire de la 14<sup>e</sup> Escadre Greenwood. « De très nombreuses personnes s'intéressent au terrain de jeu, son emplacement final... Elles voient les travaux progresser et sont très enthousiastes », explique la directrice des loisirs, Jill Jackson.

Elle admet qu'elle observe, elle aussi, par les fenêtres du Centre, les travailleurs qui assemblent les poteaux, les clôtures et d'autres pièces complexes du terrain de jeu.

« Chaque jour, je regarde par la fenêtre et je me demande quelle partie sera installée aujourd'hui. Ce sera très, très joli. Les gens viendront à Greenwood pour y jouer et passer l'après-midi avec leur famille. »

L'ancien équipement de terrain de jeu a été démantelé en hiver et le terrain a été fermé. La première livraison d'équipement de remplacement est arrivée le 23 avril et maintenant, il y a du neuf chaque jour.

« Tout est neuf, les couleurs sont vives, il y a beaucoup de structures de jeu interactives, des plateformes, des abris couverts, divers étages, un belvédère, des bancs, de jolies glissoires, des balançoires... tout est neuf, moderne et complètement différent de ce que nous avions auparavant », commente Mme Jackson.

La sécurité et l'accessibilité occupent une place élevée sur la liste des améliorations. Il y a deux structures distinctes :

l'une est conçue pour les enfants de 18 mois à 5 ans, et l'autre, pour les enfants de 6 ans et plus. Un revêtement de sol en caoutchouc coulé sur place couvrira le sol sous les structures, et les enfants qui ont des incapacités physiques pourront marcher ou se rendre en fauteuil roulant jusqu'à l'équipement et utiliser les glissoires et les balançoires. Les parents constateront aussi qu'il est plus facile de promener une poussette sur ces surfaces.

En attendant l'inspection finale et des températures suffisamment chaudes pour couler le revêtement de sol, l'équipement demeure une irrésistible tentation. « Soyez patients », demande Mme Jackson. « Une fois que tout sera installé, inspecté et approuvé, le terrain sera ouvert. »

L'ouverture du terrain de jeu est prévue pour la mi-juin et Mme Jackson planifie déjà une fête communautaire pour l'occasion.

## Playground new, shiny, turning kids' heads

...cover

say, 'Oh, what's that going up now?' It's going to be really, really nice – a place and a playground people are going to come to Greenwood to play at, and spend an afternoon with their families."

Old playground equipment was removed in the winter, and the site closed. The first replacement equipment arrived April 23, and there is now something new to look at daily.

"It's all bright and new, lots of interactive play structures, decks and covered shelters, multi-levels, a gazebo and benches, some nice slides and swings... all new, state-of-the-art and totally different from what we had."

High on the list of improvements is safety and accessi-

**Younger children will have fun on a replacement play set.**  
S.Keddy



bility. There are two different structures: one designed for

kids 18 months to five years old, and the other for kids age

six and up. A pour-in-place soft rubber matting will cover the ground under the structures, and kids with physical challenges will be able to walk or wheel up into features of the equipment, use the slides and swings. Families with strollers will also find the surfaces easier to move around on.

Until the playground gets its final inspection, and the weather warms up enough to put the ground surface in, the equipment remains a tantalizing temptation.

"Be patient," Jackson asks. "Once it's up, and everything's checked and given the green light, it will be open."

The goal is mid-June, and she's already working on a community party to celebrate the playground's grand opening.

## CF nationals...

...cover

internal partners, including accommodations, the Annapolis Café, and Annapolis Mess, 14 Air Maintenance Squadron, Wing Imaging; Transportation and Electrical and Mechanical Engineering Squadron, Personnel Services, Construction and Engineering, Supply and PSP sections.

Special thanks to Rosalie Dowling for a great rendition of O'Canada, and piper Sergeant Andrew Bruce and Town Crier Lloyd Smith, who set the stage at the event's opening ceremonies.

**The women's final, between the Pacific and Atlantic regions April 24.**

Corporal V. Carboneau,  
14 AMS, Wing Imaging



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### Useful links | Liens utiles

**Canadian Air Force website**  
Site Web de l'Aviation royale canadienne  
[www.airforce.forces.gc.ca](http://www.airforce.forces.gc.ca)

**Community Gateway Site**  
Site du portail communautaire des Forces canadiennes  
[www.cfcommunitygateway.com](http://www.cfcommunitygateway.com)

**14 Wing Greenwood Site**  
Site de la 14<sup>e</sup> Escadre Greenwood  
[www.airforce.forces.gc.ca/14w-14e](http://www.airforce.forces.gc.ca/14w-14e)

**Personnel Family Support Services**  
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**Recruiting** | Recrutement  
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**VPI** | VPI  
[www.vpiinternational.ca](http://www.vpiinternational.ca)



# 'Extreme school makeover' great southern getaway

**Captain Angie Thomas,  
404 Long Range Patrol &  
Training Squadron**

Pat Lambert headed south to the Dominican Republic, like so many others looking for a break from the winter weather in March.

Unlike most others, the 404 Squadron sergeant didn't spend his whole vacation relaxing on the beach; instead, he spent a few days in the small northern community of Moca, assisting with the rebuilding of their local school and outbuildings.

Lambert joined the Ontario-based group, Empowering Communities in the Dominican Republic. The organization's program, known as the "extreme school makeover," helps Dominicans help themselves. The group liaises with the principal and the president of the local schools' parents' association to determine what is needed, and in which areas. Then, the group provides funds, materials and volunteers to work on these projects, alongside community members. They involve the teachers and children as much as possible.

Lambert and his group, consisting of three other Nova



**Locals and volunteers constructing the school walls, block by block.**

Scotians, collected four duffel bags of donations prior to their departure. This included clothing, toys, paramedic tools, basic medical supplies and dental supplies, with the assistance of 19 Wing Dental Clinic. Upon arrival in Moca, the group met with the organization director, Judy Warrington, as well as retired teachers and youth volunteers from the local area. They were given a variety of tasks, such as crushing cement blocks, mixing up new cement - or whatever was required. Without modern conveniences

such as cement trucks, the group joined the "bucket brigade," passing buckets of cement up and down the line. They also visited the Sosua fire department to distribute some of the medical donations they had collected.

"It was my first trip to the Dominican Republic," says



**Sergeant Pat Lambert (right), a 404 Squadron AESOP instructor, with the other volunteers from Nova Scotia (left to right): Halifax firefighter Nadya-Lyse Paré, paramedic Jodi Brown and John Brown, a Scotia Finance administrator.** Submitted

Lambert. "The resort life was great, but getting out and meeting the locals was really

satisfying. As well, knowing of the children in the small, that our little bit of sweat and remote community was worth bruises may better the lives the whole experience."

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A big congratulations to the Team at **Hair Expressions & Day Spa** for their recent wins at the Maritime Carnival of Beauty held in Halifax on April 14th. **Dawn McDonald-Tidd** took home **1st place in the Nail Competition** and a talented team of professionals including **Janet Hamm, Deanna Curran, Jessica Findlay, Veronica Pick, Heidi Deboer,** and their lovely model **Kaitlyn Schofield** won **2nd place** in the "Total Look" Competition.

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# Le coin du chef des pompiers | Grillades en toute sécurité cet été

Le barbecue, c'est une activité familiale que tout le monde aime bien, mais qu'on laisse un peu au hasard. En effet, peu de gens prennent le temps d'inspecter leur matériel et de suivre quelques règles de sécurité bien simples. À l'approche de la saison des grillades, le Service des incendies et des urgences de la 14<sup>e</sup> Escadre Greenwood vous recommande de prendre des précautions.

Le barbecue au propane est

le plus utilisé au Canada, et il faut inspecter les tuyaux et les raccords d'alimentation, car ils s'usent. Il suffit de les tremper dans de l'eau savonneuse (une partie de liquide à vaisselle et deux parties d'eau); s'il y a des bulles dans l'eau savonneuse, c'est qu'il y a une fuite de propane. Inspectez les trous d'aération, qui pourraient être bouchés par des nids d'insectes ou des toiles d'araignée. Laissez toujours suffisamment d'espace entre votre barbecue

et le revêtement de la maison, le plancher ou d'obstructions situées au-dessus, et bien sûr des allées et des aires de jeu. Faites bien comprendre aux enfants que l'aire de cuisson leur est interdite. Utilisez des ustensiles à long manche et ne vous approchez pas trop de la chaleur et de la flamme.

Toutes les bouteilles de propane fabriquées depuis avril 2002 doivent être munies d'un dispositif anti-débordement; ce dispositif coupe l'ar-

rivée de propane avant la limite de remplissage, ce qui diminue le risque de déversement de propane si la bouteille chauffe. Le dispositif anti-débordement se reconnaît à son volant triangulaire. Si vous avez un barbecue au charbon de bois, posez-le sur une surface solide et non combustible, et n'utilisez qu'un allume-feu (liquide ou en briquettes) homologué. Ne laissez pas les enfants s'approcher du barbecue, sur-

tout au moment de l'allumer. Encore une fois, la personne qui fait les grillades doit utiliser des ustensiles à long manche pour se protéger de la chaleur et des flammes.

Lorsque la cuisson est terminée, jetez de l'eau sur les charbons pour accélérer leur refroidissement, mais attention à la vapeur et aux éclaboussures, qui peuvent causer des brûlures. Fermez toujours le contenant d'allume-feu et

rangez-le hors de portée des enfants ou de sources de chaleur. Attendez que le barbecue se soit refroidi pour le couvrir ou le ranger.

Tous les barbecues doivent être utilisés à l'extérieur, jamais à l'intérieur, et loin de tout combustible. En effet, le risque d'asphyxie dans un endroit fermé (p. ex. tente ou grange) est bien réel. Ayez toujours un extincteur homologué à portée de la main.

## Fire chief's corner Grill safe this summer

Families spend quality time together and enjoy the taste of BBQ cooking, but few take the time to inspect and follow simple rules to prevent potential disaster. As the grilling season heats up, 14 Wing Greenwood Fire and Emergency Service urges you to take care.

Propane gas BBQs are the most commonly used BBQs in Canada. Inspect BBQ hoses and fittings for wear and tear: one part dish soap to two parts water can be used on hoses and couplings to detect propane leaks – watch for bubbles in the soapy water. Inspect vent holes for insect nests or spider webs that could restrict air entry. Keep your BBQ a safe distance from siding, decking

and overhead obstructions; and also away from walkways and play areas. Let kids know the entire BBQ cooking area is a "kid-free zone." Use long-handled BBQ utensils while cooking and keep a safe distance from heat and flames.

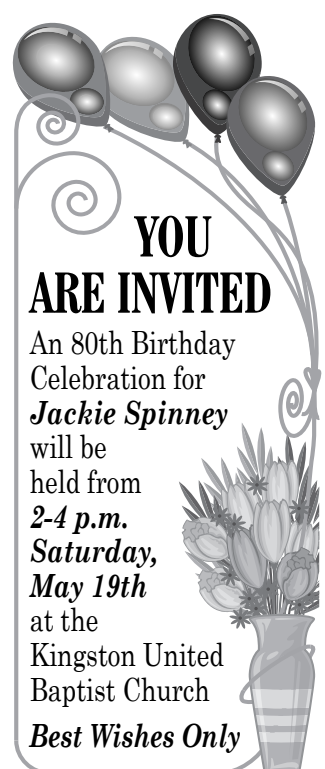
All propane cylinders manufactured after April 2002 must have an overfill protection device (OPD). OPDs shut off the flow of propane before capacity is reached, limiting the potential for a release of propane gas if the cylinder heats up. OPDs are easily identified by their triangular-shaped hand wheel.

For charcoal users, a sturdy and non-combustible BBQ base should be used. Use only approved BBQ starter fluid or briquettes. Keep children away

from the grill, especially when lighting. The chef should again use long-handled utensils to protect against flames and heat.

When you're done, charcoal coals must be soaked with water upon completion to speed up the cooling process - but use extreme caution to avoid the steam and splatters, which can cause burns. Always remember to close all lighter fluid containers properly and store well away from the reach of children and heat sources. BBQs must be cool before covering or being stored away.

Use any kind of BBQ outdoors and away from combustible material. The risk of fire or asphyxiation in enclosed spaces, including tents or barns, is real. Always keep an approved fire extinguisher readily available.



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An 80th Birthday Celebration for **Jackie Spinney** will be held from **2-4 p.m. Saturday, May 19th** at the **Kingston United Baptist Church**

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### What a Party!

I want to thank my family, friends and co-workers for the wonderful birthday/retirement party. I was thrilled to see all the people who have been so important in my life attend. I am very appreciative for all the cards, gifts & food donations. I will remember the evening always!

**Kindest regards to all,**  
**Anne Paul**



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## Annual Meeting Notice

**The Annual Meeting of the Kingston District Fire Commission will be held on Tuesday, May 22nd, 2012 at 7:00 p.m. in the Kingston Fire Hall.**

- \* Presentation of Financial Statements for April 1/11 - March 31/12.
- \* Presentation of Budget for April 1/12 - March 31/13.
- \* Set the area rate at 6 cents per \$100 of assessment.
- \* Election of Commissioners.

**All interested persons are invited to attend.**

**Marilyn Wilkins, Secretary/Treasurer**  
**Kingston District Fire Commission**  
**P.O. Box 528, Kingston, N.S. B0P 1R0**

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All enquiries re hall rental and use, please call 765-2358.

**Allie Pierce Memorial Award**

Students graduating from Middleton Regional High School and West Kings High School going on to further studies and residing in the Kingston Fire District may apply for the Allie Pierce Memorial Award. Information can be obtained by calling 765-8158 or email mwilkins@ns.sympatico.ca



**413 Search and Rescue Squadron Master Corporal Geoff Rowan showed Stegemann the ropes on the section's climbing wall.**



## Day in the life

Helicopter pilot Captain Jen Finateri guides 14 Wing Greenwood Honourary Colonel Barb Stegemann in the cockpit of one of 413 Squadron's Cormorants. Stegemann visited the base May 1, invited to get a feel for the responsibilities of various sections and personnel.



14 Wing Fire Hall Master Corporal Ron Williams explains the workings of Stegemann's breathing apparatus.

Corporal D.Kirkwood, 14 AMS Wing Imaging

# business spotlight of the week

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# More than a litter pick-up Airfield bits, pieces pose safety problem

**Sara Keddy,  
Managing editor**

It's a litter pick-up that could make a big difference.

14 Wing Greenwood's annual FOD Walk – FOD is short for foreign object damage – is set for May 11, and organizer Captain Mariano Arruda of 14 Air Maintenance Squadron says it's all about prevention.

"The main reason for premature removal of an engine is FODs," the deputy wing FOD officer says.

"It's any debris: stones, metals or miscellaneous. If it gets into the engine or flight controls of an aircraft, it could jam things up and cause a lot of damage to the engine, the aircraft and the people on board."

FOD unit representatives are planning now to have garbage bags and gloves on hand, with marked out sections of the airfield and operations side of the base to walk. Arruda says, even when the FOD initiative is not on everyone's radar with a base-wide program, units should be looking over their areas regularly.

"We do it in the spring because we're looking for whatever comes out from under the

snow, even stones along the runway after the snowplows have been through. Pens, washers, inadvertent tools left behind – there is always something out there."

Of particular concern is the level of construction activity on the base, with material, equipment and contractors all adding to the risk of FODs.

"We mitigate that and talk to contractors, but the main reason for the FOD walk itself is to instil in all personnel the idea to pick up stuff."

Arruda collects a list of FODs found, looking for particular problem areas on the grounds or commonly found debris. If there are ways to keep an area cleaner, or tighten checks and controls when personnel are working around the base, he wants to know.

The perks for personnel – if it's not raining May 11 – include a morning spent outdoors, walking the airfield and ops side where they may not always have the chance to be and a draw for small flight safety-related prizes. The overall benefit, though, is how important the event is for the safety of personnel and base equipment.

"Greenwood is already quite

conscious of what FODs are and about picking them up," Arruda says. "If there is an issue, we look at it. We want to keep people thinking about FODs and picking them up unconsciously."

## Good-looking all over

On the support side of the base, meanwhile, Warrant Officer Cheryl Doyle is already set with garbage bags, gloves and maps for the hundreds of people who work everywhere from her office at the Birchall Centre to the Morfee Centre to headquarters to supply hangars.

"Basically, there's not much convincing needed to get people out for a spring clean-up," she says. "It doesn't take long: it's a Friday morning, you stroll around and there's not a lot to pick up. I see people quite often picking things up as they go, anyway. It's good to see."

It's the Wing Administration branch's turn to organize the public side of the base's spring clean-up; by going out the same day as the FOD walk, base personnel will all be doing their bit to make things safer, cleaner and greener.



## Ready to serve

14 Wing Greenwood Commander Colonel Jim Irvine took a turn with dozens of other community volunteers, behind the counter of the Greenwood McDonalds during May 2's McHappy Day, under the direction of restaurant crew member Danielle Comeau. The day's effort raises funds for Ronald McDonald children's programs support by McDonalds.

**Chief Warrant Officer Bob Viel and Apple Blossom Princess Aylesford Valerie Mapplebeck, ready to serve.**

Sergeant P. Nicholson,  
14 Wing photojournalist

# Au-delà du simple ramassage de débris Débris et objets divers sur les pistes : un problème de sécurité aérienne

**Sara Keddy  
Rédactrice en chef**

Voilà un ramassage qui pourrait s'avérer crucial.

La marche annuelle FOD (Foreign Object Damage) de la 14<sup>e</sup> Escadre Greenwood, destinée à prévenir les dégâts causés par des corps étrangers, est prévue pour le 11 mai. Selon le Capitaine Mariano Arruda, du 14<sup>e</sup> Escadron de maintenance (Air), organisateur de l'activité, tout est question de prévention.

« Les dégâts causés par des corps étrangers sont la principale cause de remplacement prématuré d'un moteur » de déclarer l'officier adjoint de l'escadre chargé des questions « FOD ».

Et de poursuivre : « Tout corps étranger, caillou, objet

métallique ou autre, qui pénètre dans le moteur ou les commandes de vol d'un avion peut bloquer les systèmes et causer de graves dégâts matériels ou corporels ».

Les représentants de l'unité de prévention « FOD » sont prêts à distribuer sacs à ordures et gants aux participants qui devront parcourir les tronçons quadrillés des pistes et des secteurs des opérations. Selon M. Arruda, même quand l'initiative « FOD » n'est pas sous les feux de la rampe grâce à un programme à l'échelle de la base, les unités doivent tout de même surveiller régulièrement le secteur dont elles ont la charge.

« Nous organisons cette opération au printemps parce que nous pouvons alors trouver

tout ce qui aurait pu être dissimulé par la neige, y compris des pierres entraînées par les chasse-neige. Stylos, rondelles, outils laissés sur place par inadvertance : on trouve toujours quelque chose. »

Ce qui préoccupe particulièrement, ce sont les importants travaux de construction qui sont en cours à la base, et qui augmentent les risques « FOD » dus aux matériaux de construction, à l'équipement et aux allées et venues des entrepreneurs.

« Nous atténuons tous ces risques et nous parlons aux entrepreneurs, mais la principale raison de la marche « FOD » est d'inciter tout le personnel à ramasser ce qui se trouve au sol. »

M. Arruda tient une liste des

corps étrangers ramassés, en notant les zones qui posent des problèmes particuliers au sol ou les débris les plus courants, pour savoir s'il y a des moyens d'éviter la présence de débris sur le sol ou de renforcer les vérifications et les contrôles.

À gagner pour les participants (s'il ne pleut pas le 11 mai) : une matinée en plein air, à marcher sur les pistes et dans le secteur des opérations – endroits où ils n'ont pas souvent l'occasion d'aller – et une participation à un tirage pour gagner des prix en lien avec la sécurité aérienne. L'avantage suprême, toutefois, est de participer à une activité cruciale pour la sécurité du personnel et de l'équipement de la base.

« À Greenwood, nous sommes déjà bien sensibilisés aux

dégâts causés par des corps étrangers et à leur ramassage. S'il y a un problème, nous nous en occupons. Nous voulons que les gens gardent cette question à l'esprit et acquièrent le réflexe de ramasser sans même y penser tout objet qui traîne au sol » de déclarer M. Arruda.

## Propre et net, dans tous les coins

Du côté des services de soutien de la base, l'adjudant Cheryl Doyle est prête à distribuer sacs à ordures, gants et plans aux centaines d'employés qui travaillent dans tous les secteurs : avec elle au centre Birchall, au centre Morfee, au quartier général, ou aux hangars d'approvisionnement.

« En général, on n'a pas be-

soin d'insister beaucoup pour convaincre les gens de sortir et de participer au nettoyage de printemps » dit-elle. Et de poursuivre : « Ça ne prend pas beaucoup de temps : c'est un vendredi matin, vous vous promenez sur les lieux et il n'y a pas grand-chose à ramasser. Je vois assez souvent des gens qui ramassent tout naturellement ce qu'ils voient sur le sol. C'est bien. »

C'est au tour des services administratifs de l'escadre d'organiser le volet public du nettoyage de printemps; avec l'organisation simultanée de cette opération et de la marche « FOD », tous les membres du personnel auront fait leur part pour que leur base soit plus sûre, plus propre et plus écologique.



# bravo zulu | promotions & presentations

14 AMS, Wing Imaging unless otherwise indicated.



Private Sarah Landry receives her first chevron from Major Stephane Racle, 14 Air Maintenance Squadron Aircraft Maintenance Organization Officer.



Private Sujeeth Vignarajah receives his first chevron from Major Stephane Racle, 14 Air Maintenance Squadron Aircraft Maintenance Organization Officer.



Private Cory Prosper receives his first chevron from Major Stephane Racle, 14 Air Maintenance Squadron Aircraft Maintenance Organization Officer.



14 Wing Operations Officer Lieutenant Colonel Steve Chouinard present Petty Officer Second Class Shawn Bradbury with his new rank.

## business of the week

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# Make time - and make health, safety work for you

**Sara Keddy,**  
Managing editor

Take topics like health, safety and fitness and throw in some hands-on opportunities to try out a TRX class, have your blood pressure checked or see the world from behind simulated drunk driving goggles; and you have just a sample of how a range of programs and partners “make it work.”

“Many of us may remember the song by Doug & The Slugs, ‘Making It Work,’ with the chorus pointing out ‘Making it work takes a little longer, making it work takes a little time,’” says 14 Wing Green-

wood general safety officer Roger Walsh.

The theme for North American Occupational Safety & Health Week, May 6 to 12, is “Making it Work,” focusing the attention of employers, employees, the public and all partners in occupational safety and health on the importance of preventing injury and illness in the workplace, at home and in our communities.

May 10, 14 Wing Greenwood’s general safety office, health promotion team and Fitness & Sport Centre staff are teaming up with over 40 base and community partners to present their first combined Health, Fitness & Safety Fair.

“We all always have kiosks, information days and our classes – the base is very receptive to our programs,” says Lisa White, director of health promotion.

Putting out the call for partners in this bigger event has had a positive response: “sections and partners on the base and from the community want to be part of health and wellness initiatives.”

From 14 Wing, base physio, 26 Canadian Forces Health Services, community recreation, dispute resolution, employee assistance, explosive device handlers, firefighters and Military Police, the Military Family Resource Centre and several others will showcase their programs and resources, but also offer some hands-on experiences for visitors. As an example,



base physio wants visitors to jump on a treadmill for some quick tips on balance, core activation and timing. With a selection of sneakers, braces and strengthening aids on display, they’ll be able to answer your questions on joints, muscles and how those few “extra” pounds may be affecting your health.

From the community, partners coming in represent security and safety-related

businesses, work wear and equipment providers, reflexology, physiotherapy, employment counselling and support programs, community-based health organizations, injury and illness support groups and municipal, provincial and federal work, safety and legal branches related to NAOSH initiatives.

With your “bingo-style” info card in hand, visit all the partners in the Fitness & Sports Centre gym and collect booth signatures for your chance to win gift certificates for programs, goods and services offered by partners.

Also featured throughout the event are seminars – one from each area the fair is touching on: from 9:30 a.m. to 10:30 a.m., find out what your “ultimate goal” should be with Department of National Defence 663 reporting and administration. From 10:30 a.m. to 11:30 a.m., fitness centre staff will help people achieve their fitness goals and become more active. At 11:45 a.m., move out onto the centre’s TRX (Total Resistance eXercise) equipment for a beginners’ session with fitness coordinator Eric Plante. Finally, from 12:30 p.m. to

1:30 p.m., health promotion presenters will talk about mental health for all: coping with stress, and how you can improve your own mental health.

“The kicker is making sure people – from the base and the wider community – come,” says White, extending an invitation to all to visit the displays and sign up for the seminars. She’s particularly hopeful 14 Wing section leaders will give their staff time for the fair.

“By focusing on occupational health and safety and ‘making it work’ - not only during NAOSH week, but each and every day, we can all be proactive in ensuring the safety and health message is reinforced,” Walsh says, “and assist in protecting our family, friends and co-workers in having everyone return home safely at the end of each day.”

There is no admission, and a chance to win prizes and gain some valuable information and contacts. The fair runs from 9 a.m. to 1:30 p.m. May 10, and is open to military, civilian and the wider community. Organizers invite you to make – and take – time, and make health and safety work for you.



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# Misons sur l'efficacité avant tout!

**Sara Keddy,**  
Rédactrice en chef

Cette année, on mise sur « l'efficacité avant tout » : des séances d'information sur la santé, la sécurité et la condition physique, l'essai d'une séance d'entraînement TRX, une clinique de dépistage de l'hypertension et des démonstrations avec port de lunettes d'ébriété... Voilà un exemple du vaste éventail d'activités offertes dans le cadre de la Semaine nord-américaine de la santé et de la sécurité au travail (SNASST) 2012, qui aura lieu du 6 au 12 mai prochains.

La SNASST, dont le thème est « L'efficacité avant tout! », vise à retenir l'attention des employeurs, des employés, de la population et de tous les partenaires en santé et en sécurité au travail pour leur rappeler l'importance de prévenir les blessures et les maladies au travail, à la maison et dans l'ensemble de la communauté.

Le 10 mai prochain, le Bureau de la sécurité générale,

l'équipe de promotion de la santé et le personnel du Centre de conditionnement physique et de sports de la 14<sup>e</sup> Escadre Greenwood uniront leurs forces avec plus de quarante partenaires de la base et de la collectivité pour présenter le tout premier Salon annuel de la santé, du conditionnement physique et de la sécurité.

« Nous avons toujours des présentoirs et offrons toujours des séances d'information et des cours. La base est très réceptive à nos programmes », explique la directrice de la promotion de la santé, Lisa White. « L'invitation à participer à cet événement d'envergure a été bien accueillie par les partenaires de la base et de la collectivité, qui souhaitent prendre part aux initiatives de promotion de la santé et du bien-être. »

Parmi les partenaires de la base, mentionnons les services de physiothérapie, le 26<sup>e</sup> Centre des services de santé des Forces canadiennes, le centre de loisirs communautaires,

les services de règlement des conflits, les services d'aide aux employés, le personnel de la sécurité des explosifs, le service des incendies, la police militaire, le Centre de ressources pour les familles des militaires et plusieurs autres. Ces partenaires présenteront leurs programmes et leurs ressources, mais proposeront également des expériences pratiques aux visiteurs. Par exemple, les services de physiothérapie invitent les visiteurs à monter sur le tapis roulant pour obtenir quelques conseils sur l'équilibre, l'activation des muscles du tronc et le rythme. Ils auront en montre une panoplie de chaussures de course, d'attelles de sport et d'aides au renforcement des muscles et seront en mesure de répondre à vos questions au sujet des articulations, des muscles et des quelques kilos en trop qui peuvent nuire à votre santé.

De nombreux partenaires de la collectivité seront aussi présents, dont des entreprises œuvrant dans le domaine de

la sûreté et de la sécurité, des fournisseurs d'équipement et de vêtements de travail, des fournisseurs de programmes de soutien et de services de réflexologie, de physiothérapie et de counseling d'emploi, des organismes de santé communautaire, des groupes de soutien pour les personnes souffrant de maladies ou de blessures, ainsi que des services municipaux, provinciaux et fédéraux des domaines du travail, de la sécurité et des questions juridiques dont les activités sont liées aux initiatives de la SNASST.

Les visiteurs recevront à l'entrée du Salon une carte d'information (un peu comme une carte de bingo) sur laquelle ils pourront recueillir la signature des animateurs de chaque kiosque qu'ils visiteront et courront ainsi la chance de gagner des bons-cadeaux pour des programmes et des services offerts par les partenaires.

Pendant toute la durée de l'événement, des séminaires seront présentés sur chacun

des aspects du Salon. De 9 h 30 à 10 h 30, informez-vous sur les objectifs du formulaire DND 663. De 10 h 30 à 11 h 30, le personnel du Centre de conditionnement physique et de sports vous aidera à atteindre vos objectifs de bonne forme physique et à devenir plus actif. À 11 h 45, faites l'essai de l'équipement TRX (Total Resistance eXercise) du Centre lors d'une séance pour débutants en compagnie du coordonnateur du conditionnement physique, Éric Plante. Enfin, de 12 h 30 à 13 h 30, le personnel de la promotion de la santé parlera de la santé mentale pour tous – faire face au stress pour améliorer sa santé mentale.

« Le défi est de s'assurer que les gens – de la base et de la collectivité – viendront », déclare Mme White, qui invite l'ensemble de la population à visiter les kiosques et à s'inscrire aux séminaires. Elle espère en particulier que les chefs de section de la 14<sup>e</sup> Escadre donneront à leur personnel le

temps de visiter le Salon.

« En visant la santé et la sécurité au travail et « l'efficacité avant tout », non seulement durant la SNASST, mais tout au long de l'année, nous pouvons tous être proactifs et faire passer le message de santé et sécurité », affirme l'officier de la sécurité générale de la 14<sup>e</sup> Escadre, Roger Walsh. « Nous contribuons ainsi à la protection de notre famille, de nos amis et de nos collègues de travail, car chacun retourne à la maison en toute sécurité à la fin de chaque journée. »

L'entrée est gratuite, et les visiteurs ont la chance de gagner des prix intéressants et l'occasion d'obtenir des renseignements précieux et d'établir des contacts. Le Salon se tient le 10 mai, de 9 h à 13 h 30. Il est ouvert au personnel militaire et civil, de même qu'à l'ensemble de la population. Les organisateurs vous invitent à célébrer la santé et la sécurité au travail en prenant le temps de visiter le Salon et en misant sur la « l'efficacité avant tout »!

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From tissue paper to tissue paper in 140 years: seven layers of wall coverings in this old house.

Submitted

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# Everything old, new again

**Allison Mahar,**  
**Dempsey Corner Orchards**

They say if you wait long enough, it will come back in style - and I guess they are right!

We have a 140-year-old farmhouse. Last year, I decided it needed a little love and attention. At the back of the house there is a set of crooked stairs that lead to what was once the maid’s room. The walls in this room were getting a touch baggy-n-saggy. I had heard of this

new wall covering technique, where you cover the walls with tissue paper to “make them look smoother” (side bar... SOOO did not work! Do not attempt to try this stunt at home or without adult supervision). After three days of tissue paper and glue, I painted it in disgust and shut the door.

Last week, I opened the door again and ripped it all back off. Not only did I take off the tissue paper layer I had applied, but I also removed seven layers of wallpaper

added by generations long since passed. It was an archeological dig in terms of home décor: yellow flowers gave way to green flowers, followed by Bay City Rollers sparkly plaid. Under that, we had a few layers of tan and “the Egyptian Green” palm frond and Nile scenes. We thought the blue layer was the bottom - but we were wrong. The very first layer to go on the walls to “make them look smoother” was - tissue paper. (It also happens to be the prettiest of all the archeologi-

cal papers we found: clusters of stylized yellow daisies. We tried to save a section, but the tissue melted at our finger tips.)

Funny enough, the wall itself under the seven layers of wall covering was in remarkable condition. The sagging-n-bagging had come from the paper, not the wall beneath. Once the last of the paper was removed, we just patched and painted.

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## Les enfants doivent protéger leurs yeux contre les rayons UV

(EN) - La plupart des gens savent que les rayons ultraviolets du soleil peuvent être dommageables pour la peau, mais trop peu de gens réalisent que ces mêmes rayons peuvent être néfastes pour les yeux et provoquer une perte de vision permanente. Encore moins de personnes savent que les yeux de leurs enfants sont aussi à risque.

« Au fil du temps, les rayons ultraviolets ont un effet cumulatif et peuvent provoquer des maladies oculaires, et même causer une importante perte de vision », explique Keith Gordon, Ph.D., vice-président, Recherche à INCA. « INCA diffuse ce message depuis des années, mais



de nombreuses personnes ne se rendent toujours pas compte que les enfants ont aussi besoin de protéger leurs yeux contre les dangers des rayons UV. »

Selon M. Gordon, les enfants ont particulièrement besoin de protection, puisque leurs tissus oculaires sont plus sensibles aux dom-

mages causés par le soleil, et qu'ils passent généralement plus de temps à l'extérieur que les adultes. Une exposition excessive aux rayons UV a été associée au développement de la dégénérescence maculaire liée à l'âge (DMLA), de cataractes et d'autres maladies oculaires. Voilà pourquoi il n'est jamais trop tôt pour faire porter des lunettes de soleil aux enfants.

Keith Gordon affirme qu'il est toutefois possible

d'adopter des mesures pour aider à prévenir la perte de vision causée par les rayons UV.

« La meilleure ligne de défense pour les enfants et pour les adultes consiste tout d'abord à se procurer une bonne paire de lunettes de soleil offrant au moins 99 % de protection contre les rayons UVA et UVB, dit-il. Ensuite, il est important de noter que ces lunettes doivent être portées toute l'année, même

par temps nuageux, car les rayons UV sont toujours présents. »

Pour aider à diffuser ce message dans tout le Canada, INCA encourage les Canadiens d'un océan à l'autre à porter leurs lunettes de soleil pendant le mois de mai et à participer à la campagne Lunettes en fête. Cette campagne qui s'échelonne sur un mois vise à sensibiliser les gens aux dangers des rayons

UV et à amasser des fonds pour soutenir les importants services qu'INCA offre aux Canadiens aveugles ou ayant une vision partielle.

Pour obtenir davantage de renseignements sur la façon de se protéger contre les rayons ultraviolets et pour savoir comment vous pouvez changer les choses en participant à la campagne Lunettes en fête, visitez le [sitelunettesenfete.ca](http://sitelunettesenfete.ca).

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# Spring Fling

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## How to get your garden growing

(NC) - The gardening season is just around the corner and, if you're looking to have a blooming good summer, getting started early is your best bet! The following tips are sure-fire ways to make the most of your green space.

**Lawn revitalization**  
Brown, dry and suffocated sod can be brought back to life with lots of water, a hard rake and fertilizer. Start by




loosening up the tangled lawn with a rake or aerator. Fill in any dips or dead areas with new top soil, and finish off with a spring mix fertilizer and good dose of water (particularly if rain and snow have been limited over the winter). Remember to let your grass grow to about four inches high before the first cut.

**Soil solutions**  
Whether winter has been rainy or snow-filled, the soil in every gardening zone across Canada needs attention in spring. Creating fertile ground for annuals, perennials or an edible garden to thrive requires the right soil conditioner. Consider using a fertilizer. Another alternative

is to set up a compost in your backyard - it's an all-purpose and cost-effective option for the Canadian gardener.

**A new leaf**  
To ensure your garden grows green this spring and summer, make it a practice to prune and deadhead old growth. This will revitalize and create new life in shrubs, trees and plants.


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## Hitting the road in an RV

(NC) - Across the country, the Victoria Day long-weekend tends to be the official launch of summer. It's the time of year when everyone throws off their winter coats and quickly dons shorts and tees, even if Environment Canada warns of -5 C with blowing snow. Regardless, Canadians everywhere are itching to get outside and get away.

For a growing number of Canadians, that means hitting the road in a recreational vehicle. They're fun, and provide a greater sense of freedom and adventure compared to standard holiday trips.

Although you don't need a special license to drive most recreational vehicles, it isn't the same as driving the family car.

- Be cautious and allow more time to brake, change lanes, turn and merge into traffic.

- Be sure your vehicle can handle the trailer you are towing.

- Use the right trailer hitch, connect brake and signal lights and make sure they are synchronized with your vehicle.



- Be aware of the height of your vehicle. You wouldn't want to ruin your vacation by getting your RV stuck or damaged by a tree branch or sign.

- If you've never pulled a trailer before, you'll probably find that backing up is the biggest challenge. Get some practice with the help of someone experienced with trailers. And always ask someone to stand outside the vehicle when reversing to avoid any obstacles not seen in your mirrors.

Whether you own or rent your mobile vacation home, it is important to make sure you have adequate insurance coverage before heading out

into traffic. Recreational vehicles are manufactured by many different companies with a wide assortment of extras and options, all of which should be taken into account in the insurance coverage. It will typically cover three main areas: damage to your vehicle and trailer including your personal property in the unit, public liability and medical coverage.

With the proper insurance coverage, and a sensible, safety-first approach to driving, an RV holiday on the open road could provide a wonderful adventure and memories that last a lifetime.

## Don't let mosquitoes make a splash at your patio party

(NC) - People aren't the only ones drawn to pools of water when it gets hot outside.

Mosquitoes are, too, thriving wherever it's moist - and especially as the temperature climbs. Unfortunately, it's often the idyllic conditions of your backyard oasis that make it a perfect spot for mosquitoes to breed.

So beware, experts say. Not only are these pests and their itchy bites a nuisance to humans, they can also cause allergic reactions and spread deadly diseases like West Nile virus.

By knowing the steps to prevent mosquito activity, you can make sure these pests don't make too much of a splash in your yard. For easy recall, here's some handy advice:

- S - Spray insect repellent on any exposed skin when outside, and keep as much skin as possible covered with clothing.

- P - Place yellow bulbs in any outdoor lights, as they are less



attractive to mosquitoes.

- L - Leave food and drinks uncovered only for short periods of time, as mosquitoes are attracted to these sources and can enter containers unnoticed.

- A - Always be sure to trim any vegetation surrounding your home to limit potential nesting places.

- S - Standing water creates

an ideal breeding place for mosquitoes. Keep plant pots, bird baths and other stagnant water sources clean and fresh. Remove standing water from your gutters.

- H - Hot weather means mosquitoes will try to make their way into your home, so apply weather stripping under doors and seal off holes in window screens.

## À l'occasion de la Fête des mères, offrez-lui la santé du cœur

(EN) - Les maladies du cœur et les AVC sont le tueur numéro un chez les femmes au Canada. À elles seules, ces maladies tuent plus de femmes que toutes les formes de cancer réunies. Toutefois, selon la Fondation des maladies du cœur, les femmes peuvent réduire de près de 80 % leurs risques de souffrir de maladies cardiovasculaires en changeant certains aspects de leur mode de vie.

Cette année, à l'occasion de la Fête des mères, voici ce que maman peut faire pour protéger la santé de son cœur :

- **Cesser de fumer** - la cigarette crée une dépendance et

il peut être difficile d'arrêter de fumer, mais avec de l'aide et un plan d'action, il est possible d'y arriver.

- **Pratiquer des activités physiques et manger sainement** - un minimum de 150 minutes d'activité physique par semaine, de 4 à 10 portions de légumes et de fruits chaque jour, ainsi qu'une consommation limitée de gras trans et saturés et de sodium — voilà un bon départ pour un cœur en santé !

- **Connaître et contrôler sa pression artérielle ainsi que ses taux de cholestérol et en discuter régulièrement avec**

son médecin. Évaluer ses risques de maladie cardiovasculaire en répondant au questionnaire en ligne sur le

site [www.lecoeurtelquelles.ca](http://www.lecoeurtelquelles.ca), ce qui lui donnera des renseignements importants sur sa santé.

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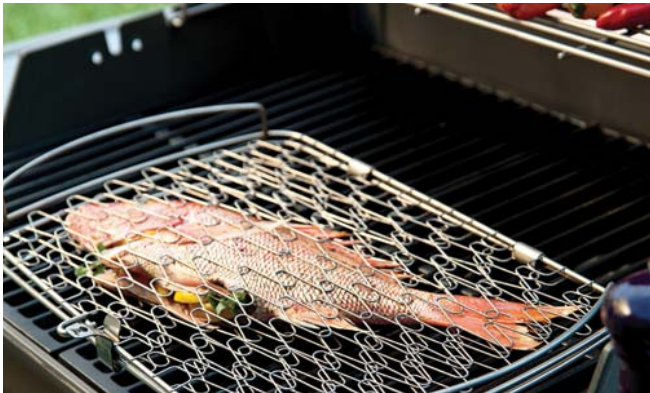
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## Grilling tools add variety to outdoor meals



"We are grilling far more than burgers and chicken these days, so no wonder we want a greater range of quality tools to cook any meal

- For someone who wants to sample smoker-style grilling, a stainless steel smoker box fits the bill. Fill it with flavour chips - hickory or

- Baskets and holders that keep vegetables in place, or that make it easier to barbecue fish and chicken, are excellent additions to any griller's tool kit. An adjustable stainless steel fish

- Tongs are important to outdoor chefs with (88 per cent) of Canadian grill owners rating them as the most important grilling accessory. However, most would be amazed to learn of the variety of styles that are available - from traditional flat graspers to the pincer-style for extra dexterity when turning small items like shrimp, and the sausage tongs with their rippled grippers that prevent rolling.




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# ... your local source for everything spring!

## Make fruit skewers for breakfast

(NC) - Try this recipe to bring some fun to the breakfast table.

**Nutella Fruit Skewers**

- Ingredients
- 2 slices whole grain bread
- 1 tbsp Nutella hazelnut spread
- 1 slice watermelon (1/2-inch thick)
- 1 slice pineapple (1/2-inch thick)
- Small handful of grapes (approx. 5)
- Skewers



**Preparation**  
Spread Nutella onto a slice of bread and top with the other slice of bread. Cut the sandwich and fruit into shapes. Slide pieces of sandwich and fruit onto a skewer, alternating food items as desired, until the stick is almost covered.

Serve it as a balanced breakfast:  
Pair the fruit skewers with 1 cup 2% milk for a breakfast that provides 3 out of the 4 food groups as recommended by Canada's Food Guide. This breakfast delivers:

- 1 serving vegetables and fruit
- 1 serving milk and alternatives

More recipes and fun ideas are available at Facebook.com/TheBreakfastTable.



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# Spring Fling



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# Greenwood gift of life adds up

**Eric MacKenzie,**  
Community recreation coordinator

Canadian Blood Services held a successful, two-day blood donor clinic at the 14 Wing Community Centre April 30 and May 1. Roughly 265 donors supported this worthy cause, and 232 donations were collected, which can be used to save nearly 700 lives.

14 Wing Greenwood is a registered "Partner for Life" with Canadian Blood Services, and aims to have 100 members in 2012. Sign up at <https://www.blood.ca/> (select the "forms" option, then the "Become a Partner for Life" link). Greenwood's partner ID number is 14WI011270. Sign

up once, and CBS can track how many times you have donated on behalf of 14 Wing, and what percentage of the wing's goal has been achieved.

The 14 Wing Community Centre would like to thank local sponsors for their continued support for this event, and members of 14 Air Maintenance Squadron's volunteer work party who assisted with the load in and out of equipment: corporals Pelletier, Kubis, Kusche and Samms; privates Frederick, Jordan, Gretas, Verran, Provost and Gravel.

Canadian Blood Services returns to Greenwood September 17 and September 18. To book an appointment to give blood or volunteer, call 1-888-236-6283.

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Greenwood's "Blue Men."



The "one armed bandits" of Greenwood.

## 43rd ladies' curling closes, Vegas-style

**Robin Bradshaw & Carolyn Dale.**

Greenwood Curling Club ladies wrapped up the curling season with their 43rd closing event the weekend of April 20. Seventeen teams from across the province joined eight home teams for a weekend of curling and fun.

The ladies were treated to a meet and greet Friday evening, as well as dancing with the DJ. Saturday started early, with

curling at 7:30 a.m. and not stopping until 6:30 p.m., followed by dinner and a dance. All teams dressed in costumes related to the theme of "Las Vegas casino." We had one-armed bandits, royal flushes, LVPD crime investigation unit members and a shot gun wedding, just to name a few.

Sunday, curling ended with the presentation of prizes and awards. The A winning team was from a combination of curling clubs (Mayflower, Glooscap and Greenwood): Frankie Amos, Andrea Saul-

nier, Julie Morley and Stacey MacKinnon. Fifteen teams received prizes and four awards were given out.

The organizing committee would thank Jim Putters and the club's ice crew for great ice.



The winning team included Frankie Amos of the Mayflower club, Andrea Saulnier from Glooscap, Julie Morley, Greenwood; and Stacey MacKinnon, Mayflower.

Submitted

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83A School Road, Greenwood,  
by noon May 30.  
**The two winners will be announced in the June 4 issue.**

[www.nstatattoo.ca](http://www.nstatattoo.ca)



# 14 Wing Library Serving those who read

Judy McCool & Joanne Sealby,  
14 Wing Greenwood Library

May is here and summer is fast approaching. The library begins summer hours May 14, and will be closed Sundays until fall. All other opening times remain the same.

For all those patrons posted this summer, please check for library books before the packers arrive. They may be hiding in your closets, under the bed or in those nooks and crannies where books can disappear. A lost book is a treasure gone forever.

The March reading challenge was a huge success, with 1,148 books read by participants. Thank you to all who made the choice to support your local library! The grand prize winners were Logan Stockman, in the newborn to five-year-old category, Sarah Albert in the six to 10 age group, Sarah Nyenhuis in the 11 to 15 group and Mark MacFarlane in the 16 to 101 category. A huge thank-you to the local businesses and individuals who provided prizes.

The next time you visit the library, why not check out our



**Geo-caching guest Rob, setting the coordinates on a GPS, the main tool for geo-caching, so the group can hunt down two nearby caches.**

Submitted

new "CPR Anytime" personal learning program. It will teach you the lifesaving skills of CPR in about 20 minutes. The program contains a DVD, a manual and a mini-Anne Manikin to practice on. This program was donated by the Friends of the Greenwood Library and is an important tool offered by the Heart and Stroke Foundation to help everyone learn CPR.

Our beginners' geo-caching seminar in March was well-attended, and proved to be a huge success. Thank you, Rob, our local enthusiast, for giving a most informative presentation. Rob has promised to give another session this

fall. If you are interested in attending, leave your name and phone number at the library.

Several new titles have arrived. Check out the shelves immediately inside the library for the latest bestsellers. Featured titles include Stay Close, by Harlan Coben, who does his usual job with his non-Myron Bolitar series with twists and turns, several things going on at once, then weaving it all into one big plot line: just when you think you have it figured out, he hits you with a baseball bat, takes a hard right turn and brings in a new plot twist you didn't see coming. You may also want to check out Catch Me, by Lisa Gardner, an

author who has a unique way of carrying the reader into the

dangerous worlds of her own creation - and then misleading

him and, of course, making him feel a sentimental bond with her heroes; or, rather, her heroines, because it is indeed the women who rule the day in this well-crafted thriller. For those who like real stories about real people, check out Under an Afghan Sky, by Melissa Fung, the CBC reporter kidnapped and kept in a hole under the ground for 28 days in Afghanistan.

And, don't forget: the on-line patron access catalogue may be viewed at <http://library-world.com>, log in name is "14 Wing Library."

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## Tennis, anyone?

Jill Jackson,  
Community recreation director

The 14 Wing Greenwood Community Recreation Centre is offering an introductory five-week "Learn the Basics of Tennis" program.

The program is geared for youth ages six to 12, and will be held Saturday mornings from 9:30 a.m. to 11 a.m. at the 14 Wing tennis courts. The cost for the program will be \$15 a person. The program runs from May 26 to June 23. If you do not have your own tennis racquet, one will be provided.

To register, contact the community centre at 765-1494 ext 5341. Space is limited, so please do not wait to register. Payment must be made at time of registration and deadline to register is May 22.

See you on the court!

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# classifieds

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

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

To place a boxed, display ad, contact 765-1494 local 5833; email [marketing@auroranewspaper.com](mailto: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](mailto: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](mailto:marketing@auroranewspaper.com).

## FOR RENT

**FOR RENT** – 852sq ft, 2 bedroom duplex apartment located at 628 Aldred Dr, Greenwood. The apartment is in an adult only building. No pets. Fridge and stove provided and a washer/dryer hook-up is available. \$725/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](http://www.middletonapt.weebly.com). Email:

[rocket650@eastlink.ca](mailto: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 clean 2 bedroom apartment. A duplex located in Greenwood with fridge and stove provided and washer/dryer hook-up. The unit has a rear deck and storage shed. Rent is \$550/month plus utilities. Available June 1st. Call Kevin at 847-0111. (3318-2tp)

**FOR RENT** – apartment for rent. 3 rooms plus 1 bedroom. Lights

and heat included in the rent. Call 847-3714 or 844-1107. (3319-2tp)

## 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. \$75. 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: \$20. 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. Call 765-0277 Leave a message. (3313-ufn)

**MOVING SALE** – We are downsizing. Lots of household goods, furniture and miscellaneous items for sale. Sale will take place at 0800 on the 19th May at 111 River Crest Lane, Greenwood. (3319-2tpb)

## SERVICES

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

**SERVICE** – Ernst Locksmithing – Commercial or Residential. Locks re-keyed, repaired and installed. Auto and home lock-outs. Call 765-6248. (3318-3tpb)

## EMPLOYMENT

Employment Opportunity – Gail's Barber Shop is looking to hire a barber/hairstylist. Will train. Drop off resume at shop in the Canex Mall or call 765-2050. (3319-1tp)

## Steve Lake's Light Trucking

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# Sponagle's new role welcomed

Murray Rolph

The Reverend Matthew Sponagle was recently welcomed into his new role as regional dean of the Annapolis Valley.

A special service was held at Holy Trinity Anglican Church, Middleton, April 19, and over 100 people turned out to help celebrate this new ministry.

Sponagle takes on this role from the Rev. David Garrett of the Parish of Cornwallis, who has been appointed archdeacon. Garrett will be installed at the Cathedral Church of All Saints, Halifax, in June.

Part of the regional dean's job is to help the diocesan bishop, the Right Reverend Sue Moxley, by attending to financial and building matters



Reverend Matthew Sponagle

M. Rolph

in parishes throughout the region. Sponagle will continue as the priest in charge in the Anglican Parish of Wilmot. Since arriving at the parish, he has helped Holy Trinity's congregation through the construction of their new church, and an addition and renovation at All Saints in Kingston.

The Anglican Diocese of Nova Scotia and Prince

Edward Island is divided into 10 regions, each of which is served by a regional dean and an archdeacon. The archdeacon helps the bishop with pastoral and personnel matters. The Valley region consists of 15 parishes and over 30 congregations, from Weymouth to Three Mile Plains and New Ross to Rawdon.

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## crossword solution

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

## sudoku solution

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

## patrick's puzzle

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

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# Sharing his cookies Have a coffee break on man making a difference for food bank

**Sara Keddy,  
Managing editor**

What's a day without a cookie, brownie or cinnamon bun break? John Morash is about to find out.

The Greenwood real estate agent is offering you his "multiple times daily" coffee breaks, in exchange for contributions to the Upper Room Food Bank in Kingston.

"I'm giving up my baked goods for the week (May 7 to 11)," he says. "For people who know me, this is definitely a habit, and I'm going to feel the pain – but, it's better for me, and better for the food bank."

Morash went to his first food bank meeting last month,

appointed to represent his church for the next year. He heard about the "Hunger Awareness Week" project, which encourages people to give up a daily meal or make some other effort in support of food banks. When he realized food and funds for Feed Nova Scotia is also the Nova Scotia Association of Realtors' 2012 charitable focus, he realized he could make a difference.

"I'm inviting all my church friends, my clients and friends to come in and eat my cookies, and bring a donation," he says. "I'm hoping to collect my body weight in food – and people who know me also know that's not insubstantial!"

You may find Morash – and



**John Morash says, "No baked goods for me!" You can eat his treats and help support the Upper Room Food Bank all this week.**

S. Keddy

his stash of fresh baked goods Central Avenue, Greenwood. and hot coffee - all this week at He may also be reached at his office with Century 21, 752 765-6393.



## 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 Office at (902) 765-2800 or at [info@kingstonnovascotia.ca](mailto: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](http://www.kingstonnovascotia.ca)



## Village of Kingston

### NOMINATION DAY

The Clerk of the Village of Kingston will receive nominations for the office of two (2) Commissioners. Nominations must be accepted at the Village Office no later than 4:00pm on Wednesday, May 23, 2012.

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

If more than two candidates are nominated on Nomination Day, Election Day is designated as Saturday, June 9, 2012 with an advance poll on Tuesday, June 5, 2012. Poll location is Kingston Village Office, 671 Main St, Kingston.

**Mike McCleave, Village Clerk**  
[clerk@kingstonnovascotia.ca](mailto:clerk@kingstonnovascotia.ca)

Village of Kingston  
671 Main St, PO Box 254  
Kingston, NS B0P 1R0  
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# C&E branch hosts 10<sup>th</sup> golf invitational

14 Wing Greenwood's Wing Telecommunications and Information Services will host the 10th Atlantic Region C&E Golf Invitational June 28 and 29.

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

Current and retired mem-

bers of the C&E branch are welcome to join this year's four-person scramble, two days of golf at the Greenwood Golf Club, an evening event June 28 at the Annapolis Mess' Copri Lounge and an awards ceremony June 29 at the clubhouse.

Additional information and registration details may be found at [www.wtis.ca](http://www.wtis.ca).



## THE MUNICIPALITY OF THE COUNTY OF KINGS

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

### TENDER 12-13

#### Pump Station Upgrades — RG7

The Municipality of the County of Kings, Engineering and Public Works invites tenders for construction services for the retrofit of Pump Station RG7, located in Kentville, NS.

Specifications and tender forms may be viewed and picked up beginning May 8, 2012 upon receipt of a \$50.00 non refundable deposit 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 Nova Scotia Construction Association, located at 260 Brownlow Avenue – Unit 3, Dartmouth, NS.

Specific inquiries pertaining to this tender may be directed to Steve Murphy, P. Eng., CBCL Ltd: (902) 492-6762 or e-mail: [stevem@cbcl.ca](mailto:stevem@cbcl.ca)

**SEALED TENDERS WILL BE ACCEPTED UNTIL  
2:00PM THURSDAY, MAY 24, 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) 678-6164 Fax: (902) 679-0911  
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# business of the week

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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](mailto: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<sup>e</sup> Escadre Greenwood, par fax au (902) 765-1717 ou par courriel à [l'adresse\\_editor@auroranewspaper.com](mailto: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

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
	20				21						22			
			23					24						
25	26	27							28			29	30	31
32											33			
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36				37								38		
39					40	41			42	43				
			44				45		46					
47	48	49						50				51	52	
53					54						55			56
57					58						59			
60					61						62			

- ACROSS
- 1. Irish mother of gods
  - 5. Provides weapons
  - 10. Hyperbolic cosecant
  - 14. Kilt nationality
  - 15. Mexican artist Rivera
  - 16. Circle of light around the sun
  - 17. What a clock tells
  - 18. To condescend to give
  - 19. Chocolate cookie with white cream filling
  - 20. Harry Potter star
  - 23. Without (French)
  - 24. A dissolute man
  - 25. Resecure a book
  - 28. Blanketlike shawl
  - 32. Opaque gem
  - 33. Biblical name for Syria
  - 34. Mail call box abbreviation
  - 35. Mined metal-bearing mineral
  - 36. Mild yellow Dutch cheese
  - 38. After a prayer
  - 39. Baseball's world championship
  - 42. Knights' tunic
  - 44. Small pigeon shelter
  - 46. Meredith, Johnson & Shula
  - 47. 20th U.S. President
  - 53. Pitcher Hersher

- 54. Sans \_\_\_\_: typeface
  - 55. High water tide
  - 57. Sew up a falcon's eyelids
  - 58. Mexican plant fiber
  - 59. Taxis
  - 60. Fermented rice beverage
  - 61. A mode of living
  - 62. Formerly (archaic)
- DOWN
- 1. Fall back time
  - 2. Has a sour taste
  - 3. Gangrenous inflammation
  - 4. Spoon or fork
  - 5. What is added to the augend
  - 6. Cambodian monetary units
  - 7. Golda \_\_, Israeli P. M.
  - 8. "Walk Don't Run" actress Samantha
  - 9. Often the last movements of a sonata
  - 10. Contaminated water disease
  - 11. Indian dress
  - 12. Musical pitch symbol
  - 13. Horse foot sheath
  - 21. 007's Flemming
  - 22. A billiards stick

- 25. Catches with a lasso
- 26. 3rd part of a Greek ode
- 27. Elephant's name
- 29. Distinctive odor that is pleasant
- 30. A small sharp fruit knife
- 31. Improve by critical editing
- 37. Droplet in a colloidal system
- 38. Failure to be present
- 40. Winged goddess of the dawn
- 41. Static balance between opposing forces
- 42. Treacle candy
- 43. Black tropical American cuckoo
- 45. Discharge from the body
- 46. Training by multiple repetitions
- 47. A Chinese image in a shrine
- 48. Length X width
- 49. Mild and submissive
- 50. Affectedly artistic
- 51. Tragic Shakespeare king
- 52. Taps gently
- 56. Time in far western states

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**Walking club**  
Kingston Walking Club meets Fridays at 9:30 a.m. at the Kingston village office. Call 765-2800 for details, or just come and enjoy a healthy, active, social time. All welcome.

**Lunch**  
May 8, Kingston Lions will hold their community luncheon, 11:30 a.m. to 1 p.m., at the Kingston Lions Hall. Menu: roast beef, potatoes, carrots, turnip, cole slaw and dessert. \$8, \$8.50 for take out (call 765-2128 for take out). All proceeds from this support Lions' work in the community.

**Supper**  
May 8, 5:30 p.m., prime rib dinner and trimmings at the Aylesford United Church hall. Please contact Marilyn Wilson at 847-9774 or Jeanette Herbert 847-9526 for tickets. \$15 per person. Space is limited and all tickets will be pre-sold. Please call 847-9382 or 847-9526 to arrange your ticket. Presented by the Aylesford United Church Women.

**Meeting**  
May 9, 6 p.m, Dalhousie's College of Continuing Education, in cooperation with Service Nova Scotia, is providing a free municipal recruitment and engagement workshop at the Bridgetown

Volunteer Fire Hall, 31 Bay Road. If you're interested in learning how municipal elections work, how your vote matters or how you can get involved, these workshops are for you. Visit [www.ns-municipal-elections.ca](http://www.ns-municipal-elections.ca) for information.

**Ball registration**  
May 9, Middleton Minor Baseball will hold registration at town hall, 6 p.m. to 8 p.m.; and again May 12, 10 a.m. to 2 p.m.

**Greenwood Players**  
May 9 to 12, Greenwood Players presents A Little Murder Never Hurt Anybody, a play about murder and mayhem, under the direction of Chantal Murphy. It's New Years Eve and Donald has resolved to murder his wife by the end of the year; wife Julia has resolved to live to see the next year, and confusion and hilarity ensues. Performances on the Greenwood Players' stage in the A.V.M. Morfee Centre, Greenwood, 7:30 p.m. Admission \$8 per person.

**Caregivers' workshop**  
May 10, the Nova Scotia Alzheimer Society, with Careforce Home Health Services, will begin a six-week Family Caregiver Education Series to provide caregivers with information and tools to enhance

their skills. The workshops cover such topics as understanding dementia, communicating with Alzheimer patients, financial and legal matters and overcoming caregiver fatigue. Free, pre-registration required. For information, call 902-365-3155.

**Shredding event**  
May 11, 10 a.m. to 2 p.m., join in a community shredding event in the Greenwood Mall parking lot, near Scotiabank. Bring personal documents which should be shredded for your protection (old bank statements, records with your name, address and other personal information). Shredding Services donated by Scotia Security Shredding and Kings RCMP. A fundraising BBQ, with proceeds to the Upper Room Food Bank, will also be held.

**Plant sale**  
May 12, 9:30 a.m. to noon, Nicholsville plant sale, 213 Victoria Road, Nicholsville Hall (847-1001).

**Tea**  
May 12, Apple Blossom Festival Princess Aylesford Valerie Mapplebeck will be present at a wardrobe showing and dessert tea at the Aylesford United Church, 2 p.m. to 4 p.m. Freewill offering. Everyone welcome.

**Tea & sale**  
May 12, a Mother's Day tea and sale, 2 p.m. to 4 p.m., Nictaux Christian Family Centre. Bake, craft and treasure tables. Door prizes. Hosted by Nictaux Baptist Friendly Club. Everyone welcome.

**Plant sale**  
May 12, the Black Rock Trail Society hosts a spring plant sale at the Black Rock Culture & Recreational Centre, 4404 Black Rock Road (just before Canada Creek). 8 a.m. to noon. Proceeds support care of the Black Rock community nature trails.

**Yard sale**  
May 12, 8 a.m. to 1 p.m., there will be an indoor yard sale, bake table and canteen at the Wilmot Baptist Church Christian Fellowship Centre.

**Walk**  
May 12, the Valley Trekkers, a member of the Canadian Volkssport Federation, invites everyone on a walk around Windsor. Registration, 9:30 a.m.; walking, 10 a.m. Meet at the Irving Circle K, Exit #7, off Hwy 101. Leader for this 10 km walk (with 5 km option) will be Bert Currie, 765-4051. Come join us for World Walking Day!

**Dinner, auction**  
May 12, the Companion Animal Protection Society dinner and silent auction will take at the Lawrencetown fire hall. A full course turkey dinner (or vegetarian entrée) will be offered. Guest speakers are members of DART - Disaster Animal Response Team. Pam Murray of Invisible Fence will also be on hand to explain the pet oxygen mask program. Doors open at 4:30 p.m. for early bidding and social time. Dinner will be served at 6 p.m. Tickets are \$25 and must be purchased by April 29 from the Middleton vet clinic, Greenwood Animal Hospital, Shear Techniques, Meadowvale; Debbie, 765 2424, or Anna, 825 2277.

**Mother's Day tea, auction**  
May 12, the Middleton Regional High School Band Parents hold a Mother's Day tea and ticket auction at the Middleton Baptist Church Hall, 2 p.m. to 4 p.m.

**Breakfast**  
May 12, come for breakfast at the All Saints' Anglican Church, Pleasant Street, Kingston, 8 a.m. to 10 a.m. Cost: \$ 6. Menu : pancakes, scrambled eggs, bacon, sausages, baked beans, hash browns, toast, juice, tea & coffee.


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the Aurora

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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. What business has baby chicks and tiny bunnies? \_\_\_\_\_

2. Where can you buy Regal geraniums for \$5.95? \_\_\_\_\_


3. Who is offering cost effective legal solutions? \_\_\_\_\_

4. Where are Boston Brown Potatoes on the menu? \_\_\_\_\_

5. Who is back at Kia? \_\_\_\_\_

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: CAROLYN KENNEDY**





Green ideas

Green Team members from Dwight Ross Elementary School had a special visit from Cathy Trafford (centre) from Green Schools Nova Scotia April 4. praising their hard work in keeping their school as “green” and environmentally friendly as possible. She also shared new ways to keep improving on this very important initiative at their school.

Submitted

Supper  
May 12, Mother’s Day supper at the Melvern Square Community Centre, 4:30 p.m. to 6 p.m. Full turkey dinner, homemade rolls, gingerbread and whipped cream.

Adults \$10, children \$5.  
Breakfast  
May 13, enjoy a Mother’s Day breakfast, 7:30 a.m. to 10 a.m., at the Kingston fire station. Freewill offering.

Alzheimer café  
May 15, join the Careforce Alzheimer Café, at the New Beginnings Centre in Greenwood, 2 p.m. to 4 p.m. No cost, all welcome. For more information, call 765-3122.

Players stage a family murder

Crawford Van Horne,  
Greenwood Players

The Greenwood Players is set to stage “A Little Murder Never Hurt Anybody,” a play about murder and mayhem, under the direction of veteran member Chantal Murphy. It’s New Year’s Eve, and Matthew has resolved to murder his wife by the end of the year. Julia has resolved to live to see the next year, as their ditzy daughter, Bunny, has just become engaged to Donald. Then there’s Buttram, the butler: did he do it? Will flatfoot Detective Plotnik solve the case in time to prevent Julia’s demise?

Follow the cast from New Year’s Eve to New Year’s Eve, as they prepare for a wedding and endure multiple deaths.



Todd Detcheverry and Helen Shields are set for the Greenwood Players’ “A Little Murder Never Hurt Anybody.”

Submitted

Who has committed all these murders, who is related to whom, and will those left alive live happily ever after? The murder and mayhem will take place on the Greenwood Players’ stage in the A.V.M. Morfee Centre, Greenwood, May 9 to 12. The performance will start at 7:30 p.m., and admission is \$8.

sudoku

solution page 18

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

sudoku brought to you compliments of



**\$3 Breakfast Combo**  
6” Cheese & Egg flatbread with a coffee

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patrick’s puzzle

solution page 18

Word Search — Sensational Salads

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


Bib	Dressing	Lamb	Mix	Salad
Boston	Iceberg	Lettuce	Oak leaf	Toss
Croutons	Kale	Mesclun	Romaine	Watercress

patrick’s puzzle brought to you compliments of



Convert any used working device into credit with the TELUS Trade-In Program.

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Greenwood Mall  
765-2415

horoscopes

May 6 - May 12

**ARIES - Mar 21/Apr 20**  
Aries, although you may have your mind set on one outcome, it might be good to expect the unexpected this week. Keep your eyes and ears open.  
**TAURUS - Apr 21/May 21**  
Think of this week as the opportunity to rest and recharge, Taurus. Schedule a family movie night or lounge in the yard instead of packing your schedule.  
**GEMINI - May 22/Jun 21**  
Gemini, you have been thinking about getting into something creative, and your plans just may come to fruition soon. You just have to finalize some of the details.  
**CANCER - Jun 22/Jul 22**  
Cancer, keeping secrets doesn’t often turn out well because sooner or later those secrets are revealed. Honesty usually is the best way to go in most situations.  
**LEO - Jul 23/Aug 23**  
Beating the doldrums could involve some creative thinking, Leo. If you’re fresh out of ideas, you can ask someone you are close to for some suggestions.  
**VIRGO - Aug 24/Sept 22**  
Virgo, you are on the road to recovery from an issue that’s been bothersome. This recovery is long overdue, but you will be stronger for having gone through these trials.

**LIBRA - Sept 23/Oct 23**  
Libra, it’s good to go with the flow, but speak up for yourself from time to time, especially when something is important to you. Your opinions count, too.  
**SCORPIO - Oct 24/Nov 22**  
Sometimes there is no shortcut to success, Scorpio. You just have to trudge through and hope that all the effort will be worth it in the long run.  
**SAGITTARIUS - Nov 23/Dec 21**  
Sagittarius, someone is worried about you and this week you will recognize their concerns. Maybe the worry is because you have been out of touch for so long.  
**CAPRICORN - Dec 22/Jan 20**  
Capricorn, when a new career path is presented to you, it may be difficult to decide whether you should make a move. Go with your gut and trust your instincts.  
**AQUARIUS - Jan 21/Feb 18**  
Those close to you are finding your more accommodating nature very appealing, Aquarius. This new attitude is bound to paint you in a new light.  
**PISCES - Feb 19/Mar 20**  
Pisces, you have a huge support system in the way of family and friends. Expect them to rally behind you when needed.

horoscopes brought to you compliments of



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# Youth Happenings

Megan LeMoine,  
Recreation Youth Worker

Don't forget to pre-register for certain programs or events at the 14 Wing Greenwood Community Centre - this helps us plan for supplies and gives us an idea of how many youth to expect. If you would like to pre-register, just call 765-8165. Here's what's happening this week.

**Boys' Club**  
May 7, 4:30 p.m. to 6 p.m.  
Bring your sneakers to the centre, and we'll play badminton either inside or outside, depending on the weather.

**Teen Council**  
May 8, 4 p.m. to 5 p.m.  
Teens, let's discuss our upcoming events, like a car wash at Irving, the BBQ at Sobeys, and end of school dance and our end of year celebration.

**Walking Club**  
May 8, 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 the community. If the weather doesn't co operate, we'll use the walking track at the Fitness & Sports Centre. Wear appropriate footwear and bring a water bottle.

**Active Chicks**  
May 9, 6 p.m. to 7:30 p.m.  
Tonight we are making crafts for Mother's Day, and then a yummy treat for the girls! Please pre-register with \$2 for this program.

**Teen Activity**  
May 10, 6 p.m. to 7:30 p.m.  
Teens, come to the centre for pool games, board games or outdoor games.

**Pre-Teen Dance**  
May 11, 6 p.m. to 8 p.m.  
Pre-teen kids, come on out to the community centre for one of our great evenings of dances, prizes and more. Admission \$2.

**Taco Time**  
May 12  
Teen: 5 p.m. to 6 p.m.  
Pre-teen: 6 p.m. to 7 p.m.  
It's a fiesta at the centre! Tonight we'll make homemade beef tacos. Choose your favourite toppings. Pre-register with \$2 for this event.

**Teen Games Night**  
May 15, 6 p.m. to 7:30 p.m.  
Teens, come to the centre where we can play your favourite games.

**Yogi-Bear Campground**  
May 18, 6 p.m. to 9 p.m.  
Pre-teens and teens, meet at Yogi-Bear Campground in North Kingston, where we'll play games, have a bonfire, roast hot-dogs and marshmallows, use the jumping pillow and have fun! Admission \$5.

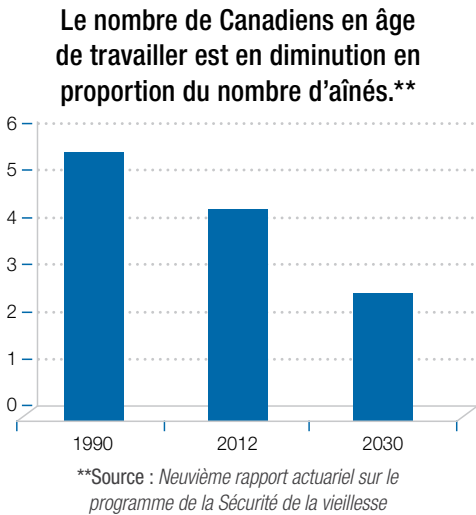


Les Canadiens vivent plus longtemps et les coûts de la Sécurité de la vieillesse (SV) augmentent. Le 1<sup>er</sup> avril 2023, le gouvernement du Canada prévoit commencer à hausser l'âge de l'admissibilité aux prestations de la SV et du Supplément de revenu garanti (SRG), le faisant passer de 65 à 67 ans.\*

## Qu'est-ce que cela signifie pour vous?

54 ans ou plus le 31 mars 2012	Vous pourriez toujours obtenir la SV et le SRG à l'âge de 65 ans.
53 ans ou moins le 31 mars 2012	L'âge auquel vous serez admissible à la SV et au SRG <b>changera progressivement</b> entre 2023 et 2029.

À compter de juillet 2013, le programme offrira davantage de **souplesse** aux Canadiens admissibles à la SV mais qui ne la reçoivent pas encore, leur permettant de **reporter** le moment où ils recevront leurs prestations en retour de l'obtention d'un montant mensuel plus élevé à une date ultérieure.



Pour chaque aîné, le nombre de Canadiens en âge de travailler est en diminution, ce qui accroît la pression exercée sur le programme de la Sécurité de la vieillesse.

Pour obtenir gratuitement une brochure ou de plus amples renseignements, visitez le site [www.servicecanada.gc.ca/retraite](http://www.servicecanada.gc.ca/retraite) ou composez le **1 800 0-Canada** (ATS 1-800-926-9105)

\*Sous réserve de l'approbation du Parlement



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