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14 WING • ESCADRE 14 GREENWOOD, NS

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# Perseverance pays off

**Master Corporal Eric Rubin,  
404 Squadron**

After 19 years and four months (or 7,065 days) as a student, Warrant Officer Pete MacDonald has earned his degree.

MacDonald's incredible journey encompassed four children, a posting, three moves and many challenges. When asked if he thought about giving up, he says "There were one or two times when I considered it, but my wife, Ali, who is a registered nurse and has also completed learning via distance, was always there to encourage me to continue."

Beginning in 1994, MacDonald enrolled in a Certificate in Information Systems program offered by Athabasca University in Alberta. His primary focus at the time was to enhance his database and programming skills for work on the CF18 flight simulator in Cold Lake. With 10 years in the service and a nine-month-old daughter (Kate), his busy life now included university courses via distance technology.

Ten years and three children later (sons Bryan, Daniel and Noah had come along), MacDonald was in Greenwood, well on his way to achieving

his goal - when life threw its usual curve ball. His youngest son, Noah, was diagnosed with Autism Spectrum Disorder. In an effort to better enable him to help Noah, MacDonald decided to change his focus to the study of psychology. He shifted to a Bachelor of Arts degree through the University of Manitoba.

In 2006, MacDonald and his family, in an effort to best help Noah navigate autism, had the privilege of being part of Nova Scotia's pilot program for Early Intensive Behavioral Intervention. MacDonald's study of research related to behavior modification and child development assisted him in communicating and working with the professionals involved in Noah's life. MacDonald's continued education, along with his wife's background as an RN, allowed them to be better advocates for Noah as they worked with his educational and medical teams.

As if the challenges of maintaining jobs, four children and educational pursuits weren't enough to create a "full plate," the family was also coping with the challenges of a Multiple Sclerosis diagnosis for Ali, just 18 months before Noah's diagnosis of ASD.

Though the journey to com-



**Warrant Officer Pete MacDonald (centre), 404 Long Range Patrol and Training Squadron, receives his Bachelor of Arts Degree in Psychology from Commanding Officer Lieutenant-Colonel David Proteau (left) and Chief Warrant Officer Ian Smith, in the Hornell Centre at 14 Wing Greenwood.**

Master Corporal R. Wilson, 404 LRP&T Squadron

plete his BA was long, MacDonald sees the positive.

"My daughter, Kate, recently decided to take the second year of her Health Information Management program via distance

education, and I'd like to think our example gave her the confidence to do that."

With his family proudly looking on, MacDonald was presented his Bachelor of Arts degree

with a major in psychology and a minor in physics, achieving a 3.93 overall grade point average. A true lifelong learner, he says he is seriously considering enrolling in the Certificate in Quality

Management program offered at the University of Manitoba. As Henry Ford said, "Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young."

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# Joint Warrior, combined success

**Major RC Townsend,  
405 Squadron**

From March 27 to April 11, crews from 405 and 407 squadrons at 14 Wing Greenwood joined allied nations in the largest European maritime patrol exercise of 2014.

Joint Warrior 14-1 was held at RAF Lossiemouth, Scotland, with participants from Norway (P-3), New Zealand (P-3K), France (Atlantique 2), United States (P-3 and P-8) and Canada (CP140/M).

Maritime surface assets included ships from the United Kingdom, Turkey, France, the USA, Denmark, Belgium and submarines from Norway and the Netherlands. The combined detachment from Canada comprised the high readiness Aurora crews from

the east and west coast in an effort to confirm the long range patrol Air Expeditionary Unit (AEU) capability.

Joint Warrior is a long-running event that occurs twice a year (spring and fall) and has operated out of RAF Lossiemouth for the past several years since the RAF retired its fleet of Nimrod aircraft and turned over the base at Kinloss to the British Army 39 Engineer Regiment. The geo-political scenario on which the exercise is based denotes a hostile nation invading

the territory of an allied nation in the hopes of seizing valuable natural resources, such as offshore oil deposits. During the exercise, Canadian assets were tasked by both the allied and enemy forces in order to accomplish as many of the national training objectives as possible. The crews maximized their time on anti-submarine warfare training and also participated in some anti-surface warfare and overland missions.

Due in large part to the professional crews from 405 and 407 squadrons, and logistical support from 14 Wing, the Canadian team was able to self-

deploy and sustain operations over 14 sorties during the fictitious war-time scenario. Considering the CP140 and CP140M contain completely different tactical equipment and software, the ability of the detachment to achieve mission success throughout the exercise, without relying on external support or strategic airlift, speaks volumes for the efforts of the maintainers on the ground in Scotland. Headquarters staff for the deployment remarked at the cooperation between the air and ground crews of the different units. When a tail swap was needed due to a radar malfunction, all personnel worked quickly to vacate personal gear from the airplane, pre-flight the new tail number and start engines to meet the majority of the scheduled on-station time. This would have been difficult enough when dealing with identical airplanes, but was made especially challenging due to the CP140/M differences and individual qualifications of the aircrew and technicians.

Apart from events surrounding the exercise scenario, personnel were able to enjoy some of the remarkable sights and cultural experiences Scotland has to offer. Most visited nearby castles, or tried not to lose an entire sleeve of balls on one of the challenging Scot-

tish golf courses. Corporal Alex Coles from 407 Squadron became so immersed in local culture, he marshalled the airplane to park dressed entirely in traditional Scottish garb. It was also a homecoming of sorts for RAF exchange personnel (formerly of the RAF Nimrod) Flight Sergeant Ian Sinski and Flight Lieutenant Daz Williamson, who were able to reconnect with many old colleagues while passing along some of the experiences they have gained in Canada.

The exercise concluded with a traditional MPA gathering at the RAF Lossiemouth rugby club, where close to 250 crew members showed up to sample cheeses from France, chicken wings from the USA, smoked salmon from Norway, lamb from New Zealand and, of course, moose milk from Canada.

Overall, the exercise was a great experience. The crew training and exchange of information with international colleagues will go a long way to preparing the AEU crews from 405 and 407 squadrons for success in real world operations.

For information or to see some news coverage of the Canadian participation in Joint Warrior 14-1, visit <http://www.mfr.co.uk/news/local/video-exclusive-mfr-goes-on-board-a-secretive-spy-plane/>.



**405 and 407 squadron members from 14 Wing Greenwood were part of the Canadian contingent at Joint Warrior 14-1, held at RAF Lossiemouth, Scotland earlier this month.**

Submitted



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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 14e 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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# Can't pass this up

## New building matches pass, ID, checkpoint needs

**Sara Keddy,  
Managing editor**

Winter work came to an end April 9, as 14 Wing Greenwood officially opened a new pass control building near Checkpoint Charlie.

Started in November and finished just last month, the building opened for its first day of business April 7, providing passes for military

personnel and contractors delivery goods and services to the secure, operations side of the base.

The new building, a 20 foot by 40 foot structure, replaces the old pass control office, housed in a former Private Married Quarters home just before the base's main gate – and a couple of kilometres away from the actual checkpoint itself.

"You can imagine the inconvenience if you were refused at the checkpoint gate – you had to go all the way back," said Wing Construction Engineering project worker Jodi Pineo, touring 14 Wing Greenwood Commander Colonel Iain Huddleston around the new building after a ribbon cutting April 9.

Huddleston was quick to point out the significance of having pass control based inside 14 Wing's wider fenced territory, in case security changes closed the main gate.

The building adds to the nearby checkpoint, which itself moved a year ago further into the operations side of the base. The kiosk where Commissionaires check passes and monitor access is a simple structure; the new building adds comforts, including a washroom, break room and changing area. The more formal work of a pass control office is also better housed – compared to second storey converted bedrooms in the former building. Fingerprinting, photo IDs, work space and reception areas are a far more effective place to work.

"This definitely makes the pass control people happy, and visiting contractors," Huddleston said. "This is a great step forward – it makes our operation that much more professional and efficient. Thanks to the team for making it happen."

The wood frame construction, energy efficient building was constructed to current codes, including barrier-free access, by Access Contracting Ltd. at a \$378,704 cost.

Through 2013 at the former Maple Street office, pass control issued 2,000 permanent passes, 7,000 temporary passes, 350 permanent ID cards and 700 temporary IDs.



**14 Wing Greenwood Commander Colonel Iain Huddleston prepares to cut the ribbon for the official opening of the new pass control building. He is accompanied by Rick Nippard, Lieutenant-Colonel Brian Richardson, Jodi Pineo, Gary Chiasson, Chief Warrant Officer Lise Ward and Major Stephen Button.**

Corporal J. Reynolds, 14 Wing Imaging



## Last parade

**Major Alan Harvey, strapped to a chair, was paraded around the Maritime Proving and Evaluation Unit April 11 in honour of his coming retirement from the Royal Canadian Air Force.**

Corporal D. Kirkwood, 14 Wing Imaging

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## Story sharing

**14 Wing Greenwood Wing Administration Officer Lieutenant-Colonel Ted Cosstick and Chief Warrant Officer Lise Ward dropped by the 14 Wing library April 8, guests under the "Story Tree." They shared some reading with the Tuesday morning group.** Submitted

## Three rescued by combined response

At approximately 7 p.m. Eastern Time April 23, the fishing vessel Pierre-Luc 1 began taking on water in rough seas about eight kilometres off Pointe-Des-Monts on Quebec's North Shore. The three crewmembers sent out a distress signal.

At 7:06 p.m. ET, the Joint Rescue Coordination Centre tasked R913 (CH149) to respond, and the crew took off from 14 Wing Greenwood. Three boats and a Griffon helicopter from Bagotville also responded.

The Pierre-Luc 1 crewmembers decided to abandon the rapidly sinking boat and ended up in the St. Lawrence River,

wearing immersion suits.

When cargo ship BBC Skysails arrived, according to second officer Luitov Zakhar, they noticed the Pierre-Luc 1 hull was under water, and they saw crewmembers. However, they were unable to pick them up due to the bad weather. All three crewmembers were subsequently located and rescued separately. The last was picked up more than two hours after the distress call went out, when Zakhar and two crewmates got in a launch and plucked a 21-year-old from the water. R913 extracted that man from the BBC Skysails and airlifted him to a waiting ambulance in Baie Comeau. According to

Coast Guard spokesman Michel Plamondon, all three survivors were in good condition after a hospital check.

The rescue was hampered by rough seas, with waves of two to three metres, and nightfall. 14 Wing's R336 (CC130) was initially tasked to provide on-scene illumination but was stood down en route, as the rescue operation was completed.

R913 returned to CFB Greenwood after refuelling, and landed at 5 a.m. Atlantic Time, after flying for 6.7 hours. The rescue was a success, due to the joint efforts of all assets involved in the rescue and the use of immersion suits by the survivors.

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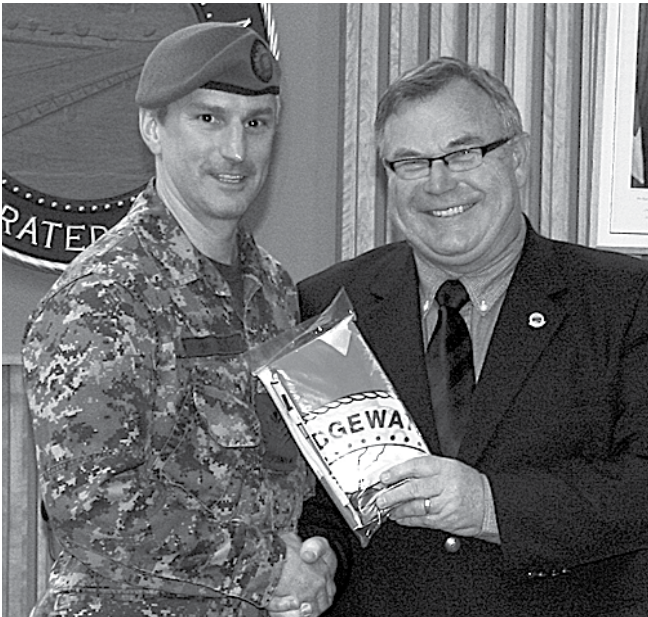
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## Piece of home

Sergeant Trevor Jessome of 14 Construction Engineering Squadron received the Bridgewater town flag from Mayor David Walker March 10, during the weekly Bridgewater council meeting. Jessome will be deploying shortly to the Sudan for a six-month tour.

Submitted

## CAF firefighters' role shared with civilian fire service

Captain Bruce Paradis, 14 Wing Greenwood fire chief, addressed the April 12 Truro meeting of the Fire Service Association of Nova Scotia (FSANS). Approximately 90 people attended.

Paradis outlined the Canadian Armed Forces firefighter raison d'être, mission and working environment; applying that background to deployed operations, particularly the 2010 Operation HESTIA relief efforts in Haiti 2010. Working in the fire marshal's office at the

time, Paradis helped organize firefighter support in Haiti. He shared numerous planning and coordination lessons learned that were of significant value to the leadership of FSANS.

The FSANS provides leadership and representation to the fire service, government, private sector and citizens of Nova Scotia by developing, evaluating and communicating policy and programs through consultation, research and education in the matters of fire and public safety.

## Crews support fisherman search

14 Wing Greenwood's 413 Transport and Rescue Squadron crews were involved in the unfortunate search for a missing fisherman earlier this month.

Local ground search and rescue and RCMP officials called in military assistance April 16 to help search Fisher Lake, Annapolis County, after a

small boat overturned April 15 and two men went into the water. One man made it to shore, but the second man was found after several passes of the lake by Cormorant helicopter and then ground- and water-based shoreline exploration. RCMP eventually recovered the 51-year-old missing man, deceased, April 17.

## Correction

The photograph accompanying The Aurora Newspaper's feature on bodybuilder Mike Martin in the April 21 issue was not credited to the original

photographer, Ian Cameron Smith of Halifax.

The Aurora apologizes for the oversight.



# Canadian Tire Greenwood Is ready for the spring challenge!

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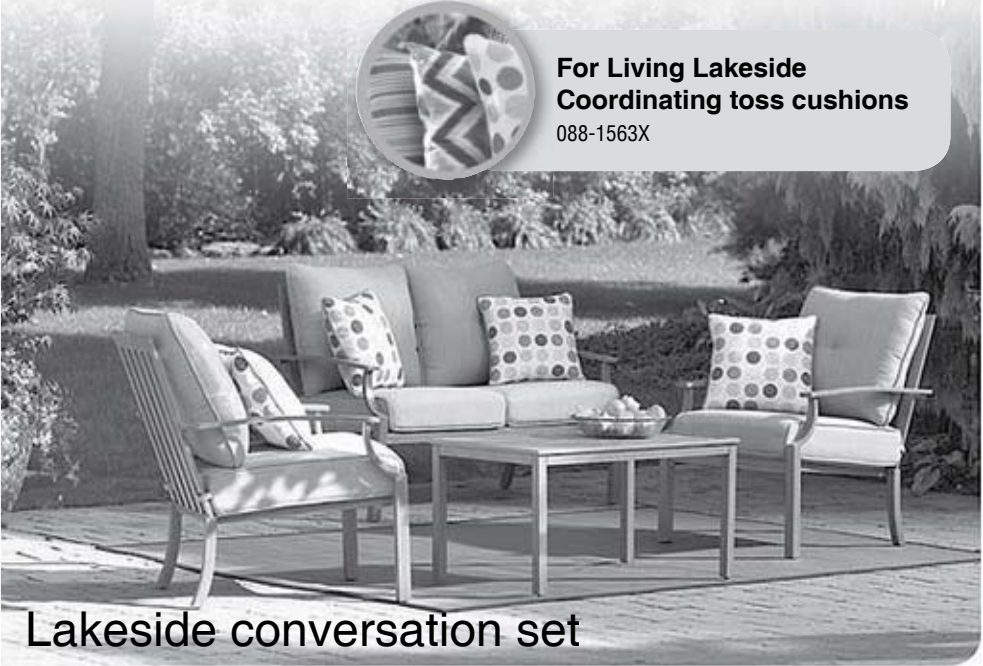
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He shoots, she scores!

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beginning of June. Games will be played between 11:30 a.m. and 1:30 p.m. Tuesdays and Thursdays. Mandatory equipment, in addition to NSBHA requirements, include a CSA-approved helmet and full-face protection, hockey or ball hockey gloves, shin pads, elbow pads and jock. Goalies must have a throat protector

affixed to their mask.

It is expected the league will fill up quickly, with a maximum of six teams. Don't delay, register now! For additional information or to register, contact 14 Wing sports coordinator Graham White at 902-765-1494 local 5753, league chairman Sergeant Brian Milligan, 902-765-1494 local 1682.



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Now that you've planned your garden, it's time to order your seeds. Seed catalogues will be available as well as order forms.

## Vendredis entre amis renouvelés - commande et échange de semences

Vendredi le 2 mai  
10 h à 11 h 30

Maintenant que vous avez fait vos plans concernant votre jardin de légumes, c'est le temps de commander les semences! Vous trouverez sur place les catalogues des semences et les formulaires de commande.

## The Impact of Food on Behaviour

Monday, May 5  
6:30 - 8:30 p.m.

Registration deadline:  
Thursday, May 1

Join Naturopathic Doctor, Kira Woolaver, to learn the difference

between food allergies and sensitivities, how to tell if your child has them, and what to do once you determine a reactive food.

## L'impact de l'alimentation sur le comportement

Lundi le 5 mai  
18 h 30 à 20 h 30

Date limite d'inscription :  
jeudi le 1<sup>er</sup> mai

Venez rencontrer Kira Woolaver, docteure en naturopathie, pour apprendre à distinguer les allergies d'avec les sensibilités alimentaires et à déceler si vous-même ou vos enfants en souffrez. Vous apprendrez également ce qu'il faut faire lorsque vous avez identifié un aliment qui provoque une réaction négative.

## Try Something New: Basic Car Maintenance

Tuesday, May 6  
4:30 - 6:30 p.m.

Registration deadline:  
Monday, May 5

Learn valuable life skills to get out of sticky vehicular situations.

familyforce.ca  
forcedelafamille.ca  
Facebook.com/GMFRC

## Les Journées Découvertes : entretien de base d'un véhicule

Mardi le 6 mai  
16 h 30 à 18 h 30

Date limite d'inscription :  
lundi le 5 mai

Venez acquérir des connaissances pratiques précieuses pour être capable de vous sortir d'une situation difficile avec un véhicule.

## Road to Mental Readiness (R2MR)

Thursday, May 8  
1:30 - 3:00 p.m.

Registration deadline:  
Tuesday, May 6

R2MR is a program that builds resiliency in military families.

## En route vers la préparation mentale (RVPM)

Jeudi le 8 mai  
13 h 30 à 15 h

Date limite d'inscription :  
mardi le 6 mai

RVPM est un programme conçu pour augmenter la résilience psychologique auprès des familles militaires.

To register, or for more information, call 902-765-5611 or drop-in to the GMFRC located at the AVM Morfee Centre on School Road, Greenwood. Pour s'inscrire ou pour plus d'informations, appelez au 902-765-5611 ou présentez-vous au CRFMG situé au Centre AVM Morfee sur le chemin School à Greenwood.



## Branch service

Branch 098 Royal Canadian Legion Kingston President Dave Geddes (left) recently presented Branch Service Medals to, from left, Art Charlton, Jim Desmond and Andy McWilliams; with the assistance of Awards Chairperson Linda Desmond, right.

Submitted

Kingston Legion Br 98 ~ May 2014									
Office 902-765-4920 • Bar 902-765-4428 • Fax 902-765-2479 • E-Mail legion98sect@eastlink.ca									
Sun	Mon	Tues	Wed	Thu	Fri	Sat			
				TGIT 1	TGIF - No Food 2	Breakfast 3			
TGI .... M,T,W,T,F .... Monday to Friday 4:30 to 6:30				CRIB	MIXED DARTS				
4	5	6	7	8	9	10			
BINGO - 1:30	EUCHRE	BINGO 7:30	Ladies Darts	CRIB	MIXED DARTS BANQUET Dance: Crackerjack				
11	12	13	14	15	16	17			
BINGO - 1:30	EUCHRE EXECUTIVE MTG 7:00	BINGO 7:30		CRIB					
18	19	20	21	22	23	24			
BINGO - 1:30	Victoria Day EUCHRE	BINGO 7:30		CRIB					
25	26	27	28	29	30	31			
BINGO - 1:30	GENERAL MTG 7:00	BINGO 7:30	EUCHRE	CRIB					
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# Command team issues flight line challenge

The first annual Command Team Flight Line Hockey Challenge April 10 saw each of 14 Wing Greenwood's flight line squadrons - 404, 405, 413, 14 Air Maintenance, 14 Software Engineering, Maritime Proving & Evaluation Unit and 14 Wing Operations - participate in a one-game elimination challenge; each squadron placed their most powerful and eager players on the ice.

Wing Commander Colonel Iain Huddleston, accompanied by Wing Chief Warrant Officer Pierrot Jetté, dropped the opening puck for the first two teams to play, 405 Squadron and 404 Squadron. 404 defeated 405 in a shoot-out.

This game was followed by another hard fought battle between 413 Squadron and Wing Ops, with the Tuskers (413

Squadron) coming out on top. 14 AMS had the bye directly to the semi-finals, where players faced 404 Squadron. After falling behind 4-0 in the first few minutes, 14 AMS exhibited their fighting Stinger abilities and brought the score up to 4-3 before eventually losing to 404 Squadron, which scored a last-minute final goal.

The final game saw 413 Squadron and 404 Squadron face off in front of a large crowd, anticipating a spectacular game. The crowd was not disappointed. As the seconds ticked away 413 Squadron could feel the excitement of the coming win. Congratulations to 413 Squadron on being the first winners of the Command Team Flight Line Hockey Challenge. The next sporting challenge will be on the ball field this summer.



413 Squadron won the 14 Wing Flight Line Hockey Challenge April 11, in the event's inaugural year.  
Corporal M.J.MacIsaac, 14 Wing Imaging



## flyers

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## Open House

Family & friends are invited to an open house to help  
**Merlyn Toole**  
celebrate his 70th birthday on May 4

2 to 4 pm at Joan & Merle's home,  
9582 Hwy 201 South Farmington  
**Best Wishes only**

**Wilton** The Fun Starts May 8

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**Our first class starts on May 8, 2014. Registration is required prior to the class, please call for details.**

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MAY 10<sup>TH</sup> 10-4PM**

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## EMPLOYMENT OPPORTUNITY

### opportunit  s d'emploi

## Greenwood Military Aviation Museum

is now accepting resumes for the position of **Museum Assistant** for the months of **June, July & August, 2014.**

This position falls under the Nova Scotia Student Career Skills Program.

Drop off resumes in person to Curator Bryan Nelson at the Museum. CANEX Mall outside the front gate.

---

## Le Mus  e d'aviation militaire de Greenwood

est actuellement    la recherche de candidats au poste **d'auxiliaire de mus  e** pour les mois de **juin, juillet et ao  t 2014.**

Le poste rel  ve du programme de d  veloppement professionnel des   tudiants (Student Career Skills Program) de la Nouvelle-  cosse.

Veuillez apporter votre curriculum vitae en personne    Bryan Nelson, conservateur du mus  e, au mus  e situ   juste avant l'entr  e principale au centre d'achat canex.



## SEMAINE NORD-AMÉRICAINNE DE LA sécurité et de la santé au travail



# Santé et sécurité : un engagement pour la vie

## La sécurité, une question d'habitude

Le bureau de l'officier de sécurité générale de la 14e Escadre Greenwood, en collaboration avec le personnel du bureau de la Promotion de la santé et des Programmes de soutien au personnel, ainsi que le personnel du conditionnement physique et des sports et les partenaires communautaires sont heureux de promouvoir la Semaine nord-américaine de la sécurité et de la santé au travail (SNASST), du 4 au 10 mai.

Le thème, « La sécurité, une question d'habitude » est un appel à l'action pour les employeurs, les employés, les professionnels en sécurité et la population canadienne en général. Comme l'a dit Stephen Covey dans son livre à gros tirage, *7 Habits of Highly Effective People* (Les sept habitudes de ceux qui réalisent tout ce qu'ils entreprennent), développer de bonnes habitudes est essentiel au succès. Les habitudes et la santé et la sécurité vont de pair. Des gestes que beaucoup d'entre nous posent automatiquement, p. ex., attacher notre ceinture de sécurité, porter un casque pour faire du vélo ou de la moto, utiliser un équipement de protection pour les yeux et les oreilles, sont devenus des

habitudes.

Il y a sept « facteurs humains » communs qui sont liés au développement d'habitudes sécuritaires :

**Reconnaître le danger** – En étant constamment à l'affût du danger, vous pouvez améliorer votre propre santé et votre propre sécurité et celles de vos collègues de travail, des membres de votre famille et de vos amis. Prenez l'habitude de signaler tous les dangers cernés à quelqu'un qui peut apporter un changement positif.

**Éviter l'indifférence** – Parfois la personne la plus expérimentée prend des raccourcis alors que d'autres qui ne connaissent peut-être pas les procédures sécuritaires ne demandent pas quelle est la bonne façon d'effectuer un travail. Si vous connaissez la bonne façon de faire, prenez l'habitude d'utiliser cette procédure. Si vous ne savez pas comment faire, prenez l'habitude de demander à vos pairs de vous expliquer.

**Éliminer les comportements « casse-cou »** – La plupart d'entre nous n'ont jamais connu un vrai casse-cou comme Evil Knievel ou n'ont jamais pris de risque en matière de sécurité

au travail, à la maison ou dans les loisirs. Est-ce vraiment le cas? Que dire de l'étiquette qu'on trouve sur tous les escaliers « Ne pas monter sur la dernière marche »

**Donner l'exemple** – Nous avons tous entendu les phrases bien connues « Donner l'exemple » ou « prêcher par l'exemple ». Réfléchissez aux conséquences de vos gestes ou de vos habitudes au travail ou à la maison sur le comportement des autres. Lorsque vous êtes au volant de votre voiture, est-ce que vous talonnez la voiture devant vous? Envoyez-vous des textos ou parlez-vous au téléphone en conduisant?

**Éviter les comportements impulsifs** – Parfois nous suggérons une façon d'accomplir une tâche ou d'améliorer une procédure qui, à notre avis, permettra une économie de temps. Évitez de prendre des décisions impulsives, à moins d'avoir tout d'abord réfléchi aux conséquences possibles pour la santé et la sécurité.

**Faites preuve de patience** – La « rage au volant » n'est qu'une situation où nous pouvons nous laisser emporter par nos émotions. Beaucoup de gens ont un travail très stressant ou un emploi du temps très chargé qui peut avoir une incidence sur leur patience ou leur capacité d'en venir à bout. Cela peut entraîner des accidents ou des blessures au travail ou des problèmes domestiques. Beaucoup d'organismes et de collectivités offrent des programmes tels que La violence en milieu de travail, le PAE et les Services

## Semaine nord-américaine de la sécurité et de la santé au travail à l'escadre

### Horaire

Le personnel de l'escadre et le grand public sont invités à célébrer la Semaine nord-américaine de la sécurité et de la santé au travail à la 14e Escadre Greenwood.

#### Le lundi 5 mai

À 8 h 15, à l'entrée principale de la 14e Escadre, le commandant de l'Escadre Iain Huddleston et les membres du Comité de la santé et de la sécurité au travail de l'Escadre hisseront le drapeau de la SNASST.

#### Le jeudi 8 mai

De 9 h 30 à 14 h 30, au Centre de conditionnement physique et de sports de la 14e Escadre, journée de sensibilisation à la santé, à la bonne forme et à la sécurité au travail. Au programme, foire commerciale et séminaire de l'industrie de la santé, du conditionnement physique et de la

sécurité auxquels participeront entre 50 et 60 exposants (ouvert au public)

De 9 h 30 à 10 h 30, salle de classe du Centre de conditionnement physique et de sports, Parlons franchement : Vous et le processus concernant le DND 663. Animateur : Dave Mailman, officier adjoint de la sécurité générale de l'escadre. Auditoire cible : superviseurs, gestionnaires et officiers de la sécurité générale de la 14e Escadre.

De 10 h 30 à 11 h 30, Besoin de connaître : une démonstration du dispositif antichute et information sur la nouvelle norme de la CSA concernant les filins de sécurité autorétractables. Présentateur : Acklands Grainger.

Auditoire cible : membres du personnel de la 14e Escadre qui travaillent dans les hauteurs, leurs gestionnaires et leurs superviseurs, ainsi que les officiers de la sécurité générale.

De 13 h à 14 h, L'importance d'avoir les bonnes chaussures : comment choisir et quand acheter des chaussures de course, caractéristiques d'une bonne chaussure de course sécuritaire; essai mouillé pour vérifier la forme de votre pied. Présentateur : Eric Plante, coordonnateur, conditionnement physique et sports. Auditoire cible : ouvert à tous.

pas claires et mettre en pratique chaque jour les compétences acquises pendant la formation. À la maison ou dans la collectivité, il faut transmettre les bonnes habitudes aux membres de sa famille et aux amis.

La 14e Escadre Greenwood et ses partenaires encouragent tous les gens à réfléchir à leurs habitudes dangereuses pendant la SNASST et :

**À faire preuve de détermination** – Délaisser la mauvaise habitude et adopter une habitude sécuritaire. Cela ne prendra qu'un mois, par la suite, il est facile de conserver la nouvelle habitude.

**À faire preuve de con-**

**stance** – Faites-le tous les jours. Si vous ne faites pas preuve de constance, il vous sera difficile de maintenir votre nouvelle habitude.

**À faire preuve de simplicité** – Choisissez une habitude que vous voulez changer et concentrez vos efforts à changer cette habitude.

**À faire participer d'autres personnes** – Incitez les membres de votre famille, vos amis et vos collègues de travail à adopter la même bonne habitude si ce n'est pas déjà fait.

**À le faire pour vous-même et pour votre famille** – Retourner à la maison à la fin de la journée, ce n'est pas quelque chose d'acquis.

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NORTH AMERICAN OCCUPATIONAL

# Safety and Health Week



May 8, 14 Wing Greenwood and community partners invite you to attend their NAOSH Week educational day, featuring a health, fitness and safety trade fair and seminars, with 50 to 60 exhibitors, at the 14 Wing Fitness and Sports Centre (open to the public), between 9:30 a.m. and 2:30 p.m.

## Safety & health: A commitment for life

### Make safety a habit

14 Wing Greenwood General Safety, with Personnel Support Program Health Promotion and fitness and sports staff, and external community partner Acklands Grainger, are pleased to promote North American Occupational Safety and Health Week May 4 to 10.

This theme, "Make Safety a Habit," is a call to action for employers, employees, safety professionals and the everyday Canadian. As Stephen Covey said in his bestseller, "7 Habits of Highly Effective People," cultivating good habits is essential to success. Habit and health and safety go hand in hand. Things many of us now do automatically - buckling our seat belts, wearing a bike or motorcycle helmet, using hearing or eye protection - were achieved by developing habits.

There are seven common "human factors" that relate to development of safe habits:

**Hazard recognition** - By constantly watching for hazards, you can enhance your own health and safety, as well as that of co-workers, family and friends. Make it a habit to report hazards to someone who can effect positive change.

**Avoiding indifference** - Sometimes the most experienced person may take short cuts, while others who may be ignorant of safe procedures do

not inquire about the safe way to do a job. If you know the right way, make it a habit to perform it the way you should. If you don't know, make it a habit to ask your peers for direction.

**Eliminate "daredevil" behaviour** - Most of us have never known a real life dare devil, such as Evil Knievel, or have never taken a chance with safety at work, home or play. Or, have we? What about the basic step ladder with the warning label, "Do not stand on top rung?"

**Set a good example** - We have all heard "lead by example" or "walk the talk." Reflect on how your actions or habits at work and home affect the attitudes of others. When you are driving, are you a tailgater? Do you text message or hold your cell phone to talk while driving?

**Avoid impulses** - Sometimes we make what we feel are time saving suggestions on how to perform a certain task or make a procedure better. Avoid impulsive decisions, unless full consideration to potential impacts on health and safety are part of the decision making process.

**Controlling impatience** - "Road rage" is just one situation where we can let our emotions get out of control. Many people have hectic work and

life schedules that can impact their patience and ability to cope. This in may result in workplace accidents, injuries or domestic situations. Many organizations and communities have programs such as Violence In the Workplace, EAP, Domestic Violence Support. Find resources and use them.

**Training, instruction, and supervision/ guidance** - One of the most important human factors related to good work and social skills is training and supervision. At work, supervisors must ensure employees are properly trained, and monitor them to ensure they make the skills taught a habit. Employees must ask questions when instructions are not clear, and enact the training each and every day. At home or in the community, pass on positive habits to family and friends.

14 Wing Greenwood NAOSH Week partners encourage everyone to reflect on unsafe habits and:

**Commit** - To changing the habit to a "safe habit." All you need is one month. After that, the new habit is easy to sustain.

**Be consistent** - Do it every day. Without consistency, your new habit will be hard to sustain.

**Keep it simple** - Pick one thing to change, and focus on

making it a habit.

**Involve others** - Engage family, friends and work colleagues

to reflect the same safe habit, if they do not already do so.

**Do it for yourself & your**

**family** - Getting home at the end of each day doesn't just happen.

## Make Safety a Habit

### La sécurité, une question d'habitude

May 4-10, 2014 • Du 4 au 10 mai 2014



## 2nd Annual NAOSH

(North American Occupational Safety & Health)

### Health, Fitness & Safety Fair

## 2e édition annuelle de la SNASST

(Semaine nord-américaine de la sécurité et de la santé au travail)

### Salon de la santé, du conditionnement physique et de la sécurité

Thursday, 8 May 2014  
0900 hrs to 1430 hrs  
Fitness and Sports Centre

Le jeudi 8 mai 2014  
De 9 h à 14 h 30  
Centre de conditionnement physique et de sports

Door Prizes.....Free Snack & Beverages!  
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# ZX runners bring it

Corporal M.J. MacIsaac, 14 Wing Imaging

Ninety-five runners turned out for the 35th ZX 10 kilometre challenge, hosted at 14 Wing Greenwood by the Greenwood Multisport Club and Run Nova Scotia, April 19. Lieutenant-Colonel Scott Murphy, commanding officer of 413 Squadron and the base's fitness "champion," officiated at the race start.

A further 70 runners entered the five-kilometre challenge, completing one circuit of the two-trip 10 km route.

Top military finishers were Major Derek Salley in the Male 5K, Captain Michelle Guertin in the Female 5K, Private Shawn Clarke in the Male 10K and Major Angela Thomas in the Female 10K.

The many race organizers and volunteers are thanked by the multisport club for their efforts.

### 10 km results

OM - Matt White, 35:16.18; Shawn Clarke, 37:21.80; Dale

Block, 38:13.18; Cory McGuigan, 41:05.72; Jared Smith, 42:35.38; Gabriel Hould, 43:34.52; Matthew Bradbury, 44:11.03; Chris Deveau, 45:44.05; Tai-cheng Wu, 46:52.79; Andrew Wagstaff, 47:37.97; Michael McLean, 1:00:45.25

MM - Tony Roache, 38:32.69; Cory Richards, 39:02.53; Alan Miner, 39:40.30; Rob Bonney, 40:32.42; Andreas Dutkewych, 42:03.22; Christopher Arsenault, 44:36.16; Terry Kelly, 45:59.15; Derek McAlpine, 46:34.75; Jody Crook, 47:32.15; Rick Crowell, 47:34.49; Chris Stoddart, 50:04.91; Christopher Murphy, 53:14.59; Victor DaSilva, 55:58.74; Matt Marshall, 56:32.85; Larry McKieve, 57:01.11

JM - Simeon Fancy, 39:35.92; Tristan Dupuis, 59:31.43

SMM - Pierre Laberge, 39:50.82; Frank Atherton, 41:48.79; Charles Mandel, 43:24.44; Phillippe Outerleys, 44:05.82; George Creaser, 45:14.81; Paul Sears, 47:32.15; Laurie McGowan, 48:41.46; Stephen Saunders, 51:50.68; David

Marsh, 57:42.34; Mario Beaudet, 59:25.13; Randy Cunningham, 1:00:04.85; Terry Hearn, 1:16:01.72

GMM - JP Boudreau, 44:44.79; Pat Kennedy, 48:17.23; Ron Stevenson, 50:06.62; Fenton Cunningham, 51:40.28; Bob Edwards, 55:21.42; Don Brereton, 57:01.61; Mike Gushue, 57:52.81; Roger Boutilier, 1:10:28.18;

PMM - John Rideout, 1:16:01.28

OF -Emily Hamilton, 39:06.90; Amie MacDonald, 42:37.38; Angela Thomas, 50:46.02; Catherine Button, 52:45.35; Mary Mott, 54:56.11; Laura Whitman, 55:08.64; Cassie Hoy, 57:22.71; Roberta Noviks, 59:47.78; Amanda Allen, 1:02:22.92; Meagan Bent, 1:02:51.05; Justine Ridgeway, 1:02:58.87; Megan McGill, 1:04:32.99; Michelle Greensides, 1:08:20.68; Terri Kitter, 1:09:11.23; Jennifer Mossman, 1:12:03.16

MF - Linda Macdonald, 41:01.58; Dawn Dearing, 43:15.42; Leah Marshall, 54:35.64; Jen Rice, 55:22.97;

Karen Dooks, 55:24.45; Kenzie Gaetz, 58:56.07; Sonya Connell, 59:23.96; Claire Vallee, 59:48.97; Jennifer Janz, 1:00:12.10; Denise Vidito, 1:03:35.80; Laura Chaulk, 1:05:16.52; Charlotte Bower, 1:07:33.82; Jeanette Elliott, 1:07:36.03; Karen Marsh, 1:08:20.36; Lisa Baker, 1:09:03.99; Isabel Santillan, 1:09:34.78; Kathleen Rhoddy, 1:10:40.50; Susanne Wagner, 1:26:33.00

GMF - Louise LeDuc, 47:59.22; Francine Comeau, 49:51.00; Holly Kazimer, 52:45.35; Jenny Keenan, 1:01:42.70; Vicky Dwyer, 1:07:33.33; Elaine Marshall, 1:24:51.25

SMF - Virginia Joudrey, 54:28.81; Trudi Simms, 1:00:52.30; Adele Robert, 1:01:25.90; Holly Hearn, 1:21:21.79

PMF - Mary Davidson, 1:02:58.47; June Marsden, 1:24:56.79

### 5 km results

MM - Vance Kruszewski,

19:38.32; Derek Salley, 20:48.98; Paul Oliver, 20:50.96; James Jenner, 27:57.44

OM - Jason Mossman, 20:13.58; David Witherow, 20:48.52; Nathan Robar, 21:09.19; Paul Townsend, 23:24.52; Brody Mossman, 27:59.08; Kostya Kharitonov, 28:43.96; Jonathan Vroom, 29:02.34; Ben Brown, 29:18.56; Travis Beals, 34:40.41; Aaron Daniels, 35:24.99

JM - Ben Olsen, 20:32.33; Adam Dorrance, 22:01.07; Aidan McGowan, 23:20.26; Campbell Henderson, 23:26.45; Graham Henderson, 26:08.65; Jordan Chenier, 27:37.12

SMM - Bill Morgan, 25:45.70; Neil Saulnier, 26:45.90; Kerry Plourde, 33:30.05; Andrew Kerr, 37:50.09

GMM - Leo Glavine, 26:26.16; Ed Arsenault, 27:10.97

JF - Katelyn Richards, 24:57.48; Maleigh Henderson, 25:02.85; Sydney Everett, 25:44.48; Zoe Morgan, 26:20.18; Renee Jewer, 27:25.27; Gracie Avery, 27:49.06; Liana Jenner, 27:49.42; Jessa

Jenner, 28:17.11; Ashley Spicer, 29:10.48; Gillian Avery, 29:11.60; Dana Avery, 29:20.77; Jasmine Brushett, 39:56.82; Samantha Hicks, 52:10.91; Kassidy Whitman, 54:31.53

OF - Samantha Green, 26:42.94; Sarah Jane Arsenault, 27:24.93; Becky Harrison, 28:32.22; Ashley Peach, 29:01.00; Wendy Hopkins, 30:45.87; Lori Whitman-Price, 30:54.26; Erin Higdon, 31:16.73; Cathy Wheeler, 31:41.19; Patricia Jones-Duguat, 32:26.49; Sandra Gaskell, 33:27.94; Michele Kerr-Beals, 40:50.61

MF - Theresa Halliday, 27:43.17; Laura Kenney, 30:15.50; Lisa Ford, 31:58.27; Lynn Henderson, 32:26.10; Leanne Avery, 33:29.69; Sandy Jenner, 34:31.80; Tammy Attwell, 37:07.87

SMF - Sharon Miller, 31:12.71; Denise Camps-Saulnier, 32:39.14; Marcella deWeever, 34:16.96; Charlie Burt, 34:38.03; Daniele Dumais-Kerr, 36:04.19; Carolyn Hicks, 37:21.80

GMF - Joan Boutilier, 38:56.45;

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## TUESDAY

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## \$4 DRINKS ALL DAY EVERY

Must be of legal drinking age, please drink responsibly.



# Eggs in a basket

Children visiting the Greenwood Library's weekly Under the Story Tree morning April 15 had a treat in store: an Easter egg hunt among the stacks. Not only did they find a regular good read and fun time with their buddies, but what the Easter Bunny left behind!

Submitted



# Funds raised for VRH maternal, child care unit

Guests and sponsors helped the Valley Regional Hospital Foundation raise \$58,000 for Maternal and Child Care April 12.

The Valley Regional Hospital Auxiliary was the featured partner at the Tuscan gala with an outstanding gift of \$10,000. Funds raised support VRHF's campaign goal of \$180,000 to purchase six fetal monitors.

Three great chefs and wineries, Jason Lynch, Le Caveau, Dennis Johnston, Fid Restro and Joseph Crocker, Peasant's Pantry, Domaine de Grand Pre, Avondale Sky and Blomidon Estate Vineyards, wowed guests with an exceptional four course meal paired with amazing local wine. The room looked spectacular, thanks to A Beautiful Bouquet and Silver Horse Florists and many volunteers.

The Mark Riley Band provided musical entertainment and artist Twila Robar-DeCoste painted a "Tuscany Landscape" auctioned later in the evening. Another well received auction item was a unique opportunity offered by Camp Aldershot to be a "Hero for a Day," the 2014 hero will be Dennis Stosky. The \$2,000 grand prize winner was Mandeep Panesar.

# spotlight of the week Sabean's Meats Shop

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**BBQ**

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[amyscreative@msn.com](mailto:amyscreative@msn.com)

# Investors Group Announces

David Hennessey, Regional Director at our Bedford office, is pleased to announce that Sharon Simoneau has relocated her office from our Greenwood location to Nictaux.

**Sharon Simoneau**  
902-825-6572  
Toll free 800-757-0735  
New Minas office - 8927 Commercial St., New Minas, NS



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[randy.stevenson@century21.ca](mailto:randy.stevenson@century21.ca)



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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 [auroraeditor@ns.alianzinc.ca](mailto:auroraeditor@ns.alianzinc.ca). 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), 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse [auroraeditor@ns.alianzinc.ca](mailto:auroraeditor@ns.alianzinc.ca). 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 14

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
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|    | 69 |    |    |    |    |    |    |    | 70 |    |    |    |    |    |

- ACROSS
1. Alter

7. Defects

13. Language of Andorra

14. One who scrapes

16. Not off

17. People indigenous to Europe

19. Of I

20. Hmong

22. Brew

23. Sandwich shops

25. Shade trees

26. Scope or extent

28. Self-immolation by fire

29. U of Al. fraternity 3-9-1856

30. Automatic data processing

31. Veterans battleground

33. "\_\_\_ Squad"

34. Frog genus

36. Pillage

38. Elsewhere defense

40. Graphic symbols

41. An opaque spot on the cornea

43. Capital of Yemen

44. Doctors' group

45. Electronic countermeasures

47. Make lace
48. Chit

51. Singer Horne

53. Silent agreement

55. Short-billed rail

56. Drinking container

58. Matchstick game

59. Indian dresses

60. Trumpeter Hirt

61. The View's first segment

64. Atomic #34

65. Plural of 41 across

67. Roof supports

69. Tears apart

70. Goat-like deities
- DOWN
1. Folder paper

2. Mormon state

3. Folded, filled tortillas

4. Expression of sorrow

5. Follows sigma

6. Settle in tents

7. Milk paint

8. A batter's run

9. Little Vienna on the Mures

10. Stems

11. Country singer Lang

12. Half tone interval

13. Arrives

15. Occupies

18. Vestment
21. Relating to US artifacts

24. One who covers with laminate

26. Dental organization

27. Pitch

30. Like a feeble old woman

32. Murdered in his bathtub

35. \_\_\_ Dhabi, Arabian capital

37. Play on words

38. Alloy of mercury

39. Mushroom gill

42. Perform

43. College entrance exam

46. Praying insects

47. Entices

49. Ascends

50. Sculpture stands

52. God of Assyria

54. Data executive

55. Impudent

57. Not shared

59. Rabbit tail

62. Small amount

63. Irish revolutionary org.

66. Ben-Hur actor's initials

68. Older citizen (abbr.)

metro crossword brought to you compliments of

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**Cards**  
April 28, 1 p.m., Funds for Fuel bridge party, Macdonald Museum, 21 School Street, Middleton. Cost is \$4 per person. Call 902-825-6116 for information.

**Luncheon**  
April 29, 11 a.m. to 1 p.m., plan to attend the Fireflie' luncheon at the Middleton fire hall. Chicken a la king featured for \$8, or opt for corn chowder or turkey vegetable soup, \$7. Bread pudding or pistachio dessert, tea or coffee. Help the Fireflies fundraiser for the new community/ fire hall. Free deliveries to homes or businesses in the Middleton area: call Bonnie, 902- 825-3062, by April 28.

**Meeting**  
April 30, 7:30 p.m. is the annual meeting of the Church Grove Cemetery, in the Melvern Square Community Centre.

**Meeting**  
April 30 is the annual meeting of Companion Animal Protection Society, 7 p.m., at the Lawrencetown Municipal Building. All members and friends of the society are encouraged to attend. The 2014/ 15 board of directors will be voted in at this meeting.

**Volunteer fair**  
May 2, 9:30 a.m. to 11 a.m., the Kings Volunteer Resource Centre and community partners invite you to visit their International Café in Kentville at the Orchards & Tides Room in the municipal building. The café will help newcomers, immigrants and locals connect in a friendly and neutral environment. Call 902-678-1398 or email [info@kingsvolunteer-resourcecentre.ca](mailto:info@kingsvolunteer-resourcecentre.ca) to confirm attendance and/ or interest so we may keep you posted with our upcoming events. There is no cost.

**Bingo**  
May 2, 7 p.m. (doors open at 6



## Service recognized

**Don MacCoy and Don Rioux from Royal Canadian Legion Branch 098, Kingston, received the Lieutenant Governor's Service Pin from the Province of Saskatchewan at the annual Mess Dinner, held April 4 at 14 Wing Greenwood. From left are Master Warrant Officer Ian Smith, 404 Squadron; MacCoy, Rioux and Lieutenant-Colonel David Proteau, 404 Squadron.**

Submitted

p.m.): spring bingo at Lawrencetown Consolidated School. All books just \$5, 15 games, cookie jar, 50/ 50 draw and door prizes. Final game full card \$200 in groceries. Canteen, everyone welcome. No cash prizes, with the exception of the cookie jar and 50/ 50 draw.

**Cemetery clean-up**  
May 3, 9 a.m. to 11 a.m., is spring clean-up day at the Church Grove Cemetery, Melvern Square. Everyone welcome. Please bring your rake. (Rain date May 4.)

**Yard sale**  
May 3, 8 a.m. to noon, All Saints' A.C.W. annual yard sale at the church hall, Pleasant Street, Kingston (turn west off Bridge Street). Anything we can sell!

**Dessert tea, auction**  
May 3, 2 p.m. to 4 p.m., the Pine Ridge Middle School Concert Band and Home and School invite you to a dessert tea and ticket auc-

tion at the school, 625 Pine Ridge Avenue, Kingston. Admission (\$5) includes a plate of assorted delicious home-made desserts and delightful musical entertainment. Many interesting items to be won at the auction - 20 tickets for \$1.

**Cemetery clean-up**  
May 3, the North Kingston Public Cemetery will hold its annual spring clean up, 9 a.m. Please bring gloves, rakes and all your friends. Rain date is May 10.

**Breakfast**  
May 3, 7:30 a.m. to 10:30 a.m., the Kingston Legion hosts a community breakfast. Start your day off with eggs, bacon, sausage, hash browns, French toast, beans, fish cakes, pancakes and toast. Goodwill offering. For information, call: 902-765-4428.

**Sale**  
May 3, there is an indoor sale at the Windermere Hall (located just a few miles south of Berwick on

Windermere Road), 9 a.m. to 3 p.m. Free admission. Variety of sellers.

**Rummage sale**  
May 3, 1 p.m. to 3 p.m., Rosemary Chapter IODE, Middleton, is having a rummage sale at NSCC Middleton Campus.

**Ticket auction**  
May 3, a ticket auction will take place at Grand View Manor, Berwick, 11 a.m. to 1 p.m. Draw starts at 1:15 p.m. Tickets are 20 for \$1. Canteen available. Proceeds for resident activities.

**Concert**  
May 3, the Middleton Choral Society, directed by Maureen MacLean, accompanied by Elizabeth Harwood, presents a gala 40th anniversary concert, Those Were the Days!, in St. John's United Church, Middleton, 8 p.m. Excerpts from Broadway musicals, with selections performed by individual choir members. A freewill offering will be taken.

the Aurora

Find & Win

Three easy ways to enter.

1. Through our website: [www.auroranewspaper.com](http://www.auroranewspaper.com)  
2. Fax: 902-765-1717  
3. Drop into our office located on 83A School Road (Morfee Annex)

Entry deadline:  
Noon, May 1, 2014

Full name

Phone number

Complete the following questions from ads in this week's issue and win a 14 inch 2-topping pizza from Mimie's Pizza, Greenwood. Coupon valid for 30 days.

1. Whose steak supports MD? \_\_\_\_\_  
2. Who can help you take control of your life? \_\_\_\_\_  
3. Who "just makes \$en\$e?" \_\_\_\_\_  
4. Name two things in the starting line up. \_\_\_\_\_  
5. What does Boo do? \_\_\_\_\_

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.

Congratulations to last week's winner: MARG BROWN

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Hike for Hospice fundraiser

May 4 is the 2<sup>nd</sup> Hike for Hospice event in support of the Valley Hospice Foundation. Start at 12:30 p.m. at Kentville’s KCA school, and hike the six-kilometre rail trail route from 2 p.m. BBQ, music, activities and more to get you warmed up! Social, refreshments and prizes to follow. For info and a pledge sheet, visit [www.valleyhospice.ca](http://www.valleyhospice.ca). May 4 is the beginning of National Hospice Palliative Care Week.

Concert

May 4, A Royal Consort Community Choir, directed by Elsie Hepburn, accompanied by Elizabeth Harwood; presents 1914: In Song and Verse, a lively concert in commemoration of the social issues surrounding World War I: women’s suffrage, temperance movement, war preparations; at King’s Theatre, Annapolis Royal, 3 p.m. Tickets (adults \$12, students \$6) at Westside Studio, from any choir member or at the door.



Nationals bound

The Nova Scotia pins over average bowling champions, from Greenwood, are off to Winnipeg to compete at the Canadian Pins Over Average Championships at the end of April. They will be competing against teams from across Canada, and are proud to represent Greenwood and Nova Scotia at the national level. The team wishes to thank Kathy King-Alexander and the staff at the Greenwood Bowling Centre for their support during team workups. From left are Donna Burchell, Pat Nixon (coach), Sandra Manning-Logan and Rob Burchell. Missing is Melinda Cronin.

Submitted



In loving memory of a Husband, Father and Grandfather



Gerald (Jerry) Daniel Galway  
April 29, 2010

Although it’s been another year and time will always pass  
We hold onto your memories so your life will always last.  
We wish every day we had more  
Hoping you will come walking through that front door.  
We know you love each of us  
And how much we love you  
As you look down on us  
Know we miss you too.  
When another day starts without you and we feel so far apart  
Know you will forever live in each of our hearts.  
The memories we have of you will never die, even as years go on and days go by.  
No amount of time can erase the heartache from the day we had to say goodbye,  
but goodbyes are not forever nor are they the end, it simply means  
we will miss you until we see you again.  
Your life was a blessing, the memories we have a treasure.  
You are loved and missed you beyond measure.  
A million times we needed you, a million times we cried, and if love  
alone would have saved you, you never would have died.  
But missing you isn’t about how much time has passed since we have seen  
you or talked to you. It’s about the moments of doing something  
and wishing you were right there next to us.  
So spread your wings and fly, and goodbye until we meet again, we will  
remember you and all the times we used too.

We Love You

Love – Kay, Jerry, Mel, Chris, Sophia, Norman, Nicole, Daniel, Vera Mae,  
Shaun, Ryan, Dylan, Abigail, Natalyn, Mya, Tyson and Molly (dog)

sudoku

solution page 14

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

Level: Beginner

Fun By The Numbers

Here’s How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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patrick’s puzzle

solution page 14

HOME DECOR WORD SEARCH

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

WORDS

|             |              |               |         |              |
|-------------|--------------|---------------|---------|--------------|
| ACCESSORIES | CHAISE       | FUTON         | OTTOMAN | SOFA         |
| ANTIQUING   | CHENILLE     | HARDWARE      | PRIMARY | THROW        |
| ARMOIRE     | CONTEMPORARY | LAMINATE      | RUNNER  | TOILE        |
| BEVELED     | CREDENZA     | LOUNGE        | SCONCE  | TRADITIONAL  |
| BLINDS      | ETAGERE      | MODERN        | SETTEE  | TUFTING      |
| BOLSTER     | FAUX         | MONOCHROMATIC | SHADE   | UPHOLSTERY   |
| BROCADE     | FINIAL       | MULLION       | SISAL   | WAINSCOTTING |

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horoscopes

April 27 - May 3

ARIES - Mar 21/Apr 20

Aries, your energy needs an outlet. Exercise is a productive way to expend yourself, so stretch at your desk, skip the elevator for the stairs or take a walk at lunchtime.

TAURUS - Apr 21/May 21

Untangle yourself from conflicts at work, Taurus. This is not the time to get involved in anything that may put your chances for a promotion in jeopardy.

GEMINI - May 22/June 21

You are full of intellectual energy, Gemini. Answers to trivia show questions come easily to you and you’re ready to solve the world’s most pressing problems.

CANCER - June 22/July 22

Cancer, give your finances serious consideration this week. Find a solid plan for saving and stick with it because you are going to need extra funds in a few months.

LEO - July 23/Aug 23

Expect some great news to come your way this week, Leo. This news may impact your personal or professional life, or even both. Ready yourself.

VIRGO - Aug 24/Sept 22

Virgo, be flexible with your schedule so you can go with the flow as much as possible this week. Try something silly that will put you in a good mood.

LIBRA - Sept 23/Oct 23

Don’t sweat the small stuff, Libra. Others are more focused on the bigger picture so you don’t need to fret over everything. Relax and things will come together nicely.

SCORPIO - Oct 24/Nov 22

Watch out for any impulses that are out of character for you, Scorpio. You could be feeling like abandoning your usual modus operandi in favour of taking a more risky approach.

SAGITTARIUS - Nov 23/Dec 21

You have lots of social energy this week, Sagittarius. Others are relying on you, and you are likely to have many admirers by the week’s end. Take this opportunity to impress.

CAPRICORN - Dec 22/Jan 20

Capricorn, daily life can be tiring, but you need to find a way to muster a little more energy. Get adequate rest and eat right so you have the energy you need in the week ahead.

AQUARIUS - Jan 21/Feb 18

Life gets a bit interesting this week, Aquarius. Embrace change, even if the concept of change is alien to you. It is good to get out of your shell.

PISCES - Feb 19/Mar 20

Pisces, now might be a good time to reflect and take a break from the hustle and bustle. See if you can fly solo for a little while.

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# classifieds

Classified advertisements, 35 words or less, are \$8 tax included. Additional words are 10 cents each, plus tax. Bold text \$9, tax included.

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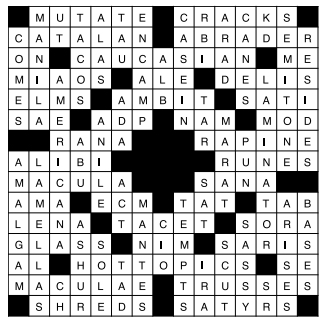
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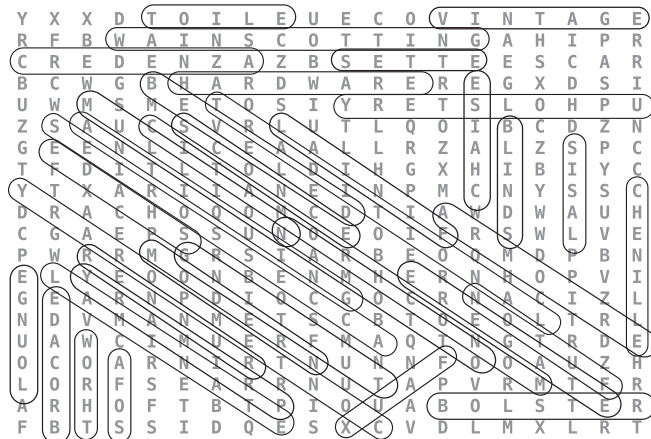
## crossword solution



## sudoku solution

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

## patrick's puzzle



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**FOR RENT** – Very clean, modern three bedroom apartment, quiet S/D in Nictaux. Fridge, stove and Dishwasher. Washer Dryer hook-up. \$850/month, heat/lights incl. No dogs. References required. Call Ross 902-840-0534. (3509-ufn)

**FOR RENT** – A Spacious one bedroom apartment in a quiet, private location in Middleton ideal for one person. New Flooring and paint, utilities and WIFI included. Non-smoking and no pets. Furnished / unfurnished as needed, Rent is \$725.00/month. Call 902-844-0331 or 902-825-4544 or

[rocket650@eastlink.ca](mailto:rocket650@eastlink.ca). (3515-ufn)

**FOR RENT** – Located in Middleton, 72 School Street. Very Modern two bedroom apartment. Fridge, stove and dishwasher, washer & dryer hook-ups. Close to everything in Middleton. \$650.00 plus utilities. For more information please contact Darlene at 902-840-1780. (3515-3tp)

**FOR RENT** – Kingston, Lincoln Shire Apartments, one bedroom Available July & Aug 1st \$500. Two bedrooms Available May & June 1st \$600, With 2 Appliances. 902-765-6669. (3517-4tp)

**FOR RENT** – Kingston, Lincoln Shire Apartments two bedrooms with 5 Appliances \$800 plus utilities. Available Now & May 1st. 902-765-6669. (3517-4tp)

## DUPLEX

**FOR RENT** – Two bedroom duplex located on 699 Balser Drive Kingston. Stove, fridge, washer & dryer hook-ups. Adult building only. Lease and references required. Non smoking, sorry no pets. Call 902-242-2660 for viewing by appointment only. \$800.00 a month, plus utilities. Available May 1st, 2014. (3516-2tpf)

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## ROOM FOR RENT

**ROOM FOR RENT** – Looking for a mature employed non-smoker to rent a large fully furnished room in Fales River subdivision. (Greenwood Area). Close to all amenities. IR Personnel welcomed. \$130.00 per week. Meals can be included with adjusted agreed upon rent. Phone 902-242-5182. (3514-4tpb)

## HOUSE FOR SALE

**FOR SALE** – House for sale. Property-guys.com (#57318), 4 split level, 2 car garage, barn, 5 acres, 10 min from the wing, beautiful view. (3517-4tpb)

## FOR SALE

**For Sale** – Cavalier King Charles Spinal Pups, vet checked, needled & trained asking \$300.00 each. Phone 902-765-0885. (3517-1tpb)

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**SERVICE – ERNST LOCKSMITHING** – Commercial and Residential, locks re-keyed, repaired and installed. Auto and home lockouts. Call Graham at 902-765-6248. (3417-6tpb)

## CLASSES

**YOGA** – Yoga for Newbies, May 6th-June 10th Tuesdays 7:30-8:30pm at Nicholasville Hall for \$65. Learn some yoga basics; posture, breathing, alignment, focus for the mind and the body with a group of beginners just like you! Contact Elena: call/text 902-847-0097, facebook: Yoga with Elena, [elena\\_basevich@hotmail.com](mailto:elena_basevich@hotmail.com). (3517-1tpb)

## IN THE COMMUNITY

**CHURCH SERVICE** – "The Peoples 25:40 Church" There will be a church service held every Sunday at the New Beginnings Centre 1151 Bridge Street Greenwood provided by Pastor Leon Langille. Pre Service music at 2:50 pm. Service 3:00 pm. Doors will open at 2:30 pm. All are welcome. (3501-4ufn)

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## Blue boys

April 2, people all around the world wore blue to help raise awareness about autism, and the staff and students at Dwight Ross Elementary School were no exception. Students wearing blue, along with their educational assistants, in support of the “Light it up Blue” initiative included, from left, Jack Farrell, Matthew MacKinnon, Robert Imeson and Corran Squire.

Submitted



## Youth Happenings

Rebecca Dillman,  
Recreation Youth Worker

Here's what's on the go for youth this week at the 14



Korynn Farnsworth found the single silver egg hidden during the Greenwood Community Centre's Easter egg hunt April 17. There were over 800 chocolate eggs and candies hidden outside the centre.

Submitted

Wing Greenwood Community Centre.

Please pre-register for events with a cost, as we need to know exact numbers. If you have any questions, and to register, call (902) 765-8165 or email [specialevents@eastlink.ca](mailto:specialevents@eastlink.ca).

### Boys' Club

April 28, 5 p.m. to 6:30 p.m.  
Gym time or outside games – let's see what the weather says!

### Active Chicks

April 30, 5 p.m. to 6:30 p.m.  
Gym time or outside games – depends on the weather!

### Pre-teens

May 2, 5:30 p.m. to 6:30 p.m.  
Bring \$3 and join us for chocolate fondue.

### Pre-teens

May 3, 6 p.m. to 7:30 p.m.  
Pizza party and board games – just \$3.

## Help us, help Mackenzie

**Mackenzie Markey, a 32-year-old local girl and a former employee of Subway, Greenwood needs help with medical expenses after a skydiving accident in the United States.**

Subway Greenwood/Middleton is launching a fundraising campaign for Mackenzie after finding out her insurance will not cover extreme sports injuries. American air force crew conducting drills in the desert were the first ones to spot Mackenzie after she fell to the ground. Expenses are expected to run \$25,000 to \$45,000 to transport her back to Canada by air ambulance. Her condition has improved following three surgeries, but finding the money to cover her medical bills and transportation to Canada has proven difficult for the family.

Mackenzie's medical bill is expected to total approximately \$500,000. Lorrie and Alec Penny want to do their part to help.

**On May 15, 2014, a donation of \$3.00 or more to Mackenzie's health care and receive a free 6 inch sub of your choice.**

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# Ding-dong, the witch is dead!

Anne Doucet

And the butler didn't do it! (Truth be told, in the many and illustrious works of Agatha Christie, the butler never did.)

Enter Mrs. Boyle (played by Anne Doucet). Loud, arrogant and complaining; she is one of those sour souls with a natural ability to engender murderous intentions in everyone she meets. But who, amongst the residents and guests of the newly-opened Monkswell Manor, has dared to do the deed? And why?

Could it have been Christopher Wren (Simon Squire), a peculiar young man with a macabre sense of humour and a claim to have been named after the world-famous architect of St. Paul's Cathedral? Perchance it was, Mr. Paravacini (Michael MacIsaac), dark and foreign, who appears just as unexpectedly from around corners as he did from out of the dark and stormy night? And, what of Giles and Mol-



The Greenwood Players present a whodunit on stage May 13 through 17, Agatha Christie's The Mousetrap.

Corporal G.Cormier, 14 Wing Imaging

lie Ralston (Gerald Cormier and Elise Choquette), the newly-wed proprietors of this Clue-board boarding-house? Rounding out, and rounding up, this questionable cast of characters is Sergeant Trotter (Michael York), who arrives on skis at the height of a furious storm with a badge and a warning: amongst the hotel's occupants is a killer.

To discover "whodunit," join the cast of The Greenwood Players at the Morfee Centre, 7 p.m., May 13 through 17, to see Agatha Christie's The Mousetrap (directed by Joan Conrad Cormier). Tickets will be available at the door or may be purchased in advance through the Valley Drug Mart outlets in Middleton and Kingston.

Winners of the Aurora Newspaper's Easter colouring contest sponsored by Connell Chrysler

Weston Skinner  
Greenwood • Age 1-3

Talon Johnson  
Greenwood • Age 7-9

Cassie Taylor  
Greenwood • Age 4-6

Reid Crooks  
Sales and Fleet Coordinator  
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Winners received a \$25 Subway gift card. Thank you to everyone who submitted an entry.

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