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 the **Aurora**

Vol. 36 No. 17 MAY 4, 2015 NO CHARGE www.auroranewspaper.com

## Joint Warrior complexity tests Aurora crews

Captain Alex Moreau, Deputy ATF Commander, Joint Warrior 15-1

Uncommonly clear skies and sunny weather was the setting for RCAF personnel participating in Exercise Joint Warrior 15-1, April 13 to 25 in Lossiemouth, Scotland.

Occurring twice per year, 2015's first Joint Warrior was a massive, multinational training exercise involving approximately 13,000 participants and led by the United Kingdom. Military forces from 13 different countries included Canada, the United States, Germany, France, Turkey; and involved members from all three service branches. Participating units trained in multi-national formations to hone common tactics and interoperability in an assortment of scenarios: army personnel conducted

training assaults, navy ships scoured the seas searching for the exercise's hostile force, and air force aircraft guarded the fleet against submarines or conducted anti-piracy patrols. Many of these activities occurred concurrently in Europe's largest training exercise.

405 (Long Range Patrol) Squadron aircrew and maintenance members, as well as support personnel from both 14 Wing Greenwood and 19 Wing Comox, were deployed to Joint Warrior 15-1 to represent the Canadian Armed Forces and participate as a maritime patrol aircraft. Additional support was provided by the Acoustic Data Analysis Centre. Throughout the exercise, members gained valuable experience as they overcame the challenges of operating in small areas, densely popu-



Wing Commander Colonel Iain Huddleston, centre; Captain Sandy Robinson and her son, Sam; and Wing Chief Warrant Officer Pierrot Jetté, right; cut the cake she made to commemorate St. Mark's Chapel's 60<sup>th</sup> anniversary service. Submitted

## St. Mark's 60th a special service

April 26 was an important day in the life of St. Mark's Chapel in Greenwood, and the 14 Wing Greenwood military community it supports. In a simple but moving

commemorative service, the congregation repeated prayers used at the original dedication in 1955. The roll of honour for the memorial windows was also updated.

The windows hold sacred the memory of "those who, in the course of their duties on or from this Station, Base or Wing have given their lives." Twenty-nine new names were

added, joining the list of 35 names from the original unveiling of the windows.

Representatives from every flying squadron were in attendance. Both Wing Commander Colonel Iain Huddleston and Wing Chief Warrant Officer Pierrot Jetté were there as well. Huddleston read the second lesson, Jetté read the psalm and Honorary Colonel Lloyd Graham read the first lesson. Acacia, a Christian duo who had performed the evening before at a special concert at the chapel, provided music along with Carol Richardson, organist. The service was led by Padre Captain Kent Greer.

A reception was held in the annex. St. Mark's Chapel Guild provided a lunch and Captain Sandy Robinson went all out (four days of work!) preparing a cake for the event.

Thanks to everyone who helped put this event on, especially the guild, the wing command team, everyone who attended from 405, 405 and 413 squadrons (along with Maritime Proving and Evaluation Unit), Graham and the tireless team of Dawn-Lea and Laura.

Continued on page 3...

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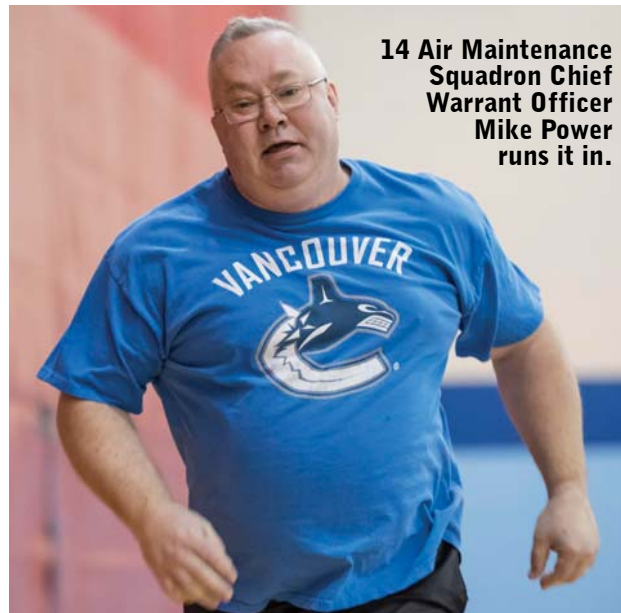
## FORCE time

**14 Wing Greenwood's command team tackled the annual FORCE fitness test en masse at the Fitness and Sports Centre April 28. The test is a Canadian Armed Forces standard for endurance, strength and task-focused capability. Left, Wing Commander Colonel Iain Huddleston in the sand bag challenge.**

Corporal S. Wilson, 14 Wing Imaging



**14 Air Maintenance Squadron Chief Warrant Officer Mike Power runs it in.**



**Personnel Support Program staffer Eric Plante, left, coaches Deputy Judge Advocate Lieutenant-Commander Clark Colwell through the drag task.**



**Master Warrant Officer Stephen Ellis from Wing Logistics and Engineering pushes through.**

## Career safety focus of NAOSH Week

Every year, the goal of North American Occupational Safety & Health Week (NAOSH), May 3 to 9, is to focus attention of employers, employees and the general public on the importance of preventing injury and illness in the workplace, at home and in the community.

This year's theme and call to action, "Make Safety a Habit for Your Career," is to encourage all stakeholders to work on adopting or improving safety habits. If we borrow from Merriam Webster, we can define a safety habit as a usual manner of behaving in order to accomplish a task in such a way as to prevent/ mitigate injury and accident: a manner a person does often in a regular, repeated way. You may read numerous safety publications or listen to safety experts who will tell you most accidents are the result of various substandard programs, policies, human acts or behaviours. If we can reduce the frequency of our substandard acts or behaviours and increase the frequency of the "positive" acts and behaviours, we can reduce the frequency of injury and illness and be on our



way to ensuring safety is a habit throughout not only our careers, but our lives as well.

14 Wing Greenwood General Safety encourages the 14 Wing chain of command, as well as all 14 Wing personnel, to take "10 at 10" every day this week: at 10 a.m. each day, please take 10 minutes to pause and reflect on the importance of good health and safety habits and how you, through continual dedication, can positively impact yourself and others.

Why not use NAOSH Week 2015 as your opportunity to make a difference? 14 Wing General Safety wishes all 14 Wing personnel a safe and healthy NAOSH Week, and encourages all to remember health and safety is not strictly something to focus on during NAOSH Week, but something to make a habit of throughout our career and life.



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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**  
Services de soutien au personnel et aux familles des Forces canadiennes  
[www.cfmws.com](http://www.cfmws.com)

**National Defence and the Canadian Forces**  
Défense nationale et Forces canadiennes  
[www.forces.gc.ca](http://www.forces.gc.ca)

**Combat Camera** | Caméra de combat  
[www.combatcamera.forces.gc.ca](http://www.combatcamera.forces.gc.ca)

**Recruiting** | Recrutement  
[www.forces.ca](http://www.forces.ca)

**Military Family Resource Centre**  
Centre des ressources pour les familles des militaires  
[www.familyforce.ca](http://www.familyforce.ca)

**VPI** | VPI  
[www.vpinternational.ca](http://www.vpinternational.ca)



# La sécurité au travail, au centre des activités de la SNSST

Chaque année, la Semaine nord-américaine de la sécurité et de la santé au travail (SNSST) – qui a lieu cette année du 3 au 9 mai – a pour but d'attirer l'attention des employeurs, des employés, du grand public et de tous les partenaires en santé et sécurité au travail sur l'importance de prévenir les blessures et les maladies au travail, à la maison et dans la collectivité.

Le thème de cette année « Faire de la sécurité une habitude... pour votre carrière! » est une invitation à agir et vise à encourager tous les intervenants à adopter ou à améliorer leurs habitudes en matière de sécurité. Nous pouvons définir une « habitude de sécurité » comme suit : une façon ou une manière habituelle de se comporter pour accomplir une tâche de façon à prévenir ou atténuer une blessure ou un accident; ce que fait souvent une personne de manière régulière et répétée. Selon diverses publications sur la sécurité et divers experts en sécurité, la plupart des accidents résultent d'actions, de programmes, de politiques ou de comportements non conformes aux normes. En réduisant la fréquence de certaines de ces actions non conformes aux normes et en augmentant la fréquence des actions « positives », nous pouvons réduire la fréquence des blessures et des maladies et nous pourrions faire de la sécurité une habitude dans le cadre de notre carrière, mais aussi de notre vie.

Le bureau de l'officier de sécurité générale de la 14e Escadre Greenwood encourage la chaîne de commandement et le personnel de la 14e Escadre à prendre 10 minutes par jour à 10 h chaque jour cette semaine, pour s'arrêter et réfléchir à l'importance des bonnes habitudes de santé et de sécurité. Songez aux moy-



ens d'exercer une influence positive dans votre vie et dans celle des autres grâce à votre engagement continu.

Pourquoi ne pas utiliser la SNSST 2015 pour améliorer les choses? Le bureau de l'officier de sécurité générale de la 14e Escadre souhaite à tous les membres du personnel de la 14e Escadre une bonne SNSST et encourage tout le monde à se souvenir que la santé et la sécurité n'ont pas seulement leur place pendant la Semaine nationale de la santé et de la sécurité au travail, mais pendant toute votre carrière et toute votre vie.

## Joint Warrior...

...cover

lated with both exercise and real-world shipping traffic, as well as other aircraft. Maintenance personnel were vital in keeping the CP140M Aurora aircraft in the top condition required for the rapid pace of flying the exercise demanded. Led by Lieutenant Emmerson-Steeves, preparation and thorough work allowed the aircrew to arrive on station, on time for every assigned mission.

An element of the effective training at Joint

Warrior stems from the realistic timeframe within which information is provided to the crews - often only shortly before the start of their mission. As a result, there were often last minute changes to be made to the plane before the aircrew could conduct their mission. Through the abilities of maintenance personnel, the aircraft was always ready to go.

Aircrew exercised tactical skills while demonstrating the responsiveness and flexibility the CP140M can provide. During seven

challenging missions, Major Kosciukiewicz led his crew through assigned tasks, ranging from conducting reconnaissance to locating submarines to assisting surface ships in force protection activities – all while responding to an opposing force comprised of ships, submarines and aircraft that coordinated and behaved in ways that would be expected from a genuine hostile force. The presence of such a force provided the crew with the additional complexity needed to master their

roles within the aircraft and solidify their ability to support friendly forces in all situations.

Throughout the exercise, both air and ground crews benefited from the experience of operating from a foreign base, coordinating activities with other nations and the teamwork that makes deployments such as this one successful. The challenge ahead will be to build upon these essential skills and return once more as an effective member of this multinational event.

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# Taking the pulse of mental health in the military

## Week of awareness events showcases services, programs, partnerships

**Sara Keddy,**  
Managing editor

If Mental Health Awareness Week (May 4 to 8) is all about getting the word out on programs, services and support, 14 Wing Greenwood partners are ready.

The base's leaders in mental health programming – 26 Canadian Forces Health Services' mental health clinic, the Personnel Support Program's Health Promotion team and the Military Family Resource Centre's prevention, support and intervention coordinator – have been planning a week's worth of events for several months.

"Taking the Pulse of Mental Health in the Military" is a chance for Canadian Armed Forces members, their families

and defence team partners to check out the range of offerings available.

May 5, the MFRC's Stephanie Townsend leads a presentation on the harmful impacts of gambling. From 9:30 a.m. to noon, the session is open to military team members and their families, and is a partner presentation between the MFRC, 14 Wing mental health and Annapolis Valley Health.

May 7, Health Promotion manager Lisa White will teach the general "Mental Fitness and Suicide Awareness Training," one of a set (the other is geared for supervisors) included in Health Promotion's regular roster of trainings.

May 8, 14 Wing's mental health clinic hosts a morn-

ing awareness event (9 a.m. to noon) at the Annapolis Mess, including a kiosk fair of close to two dozen base mental health partners – the chaplains' office, physiotherapy, community recreation, the Joint Personnel Support Unit and more. There will be two presentations: the first is the role of leadership in mental health component of the CAF's Road to Mental Readiness course, and the second is a personal account of one CAF member's experience with post traumatic stress disorder, from the resources he found useful to continuing his career within the CAF.

"The mental health day fair and presentations are a chance to visit and ask questions of 14 Wing programs – and put faces to the resources," says Edna Carloss, a 14 Wing mental health nurse. "Whoever we can reach, however we can reach them to reduce stigma and



**Partners in mental health awareness - Lisa White, the Personnel Support Program's Health Promotion manager; Edna Carloss, a mental health nurse with 26 Canadian Forces Health Services' mental health clinic; and Stephanie Townsend, the Military Family Resource Centre's prevention, support and intervention coordinator - are busy with a full slate of programs during Mental Health Awareness Week at 14 Wing Greenwood May 4 to 8.**

S.Keddy

offer support

The awareness fair and presentations May 8 will also feature prizes – if visitors take the time to complete a mini-survey as they enter and leave.

"We want to get a picture of what they know is available

here at 14 Wing – before they come in, and once they've been through the displays and sessions," Carloss says. "That's a good evaluation tool for us to have for our programs and future events."

Partnering to make a dif-

ference is an obvious tool for success in itself, says White.

"The wing benefits," she says. "All of us as partners, we all have programs we do. We need buy in from the base, and awareness to be able to help everyone we can."

## Mental health stigma under community microscope May 8

The Kingston Greenwood Mental Health Association is hosting a community event for local experts, service and health care providers, police, military families, veterans, community leaders, mental health consumers, business leaders – all citizens interested in discussing mental health stigma in our community, and how it can be reduced or eliminated.

You are invited to stand up, speak out, show support and let others know you care about mental health stigma. Help change minds about mental illness. The discussion and displays event will be held May 8, 9:30 a.m. to 3:30 p.m., at the Kingston Lions' hall, 11482 Veterans Lane, Kingston. Registration is requested, as snacks and lunch will be provided. To get involved, contact 902-765-3902.

## Gambling harm something to think about

### May 5 workshop chance to consider 'what's acceptable'

**Sara Keddy,**  
Managing editor

Buying a youth sports team's raffle ticket? A 50/ 50 ticket at a dance? Weekly lotto tickets? Break-open lotto tickets? VLTs? Online gaming?

What's acceptable?

Find out more about the impact of gambling harm on your community May 5, as the Greenwood Military Family Resource Centre, the Canadian Mental Health Association and the Kings Community Action Group on Gambling host a workshop at the MFRC, free and open to the public.

"If a community becomes aware of who we are pulling money from, we can have that conversation" on what acceptable gambling looks like," says KCAGG volunteer Audrey Shields says. "We're not an anti-gambling organization, but we are against

gambling harm. Each product is different, and it's up to a community to look at what's comfortable. There are fundraising aspects that are common – raffles by teams and clubs; and then there's electronic gambling, which has higher risks."

The coordinated effort behind this presentation adds another element to 14 Wing Greenwood's focus May 3 to 8 on Mental Health Awareness Week. Stephanie Townsend, the MFRC's coordinator of prevention, support and intervention; says any attention on the normalization of gambling, mental health connections and support resources is a good thing.

"Gambling has changed; online gambling is very hidden. The media portrayal of gambling is something to consider: say, advertising that shows a stay-at-home mom settling down for the day to gamble.

"Whoever we can get to come, we're just looking to raise general awareness. Stigma does keep people away from services. This is the first time for us at the MFRC offering a program like this, but we definitely do see military families struggling."

KCAGG is in the middle of an extensive project in Kings County, addressing gambling harm. The group's volunteers have recently conducted 30 phone interviews, and awareness is "low," Shields says.

"We had 90 people come out to a meeting on VLTs years ago; now, gambling is very individual, and the community doesn't realize the scope of how big it is. Gambling harm impacts a least 10 people around you – family members, co-workers.... There is a tremendous amount of money diverted: \$4.5 million leaves Kings County every year from just VLTs.

"We know it's the most vulnerable people in struggles with gambling – addictions, mental health, seniors, under and unemployed. Can we continue to exploit these vulnerable people everyday?"

The May 5 workshop starts at 9:30 a.m., with a CMHA presentation on mental health first aid and correlations with gambling harm. KCAGG will look at the normalization of gambling, and stigma. 14 Wing Mental Health Services will present some of the military-based and community resources available to help. Also on deck is the Personnel Support Program's Health Promotion manager Lisa White.

For information, contact the MFRC at 902-765-1494 local 1811; or visit [kingscommunityactiongroupongambling.ca](http://kingscommunityactiongroupongambling.ca). Workshop pre-registration is not required.



# Prendre le pouls de la santé mentale des militaires

## La Semaine de sensibilisation à la santé mentale est l'occasion de présenter les services, les programmes et les partenariats

**Sara Keddy,**  
rédactrice en chef

Si la Semaine de sensibilisation à la santé mentale (du 4 au 8 mai) consiste essentiellement à faire connaître les programmes, les services et le soutien, alors les partenaires de la 14e Escadre Greenwood sont prêts.

Les leaders de la base en matière de gestion des programmes de santé – la clinique de santé mentale du 26e Centre des services de santé des Forces canadiennes, l'équipe de promotion de la santé du Programme de soutien du personnel et la coordonnatrice du programme Prévention, soutien et intervention du

Centre de ressources pour les familles des militaires – ont planifié une semaine d'événements et d'activités pendant plusieurs mois.

« Prendre le pouls de la santé mentale des militaires » offre l'occasion aux membres des Forces armées canadiennes, aux familles des militaires et aux partenaires de l'Équipe de la défense de consulter la gamme de services offerts.

Le 5 mai, de 9 h 30 à midi, en collaboration avec le CRFM, le service de Santé mentale de la 14e Escadre et Annapolis Valley Health, Stephanie Townsend (CRFM) dirigera une présentation sur les effets néfastes des jeux de hasard, ouverte aux membres de l'équipe militaire et à leurs familles.

Le 7 mai, Lisa White, gestionnaire de la promotion de la santé, enseignera le cours général de Sensibilisation à la santé mentale et au suicide (Mental Fitness and Suicide Awareness Training) dont un volet est contenu dans la liste régulière des cours de formation sur la promotion de la santé (l'autre volet est destiné aux superviseurs).

Le 8 mai, de 9 h à midi, la Clinique de santé mentale de la 14e Escadre organisera une activité de sensibilisation au mess Annapolis, avec un kiosque/salon regroupant près d'une vingtaine de partenaires de santé mentale de la base – le bureau de l'aumônier, le service de physiothérapie, le service des loisirs communautaires, l'Unité interarmées de soutien au personnel et bien d'autres. Il y aura deux présentations : la première est le rôle du leadership dans le volet santé mentale du cours « En route vers la préparation mentale » des FAC, et la seconde est le témoignage personnel de l'expérience d'un membre des FAC souffrant de trouble de stress post-traumatique, à partir des ressources qu'il a trouvées utiles pour poursuivre sa carrière au sein des FAC.

« Le salon et les exposés organisés dans le cadre de la journée de la santé mentale permettent de visiter la 14e Escadre et de se renseigner sur les programmes qui sont offerts – mais également de rencontrer les gens, peu importe les personnes avec lesquelles nous pouvons communiquer et la façon dont nous pouvons communiquer avec elles pour réduire la stigmatisation et offrir un soutien », indique Edna Carloss, infirmière en santé mentale de la 14e Escadre.

Le salon et les exposés de sensibilisation du 8 mai permettront également aux visiteurs de gagner des prix, s'ils prennent le temps de remplir un mini-sondage à leur arrivée et à leur départ.

« Nous voulons avoir un aperçu de ce qu'ils savent des services disponibles ici à la 14e Escadre – avant leur arrivée au salon et après leur visite des expositions et des séances d'information. Il s'agit pour nous d'un bon outil pour l'évaluation de nos programmes et de nos activités futures », dit Carloss.

« Conclure des partenariats en vue de changer les choses constitue un outil évident de succès en soi. L'escadre en profite. Nous sommes tous partenaires, nous avons tous des programmes à gérer. Nous avons besoin de l'adhésion de la base et de sensibilisation pour être en mesure d'aider tout le monde, autant que possible », affirme White.

« Nous savons que le jeu de hasard touche plus particulièrement les personnes les plus vulnérables – toxicomanes, personnes souffrant de troubles de santé mentale, seniors, personnes sous-employées ou au chômage. Nous pouvons continuer à exploiter ces personnes vulnérables tous les jours? »

L'atelier du 5 mai débutera à 9 h 30 par une présenta-

## Matière à réflexion : les méfaits du jeu de hasard

L'atelier du 5 mai est l'occasion pour la communauté de considérer ce qui est acceptable

**Sara Keddy,**  
rédactrice en chef

Acheter un billet de tirage d'une équipe sportive de jeunes, un billet 50/50 lors d'une soirée dansante, des billets hebdomadaires de loto ou des billets en pochette de loto, jouer à un terminal de loterie vidéo (TLV) ou participer au jeu en ligne : Qu'est-ce qui est acceptable?

Pour en savoir plus sur les effets néfastes du jeu de hasard sur votre communauté, le Centre de ressources pour les familles des militaires de Greenwood, l'Association canadienne pour la santé mentale et le *Kings Community Action Group on Gambling* (groupe d'action communautaire de Kings – jeu de hasard) organisent un atelier gratuit et ouvert au

public, le 5 mai, au Centre de ressources pour les familles des militaires (CRFM).

« Si la communauté sait de qui provient l'argent que nous recueillons, nous pouvons alors avoir une conversation sur la définition du jeu de hasard acceptable. Nous ne sommes pas un organisme de lutte contre le jeu de hasard, mais nous luttons contre ses effets néfastes. Chaque produit est différent, et il incombe à une collectivité de déterminer ce qui lui est confortable. Il y a les aspects liés à la collecte de fonds qui sont courants – tirages au sort organisés par les équipes et par les clubs – et il y a ensuite les jeux de hasard électroniques, qui présentent des risques plus élevés », affirme Audrey Shields, bénévole de KCAGG.

Les efforts coordonnés derrière cette présentation ajoutent un autre élément à l'intérêt que la 14e Escadre Greenwood accorde à la Semaine de sensibilisation, qui aura lieu du 3 au 8 mai. Stephanie Townsend, coordonnatrice des services de prévention, soutien et intervention, affirme que toute attention accordée à la normalisation des jeux de hasard, de la connexion de la santé mentale et des ressources de soutien constitue une bonne chose.

« Les jeux de hasard ont évolué; le jeu en ligne est très masqué. La façon dont les médias présentent le jeu de hasard est à considérer : par exemple, un spot publicitaire qui présente une mère au foyer se préparant pour une journée de jeux de hasard.

« Peu importe les personnes que nous pouvons faire venir, nous cherchons simplement à accroître la sensibilisation générale. Les stigmates éloignent les personnes des services. C'est la première fois que nous offrons un programme comme celui-ci à CRFM, mais nous voyons bien que des familles de militaires sont touchées par ce phénomène ».

KCAGG est lancé dans un vaste programme dans le comté de Kings, traitant les méfaits du jeu de hasard. Les bénévoles du groupe ont récemment effectué 30 entrevues téléphoniques, et la sensibilisation est faible, indique Shields.

« Il y a quelques années, 90 personnes avaient participé à une rencontre sur les TLV; aujourd'hui, le jeu de

hasard est très individuel et la communauté ne se rend pas compte de l'ampleur du phénomène. Les effets néfastes du jeu de hasard touchent au moins 10 personnes autour de vous – membres de la famille, collègues de travail... D'énormes sommes d'argent sont détournées : 4,5 millions de dollars provenant des TLV quittent chaque année le comté de Kings.

« Nous savons que le jeu de hasard touche plus particulièrement les personnes les plus vulnérables – toxicomanes, personnes souffrant de troubles de santé mentale, seniors, personnes sous-employées ou au chômage. Nous pouvons continuer à exploiter ces personnes vulnérables tous les jours? »

L'atelier du 5 mai débutera à 9 h 30 par une présenta-

tion de l'ACSM sur les premiers soins en santé mentale et les corrélations avec les méfaits du jeu de hasard. L'organisme KCAGG examinera la normalisation du jeu de hasard et les stigmates. Les Services de santé mentale de la 14e Escadre présenteront certaines ressources militaires et de la collectivité qui sont disponibles pour aider. Lisa White, gestionnaire des programmes de soutien au personnel (promotion de la santé), interviendra également.

Pour de plus amples renseignements, communiquez avec le CRFM au 902-765-1494, poste 1811, ou consultez le site suivant : [kingcommunityactiongroupongambling.ca](http://kingcommunityactiongroupongambling.ca). Pour l'atelier, il n'est pas nécessaire de s'inscrire à l'avance.





# Top tools for spring cleaning

(NC) The snow has finally melted and warmer weather has arrived. The trouble is, all that brilliant sunshine has a way of highlighting the mess that's been hiding under the snow for all these months. Suddenly your spring cleaning "to-do" list is looking longer than ever.

Now is the time to get outside and look after those neglected lawns and gardens to prepare for spring flowers and greenery. Three tools are essential to make quick work of the task at hand and to keep your outdoors looking beautiful all summer:

**Lawnmower:** Your grass loves the spring sunshine and will respond with rapid growth, so a lawnmower is vital to keeping your lawn looking lush and healthy. There are a variety of lawn mowers to choose from, depending on the size and shape of your outdoor space. If you have a large space, you might want to consider a self-propelled mower to tackle big jobs with minimal effort. Other popular models include push-mowers and environmentally-friendly electric mowers. Take the time to consider which mower is best suited to your needs.

**Drill:** Not just for spring maintenance, a good drill will help you complete small tasks around the outside (and inside) of your house. A new drill can also serve as an incentive to complete those DIY projects you've been putting off so take a look at the variety at any reputable tool dealer. There are many types of hand drills including pistol-grip drills, which are the most common for everyday use. Heavy-duty tasks might require a hammer drill that can power through concrete or wood. Consider your summer projects to make sure you get the best tool for the tasks at hand.

**Pressure washer:** Winter salt and mud can wreak havoc on the surfaces of your home. A pressure washer is the

best way to remove the dirt and stains that accumulate around the outside of your home. Keep your driveway and deck looking clean with a gas or electric pressure washer that easily attaches onto your garden hose. The higher the pressure, the tougher the cleaning power. For cleaning barbecue grills, patio furniture and windows, electric washers are generally lower in pressure, are more compact and easy to manoeuvre.

Less time will be spent working and more time will be spent enjoying the summertime if you have just the right tools to get jobs done efficiently.



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# Give your spring wardrobe a personality

(NC) Clothes should be an extension of your own personality. They should tell your style story, who you are, or at least how you want people to see you. Are you a serious businessperson? A laid-back, casual type? A fashion-forward personality? A jokerster?

Guys may ask: how can my grey suit say anything about me other than I'm a man that wears a suit? This is where accessorizing comes in, and spring is the best season to be more creative with a few accents here and there. In addition to some closet staples, every man should use accessories to give his look a little more individuality. Men don't have the luxury that women do when it comes to finishing off a look with jewellery, but accessories have become a growing category in Canadian men's fashion, a category that has recently exploded with the use of pocket squares, tie bars, cufflinks, and scarves. This spring I urge every man to start looking at accessories, adding a few personal elements like these to his closet staples:

**Investment pieces:** These are those pieces you'll have for a lifetime, items that get better with age and almost never go out of style. This season it's all about the richness of menswear: layered looks, the construction of garments, their structure, texture and fabric. It's always a great idea to invest in a few classic pieces, such as a quality leather jacket and a trench coat, to give your wardrobe some longevity. With the trend no longer about primary colours, you can find some stunning basics that have a much richer colour palette and will last.

**The add-ons:** Here's where you can inject some real personality into your look. Find pieces with interesting textures. Texture is a significant element in that line and it remains the same this season. Think of texture as the new colour palette, adding character and an expensive feel to fabrics. When trying to kick your business attire up a notch, a tie bar and modern

watch are the perfect accessories for work. Pocket squares are also a creative way to add a punch of colour and texture without being garish. The trick is to have fun with mixing accessories. That said you don't want to be a peacock. You don't want your clothes to walk into a room before you do. And, a tie shouldn't be the first thing you see about an outfit. Men should wear the suit; it shouldn't wear them.

*Joseph Abboud is chief creative director of Men's Wearhouse, parent company of Moores Clothing for Men.*





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Here are some tips from Canadian certified pedorthists to help you find appropriate summer footwear for your child:

- Look for shoes that have sturdy backs and soles that don't bend easily if you twist them from side to side or from toe to heel. Shoes that don't bend or twist will provide the support your child needs.
- Make sure the base of the footwear matches the length and shape of your child's feet. If his or her feet are too wide or his or her heel or toes hang over the edge, they
- are not right.
- Don't buy shoes with "room to grow." Shoes that are too long or too wide may cause or aggravate underlying foot problems.
- Never pass shoes down from child to child as the wear patterns created by the first child will not properly support the next child's unique foot shape and needs.
- If your child insists on flip flops for everyday wear, look for features that provide more support, such as supportive footbeds, adjustable straps, thicker soles and deep heel cups.

## Don't let your children flip flop through summer

(NC) Most kids can't wait for the weeks of long, hot, carefree days spent in flip flops at camps, cottages and parks. But while the fresh air and unstructured play can be excellent for a child's development, foot experts say that weeks of roaming in ill-fitting, unstructured flip flops can lead to foot, ankle and knee injuries.

"Basic, flimsy flip flops don't provide the support that children need when they are running, jumping and playing," says Anne Putnam, a Canadian certified pedorthist and president of the Pedorthic Association of Canada. "Proper fitting, supportive shoes are essential for the



healthy growth and development of children's feet, and although shoe rules can

slacken a bit in the summer, they shouldn't be completely forgotten."

During the summer, pedorthists recommend children wear footwear that balances ease with comfort and support. As children are always on the go they like shoes they can quickly take on and off. Parents are advised to look for sandals with

velcro straps, as they are quick and easy to get into, and secure the foot snugly in the shoe as effectively as laces.

For daily play, a pair of lightweight, supportive sandals with a flex-point at the ball of the foot is essential. Most importantly, the sandals should fit perfectly, as shoes that are too big or too small increase the risk of injury. Children can wear unsupportive flip flops at the beach and by the pool, but flip flops are not appropriate for active play or walking any distance.

More information on appropriate footwear for children can be found at [www.pedorthic.ca](http://www.pedorthic.ca).

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# Célébrez votre maman en grand

(EN) La fête des Mères approche et vous n’avez toujours pas trouvé de cadeau pour la vôtre?

Surprenez votre maman en lui offrant autre chose que les traditionnels chocolats, fleurs, ou cartes de souhaits achetées à la dernière minute à la pharmacie. Nul besoin même de quitter la maison puisque vous trouverez toute l’inspiration nécessaire à un clic de souris et pourrez effectuer vos transactions en ligne en toute sécurité sur [tuango.ca/maman](http://tuango.ca/maman).

Les sites à rabais regorgent d’idées cadeaux aussi originales qu’utiles – à une fraction du prix régulier affiché en magasin. Parmi ceux-ci, le site québécois [tuango.ca](http://tuango.ca) démarque grâce à ses offres sélectionnées avec soin sur des escapades, restos, soins beauté, activités, produits et plus encore, mettant en vedette des institutions de renom. C’est une véritable destination clé en main pour la fête



des Mères.

Grâce aux rabais exclusifs de 50% et plus, vous pourrez gâter encore plus généreusement votre maman, et ce, peu importe votre budget. Voici des suggestions qui sauront vous inspirer.

Des idées pour tous les goûts

**Pour les petits budgets :** Vous trouverez de jolis bijoux tendance, des accessoires de beauté incontournables ou des gadgets technos à moins de 30 \$ dans la section Boutique sur [tuango.ca](http://tuango.ca). Il faut toutefois s’y prendre à

l’avance, car un délai de 2 à 4 semaines est à prévoir pour la livraison de vos produits.

**Pour passer du temps avec elle :** pourquoi ne pas l’inviter à déguster un menu gourmand au restaurant? Ou encore, pourquoi ne pas vivre une journée de détente en duo, dans un spa réputé? Surprenez-la complètement avec un tour en hélicoptère en votre compagnie ou un tour de voiture de course, adrénaline garantie! C’est le genre d’expérience qu’elle n’oserait probablement jamais s’offrir elle-même, mais dont elle se souvien-

dra toute sa vie.

**Pour lui payer vraiment la traite :** offrez-lui le nec plus ultra avec une escapade hors de sa routine quotidienne. Sur le site, vous pouvez même réaliser votre propre forfait : réservez une escapade à Québec, puis sélectionnez la région Québec du site et faites l’achat d’un forfait gastronomique dans un super restaurant. Un cadeau

sur mesure juste pour elle.

Ces inspirations ne représentent que quelques exemples parmi une sélection variée qui se renouvelle quotidiennement. Il y a n’en vraiment pour tous les goûts. Si vous avez consulté le site, mais n’y avez rien trouvé qui vous plaise pour l’instant, ne désespérez pas. Inscrivez-vous pour recevoir les offres quotidiennes par courriel afin

d’être à l’affût des nouveautés et exclusivités ou même téléchargez gratuitement l’application pour iPhone au [tuango.ca/iOS](http://tuango.ca/iOS) ou pour Android au [tuango.ca/play](http://tuango.ca/play) si vous aimez magasiner sur le pouce

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## Splurge or save: travel edition

(NC) Travel can range drastically from low cost to extravagant. The travel experts at Hotels.com offer Canadians tips to make the most of your travel budget.

### Save on these items:

1. Your airplane seat: Instead of paying to upgrade, wait until

you check in to ask if there are seats in the exit row. As long as you're willing to be called upon in an emergency, they are typically available at no additional charge and provide extra leg room, perfect for a long flight.

2. Mini bar and bottled water: Stop paying an arm and a leg

for pint-sized beverages. Pack a refillable water bottle to stay hydrated during your travels. If you're looking to unwind with an adult beverage, pick up a bottle at the local liquor store or airport gift shop.

3. In-room wi-fi: Most hotels now offer this service for free; however, if your accommodation doesn't, head to the lobby for a free signal and some company. If you'd rather be alone, consider using your phone as a tether to access your wireless data plan.

4. Departing airport: If you're flying to the U.S., consider crossing the U.S.-Canada border to save money. Flights are



often considerably cheaper, upwards of 25 per cent, when flying out from Buffalo or Detroit - making the drive worthwhile.

### Splurge on these:

1. Room service: Although often pricey, if you're preparing for a long day, treating yourself

to breakfast in bed isn't a bad way to start the morning and save time. Alternatively, returning to your room after a long day out may also warrant a cozy dinner in.

2. Airplane meal: Flying can be stressful and long, so there's no reason to add hunger to the mix. If your flight doesn't include a meal, consider adding one at the time of booking to keep your hunger pangs at bay.

3. Good suitcase: Your luggage is the one thing protecting your personal items along the journey, so invest in a quality suitcase that's ideally not black. This way it's easily identifiable when waiting at the luggage carousel.

4. Nexus: If you're a frequent

traveller, investing the time and money in Nexus can be invaluable for saving time at the airport. Plus, you'll feel like a rock star passing everyone in line.

Additionally, consider visiting popular cities that have recently recorded average nightly hotel price decreases to get the most for your travel dollars, like Bangkok, Thailand (down 15 per cent) and Cannes, France (down 12 per cent), without sacrificing local experiences and attractions. Alternatively, if you're looking to visit a city like New York, which historically has higher rates, check out surrounding suburbs like Brooklyn to find affordable accommodation well worth the commute.

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# Douceur pimentée en bâtonnets glacés inspirés du Mexique

(EN) D'une recette inspirée du Mexique, ces bâtonnets glacés (palatas) donnent au mélange classique de beurre d'arachide et de chocolat une touche épicée qui saura éveiller vos papilles.

## Bâtonnets glacés pimentés au beurre d'arachide et au chocolat

Temps de préparation : 10 minutes

Temps de congélation : 6 heures

Donne environ 8 bâtonnets glacés (palatas)

### Ingrédients

- 250 ml (1 tasse) de beurre d'arachide
- 75 ml (1/3 tasse) de miel liquide
- 4 ml (3/4 c. à thé) de poivre de Cayenne\*
- 1 ml (1/4 c. à thé) de sel
- 75 ml (1/3 tasse) de poudre de cacao non sucré
- 250 ml (1 tasse) de lait
- 15 ml (1 c. à soupe) d'arachides hachées très finement (facultatif)

### Méthode

1. Dans une grande tasse à mesurer (1L/4 tasses) mélangez le beurre d'arachide, le miel, le poivre de Cayenne et le sel. Ajoutez la poudre de cacao et remuez jusqu'à obtenir un mélange onctueux.
2. Ajoutez progressivement le lait jusqu'à obtenir un mélange lisse et homogène.
3. Parsemez la base des moules pour bâtonnets glacés d'arachides. Versez le mélange à base de beurre d'arachide dans les moules et insérez les bâtonnets. Congelez le tout jusqu'à fermeté, pendant environ 6 heures.

\*Ajustez à la baisse la quantité de poivre de Cayenne, si désiré.



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# W.K. student recognized for Duke of Edinburgh work

His Excellency the Right Honourable David Johnston, Governor General of Canada, April 22 presented 45 young Canadians with their Duke of Edinburgh's Award Gold Awards of Achievement in a Halifax ceremony.

The Duke of Edinburgh's

Award is a personal challenge for Canadians aged 14 to 24 which encourages personal discovery and growth, self-reliance, perseverance, responsibility and service to the community. The Gold level includes a residential project, which is a five-day, four-night

planned project or training in the company of peers who are not the participants' usual companions. The award is amongst the highest accolades a young Canadian can receive.

West Kings student Alxys Chamberlain was among recipients of the Gold Award.

# Autism support centre opens May 9

Families and the community are welcome to help celebrate the opening of the new Autism Centre May 9, at 565 Main Street, Kingston.

From 11 a.m. to noon, a reception will be held for

sponsors and supporters. At noon, Minister of Health Kings West MLA Leo Glavine will cut the opening ribbon. From noon to 1 p.m., meet the sponsors and, until 4 p.m., tour the premises and try out

the equipment, sensory room, games and toys. A free barbecue will be offered visitors.

For information, contact Sandy at 902-242-2019 or annapolisvalley@autismns.ca.

WVW

Western Valley Wings Tackle Football  
Season 2015 Rotary Park, Middleton

Open to all kids from Berwick to Bridgetown

Spring Tackle Camp (contact)  
Tuesday, May 12 & Thursday, May 14,  
5:30 p.m. to 7:30 p.m.  
Sunday, May 17, 2 p.m. to 4 p.m.  
continuing weekly through Sunday, June 14.  
Cost \$75

Free clinic  
(non-contact)  
Wednesday, May 6,  
5:30 p.m. to 7:30 p.m.  
Thursday, May 7,  
5:30 p.m. to 7:30 p.m.

Fall program

Beginning Tuesday, August 18 and Thursday, August 20 plus game on Saturday or Sunday to be planned around the high school football schedule. We hope to play some games immediately after the West Kings Wolverines' home games at West Kings. Other than that, practices and games will be at Rotary Park, Middleton.  
Season ends Sunday, October 11 so as not to interfere with hockey.  
Cost \$125

Age groups:  
Atom (born in 2007, 2006 or 2005)  
PeeWee (born in 2003 or 2004)  
Junior Varsity (born in 2002, 2001 or 2000;  
players born in 2000 must weigh 150 pounds or less)

All gear provided  
helmet, shoulder pads, pants,  
pads, jersey and mouthguard.

Sign up for both spring and fall programs for \$160 – a saving of \$40.  
For information, contact Mike Upward: 902-825-6500 or mikeupward43@hotmail.com.  
www.westernvalleywings.ca



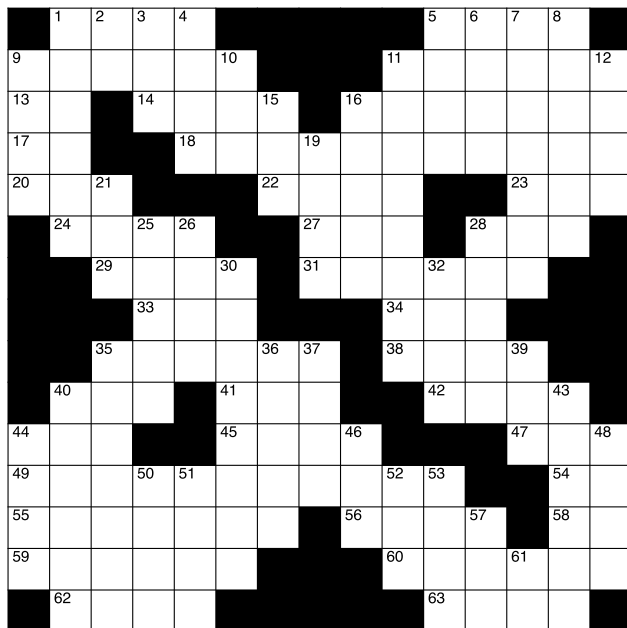


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email [auroraeditor@ns.aliantzinc.ca](mailto:auroraeditor@ns.aliantzinc.ca). 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.aliantzinc.ca](mailto:auroraeditor@ns.aliantzinc.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



## ACROSS

1. William the Conqueror's birth city
5. Expired
9. Muslim greeting
11. Hangs cloth in loose folds
13. -, denotes past
14. Jog
16. Ocean shore
17. Promotion of a product
18. The Constitution State
20. Russian space station
22. Paper mulberry bark cloth
23. Fiddler crabs
24. Drunkards
27. Domestic hog
28. Before
29. Papua New Guinea monetary unit
31. Existentialist philosopher Jean-Paul
33. V.P. Quayle
34. Expression of surprise
35. Declares untrue
38. Corn dough
40. Ocean
41. Supply with men
42. Spring tides

## DOWN

44. Spooky month
45. To tie in Spanish
47. Possessed
49. Br. Architect Wren
54. Prosecutor for a district
55. Tribal chieftains
56. Fulfill a command
58. Location of White House
59. Happy facial gestures
60. Cheap showy jewellery or ornament
62. Over again
63. Inhabitants of ancient Media
1. Coarse woollen braid
2. Gangster Capone
3. Ingest
4. Drug enforcement officer (slang)
5. Expression of annoyance
6. Romanian capital until 1861
7. A person who enjoys good food and drink
8. A way to reason
9. Sewing junction
10. Sound of bovines
11. Metric weight unit
12. Stalk of a moss capsule
15. Explosive
16. Reddish brown
19. Short sleeps
21. Decay
25. Crepe fern genus
26. Actor Connery
28. Wipe out recorded information
30. Imparts motion to
32. Compared to
35. Alight from train
36. N.H. 03832
37. 2 piece clothing fastener
39. Express pleasure
40. A plan, outline or model
43. Give a spanking to
44. NY Times publisher Adolph Simon
46. 17th Greek letter
48. Small, stout cyprinid fish
50. Lazy
51. Merganser
52. Fall back from
53. Enlarge hole
57. Hong Kong dialect
61. Initials of "10" actress

## Water survey

Do you rely on a well for your water? The Ecology Action Centre is running a pilot program in the Annapolis Valley called Healthy Water, It's Well Worth it. The project will include workshops about drinking water, a scan of private well ownership behaviours through an online survey, and water testing kits including financial incentives. Visit [www.ecologyaction.ca/healthywater](http://www.ecologyaction.ca/healthywater) to fill out the survey (win prizes!) and learn about upcoming workshops.

## Religious program

Thursdays, 7 p.m., - you are invited to participate in a discussion series as an introduction

to the Christian faith. Join us at the New Beginnings Centre, Greenwood, for the first part, Thirsty, from H2O - A Journey of Faith.

## Photography class

Thursdays, Millville Community Hall will host photography classes. Whatever your level, join Mike Tufts from 7 p.m. to 9 p.m., \$3 drop in fee. For information, contact Mike, [otherside@eastlink.ca](mailto:otherside@eastlink.ca) or 902-847-9226.

## Meeting

May 7, 11:30 a.m. to 2 p.m., the FSNA/NAFR - Western Annapolis Valley Branch NS75 will hold its annual members meeting at the Kingston Lions Hall, 1482 Veterans Lane. Cost is \$7 for members, \$10 for guests. Guest speaker TBD. RSVP to [nafr75@gmail.com](mailto:nafr75@gmail.com) or Carolyn/ Bill at 902-765-8590.

## Health event

May 8, 9:30 a.m. to 3:30 p.m., the Kingston/ Greenwood Mental Health Association presents

Stand Against Stigma - Changing minds about mental illness at the Kingston Lions' hall. A day of dynamic presentations from mental health professionals and "first voice" persons. Enjoy the "Stand Up for Mental Health" comedy group from Halifax. Free event, lunch provided. Pre-registration required: call 902-765-3902.

## Plant sale

May 9, 8 a.m. to 11 a.m.: forget the ice and snow, it's time for the Black Rock plant sale at the community centre (also known as the Jolly Workers' hall), 4078 Black Rock Road. A fundraiser for the Black Rock Trail Society.

## Breakfast

May 9, 9 a.m., men in the Greenwood/ Kingston area are invited to a breakfast at the Aurora Inn, Kingston for a meal and conversation. Sponsored by New Beginnings Christian Ministries of Greenwood.

## Cemetery clean up

May 9, pitch in at the spring

clean up of both the Old and New Tremont cemeteries, 9 a.m. to noon. Rain date: May 16.

## Autism event

May 9, join in the grand opening of the Autism Centre, 565 Main Street, Kingston. 11 a.m. to noon: private reception for sponsors and supporters; noon - ribbon cutting by Minister of Health Kings West MLA Leo Glavine. 1 p.m. to 4 p.m.: come meet sponsors, tour the premises and try out the equipment, sensory room, games and toys. Free barbecue. Contact: Sandy, 902-242-2019 or [annapolisvalley@autismns.ca](mailto:annapolisvalley@autismns.ca).

## Sale

May 9, 10 a.m. to 3 p.m., there will be a spring shopping spree at the Berwick & District Lions Club, 250 Veterans Drive, Berwick (the Apple Dome). 50/ 50 tickets, canteen on site, admission is \$2. Door proceeds for Campaign for Kids, which helps underprivileged children in the Valley.

## Ticket auction

May 9, 10 a.m. to 2 p.m., 107 Valley Wing RCAFA (904 Central

**Kingston Legion**

**BINGO**

**Sunday, 1:30 p.m.**  
**Tuesday, 7:30 p.m.**  
**Regular Games - \$100**

- 3 Specials - 60/40
- Letter H - 80/20
- Triple Jackpot - R-W-B
- 1 Lucky 7 - Progressive
- 1 Bonanza - Progressive
- Jackpot - 3 Chances
- Consolation \$300
- Double Action

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**\$549,900.00**

MLS #943059

**Kingston Legion Br 98 ~ May 2015**

Office 902-765-4920 • Bar 902-765-4428 • Fax 902-765-2479 • E-Mail [legion98sect@eastlink.ca](mailto:legion98sect@eastlink.ca)

Sun	Mon	Tues	Wed	Thu	Fri	Sat
Find us on Facebook Kingston Legion (Branch #98)					TGIF: Hot Roast Beef <sup>1</sup> Sandwiches, Fries & Veggies MIXED DARTS	No Breakfast for 2 Month of May Dance: Route 12 9pm-1am Meat Draw: 3pm
3 BINGO 1:30	4 EUCHRE	5 BINGO 7:30	6	7	TGIF: Sausage on a Bun & Caesar Salad MIXED DARTS	8 Dance: Big Deal (Lounge) 9pm-1am Meat Draw: 3 pm
10 BINGO 1:30	11 EUCHRE	12 BINGO 7:30	13	14	NO TGIF FOOD Dance: Crackerjack 9pm - 1am	15 No Dance Meat Draw: 3 pm
17 BINGO 1:30	18 EUCHRE NO EXEC MTG	19 BINGO 7:30	20 EXECUTIVE MTG 7:00	21	TGIF: Fish 'n Chips	22 No Dance Meat Draw: 3 pm
24 BINGO 1:30	25 GENERAL MTG 7:00	26 BINGO 7:30	27 EUCHRE	28	TGIF: Mike's Chicken Dinner	29 Dance: Reboot (Lounge) 9pm-1am Meat Draw: 3 pm
31 BINGO 1:30	<b>Kingston Legion (Branch #98)</b>					

Legion Calendar Sponsored by **PHARMASAVE VALLEY DRUG MART**

613 Main St. KINGSTON 902-765-2103

26 Commercial St. MIDDLETON 902-825-4822

metro crossword brought to you compliments of

954 Central Avenue Greenwood 902-765-6381

**In loving memory of Douglas C. Totten**

**Who passed away May 7, 2014**

You never said I'm leaving.  
You never said goodbye.  
You were gone before we knew it  
And only God knows why.  
A million times we've needed you  
A million times we've cried,  
If love alone could have saved you  
You never would have died.  
In Life we loved you dearly,  
In death we loved you still  
In our hearts we hold a place  
That only you can fill.  
Sadly missed and loved forever.

Loretta, Doug Jr. Tracy, Mike, Kevin and Allison.



Avenue, Greenwood) hosts a ticket auction. Twenty tickets for \$1. Variety of baskets and gifts. Proceeds help the wing support the Air Cadet program. For info: 902-765-8415 after 1 p.m.

**Supper**  
May 9, 4:30 p.m. to 6 p.m., a Mother's Day supper, featuring a full course pork loin roast; will be held at the Melvern Square Community Centre.

**SPCA fundraiser**  
May 11 is the jackpot draw in the SPCA Kings Branch Play for Paws weekly 50/ 50 draw. Jackpot \$500. Visit [www.facebook.com/kingsspcas050](http://www.facebook.com/kingsspcas050) for more details on weekly draws.

**Concert**  
May 11, 7 p.m., enjoy In Celebration - An Evening Concert,

featuring the Kings Chorale, St. Mary's Singers and Friends; at St. Mary's Anglican Church, Auburn. Admission \$10 per person. Celebrating 225 years of faith and ministry.

**Lunch**  
May 12, noon to 1 p.m., enjoy a luncheon at the Kingston Lions Hall: roast beef dinner with potatoes, vegetables, dessert, coffee, tea and juice. Cost is \$9/ \$9.50 delivered (Kingston/ Greenwood area only, deliveries ordered by 10:30 a.m.).

**Supper**  
May 16, 4:30 p.m. to 6:30 p.m., Berwick Lions' hall, Veterans' Drive, Berwick; enjoy ham, beans, potato scallop, coleslaw, rolls and choice of pie.; \$10 a plate. All proceeds go to Berwick

& District Lions Club. Advance tickets from any Lion member.

**Yard sale**  
May 16, 8 a.m. to 1 p.m., the Kingston Lions host an indoor spring yard sale at the Kingston Lions' hall. Household and kitchen items, furniture, tools, books, appliances, etc - many hidden gems! All proceeds sup-

port Lions' community projects.

**Sale and coffee party**  
May 16, 8 a.m. to noon: coffee party at Berwick Baptist Church annex. Freewill offering for cof-

fee/ tea with muffins or sweet breads. Bake, spring plants and a white elephant tables with goodies for sale. Proceeds for church purposes.

theAurora

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, April 30, 2015

Full namePhone 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. Who sells safety, now and down the road? \_\_\_\_\_  
2. Who teaches the martial art of the Samurai? \_\_\_\_\_  
3. Where can you dine in a Swiss Alpine room? \_\_\_\_\_  
4. Where can you find the Art of Tea? \_\_\_\_\_  
5. Who has a lit floral Mother's Day special? \_\_\_\_\_

Congratulations to last week's winner: PATTI JAMIESON



Mimie's PIZZA

683 Central Ave.,  
Greenwood

902-765-6888  
902-765-2232

sudoku

solution page 14

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

sudoku brought to you compliments of

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Think fresh. Eat fresh.™

patrick's puzzle

solution page 14

JOINT PAIN WORD SEARCH

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

WORDS

ABNORMAL ANALYSIS ARTHRALGIA ARTHRITIS BACK CAPSAICIN CARTILAGE

CHRONIC COMPRESSION CORTISONE ELBOW FIBROMYALGIA GENETICS

GLUCOSAMINE IMMUNE INFLAMMATION INJURY IRRITATION KNEE LUMBAR

MOTION MUSCLES NERVES NEUROPATHY ORTHOPAEDIC PAIN PHYSICAL THERAPY

PRESCRIPTION PROGNOSIS PSORIATIC RECURRENT RHEUMATOLOGIST SPINE TOPICAL WRTST

patrick's puzzle brought to you compliments of



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horoscopes

May 3 - May 9

ARIES - Mar 21/Apr 20

You are a mystery lately, Aries. No one is quite sure what you will do next and you may like to surprise. But share your plans every so often with those closest to you.

TAURUS - Apr 21/May 21

Taurus, surround yourself with positive people who maintain optimistic outlooks. Many opportunities will open up if you keep a positive attitude.

GEMINI - May 22/Jun 21

Gemini, you may resist social activities this week at first, but soon you will get swept up in the fun and lose your inhibitions. Use social activities as a way to network.

CANCER - Jun 22/Jul 22

Cancer, if you are thinking about a career move, it's about time you put your plans in motion. This week you may find you are full of energy and ready for a new challenge.

LEO - Jul 23/Aug 23

Leo, a renewed sense of enthusiasm has you eager to get started on future plans. Perhaps a new course of study will suffice and pave the way for new experiences.

VIRGO - Aug 24/Sept 22

A chance encounter with an old flame stirs up feelings you didn't realize you still had, Virgo. Even if these feelings are less dramatic, you're still tempted to act on them.

LIBRA - Sept 23/Oct 23

Libra, it is up to you to initiate action in a situation that leaves you somewhat uncomfortable this week. Don't hesitate to step up and take charge.

SCORPIO - Oct 24/Nov 22

A difference of opinion may be highlighted at work this week when you are confronted by a co-worker, Scorpio. Act with integrity, but be firm with your resolve.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, others may try to stop you from having fun, but you are determined to enjoy yourself. Your entire week is focused on having a good time with friends and family.

CAPRICORN - Dec 22/Jan 20

Capricorn, although you cannot control all of the changes in your life, you do have firm control over your personal health. Don't put off revamping your diet and exercise plan.

AQUARIUS - Jan 21/Feb 18


Aquarius, close friends will keep you pretty busy over the next few days, but you can handle it. Let off steam with a few different fun activities when time allows.

PISCES - Feb 19/Mar 20

Use caution when making decisions this week, Pisces. You can be prone to impulsive behaviour, and you don't want to find yourself in trouble.

horoscopes brought to you compliments of

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





# classifieds

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

Classified advertising must be booked and prepaid by 10 a.m. Thursday 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 902-765-1494 local 5440, visit the office, 83A School Road, Morfee Annex, Greenwood; email [auroranews@ns.aliantzinc.ca](mailto:auroranews@ns.aliantzinc.ca) or fax 902-765-1717.

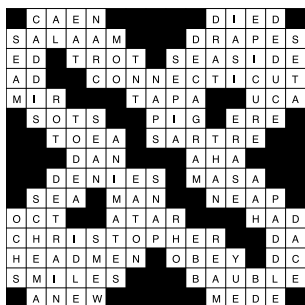
To place a boxed, display ad, contact 902-765-1494 local 5833; email [auroramarketing@ns.aliantzinc.ca](mailto:auroramarketing@ns.aliantzinc.ca).

Les annonces classées, 35 mots ou moins, sont vendues au prix de 8 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 9 \$, taxes incluses.

Les annoncées classées doivent être réservées et payées à l'avance avant 10 h, le jeudi 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 [auroranews@ns.aliantzinc.ca](mailto:auroranews@ns.aliantzinc.ca) 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 [auroramarketing@ns.aliantzinc.ca](mailto:auroramarketing@ns.aliantzinc.ca).

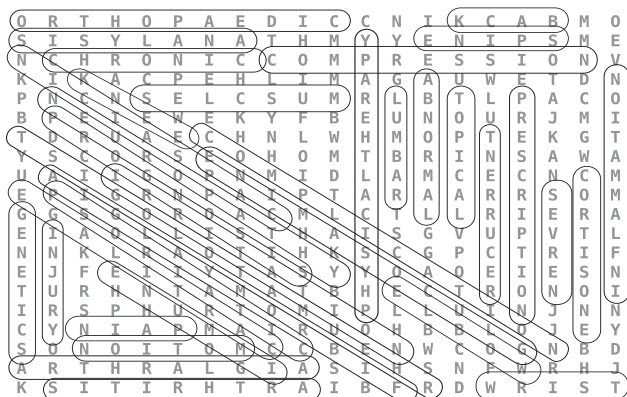
## crossword solution



## sudoku solution

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

## patrick's puzzle



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## APARTMENTS

**FOR RENT – Very clean modern 1, 2 & 3 bedroom apartments.** Middleton to Cambridge. Well managed properties. Seniors units available. References required. Call Ross at 902-840-0534. (3539-ufnb)

**FOR RENT – Kingston Lincoln Shire Apartments.** 2 Bedroom, 5 Appliances \$800 per month, plus Utilities. Available, April 1st. Phone 902-765-6669 (3608-ufnb)

**FOR RENT – Second floor, sunny 2 Bedroom Apartment centrally located on Main Street in Kingston.** Fridge, stove, efficient washer-dryer combo with own entry. Highly efficient heat pump gives heat in winter & A/C in summer. \$690.00 per month plus utilities. Non-smoker & no pets. Available immediately. Call 902-765-0767 for more information. (3614-4tpb)

**FOR RENT – Downtown Middleton.** Lovely One Bedroom apartment plus small den. Large Kitchen and Living room. Washer and dryer hookup, plus separate storage room. \$550 monthly, plus utilities. Call 902-825-2338 (3615-4tp)

**FOR RENT – Spacious 3 Bedroom Apartment located in Downtown Middleton,** large kitchen, extra large dining room, living room, porch & small deck, private entrance. Rent \$625 monthly, plus utilities. Call 902-825-2338 (3615-4tp)

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902-844-2299**

**FOR RENT – FIRST FLOOR ONE-BEDROOM APARTMENT** in rural Kingston. This cozy apartment is clean and freshly painted. Rent includes furniture and washer, dryer, fridge and stove. Rent also includes all utilities, cable and Wi-Fi. Please no smoking and no pets allowed. \$750 per month plus security deposit. Excellent for IR. Car required. Call 902-765-1898 or [joeben699@gmail.com](mailto:joeben699@gmail.com). (3616-ufnb)

**FOR RENT – SECOND FLOOR ONE-BEDROOM APARTMENT** in rural Kingston. This spacious and bright apartment is fully furnished. Plus linens and kitchen stuff. Excellent for IR. Rent includes all utilities, Wi-Fi and cable. I am looking for a quiet, responsible, mature individual. One person only! No pets and no smoking allowed. \$850 per month plus security deposit. Also air conditioned. Car required. Call 902-765-1898 or write [joeben699@gmail.com](mailto:joeben699@gmail.com). (3616-ufnb)

**FOR RENT – Apartment for rent,** 515 Pleasant St. Kingston. 1 Bedroom, fridge, stove, heat & lights incl. No pets. Bedroom & Bath upstairs. \$690. Per month. 5 minute walk to Superstore. Phone 902-250-0181 or email: [pfraser2008@yahoo.ca](mailto:pfraser2008@yahoo.ca) (3616-3tp)

**FOR RENT – Clean, well maintained 2 bedroom apartment.** Secured Adult Building Second Floor Central Middleton. Includes fridge, stove, window A/C, coin laundry on floor, Non Smoking, NO dogs Transit Bus Route \$595.00 per month utilities included. Call 902-825 4567 (3617-2tp)

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Moving & Deliveries

16' Cube Van  
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Chris Parker L.L.B.

Ronald D. Richter  
(B.A. Hon.), L.L.B.

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## Annual Meeting Notice

**The Annual Meeting of the Kingston District Fire Commission will be held on Tuesday, May 19th, 2015 at 7:00 p.m. in the Kingston Fire Hall.**

- \* Presentation of Financial Statements for April 1/14 – March 31/15.
- \* Presentation of Budget for April 1/15 – March 31/16.
- \* Set the area rate at 6 cents per \$100 of assessment.
- \* Election of Commissioners.

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

### Kingston Fire Hall Rental

All enquiries re hall rental and use, please call 902-765-2358.

### Allie Pierce Memorial Award

Students graduating from Middleton Regional High School, West Kings High School and École Rose-des-Vents 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](mailto:mwilkins@ns.sympatico.ca)

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

## David A. Proudfoot

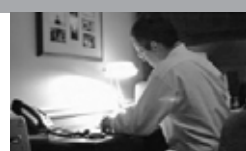
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# Western Valley youth football set for season

The Western Valley Wings organization is getting ready for the 2015 tackle football season.

A free clinic (non-contact) will be held both May 6, 5:30 p.m. to 7:30 p.m. and May 7, 5:30 p.m. to 7:30 p.m. Spring tackle camp (contact) gets underway May 12 and May 14, 5:30 p.m. to 7:30 p.m.; and May 17, 2 p.m. to 4 p.m., continuing weekly through June 14.

The clinic, cap and program is open to all kids from Berwick to Bridgetown. Age groups include Atom (born in 2007, 2006 or 2005), PeeWee (born in 2003 or 2004) and Junior Varsity (born in 2002, 2001 or 2000 – players born in 2000 must weigh 150 pounds or less). The fall program beings



October 11 so as not to interfere with hockey.

All gear is provided: helmet, shoulder pads, pants, pads, jersey and mouth guard. All practices and games will be at Rotary Park, Middleton. For information, contact Mike Upward: 902-825-6500 or [mikeupward43@hotmail.com](mailto:mikeupward43@hotmail.com). Visit [www.westernvalleywings.ca](http://www.westernvalleywings.ca).



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## NOMINATION DAY VILLAGE OF GREENWOOD Thursday, May 14, 2015

The Clerk at the Village Office will receive nominations for the office of Two (2) Commissioners for the Village of Greenwood on Nomination Day, between the hours of 8 am and 1 pm on Thursday, May 14, 2015.

### 2—three year terms

Nomination papers are available at the Village Office and no person shall be eligible for election to the Office of Commissioner of the Village unless that person has been nominated as a candidate in accordance with the Nomination Day By-Law, by not less than five persons who, on Nomination Day are qualified electors, having lived within the Village of Greenwood boundaries for six months.

If more than two candidates are nominated on Nomination Day, Elections will take place at the Annual General Meeting on May 28, 2015 at 7:00 pm at the New Beginning Centre, 1151 Bridge Street, Greenwood

Marian Elsworth  
Clerk-Treasurer  
Village of Greenwood  
904 Central Avenue  
Greenwood, NS B0P 1N0



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**APPLICATIONS FOR  
GRANTS TO ORGANIZATIONS**

Section 65 of the *Municipal Government Act (MGA)* empowers Municipalities to make grants to certain types of organizations.

The Municipality of the County of Kings may issue grants to organizations which qualify under the **MGA s.65(a)** and which provide services that complement or enhance existing services of the Municipality.

The application deadline for organizations to submit their requests is **May 30<sup>th</sup>**.

For a copy of the policy or further information on the application process, please contact the undersigned.

Lisa Amon  
[lamon@countyofkings.ca](mailto:lamon@countyofkings.ca)

<http://www.countyofkings.ca/information/communitysupport.aspx>

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Toll Free 1 888 337-2999  
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**W. Bruce Gillis, Q.C. • Blaine G. Schumacher, CD**  
(Also of the Alberta Bar)

Counsel: **Clare H. Durland, Q.C.** (Non-Practicing)

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## Jiu Jitsu students compete at recent open

April 25, a team of seven competitors from Abhaya Brazilian Jiu Jitsu competed in the 2015 Abhaya Open at King's Edgehill in Windsor. This is the largest Jiu Jitsu competition in the Maritimes, with nearly 200 competitors.

Competing for the first time were Fionn Carson and Ethan Harris in the kids' divisions. Also stepping onto the competition mats for the first time were Canadian Armed Forces members Kevin Cochrane and Scott Carson in the adult masters white belt under 175 pounds division and over 200 pounds white/blue divisions, respectively. Joining Cochrane the 175 pound division was local competitor Josh Harris. Assistant instructor Colin Yeliga also stepped up to compete in the advanced combined belt and weight category. All competed with heart and performed extremely well, representing Abhaya Brazilian Jiu Jitsu.

Ethan Harris set the bar in the morning: after losing his first match, he went on and won his next three matches leading to a silver/bronze medal match against a larger and more experienced competitor from Halifax. He set the pace in this final match, but lost a close fight by points. Later in the afternoon, his dad, Josh, set out to match or exceed Ethan's medal. Josh lost his first match, then went on to win until he matched up in a silver/bronze match against a competitor from Moncton. He took the fight to his opponent and was up on points going into the final minute of the fight. With less

than 30 seconds left Josh's opponent managed to score and ended up winning four points to three.

Aidan St. Laurent stepped up in the youth (14 to 17 year old) under 140 pounds division and started his competition career with a dominant win in his first match. He then went on to win his next match, which set him up in the gold medal match against a more experienced competitor from a Lower Sackville club. St. Laurent started the gold

medal match and quickly locked a triangle submission on his opponent. Unfortunately, his opponent was able to escape and transition to a dominant position. While there, he was able to submit St. Laurent with an arm bar. This forced St. Laurent to compete in one more match for the silver/bronze medal: he was not to be denied the victory in this match. St. Laurent went on to dominate his opponent in this final match and took home the silver medal.



From left are Fionn Carson, Scott Carson, Josh Harris, Ethan Harris, Kevin Cochrane and Aidan St. Laurent. All are students with Abhaya Brazilian Jiu Jitsu, and competed in the recent 2015 Abhaya Open in Windsor. Submitted



### DR. GILLIAN TRUEMAN

#### Retirement Party

Welcome all past patients, colleagues and friends of Dr. Gillian Trueman for a SURPRISE celebration in her honour. Dr. Trueman held a family practice in Berwick for 16 yrs, followed by 14 yrs as a civilian doctor at CFB Greenwood. Best wishes only...plus... she reaches a milestone birthday.

**Monday May 18th 4-6pm at the Berwick Fire Hall**  
(Be there by 4:10 for the moment of surprise!)

## Flight Engineers needed!

Are you AVN? Or AVS?



14 Wing Greenwood is hosting an FE recruiting drive Tuesday, May 12 at the Birchall Training Centre at 2 p.m.

All AVN and AVS technicians are invited to attend this information session for an exciting and rewarding career opportunity.



Contact Corporal Matt Jobes, [matthew.jobes@forces.gc.ca](mailto:matthew.jobes@forces.gc.ca), or Sergeant Alex Cloutier, [cloutier.AA@forces.gc.ca](mailto:cloutier.AA@forces.gc.ca), for more info

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 <p><b>\$10,950 + tax</b> Stock Number 15-116A <b>2010 Mazda 3 GX • \$117 BIWEEKLY!</b> 2.0L, 4 cyl, auto, A/C, includes winter tires! ONLY 72,006 kms</p>	 <p><b>\$11,950 + tax</b> Stock Number 15-231A <b>2011 Chev Cruze LT Turbo • \$127 BIWEEKLY!</b> 1.4 L, I-4cyl, Keyless Entry, A/C, PW, PDL, CRU, 37,240 kms, Excellent Condition</p>

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