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 the **Aurora**

Vol. 36 No. 19 MAY 18, 2015 NO CHARGE www.auroranewspaper.com

Personnel continue Op Impact changeover

Approximately 95 Canadian Armed Forces (CAF) personnel returned home April 26 aboard a CC150 Polaris aircraft from Operation Impact, the CAF's contribution to the Middle East Stabilization Force. The personnel, deployed since the operation began in October, were returned to their bases at 14 Wing Greenwood, 8 Wing Trenton and 4 Wing Cold Lake.

The ongoing relief in place allows the CAF to replenish its forces by deploying a new rotation of service members, allowing those currently deployed to return home. The changeover began in mid-April and will continue rotating personnel until approximately mid-June.

Approximately 600 CAF personnel are deployed as part of Joint Task Force-Iraq (JTF-I), which includes various staff, support elements and an air task force. March 30, the CAF mission was formally extended for up to 12 months and its mission expanded



Wing Commander Colonel Iain Huddleston, right, and Wing Chief Warrant Officer Pierrot Jetté, along with Lieutenant-Colonel Brian Richardson, Master Warrant Officer Stephen Ellis, Lieutenant-Colonel Scott Latter and Master Warrant Officer Tony Matthews; welcome home 14 Wing personnel returning from Operation Impact duties in Kuwait April 26.

Corporal D. Kirkwood, 14 Wing Imaging

to authorize the conduct of airstrikes against ISIS targets in Syria.

As of May 12, Air Task Force-Iraq has conducted 901 sorties. Canadian CF188 Hornet fighters have conducted 586 sorties, the CC150T Polaris aerial refueller has conducted 151 sorties, delivering some 8,911,000 pounds of fuel to coalition aircraft; and the CP-140 Aurora aircraft, based out of 14 Wing Greenwood,

have conducted 164 reconnaissance missions.

"The RCAF has been a steadfast partner, working with our Canadian Army and Royal Canadian Navy brethren as well as allied partners every day. Canadians have every reason to be proud as our members continue to support Operation Impact," said Lieutenant-General Yvan Blondin, Commander Royal Canadian Air Force.

Wing ramps up for Relay for Life

Anyone whose life has been touched by cancer – whether personally, with family members or friends' experiences – is invited to join 14 Wing Greenwood's Relay for Life effort in support of the Canadian Cancer Society.



Warrant Officer Rick Cowley is organizing 14 Wing's contribution to the Middleton event, set for Rotary Raceway Park June 13, 6 p.m. to midnight. He has set an organizational and information meeting for Friday, May 22 at 1 p.m. in the Annapolis Mess Ad Astra (or A lounge) for branch and squadron relay for Life team reps, and anyone else interested in joining the initiative.

"The Relay for Life event is one of the community causes 14 Wing Greenwood really gets behind as part of its annual charitable campaign," Cowley says. "We really support this with people, fundraising and equipment for the event itself."

Cowley needs to know of 14 Wing Relay for Life teams, contacts, planned fundraisers teams have set dates for – and also what kind of site equipment (tents, chairs, etc), they require during the Relay event itself. Come to the May 22 information session, or contact Cowley at 902-765-1494 local 1687.

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Greenwood Military Family Resource Centre staffer Pascale Robichaud speaks with Dwight Ross students.

Sergeant P. Nicholson,
14 Wing photojournalist

Kids’ month

Military kids a part of 14 Wing Greenwood families had their own time to shine in April, the Month of the Military Child. A campaign to connect the contributions – and the sacrifices - these children make as their families make new homes for themselves across Canada, and around the world, was shared with local schools. 14 Wing personnel and representatives from the Greenwood Military Family Resource Centre visited with a special video featuring local families, a talk on the relevance of the month and the opportunity for all school members to write down their thoughts for a commemorative birch tree display. This is the second year 14 Wing Greenwood has marked the month.



Pine Ridge students marked on a map of Canada all the places they’ve lived, before making Greenwood a home with their military families.

Submitted



Major Eric North and his daughter, Leah North at École rose des vents.

Submitted

We are
not open.

Notre bureau
est fermé.



The Aurora Newspaper
office will be closed May 18.

Le bureau du Journal Aurora
sers fermé le 18 mai.



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Useful links | Liens utiles

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

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

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

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

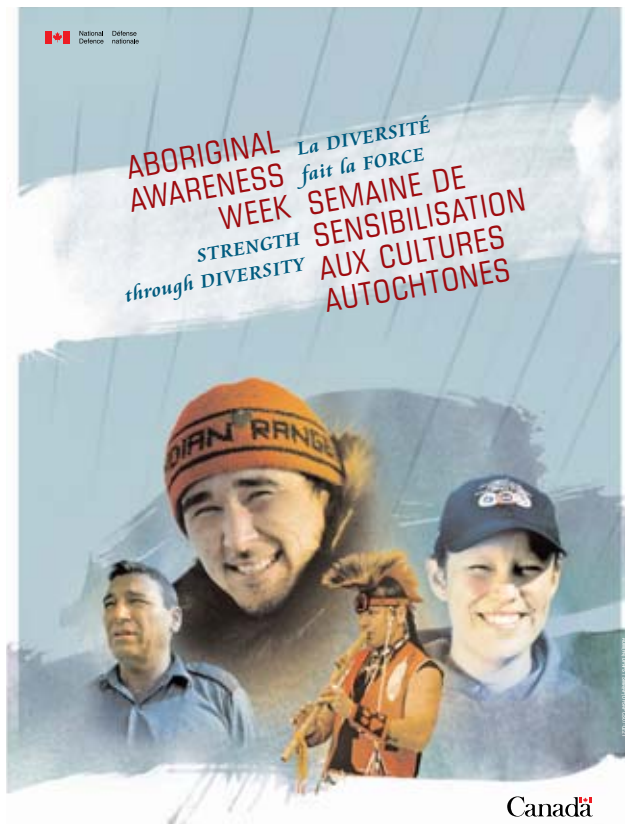
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www.forces.gc.ca

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

Recruiting | Recrutement
www.forces.ca

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

VPI | VPI
www.vpinternational.ca



Aboriginal contributions add strength to CAF

National Aboriginal Awareness Week will be commemorated May 19 to 22. It was first introduced in Canada in 1992, and is now held on the four days which follow the Victoria Day long weekend. It was designed to increase awareness of Aboriginal peoples within the histories of Canada, and has evolved to honour the many Aboriginal cultures in Canada, including the Métis, the Inuit and First Nations.

Since the first European explorers arrival in the 15th century, Aboriginal people have continued their strong tradition of military service, whether as warriors with their respective bands or through



Captain Keith Tagg

service to colonial powers and, later and continuing today, service to Canada.

Here at 14 Wing Greenwood, Captain Keith Tagg is one of many members of Aboriginal heritage that

of Alberta, Tagg enlisted in September 1998 and serves today as a tactical navigator instructor on the CP140M at 404 (Long Range Patrol & Training) Squadron.

The Canadian Armed Forces derives much of its strength from the diversity of Canadian society, and Aboriginal members such as Tagg are a vital part of the CAF core strategy to remain a proud institution, representative of Canada's peoples, their common values and aspirations.

S. Keddy

have chosen to serve. As a member of the Métis Nation

Les Autochtones : Un atout pour les Forces armées canadiennes

La Semaine nationale de sensibilisation aux cultures autochtones aura lieu du 19 au 22 mai. Célébrée pour la première fois au Canada en 1992, elle se déroule dans les quatre jours qui suivent la longue fin de semaine de la fête de Victoria. Destinée à l'origine pour mieux faire connaître le rôle des peuples autochtones dans les différentes facettes de l'histoire du Canada, elle rend aujourd'hui hommage aux nombreuses cultures autochtones du Canada, dont celles des Métis, des Inuits et des Premières Nations.

Depuis l'arrivée des premiers explorateurs européens, au 15e siècle, les peuples

autochtones n'ont cessé d'accomplir leur devoir militaire, que ce soit en tant que guerriers dans leurs bandes respectives ou au service des puissances coloniales puis, aujourd'hui encore, au service du Canada.

À la 14e Escadre Greenwood, le capitaine Keith Tagg fait partie des nombreux descendants d'Autochtones qui ont choisi de s'engager. Membre de la Nation métisse de l'Alberta, Keith, qui s'est engagé en septembre 1998, est aujourd'hui instructeur en navigation tactique à bord du CP140M au sein du 404e Escadron de patrouille et d'entraînement maritime (EPEM).

Les Forces armées canadiennes puisent une bonne partie de leur force dans la diversité de la société canadienne. Les militaires autochtones comme Keith sont un élément essentiel

de la stratégie fondamentale mise en œuvre par les FAC pour rester une institution fière et représentative des peuples du Canada, de leurs valeurs et de leurs aspirations communes.

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Corporal Justin Mills and Sparky of 14 Wing Fire and Emergency Services

Corporal S. Wilson, 14 Wing Imaging



Corporal Luc Vallee of 14 Fire and Emergency Services accepts donations in support of Muscular Dystrophy at the main entrance to 14 Wing Greenwood April 29, as base firefighters hosted their annual boot drive.

Boots full

Sergeant Paul Keeping

Firefighters are local heroes, and 14 Wing Greenwood's own continue to answer Muscular Dystrophy Canada's "911" call for assistance, raising funds and awareness to support people with neuromuscular disorders.

Since 1954, firefighters have shown an unwavering commitment to defeating muscular dystrophy and related, life-threatening diseases. Funds are raised primarily through the Muscular Dystrophy Association's signature

Fill the Boot campaign, in which member firefighters hit the streets across Canada, collecting money in their boots from neighbours and passersby. Over 60 years, the campaign has raised more than \$558 million, translating into game-changing research progress.

14 Wing Fire and Emergency Services is pleased to announce its April 29 boot drive raised \$2,185.96. Firefighters would like to thank all 14 Wing Greenwood personnel, their families and friends for their outstanding generosity and support.

~ Obituary ~

MICHAEL "JAY" LOWE

November 30, 1955 - April 18, 2015

LOWE, Michael "Jay" – age 59 of Torbrook, Annapolis Co., passed away suddenly on Saturday, April 18, 2015, in the Valley Regional Hospital, Kentville. Born on November 30, 1955, in Halifax, he was a son of the late Michael J. and Alvona W. (Wagner) Lowe. Jay had a zest for life and would lend a hand to anyone in need or otherwise. He left a piece of himself to everyone he met. Jay loved his grandchildren and his dogs more than life itself; they meant the world to him. He was fond of his work family almost as much as his real family and truly enjoyed his job. Jay leaves behind his wife of 40 years, Priscilla Crocker; daughters, Monica (Paul) Williams, Torbrook; Maggie Crocker, Kingston; he also leaves behind five grandchildren who loved him deeply. There were also a few other "children" in his life. Jay will be missed by his siblings very much, Kirk, Colin, Rosemary, John, Melinda and Lyndon. Michelle was more like a daughter than a baby sister and her children, Kayla and Cassidy. He had numerous special friends who will surely miss him as well, Harry, Mackie, Pete, Joanne and Bill and Brian. We will miss the endless jokes, the "uglies" and the moving to Sissiboo and "you don't loves me's" and throwing Mickenna in the garbage. Visitation took place from 7-9 p.m., Tuesday, April 21, in the Middleton Funeral Home, 398 Main St., (902) 825-3448. A celebration of Jay's life took place at 4 p.m., Friday, April 24, at St. Mark's Chapel, 14 Wing Greenwood, Lt. The Rev. Kent Greer officiated. Donations in his memory may be made to the Heart & Stroke Foundation or to the Canadian Cancer Society. On-line guest book may be signed by visiting: www.middletonfuneralhome.com



~ Thank you ~

We wish to thank our friends and families for their support during our difficult time. Special thanks to Sergeant Pete Winfield and Captain Jerrica Cull, as well as Padre Greer for his support.

Family of Michael J Lowe

Rest in Peace My Friend

Norm Van Ember

You were a good soul and will be in our thoughts forever. Thanks for the memories old Buddy. You will be sadly missed by Bren, Ken, Dago, and Buzzy.

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(EN) Que vous aimiez la randonnée, le vélo ou l'escalade, vous n'avez pas à quitter le pays pour vivre votre passion pour les aventures en plein air. Parcs Canada gère 44 parcs nationaux qui sont répartis entre les 13 provinces et territoires. Que vous visiez une courte sortie pour le week-end ou une traversée du pays, il y en a pour tous les goûts.

« À mesure que le temps s'adoucit, de nombreux voyageurs veulent absolument retrouver la nature et en profiter », remarque Taylor L. Cole, spécialiste du voyage à Hotels.com. « Le Canada constitue la destination parfaite

pour les mordus de la nature, qui trouveront abondance d'espaces sauvages inhabités à explorer. »

Faites l'expérience de cette escapade d'une nuit

Si vous adorez être en symbiose avec la nature, mais que dormir à même le sol, sous les étoiles, n'est pas le scénario de vos rêves, une nuitée dans une yourte pourrait être le compromis parfait. Le parc national du Canada Fundy, au Nouveau-Brunswick, est l'un des rares parcs offrant ce type unique d'hébergement. À l'origine utilisées comme des abris transportables par les nomades au 13e siècle, les yourtes modernes compren-



ner le ciel étoilé.

Bas de vignette: De nombreux parcs nationaux situés au Canada offrent des vues à couper le souffle pour les voyageurs actifs.

Essayez ces sentiers panoramiques

Parfois, le meilleur moyen d'explorer une destination est de se promener à pieds. Il faut prévoir une visite à Twillingate, à Terre-Neuve-et-Labrador. Connue comme la « capitale mondiale des icebergs », sa côte offre de nombreux sentiers de randonnée où les visiteurs peuvent admirer le paysage et les icebergs... et avec un peu de chance, des baleines.

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(EN) Certains isolants peuvent perdre leur rendement au fil du temps, subir des dommages, ou simplement ne plus se conformer aux codes du bâtiment. Ce problème peut être coûteux, car si votre isolant comporte des lacunes, vous risquez de gaspiller argent et ressources.

Pas besoin d'un professionnel pour vous dire que vous avez des ennuis... Voici plusieurs indices qui révèlent un problème d'isolant :

1. Factures d'énergie – Des factures d'énergie élevées sont le symptôme le plus évident, surtout si elles sont élevées en fonction de la taille, de l'âge et de la condition de votre maison. Si vous devez toujours payer plus cher, votre isolant a peut-être besoin d'une mise à niveau. Et ceci peut être le cas même dans une maison relativement neuve.
2. Courants d'air – Avez-vous à porter un bon chandail même lorsque l'appareil de chauffage central est en marche, ou votre climatiseur fonctionne-t-il sans arrêt sans que vous ne sentiez vraiment de différence ? Votre maison est sans doute mal isolée.
3. Températures inconstantes – Il fait chaud dans une chambre, mais froid dans l'autre ? Vos murs ou garde-robes intérieurs sont froids au toucher ? Il est possible que votre maison tout entière n'ait pas besoin d'attention, mais il est incontestable que certaines pièces ont besoin d'aide.
4. Conditions des matériaux d'isolant – Considérez l'âge de votre isolant. Se conforme-t-il aux codes du bâtiment actuels ? Est-il en bon état ou se désagrège-t-il ? Si votre isolant s'est dégradé ou qu'il ne donne pas les résultats attendus, c'est le moment de le mettre à niveau. Mais soyez prudents... Certains types plus vieux d'isolant, comme l'isolant à la vermiculite, peuvent contenir de l'amiante. En cas de doute, n'y touchez pas. Faites appel à des professionnels qui pourront faire des tests et/ou l'élimination du matériau. Ceci n'est pas un travail à faire vous-même.
5. Vous remarquez des animaux nuisibles et/ ou de l'humidité – L'isolant, et l'enveloppe de votre bâtiment, peuvent être affectés par la présence d'animaux nuisibles. L'humidité constitue un obstacle encore plus important à une performance thermique optimale, car certains types d'isolant peuvent s'affaisser ou s'effondrer avec l'humidité, laissant des points vides qui permettent à l'air de circuler dans l'enveloppe de la maison.

Bien que certaines solutions soient plus complexes, jusqu'à exiger l'ouverture des cavités murales, d'autres sont plus simples. La meilleure façon d'améliorer le rendement thermique et d'améliorer l'économie énergétique est d'actualiser l'isolant au grenier. Ajouter de l'isolant Comfortbatt pardessus le matériau existant pour réaliser une épaisseur minimale de 16 pouces, ou une valeur R de R50, est un projet simple à faire soi-même qui apporte pourtant des résultats immédiats. Pour une évaluation complète de votre domicile et pour envisager vos options de réhabilitation, faites appel à un conseiller professionnel



en énergie qui pourra évaluer votre maison. Et sachez que le rendement énergétique de parfois, les résultats sont surprenants, même pour les maisons neuves.

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Planifiez des activités en famille... à petit prix

(EN) À court d'imagination pour des activités estivales ludiques qui occuperont les enfants durant de longues journées? En manque de temps pour rechercher des activités qui sauront plaire à toute la famille tout en respectant les limites de votre budget? La solution? Visitez le tuango.ca/activites, une source indispensable d'inspiration qui propose chaque jour une grande variété d'activités à

plus de 50% de rabais.

Le temps est venu de sortir les enfants de la maison, de débrancher leurs tablettes et consoles de jeu et de vivre des moments inoubliables.

Des idées d'activités complètement renversantes

Vivez des émotions fortes en dénichant des passes pour une journée à la Ronde. Parfait pour les petits comme les plus grands qui ont gardé le cœur et l'énergie de leur enfance.

Visitez le Zoo de Granby et ses animaux (dont plusieurs sont en voie de disparition), voilà une activité exotique.

Toute une journée de plein air en famille : tyroliennes, passerelles suspendues, saut pendulaire, pont de corde dans un parcours aérien dépaysant. L'activité Arbre en arbre plaira à toute la famille : émotions fortes et fous rires garantis.

Pourquoi ne pas découvrir la Montérégie vue d'en haut? Cette expérience à couper le souffle se fera à travers une envolée en montgolfière. Profitez-en avec toute la famille, car ce n'est pas tous les jours que l'on peut s'offrir un tel paysage.

Certaines journées de canicule sont tellement chaudes et humides que l'on n'ose plus bouger? Pas si l'on s'offre un



forfait glissades d'eau : une véritable bouffée d'adrénaline et de rafraîchissement.

Envie de rester en ville? Pourquoi ne pas sortir toute la famille grâce à un forfait créé sur mesure : faites l'achat d'un délicieux menu gourmand au restaurant, puis procurez-vous des billets de cinéma.

Voilà du divertissement, à une fraction du prix.

Vous êtes inspirés? Alors n'hésitez pas à visiter le site quotidiennement, car ces offres et plus encore y sont régulièrement proposées. Et n'oubliez pas de vous inscrire pour être à l'affût des offres du jour, car elles se renouvellent

constamment.

Et si vous aimez magasiner sur le pouce, pourquoi ne pas vous simplifier la vie grâce à l'application Tuango pour iPhone ou Android et consultez ainsi toutes les offres disponibles – où que vous soyez au moment qui vous convient.

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How to embrace the outdoors inside

(NC) It doesn't matter if you live in a crowded city apartment or on a sprawling farm, putting Mother Nature's natural light and other outdoor elements to work is a great way to decorate your home and enhance your interiors.

"You'd never want your living space to feel like a dark, dingy cave," says Sally Morse, director of creative services at Hunter Douglas, a leading window treatment company. Here she outlines some little tricks to make your space embrace the outdoors and all that it has to offer:



Light can change everything

"Natural light has both a visual and emotional impact," Morse explains. It transfers

heat in colder months, makes a room more welcoming and even has the power to elevate our moods. "Selecting a window covering that fulfills both

your aesthetic and functional requirements is an art," she continues. Before buying, consider factors like light control, energy efficiency and UV-ray protection for furnishings, and coordinate fabrics and colours to match your existing décor.

"You don't have to sacrifice privacy in order to let the light and view in," Morse says. Going the extra mile, translucent or room-darkening fabric vanes rotate 180 degrees for light control and privacy.

Green surroundings

Adding wall art and accessories throughout the home that give off an outdoorsy

nature vibe can really make a difference. "Modern technology means fake plants look totally real today," observes Morse. A few potted greens here and there and a floral painting can make a surprising difference in a home.

Make wood work


Even if you're living in a cinderblock apartment, incorporating wood elements will make it feel less industrial. "You can easily find wooden planks to make shelving and even use rope to create a 'hanging shelf' for an organic look," Morse says. Pops of natural wood in unexpected places, like sculptures and

tabletop items such as place mats, also add a fresh vibe.

With these helpful tips, you and your home will be able to bask in some of the best of what the great outdoors has to offer.

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Create a shaded oasis

(NC) A shady space in your yard, especially one that provides an escape from late-afternoon sun, can be the

perfect cooling and calming getaway spot. Combining shade-loving perennials and annuals in a subtly contrasting mix of shape, texture and colour assures beauty and restfulness in this peaceful retreat.

“Take a look at the PC hosta called Cool as a Cucumber, for example,” says Peter Cantley, gardening expert for President’s Choice brand. “This plant features long, tapered leaves with bright green margins and white centres. The name itself invokes calm, cool feelings – and this hosta is ideal for areas with minimal sun exposure.”

Keep the final height and



width of your chosen plants in mind when placing them in the garden. Taller plants should be placed near the back of border gardens or at the center of island-style gardens. Make sure to ar-

range your selections in clusters of three to five plants of each variety for the most eye-appealing end result.

The size of your garden area and the individual space requirements of each type

of plant you choose will determine how many plants are needed. Check individual plant tags for the correct spacing and the size of maturity to help you decide.

To really accentuate the calming atmosphere, think about adding a small water feature. Pair the soothing sounds of a fountain with a hammock plus your favourite book and your shaded area will be a perfect little summer oasis.


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Save money on home projects

(NC) Much like the upkeep on your car, tackling home maintenance on a regular basis will prevent problems from developing and save you from larger repair costs down the road. Some projects should be left to the professionals, but there are plenty of weekend jobs that any homeowner can easily handle, like these:

Inspect your roof and make minor repairs. Winter can be especially hard on a roof. Look for ice, hail or water damage. Replace any cracked or missing shingles and clear any debris.

Clean your gutters. It's not glamorous work, but your home's gutters play an essential role in moving water away from your home and preventing damage. Consider installing gutter guards to ensure your gutters remain functional and free from debris.

Inspect windows and doors and re-caulk, where necessary. Because a proper seal is essential in both heating and cooling seasons, this job should be performed twice a year to protect against drafts and moisture, and to keep insects out. Worn weather stripping should also be replaced.

Check your insulation. Attics should be insulated to R50, which can usually be achieved with an insulation depth of at least 16 inches. Top up with an insulation product that is water repellant and fire resistant. Don't forget to ensure that your basement headers are in-



sulated properly to prevent overworking your furnace and air conditioner.

Other simple jobs include fixing leaky faucets, repairing and resealing decks, inspecting the foundation and scheduling a check-up for your HVAC system. The key is being honest about what you can handle and, when in doubt, call in the pros.

Help clean up our neighbourhood

The 14 Wing Greenwood Community Council is organizing a cleanup of the Residential Housing Units (RHUs), formerly known as PMQs, May 19, 10 a.m. to noon, rain or shine. Volunteers are welcome: come out and lend a hand, meet your ward reps, maybe make some friends in the neighbourhood and possibly win a prize.

Throw on a pair of gloves (some will be provided if you need them). We'll provide the garbage bags, safety equipment (e.g. vests and gloves) and will arrange to pick up the bags once we're finished.

The plan is to meet at the community centre at 9:45 a.m. and divide volunteers into each of the six wards (hopefully, we'll have enough representatives from each ward) and clean up the common areas, playgrounds, grassy and wooded areas; as well as along the streets and parking lots. If you have specific needs, just let us know and we'll see what we can do.

If you'd like to volunteer, get more involved or just make a difference in the local community, contact Major Rob Pitcher, 14 Wing Community Council president, 902-765-1494 local 3876 or robert.pitcher@forces.gc.ca


Aidez à nettoyer notre voisinage

Le conseil communautaire de la 14e Escadre organise le nettoyage de quartier des Unités de Logement Résidentiels (ULR), anciennement appelés Logements Familiaux (LF). Cet événement aura lieu le 19 mai, de 10h00 à 12h00, peu importe la météo. Les bénévoles sont les bienvenus. Venez donner un coup de main, rencontrer vos représentants de quartier, peut-être même vous faire quelques amis ou bien remporter un prix.

Portez de vieux vêtements que vous n'avez pas peur de salir, ainsi qu'une paire de gants. Nous fournirons les sacs à ordures, ainsi que l'équipement de sécurité (vestes et gants), et nous nous arrangerons pour ramasser les sacs lorsque nous aurons fini.


L'objectif est de se réunir au centre communautaire à 09h45 et de répartir les bénévoles dans chacun des six quartiers. Avec de la chance, nous aurons assez de représentants de chaque quartier afin de nettoyer nos espaces communs respectifs. Ce qui comprend les terrains de jeux, les zones boisées, les bords de rues ainsi que les aires de stationnement. Si vous avez des besoins spécifiques, faites-le nous savoir, et nous verrons ce que nous pouvons faire.

Si vous désirez faire du bénévolat, vous impliquer davantage, ou simplement faire une différence dans votre communauté, contactez Major Rob Pitcher, président du Conseil Communautaire de la 14e Escadre, 902-765-1494 poste 3876 ou Robert.pitcher@forces.gc.ca.



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GMFRC Annual General Meeting & BBQ
Wednesday, June 3
4 p.m.
Assemblée générale annuelle du CRFMG
Mercredi, le 3 juin 16h



Keeping the Calm in Chaos: Taking the Stress out of your Move
Thursday, June 4
9:30 - 11:30 a.m.
Garder son calme à travers le chaos; Éliminer le stress de votre déménagement
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Father's Day Craft - Nuts N Bolts for Dad
Tuesday, June 9
6 - 7:30 p.m.
Bricolage pour la fête des Pères
mardi, le 9 juin
18h à 19h30

Chalifoux, slo pitch team win RCAF sports awards

Two 14 Wing Greenwood nominees for Royal Canadian Air Force 2014 Sports Awards were recognized earlier this month.

RCAF Coach of the Year is Warrant Officer Alain Chalifoux, and the Collective Sports Team of the Year is the 14 Wing slo pitch team.

These individuals and teams will now represent the RCAF as the environmental nominations for the upcoming Canadian Armed Forces Sports Awards in each of their respective categories.

The RCAF Sports Awards was established to recognize members and teams of the RCAF who have distinguished themselves through athletic endeavours as competitors, coaches, officials and in team competition as part of a military or civilian sports program (or combination).

Congratulations to all award recipients on achieving a standard of excellence in their chosen sport.



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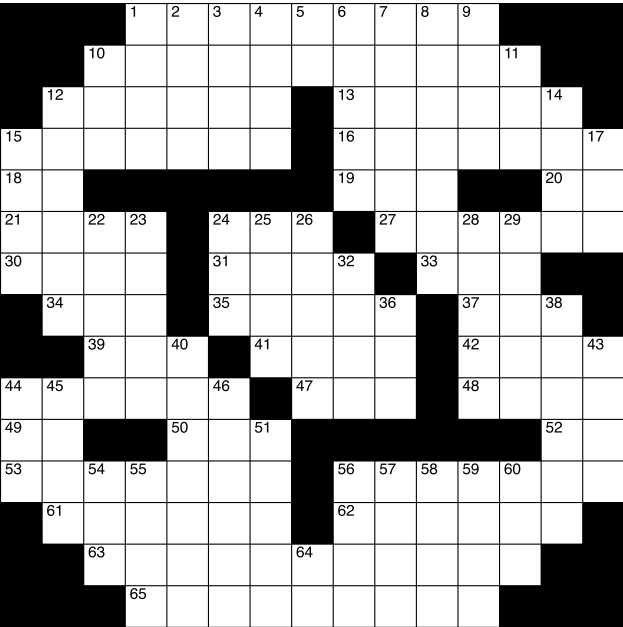


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca.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

10. A major N. Am. river

12. Music for a narrative poem

13. A set of steps

15. Shooting stars

16. Keenly perceptive

18. —, denotes past

19. “3:10 to Yuma” actress Gretchen

20. Old English

21. Sami

24. Brake horsepower

27. Interlocks

30. Twofold

31. Green, iced and Earl Grey

33. Maddie and —, singers

34. Bridge-building degree

35. Flat-topped flower cluster

37. A waterproof raincoat

39. A way to ingest

41. Tayra genus

42. Birds

44. 3.26 light years

47. Confederate soldier
48. Body fluids

49. Atomic #35

50. Seize

52. In event that

53. Grassy plain

56. Enzyme in milk

61. Rags

62. Actress May

63. In a way, aided

65. Humilities
- DOWN
1. Digestive fluid

2. Capital of Norway

3. Plural of os

4. Young goats

5. “Peanuts” creator’s initials

6. State in NE India

7. Type of TV program

8. Shoulder adornment

9. Meat-roasting rod

10. Protective floor pad

11. Anger

12. Spread over

14. Blackthorn fruit

15. Commingle

17. Affirmative

22. Horse used to set the pace

23. Appeals
24. British thermal unit

25. Complex red organic pigment containing iron

26. Bura

28. Languages of Sulu islands

29. Raise with great force

32. Dried-up

36. Scientific research workplace

38. Purplish red

40. NYSE symbol TEN

43. Secure

44. Commercial-free TV station

45. Macaws

46. Open and sincere

51. Oldest Swiss Un. (alt. sp.)

54. Very high frequency

55. Name for ancient Syria

56. NFL’s “The Big Cat”

57. Jai —, sport

58. Actress Blanchett

59. Cords

60. Not or

64. Constitutes

Meeting


May 18, the Canadian Cancer Society’s Kingston/ Greenwood Living With Cancer Support Group will meet in the St. Mark’s Protestant Chapel annex, Church Street, Greenwood; 7 p.m. to 9 p.m. Reflexology therapist Donna Jones will speak on reflexology and stress management. Cancer patients, family, friends and those seeking information on cancer are encouraged to attend. For information: Lloyd Graham (902-765-6133) or Lynda Pierce (902-765-3055).

Concert

May 18, 7 p.m., the Capella Regalis Men and Boys Choir (10 men, 12 boys) of University of Kings College Chapel in Halifax, directed by Nick Halley, will perform as part of their spring tour in St. George and St. Andrew United Church, Annapolis Royal. Admission: \$20 regular, \$10 students.

Meeting

May 20 is the next meeting of the Wilmot Garden Club, 7 p.m. at the Melvern Square Community Hall. Guest speaker will be Kevin from Nova Nectar Beekeeping.



Village of Kingston

NOTICE OF

ANNUAL GENERAL MEETING

The Annual General Meeting of the Ratepayers of the Village of Kingston will be held on Thursday, May 28, 2015 at 7:00pm at the Kingston Fire Hall, 570 Sparky Street.

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Health clinic

May 20, a free healthy aging clinic will be held, 9 a.m. to 2 p.m., at the Annapolis Community Health Centre. Appointments may be made by calling 902-532-5810. Participants will receive information on medications, bone health, staying active, mobility, home adaptations and other topics related to healthy aging. Professionals (physiotherapist, occupational therapist, pharmacist, dietitian, registered nurse and social worker) will provide one-on-one advice. Presented by Senior LINC’s, a program of the Nova Scotia Health Authority.

Tea

May 21, 7 p.m., the Village of Kingston hosts an Apple Blossom Festival wardrobe tea at the Kingston Lions Hall. Admission is \$5.

Church event

May 21, 7 p.m., the New Beginnings Centre in Greenwood presents a video, “Mirage - The Search for More.” Admission is free. Coffee and donuts served. All welcome!

Fun fair

May 22, 5:30 p.m. to 7:30 p.m.: Cambridge Elementary School staff and students (Hwy. 1 Cambridge, next to Central Kings) invite community friends to join them for the annual fun fair, hosted by the Home & School. Show ‘n shine, kids’ games, raffles, BBQ, fish pond, contests, Sundae the Clown. Free admission, activity tickets for purchase. All welcome.

Show ‘n shine

May 22, 5:30 p.m. to 7:30 p.m. Vintage and collectible autos, tractors, motorcycles all welcome. Paved parking, Hwy 1 frontage (using the Central Kings school lot), prizes for entrants. Free registration, free admission. A fun part of Cambridge Elementary School’s community fun fair. For info: Sara, 902-538-9191 or cskeddy@hotmail.ca.

Yard & plant sale

May 23, 9 a.m. to 2 p.m., yard and plant sale with BBQ at 992 Harmony Road, at the Harmony Baptist Church. Proceeds towards the church roof project.

Plant sale

May 23, the Wilmot Garden Club hosts its annual plant sale, 8 a.m. (not before) until 11 a.m. (or until plants are gone) in the parking lot on the corner of Bridge and Main streets in Kingston. Shrubs, plants and seedlings will be on sale while supplies last.

Yard sale

May 23, 9 a.m. to 1 p.m., New Beginnings Centre, 1151 Bridge Street, Greenwood. Toys, books, clothes, small appliances, furniture, tools, knick-knacks and more! All proceeds support children, teens and adults with autism living in the Annapolis Valley. Bake table, ticket auction, vendors (Scentsy, Pampered Chef, Tupperware, etc.) and barbecue on-site. Donations may be dropped off at the Autism Centre at 565 Main Street, Kingston. Contact: Sandy 902-242-2019 or annapolisvalley@autismns.ca.

Plant sale

May 23, the Valley WAAG Animal Shelter will hold its annual plant sale, 8 a.m. to noon, at 36 Elm Street, Jefferson Pines Subdivi-

metro crossword brought to you compliments of



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Entry deadline:
Noon, May 21, 2015

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. What is always in style? _____


2. Where can you work in a media environment? _____

3. Who is a lock out specialist? _____

4. Who has the opposite of No! No! No! ? _____

5. What sleeps six? _____

Congratulations to last week’s winner: SHARON MAPPLEBECK



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sion, Meadowvale. Choice goodies: Japanese primroses, hybrid cowslips, ornamental grasses and other popular items. For info: Jennifer, 902-765-6629.

Ticket auction
May 23, 10 a.m., the doors open at the Middleton Legion for the annual Middleton District Day Care Centre annual ticket auction and BBQ. Draws begin at 1 p.m.

Sale
May 23, 8 a.m. to 1 p.m.: yard and bake sale at the Aylesford United Church hall. Refreshments available. Everyone welcome. Wheelchair accessible. Sponsored by the Committee of Stewards for church expenses.

Quilt show & sale
May 23, a quilt show & sale will be held in the Windermere Community Hall (402 Windermere Road, just a few miles south of Berwick), 8 a.m. to 3 p.m. Proceeds from the freewill offering at the door will be for hall improvements. Come and see quilts from three generations, on display and for sale. Call: Bonnie 902-538-7820.

Ball hockey
Mondays (starting May 24), 6 p.m. to 7:30 p.m., drop in ball hockey at the Kingston Credit Union Centre. Ages 14 and up. Cost \$2/ person. Helmets required. Call 902-765-2800.

Card party
May 25, 1 p.m.: "Funds for Fuel" bridge party at the Annapolis Valley Macdonald Museum, 21 School Street, Middleton. Cost is \$4 per person. Light refresh-

ments, all welcome. Call 902-825-6116 for details or check out www.macdonaldmuseum.ca.

Meeting
May 25, 6 p.m. to 8 p.m., is the annual meeting of the Greenwood Skating Club at the 14 Wing Greenwood Community Centre. Everyone is welcome to attend.

Museum event
May 25, 11:30 a.m., the Middleton Rotary Club 60th anniversary exhibit officially opens at the Annapolis Valley Macdonald Museum, 21 School Street, Middleton. No admission charged. Call 902-825-6116 for details, check out www.macdonaldmuseum.ca.

Luncheon
May 26, 11 a.m. to 1 p.m., the monthly Middleton & Area Fireflies' luncheon will be held at


the Middleton fire hall. Delicious homemade corn chowder or hamburger soup (\$7 each), as well as turkey burgers (\$8). Your choice of lemon dessert or bread pudding (along with tea or coffee) included. For free delivery in Middleton, call Bonnie, 902-825-3062, by May 25.

Museum event
May 26, 7:30 p.m., Annapolis Valley Historical Society annual general meeting at the Annapolis Valley Macdonald Museum, 21 School Street, Middleton. Special guests are members of the Annapolis Valley Cruisers antique car club. No admission charged. Call 902-825-6116 for details, check out www.macdonaldmuseum.ca or like the museum on Facebook.



Auxiliary aid
The Greenwood Health Auxiliary, represented by Shirley Houghton, right, recently provided \$2,565 to purchase a flashpack, a sterilization container used on the surgical unit at Valley Regional Hospital; to Gerry MacIsaac, executive director of the VRH Foundation.

Submitted



sudoku

solution page 14

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

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

IN FOCUS WORD SEARCH

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

WORDS

ABERRATION	COMPRESSION	FOCUS	MEMORY	RENDITION
ALIASING	DEPTH	HIGH DEFINITION	METERING	RESOLUTION
APERTURE	DIGITAL	IMAGE	NOISE	RGB
ARTIFACT	DISTORTION	IMPORT	OPTICAL	SHUTTER
ASPECT RATIO	EXPORT	INKJET	OVEREXPOSURE	SINGLE LENS REFLEX
BLOWOUT	EXPOSURE	LENS	PHOTOGRAPHY	THUMBNAI LS
CMYK	FLASH	MEGAPIXEL	PPI	VIEWFINDER
				ZOOM

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horoscopes

May 17 - May 23

ARIES - Mar 21/Apr 20
Aries, your sign pulls back this week and you may focus more on the artistic or spiritual. It can be a highly intuitive time of self-reflection for you.

TAURUS - Apr 21/May 21
Taurus, if you have been backtracking over past decisions, it's time to look at things again with a clear perspective -- even if that means you need some advice from a third party.

GEMINI - May 22/Jun 21
Gemini, you achieve some financial stability this week and enjoy the opportunity to breathe easy. Don't go overboard, but reward yourself for your financial discipline.

CANCER - Jun 22/Jul 22
There is much career energy coming your way, Cancer. You may find yourself with more job offers than you ever thought to entertain. This is not a time to sit back and let things slide.

LEO - Jul 23/Aug 23
Beauty and balance are brought into your life, Leo. Use the opportunity to brighten up your space with some decorating or a welcome change of scenery.

VIRGO - Aug 24/Sept 22
Virgo, you may have more energy than you know what to do with this week. Find a way to funnel it into a creative or worthwhile endeavour, like volunteer work.

LIBRA - Sept 23/Oct 23
Relationships will be a major high point for you this week, Libra. Every friendship or romance you have is irresistible and compelling at the present time.

SCORPIO - Oct 24/Nov 22
Scorpio, your health and career continue to be your top priorities. You have a sense of urgency to get in better shape. It may be possible to combine your goals.

SAGITTARIUS - Nov 23/Dec 21
You are beyond magnetic this week, Sagittarius. If someone didn't want to be your friend before, they certainly do now. Expect to be swarmed with attention.

CAPRICORN - Dec 22/Jan 20
Capricorn, others describe you as feisty and fun this week. With boundless energy, you bring your own party to each and every situation. Enjoy the rush.

AQUARIUS - Jan 21/Feb 18
Communication doesn't seem to be coming easily for you, Aquarius. You know what you want and can't voice it successfully. Take some time to plan what you want to say.

PISCES - Feb 19/Mar 20
Pisces, a major financial event is on the horizon, but you're not sure if it is a windfall or a burden. Only time will tell.

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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.

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 auroraneews@ns.aliantzinc.ca or fax 902-765-1717.

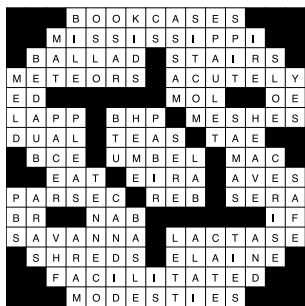
To place a boxed, display ad, contact 902-765-1494 local 5833; email auroramarketing@ns.aliantzinc.ca.

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 annonces 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 auroraneews@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.

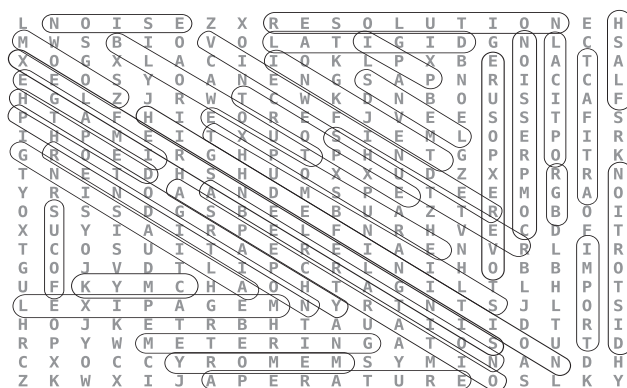
crossword solution



sudoku solution

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

patrick's puzzle



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FOR RENT - 2 bedroom spacious apartment located in a quiet Greenwood subdivision. Washer/dryer hookup, lawn care and snow removal provided. Non smoking, \$575.00 per month plus utilities. Available June 1, call 902-844-0432. (3619-ufn)

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-ufn)

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 - 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 (3619-4tp)

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 - Letter H - 80/20
 - Triple Jackpot - R-W-B
 - 1 Lucky 7 - Progressive
 - 1 Bonanza - Progressive
 - Jackpot - 3 Chances
 - Consolation \$300
 - Double Action
- Lic.# 115910-08

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 (3619-4tp)

FOR RENT - Second floor apartment, 1476 Marshall Road, Kingston. Fridge and stove supplied. \$425.00 per month, utilities extra. Available June 1, 2015. Please call Cindy, 902-765-4987 for further details. (3618-3tp)

DUPLEX FOR RENT

FOR RENT - Greenwood, top floor of 2 Bedroom Duplex, freshly painted, fridge & Stove Inc, washer and dryer hook-up available. Adult building, no pets, no smoking. \$850 monthly, utilities included. Call 902-765-4132 (3613-ufn)

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WORRY FREE - Worry free living in Middleton. 2 Bedroom unit with garage, designed for wheelchair accessibility, 3 appliances supplied, ideal retirement setting. Call now for viewing, Darlene 902-825-2606 or cell: 902-840-1780. Rent is \$995.00 plus utilities, includes snow removal and lawn care. No rent increase on signing of lease. Call now... (3608-ufn)

WORRY FREE - Newly constructed living on one level. Mature adult living. Two bedrooms, 4 appliances, kitchen, living room, bathroom, laundry hook-ups. 1000 square feet of living space with in floor heating and garage. Pet friendly & smoke free. Nictaux road just minutes from Middleton on bus route. Phone 902-765-0412. Call about Rental incentive! (3543-ufn)

IN THE COMMUNITY

CHURCH SERVICE - "The Peoples 25:40 Church" There will be a

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church service held every Sunday at the New Beginnings Center 1151 Bridge Street Greenwood provided by Pastor Leon Langille. Pre service music at 2:50 p.m. Service 3:00 p.m. Doors will open at 2:30 p.m. All are welcome. (3533-ufn)

CHURCH SERVICE - New Beginnings Worship Service, Greenwood at 10:45 a.m., Sunday. Pastor: Neil Armstrong. Ph: 902-765-8155. (3619-1tp)

FOR SALE

FOR SALE - 2 electronic golf Kaddys. Need tune up. Batteries not included. \$125.00 each. Call 902-309-9007 (3618-2tp)

FOR SALE - SIMA hot tub, gently used, 450 gallons, 7 feet square. Includes handrail, steps and chemicals. Call 902-825-1559. (3618-2tpb)

SERVICES

SERVICE - Yard care, openings available, book early. Lawn mowing, rotor-tilling gardens and lawns. For all your yard care needs call Geoff at Round2it 902-844-1633. (3619-2tpb)

SERVICE - Bilingual handyman carpenter available, 25 years of experience with finish work, flooring, stairs, tile work and more. Reasonable rates - flexible hours. Call Mike at 902-242-2465 or 902-840-0529. Greenwood/Kingston (3614-ufn)

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Hard work pays off – and forward – for Lions

**Pat Nixon,
Kingston Lions Club**

April 11, the Kingston Lions Club celebrated the 54th anniversary of its charter as a Lions club. A great time was had by all, and members were pleased to host 14 Wing Greenwood Commander Colonel Iain Huddleston as guest speaker. A number of Lions were presented prestigious awards: Lion Russell Maillet, the Lions Foundation of Canada Fellowship; Lion Tami Maillet, the Lions Foundation of Nova Scotia; and Butch Fleury, the Judge Brian Stevenson Fellowship. A touching moment happened when Sharon Beardsley accepted a Melvin Jones Fellowship on behalf of her husband, Lion Tom Beardsley, who passed away this February. Other awards presented after the charter night were a Lions Foundation of Canada Life Membership to Lion John Barkhouse and a President's Award to Lion Susan McClashing. All these awards recognize the dedication provided to the community and to the club by these hard working Lions.

Kingston Lion Bob Lyle,

Past District Governor and current council secretary treasurer, was awarded a prestigious President's Medal at the recent District N2 Convention in Antigonish April 25. This is a well-deserved award and signifies international recognition by our Lions International President, Joe Preston, of the hard work, commitment and dedication to the principles of Lionism shown by Lion Bob.

The Lions Club recently donated funds to the IWK Hospital, Broken Earth Society, Soldiers' Memorial Hospital Foundation, Valley Regional Hospital Foundation and Palliative Care. Lions also provided funding towards the purchase of a specialized wheelchair for a student in a local school, and support to a family's child in order to attend Camp Lion Maxwell Diabetes camp this summer.

May 30, please drive carefully and wave to your local Lions as volunteers walk along Highway 1 through Kingston to the Green Acres Subdivision cleaning up accumulated garbage as part of their commitment to the



King Lion Ray LeBlanc thanked guest of honour 14 Wing Commander Colonel Iain Huddleston, the key note speaker at the recent Kingston Lions Club's 54th Charter Night.



Lion Bob Lyle, centre, recently received a Lions International President's Medal from International Director Robert Littlefield, right; also pictured, left, is District Governor Frank Hartman.

Adopt-a-Highway program. Lions will be out on the side of the road from 8 a.m. until 11 a.m.

May 31 will see Lions supporting the Lions Foundation of Canada dog guides program by participating in the Purina Walk for Dog Guides. This program provides service dogs to qualified individuals who need them, free of charge. The Lions and some friends will meet at the Walmart Store in Greenwood at 9 a.m. for sign in, and the walk will start at 10 a.m. and proceed to the Kingston Lions' hall. Walkers have been out in the commu-



During the Kingston Lions 54th Charter Night April 11, several Lions were recognized for their contributions to the club and community: from left, Lion Russell Maillet (Lions Foundation of Canada Fellowship), King Lion Ray Leblanc, Lion Tami Maillet (Lions Foundation of Nova Scotia), PDG Lion Butch Fleury (Judge Brian Stevenson Fellowship) and Sharon Beardsley, accepting the Melvin Jones Fellowship on behalf of her late husband Lion Tom Beardsley.

nity asking for sponsorship over the past few weeks. Call 902-765-2128 (the Lions' hall) and leave a message for Lion Barb Lyle for more info, or if you wish to participate.

Rawding's running year adds up to success

Hilary Rawding of Greenwood capped off a successful track and field season with the University of Vermont Catamounts, with All New England and All America East conference performances.

May 9 and 10, she ran a 2:11 in the 800 metre race, placing seventh at the New England College Outdoor Track and Field Championship at MIT University in Boston. She also received All New England as member of the 4 X 800 m relay team.

May 3, Rawding placed third in the 800 m America East Conference track and field championships in Al-

bany, New York, earning her All America East Conference. Other top places in meets throughout the year included two third place finishes in cross country meets, her Vermont cross country team placed third in the America East Conference Championship, she had first and second place finishes in the 1,000 m Indoor Track Meets, and had a third place finish in the 400 m, second and third place finishes in 800 m, two second place finishes in the 1,500 m at the Outdoor Track Meets. She was also a member of the 4 X 400 m and 4 X 800 m relay teams. The 4 x 800 m team qualified

for the Eastern College Athletic Conference Track and Field Championships May 16 at Princeton University in New Jersey, with teams from schools north of North Carolina to Maine and west to Missouri. She had personal best times this season in 400 m, 800 m, 1,000 m, 1,500 m, 5 kilometre and 6 kilometre events.

Her season was dedicated to the late Charlie Scarrow of Bridgetown, who died suddenly last August. Scarrow was instrumental in Rawding's development, which led to her receiving a Division 1 athletic scholarship to the University of Vermont in



Hilary Rawding Submitted
Burlington, Vermont, where she is now finished her third year studying neuroscience.

Community connection, action topic of diversity study circles

The Kings County Race Relations and Anti-Discrimination Committee, with support from the Nova Scotia Department of Communities, Culture and Heritage, is hosting a series of study circles in May and June.

The facilitated study circles are each one-and-a-half to three hours long, and focus on making connections, examining ethnic backgrounds and discrimination, exploring the reasons inequities exist, examining the community context and moving into individual and collective action to address discrimination and racism.

The schedule includes series sessions in Wolfville (May 18, 25, June 1 and June 8 at 6 p.m. at the Wolfville Recreation Centre), Canning (May 19, 26, June 2 and June 9 at 6 p.m. at the Canning library) and in Kingston (May 17, 20, 24 and May 27 at 7 p.m. at Relax With Us Tanning Salon).

Everyone is welcome, but space is limited. Please RSVP to kingsactionplan@horizon-scd.ca with the session location you plan to attend. To get the best experience, plan to attend all four sessions, as one discussion flows into the next.



Health Minister and Kings West MLA Leo Glavine is flanked by local sponsors, supporters and Annapolis Valley Chapter of Autism N.S. volunteers as he cuts the ceremonial ribbon at the Autism Centre grand opening May 9.

M.Rolph

Family autism centre opens in Kingston

Sandy Wing

The Annapolis Valley Chapter of Autism Nova Scotia has a new home!

May 9, the local non-profit group hosted the grand opening of its new Autism Centre in Kingston. A reception was held for the chapter's many local sponsors and supporters and, at noon, Health Minister and Kings West MLA Leo Glavine performed the ceremonial ribbon-cutting. Doors then

opened to the community at large, tours of the new premises were offered and visitors were encouraged to try out some of the centre's specialized equipment. The day wound up with a free barbecue.

Located at 565 Main Street in Kingston, the centre houses the Annapolis Valley Chapter of Autism Nova Scotia's offices, a resource lending library, a calming room and a sensory gym - all of which are available to

children, teens and adults with an autism diagnosis. The chapter provides a variety of recreational programs, which include summer day camps, teen and adult social groups, school-age arts and crafts, active play and pre-school tumblebugs, caregiver support groups, information sessions and family outings. The Autism Centre is open from 10 a.m. to 1 p.m. Mondays, Wednesdays and Fridays and from 2 p.m. to 5 p.m. Tuesdays and

Thursdays. For information, contact the centre at 902-242-2019 or annapolisvalley@autismns.ca.

Autism now affects one in 68 people. The chapter will host its sixth annual Walk the Walk for Autism in Kingston June 13 to raise funds to help continue its support of this ever-increasing population.



West Nova MP Greg Kerr, left; Cynthia Carroll, executive director of Autism Nova Scotia; and Bob and Karen Smith, owner/operators of McDonalds - Greenwood; enjoying the sponsor/supporter reception.

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Where: Two locations:

**Old New Minas Civic Centre,
9209 Commercial St. & Riverside Park,
80 Bridge St., Middleton**

When: Saturday May 23rd,
9:00 a.m. until it is gone

In the past year Valley residents diverted 10,500 tonnes of compostable organics from landfill through the green cart program. Way to go Valley residents!
Compost kindly donated by Northridge Farms.

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www.vwrm.com

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