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 the **Aurora**

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SAREX puts Canadian, American efforts to the test

**Captain Jonathan Bregman,
413 (Transport and Rescue)
Squadron**

A powerful hurricane has struck the Seychelles and there are reports of 40,000 casualties. The local government is struggling to cope, and infrastructure is all but destroyed. Two hours later, five CC130 Hercules aircraft take off to drop much needed first aid supplies and search and rescue technicians (SAR-Techs) to the tiny island.

Although such an event did not actually occur, the Air Forces of both the United States and Canada are prepared. Joint training in early March occurred in Key West,

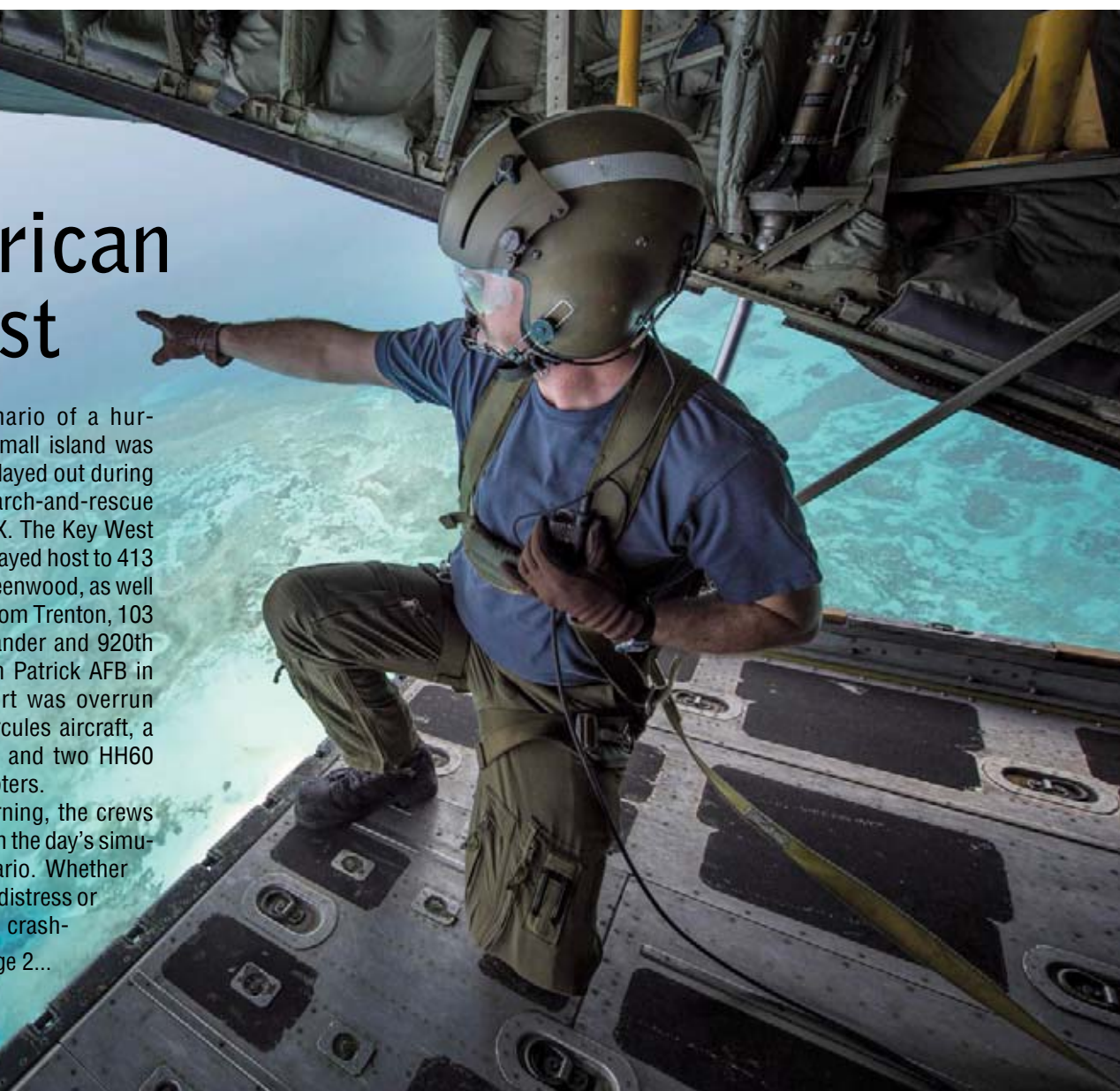
Florida. The scenario of a hurricane striking a small island was just one of many played out during the week-long search-and-rescue exercise, or SAREX. The Key West Naval Air Station played host to 413 Squadron from Greenwood, as well as 424 Squadron from Trenton, 103 Squadron from Gander and 920th Rescue Wing from Patrick AFB in Florida. The airport was overrun by five CC130 Hercules aircraft, a CH149 Cormorant and two HH60 Pave Hawk helicopters.

Each sunny morning, the crews were presented with the day's simulated rescue scenario. Whether there was a boat in distress or reports of a plane crash-

Continued on page 2...

**413 Squadron Hercules Loadmaster
Master Corporal Gary Keir drops
streamers March 5.**

Corporal S. Wilson, 14 Wing Imaging



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SAREX ...



Search and rescue technicians are hoisted from a CH149 Cormorant March 4.

...cover

ing into the ocean, crews responded to the situation and executed rescue efforts in a co-ordinated manner. Communication was an important factor: as many as eight aircraft were airborne at any given time. Pilots took turns as the on-scene commander, organizing and directing rescue operations.

Favourable weather provided ample training for all the crew involved. SAR-Techs were able to practice water jumps, a rare occurrence during the winter months in Canada, and Canadian crews were introduced to American procedures and worked closely with their U.S. counterparts. Most importantly, all personnel had the opportunity to train together in realistic scenarios and hone res-



Brigadier-General David Lowthian (right) talks with Colonel Gros-Jean (middle) and Lieutenant-Colonel Dan Byers of the 39th Rescue Squadron March 5.

Corporal S. Wilson, 14 Wing Imaging

cue operation skills, which makes them better prepared to save lives in the future.

Apart from the simulation rescue exercises, a series of friendly competitions was organized to identify the best personnel and those "requiring more training." Contests were held to de-

termine the best landing, closest supply drop to a target and closest parachute landing, and the team with the highest score would win the coveted "Rescue Cup." This year, a team from 920th Rescue Wing took home bragging rights - until the next SAREX.



Le bureau du journal Aurora sera fermé le 25 mars et le 28 mars.
La date limite pour la publication du 28 mars est le 23 mars, 16 h.

The Aurora Newspaper office will be closed March 25 & 28.
Early deadline for the March 28 issue: March 23, 4 p.m.



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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

National Defence and the Canadian Forces
Défense nationale et Forces canadiennes
www.forces.gc.ca

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

Recruiting | Recrutement
www.forces.ca

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

VPI | VPI
www.vpinternational.ca



CAF marks culture, diversity March 21

March 21, Canada's Defence Team will join the international community in commemorating the International Day for the Elimination of Racial Discrimination (IDERD). This date marks the anniversary of terrible events that took place in Sharpeville, South Africa, in 1960, when police opened fire and killed 69 people at a peaceful demonstration against apartheid. Eighty per cent of those killed were shot in the back; 10 were children. This tragedy put anti-racism on the global agenda.

Commemorating IDERD is especially important to the defence team, as disrespectful and racist behaviours counter everything members

stand for, undermining team cohesion and jeopardizing mission success. IDERD is an opportunity to openly talk about racism and highlight the inherent value of a diverse team, within which all can fully participate and flourish.

National Defence is commemorating the 2016 IDERD under the theme, "Celebration of Culture in a Diverse Canada." Base, wing and station commanders may support commemorations with themed events on or around March 21 to highlight IDERD locally, and to ensure the highest levels of participation by all defence employees and Canadian Armed Forces members.

On renting a home from DND

Regardless of whether a Canadian Armed Forces member lives in private sector or Department of National Defence housing, rental adjustments are a routine annual process. In December 2015, occupants of DND housing received their yearly letter from the Canadian Forces Housing Agency (CFHA) detailing rent adjustments for fiscal year 2016.

CFHA is part of DND's Infrastructure and Environment family, and has been managing the housing portfolio for almost 20 years. DND recognizes the importance to members of having suitable housing; it contributes to a better quality of life and to the well-being of CAF members and their families. This vision is top of mind for CFHA in its management of over 12,000 military housing units across 25 sites, and as it applies Government of Canada housing policies and departmental regulations.

Government of Canada housing policy stipulates Crown-owned housing must reflect local market rental values for homes of a similar size, style, condition and age.

To provide for a fair and consistent approach to this policy, CFHA must also use an annual rent adjustment process. Under this process,

CFHA determines whether the rents charged for Crown-owned housing must be changed to reflect fluctuations in the local rental market. All occupants of DND housing are subject to an adjustment process every year at the same time.

DND, like other government departments, applies the Statistics Canada Consumer Price Index to its residential portfolio in order to determine the annual housing rent adjustments. This year's adjustment is an average one per cent increase across the portfolio, and still reflects the local market value in every region across the country.

That being said, under the Queen's Regulations and Orders, Volume IV, Appendix 4.1 rents (not including parking costs and utilities) cannot exceed 25 per cent of the combined gross household income for all families living in defence housing. More information about this benefit is available to members on DND's website and existing occupants may contact their local Housing Service Centre for more information.

Another policy requires new rental rates to take effect April 1. This timing is in keeping with federal government business cycles. In accordance



Submitted

with policy and regulations, CFHA must give occupants 90 days' notice, which explains why letters are sent in December.

DND has invested over \$405 million in improvements to the portfolio over the past five years, with projects ranging from minor work, like installing half-baths, to whole-house renovations, which can include new kitchens and full bathrooms. In the last year, \$4 million was invested through the Federal Infrastructure Investment Program in Greenwood, where approximately 30 per cent of CAF members opt to live on base. Work to improve the portfolio has

included the replacement of exterior doors, windows, roofs as well as heating and ventilation systems. Backyard renovations also took place. These included new fences, sheds, patios and clotheslines, as well as a repaved parking lot and improved access to the housing site. Renovations also took place in lodge area backyards.

For information on DND housing and rent adjustments, consult forces.gc.ca/en/caf-community-support-services-housing/index.page. Members and their families may also contact their local Housing Services Centre for additional information.

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Marking the progress of “Women Moving Forward,” 14 Wing Greenwood’s equity advisory committee hosted a workshop March 7 in recognition of International Women’s Day March 8. Panel guests included (from left) Lieutenant-Colonel Brendan Cook, 14 Wing’s champion for women; Public Service Alliance of Canada member Colleen Hodder, Military Family Resource Centre executive director Margaret Reid, Betty Kalt, Chrysalis House; Cari Patterson, Horizons; Kings County Warden Diana Brothers, Dr. Wanda Thomas Bernard, Dalhousie University; Major Andrea Keeping and 14 Wing Greenwood Commander Colonel Pat Thauberger.

Master Corporal Pam Evans, 14 Wing Imaging

Women moving forward, one and all

**Sara Keddy,
Managing editor**

Presenting stories of “support, achievement and hard-ship – all encompassing ‘Women Moving Forward,’” was Captain Jerrica Cull’s goal in introducing 14 Wing Greenwood’s International Women’s Day discussions March 7.

Cull and the base’s equity awareness committee organized presentations from a handful of 14 Wing and community female leaders, capped with a panel discus-

sion. The guest of honour was Dr. Wanda Thomas Bernard of Dalhousie University.

“In 1977, the United Nations declared March 8 International Women’s Day,” Cull said. “This year’s theme highlights the path for Canadian Armed Forces women – we’ve come a long way, and we have persistent challenges ahead.”

Lieutenant-Colonel Brendan Cook is 14 Wing’s champion for women, one of four CAF-wide targeted portfolios of education and awareness. He thanked guests and the

audience for attending the afternoon session, and challenged them to consider “what are we doing as a wing?”

“As women become more integrated in the CAF, things change and women’s perspectives are brought into the workplace. Let’s look at the broad takes presented by our guests, and take them into a group discussion as we look forward. If there is a theme of endurance, I would rather not see women using all of that on the other side of the door, just trying to push through.”

Wing Command Colonel

Pat Thauberger described beginning his own military career in 1987, right after women were first allowed in combat roles, as “a big thing.”

“As wing commander now, I’m really struck by how many women we have on crews, and throughout the wing in senior positions – to the point where it’s not an aberration. We have the first female commanding officer of 405 Squadron coming in this summer – and that’s been a long time coming.”

Thauberger knows there is still work to be done to promote equality and opportunity for all, but he is “a proud part of an organization that supports this.”



14 Wing Greenwood’s International Women’s Day celebrations March 7 started out aggressively, with an open boxercise class hosted at the Fitness & Sports Centre, followed by a more casual coffee morning break at the Greenwood Military Family Resource Centre.

Submitted



“There are things we have done to educate women to get involved in politics. It’s not always a pleasant place to be... but you do learn, if you’re there on the stage, you’re there as an equal. I live in a community that puts a lot of emphasis on the role and leadership of women, and I’m proud of that.”

**Diana Brothers, Warden,
Municipality of the County of Kings**

“I am one ordinary woman of many ordinary women, and I like that each of us can be leaders in our sphere of influence. If we could line up the goals, training, resources, education and support of just one person in everyone, imagine what we could do around the world?”

**Cari Patterson, Horizons Community
Development Associates**

“We have just finished celebrating 30 years of providing services to victims of intimate abuse – women and children, who have been hurt by someone they love. How do we move forward? Just being able to open a discussion is a move forward. I see strong and courageous women everywhere. As a community, neighbours, family, friends and men – we can all be champions.”

Betty Kalt, Chrysalis House

“If I dreamed it, I could do it. I was fortunate to have had that outlook from a young age – and I thank my parents, my school and community growing up. There were role models that made it possible to dream big and push further than I could have thought possible. Military trainings and deployments are a tough pill to swallow when you have family, but this is something I wanted to do – to contribute. So many women I know can challenge the status quo: be a role model, know your career goals are attainable, your ideas matter and you can have a spot at the table. My son tells me he wants to be a soldier, like his mother. At a grassroots level, I know I am making a difference for him like my parents did for me.”

**Major Andrea Keeping, 14 Wing Transportation and
Electrical and Mechanical Engineering officer**

“I look around and see, typically, a gathered group of ladies working together, helping each other, supporting each other. That’s very inspiring. These women hold the power – no doubt in my mind. They arrive, forge the family home, make the connections that are necessary for people to survive and thrive.”

**Margaret Reid, executive director,
Greenwood Military Family Resource Centre**

“We’ve spent 50 years at the bargaining table, pushing safety and security in the workplace, employment equity and diversity. We have over 100,000 women in our union across Canada, and we do a lot of work moving women and issues forward – so we fit the theme.”

**Colleen Hodder, provincial director,
Public Service Alliance of Canada**

“We can become comfortable and complacent with our positions, but that’s when we forget we have some responsibility to move the issues forward. Not all women have the same experiences or life journeys. I encourage you, as you move forward, that you do it for all women. How do we make change happen? We help girls and women achieve their ambitions. When we believe in them, we make the difference.”

Dr. Wanda Thomas Bernard, Dalhousie University

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14 Wing Imaging unless otherwise indicated.



14 Wing Administration Officer Lieutenant-Colonel Ted Cosstick, left, and branch Chief Warrant Officer Denis Flamond, right; February 23 presented Captain Pierre Malo, deputy manager, Personnel Services Program; with the Canadian Forces Decoration second clasp.

Sergeant P. Nicholson, 14 Wing photojournalist



14 Wing Administration Officer Lieutenant-Colonel Ted Cosstick, left, and branch Chief Warrant Officer Denis Flamond, right; February 23 presented Wing Personnel Selection Officer Captain Alexandra Duval the Special Service Medal - Expedition Bar, following a tour in Kuwait December 7, 2013 to July 4, 2014.

Sergeant P. Nicholson, 14 Wing photojournalist



14 Wing Administration Officer Lieutenant-Colonel Ted Cosstick, left, and branch Chief Warrant Officer Denis Flamond, right; February 23 promoted taskings clerk Aviator (T) Lindsey Harnish to Aviator (B).

Sergeant P. Nicholson, 14 Wing photojournalist



14 Wing Administration Officer Lieutenant-Colonel Ted Cosstick, left, and branch Chief Warrant Officer Denis Flamond, right; February 23 presented tasking clerk Corporal Richard Morrison with the Special Service Medal - Alert Bar, having served at Canadian Forces Station Alert May 6 to November 17, 2014.

Sergeant P. Nicholson, 14 Wing photojournalist



14 Wing Administration Officer Lieutenant-Colonel Ted Cosstick, left, and branch Chief Warrant Officer Denis Flamond, right; February 23 presented Chaplain Captain Louis Mathieu with the General Service Medal Expedition, having served on Operation Impact April 20 to October 20, 2015.

Sergeant P. Nicholson, 14 Wing photojournalist



February 25, Aviator Fabian Gacitua, avionics systems technician, was promoted to Aviator Trained by Lieutenant-Colonel Bruno Baker, 404 Squadron commanding officer, left; and Master Warrant Officer Don Mainville, Acting 404 Squadron chief warrant officer; in the Hornell Centre, 14 Wing Greenwood.

Master Corporal K. Low, 404 Squadron, Courseware Development



Sergeant Michael Pastuck, 404 Squadron chief clerk, centre; March 2 received the Canadian Decoration Medal for 12 years of service in the Canadian Armed Forces. The award was presented by 404 Squadron Commanding Officer Lieutenant-Colonel Bruno Baker (left) and Chief Warrant Officer Conrad Wilson in the Hornell Centre, 14 Wing Greenwood, Nova Scotia.

Master Corporal K. Low, 404 Squadron, Courseware Development



Master Corporal Scott Arsenault, 404 Squadron avionics systems technician instructor, centre; March 2 received the General Service Medal from 404 Squadron Commanding Officer Lieutenant-Colonel Bruno Baker (left) and Chief Warrant Officer Conrad Wilson in the Hornell Centre, 14 Wing Greenwood, Nova Scotia.

Master Corporal K. Low, 404 Squadron, Courseware Development



Corporal Jason McNeil, 404 Squadron instructor, centre, March 2 received the Canadian Decoration Medal for 12 years of service in the Canadian Armed Forces. The award was presented by 404 Squadron Commanding Officer Lieutenant-Colonel Bruno Baker (left) and Chief Warrant Officer Conrad Wilson in the Hornell Centre, 14 Wing Greenwood, Nova Scotia.

Master Corporal K. Low, 404 Squadron, Courseware Development

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Sergeant Kathy LeBlanc, 14 Wing Air Reserve Flight RMS clerk, was presented with an Air Reserve Chief Warrant Officer's Coin from Air Reserve Chief Warrant Officer Andre Arvisais, right, March 9; for flawless, outstanding work managing the 14 Wing Greenwood Air Reserve budget for the last nine years.

Sergeant P. Nicholson,
14 Wing photojournalist

Air Reserve: what kind of force for the future?

**Sara Keddy,
Managing editor**

Colonel Pat Thauberger knows just how valuable his Air Reserve personnel component is: "you're part of our defence team."

"Here in Greenwood, as you all know, the Reserve members are integral to our operations: on the base, and at our Reserve-heavy units in Bridgewater and Aldershot. The function of the wing would stop – or lurch along – without the contributions of our Reserve force."

Thauberger welcomed Colonel Mark Larsen, Director Air

Reserve, and Chief Warrant Officer Andre Arvisais to 14 Wing March 9, where the guests had the opportunity to meet with Reservists from the base and outlying units.

"We're here to listen, and give you a perspective on what's going on," Larsen said, as the Air Reserve nationally looks at measures to strengthen its capabilities.

"What are we seeing right now? We're seeing a decrease in strength."

Larsen attributed that to a significantly changed role post-2012, with a lowered operational tempo impacting Reserve members' full-time

positioning. The Air Reserve tries to maintain 2,300 members; right now, it's running at about 1,950: "and projections continue to show a decrease."

"It's demographics: we offer well-seasoned expertise to the younger generation, but there are fewer people coming out of the Regular force than in the past, they are coming out earlier and we can only offer part-time employment."

Nine hundred current Air Reservists will reach compulsory retirement age in the next 10 years: "How do we replace that?"

"Some of that is salesmanship – having people know

and understand what we offer. The best voices to do that are yours."

Larsen said the most current reviews indicate Reserve pay and benefits, recruitment efforts in high schools, First Nations and university environments; and more general training and roles for newcomers are all areas of immediate concern and first action.

"If the Air Force is the wings of the aircraft, the Air Reserve is the undercarriage keeping the Air Force going," Larsen said. "Can we be doing something else? Can we do more?"

14 Wing Greenwood Golf Club 2016 Season Rates

Office is now open for memberships.

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How to rein in your sweet tooth

Leslie Beck, RD,
www.lesliebeck.com

If you're committed to kicking your sugar habit this year, I commend you. An excessive sugar intake does more than hold on to unwanted pounds. Research suggests a sugar-laden diet raises the risk of dying from heart disease, contributes to Type 2 diabetes and may even interfere with brain function. It's no wonder the latest U.S. dietary guidelines come down hard on the stuff, recommending that added sugar make up less than 10 per cent of daily calories.

What to know about sugar addiction (yes, that's a real thing)

Even if you don't drink Coke by the litre or tuck into a bowl of ice cream each night, sugar from everyday foods such as breakfast cereals, yogurt, peanut butter, non-dairy milks and condiments may be stoking your sweet tooth. Eating less added sugar may seem like an impossible task.

The good news: Findings from a study published earlier this year in the American Journal of Clinical Nutrition suggest it is possible to rein in your sweet craving. With the right approach – and stick-to-it-iveness – you can de-sugar your diet.

The researchers set out to determine if adopting a low-sugar diet would cause sugary foods to taste more intensely sweet and, if so, whether people would lose their preference for them. Previous research has found that losing weight by restricting calories or by bariatric surgery causes individuals to taste lower-sugar foods as sweeter and like them less.

The small study looked at 36 healthy men and women, between the ages of 21 and 54. Upon enrolment, all reported drinking at least two

sugar-sweetened beverages a day. Participants were divided into two groups. One group was assigned to a low-sugar diet for three months. Dietary changes included replacing high-sugar foods with protein, fat and/or complex carbohydrates and diluting sugary drinks by 50 per cent with water. Use of artificial sweeteners was not allowed. Participants in the control group were told not to alter their sugar intake during the three-month period. All participants kept detailed food and exercise diaries. Each month, they were asked to rate sweetness intensity and pleasantness (e.g. likeability) of vanilla puddings and raspberry beverages that varied in sugar concentration. After two months of eating a sugar-reduced diet, participants rated both low- and high-sugar puddings as 40 per cent sweeter than did the control group. A similar, but weaker, effect was seen for the raspberry-flavoured drinks. Even though the low-sugar diet group found sugar-added foods more intensely sweet, they didn't rate them as tasting any less pleasant. It's possible that a longer study period – or more gradual sugar reduction (study participants cut sugar cold turkey) – would reduce participants' preference for sugary foods.

My takeaway from this study: By reducing your sugar intake, over time (and not a long time), it is entirely possible to get used to a less sweet taste. While the findings didn't confirm this, my experience tells me that, the longer you stick with it, the more likely you will come to prefer lower-sugar foods.

8 ways to de-sugar your diet

These eight tips will help you reduce added sugars in your diet. Cut back slowly to acclimate your taste buds. Going cold turkey could

backfire and trigger sweet cravings.

Read labels - The nutrition facts box doesn't distinguish between natural sugars (e.g. lactose in milk, fructose in fruit) and added sugars. One cup of skim milk, for example, has 13 grams of sugar, but all of it is naturally occurring lactose. To scope out added sugars – the kind you want to limit – read ingredient lists. Added sugars include corn syrup, glucose-fructose, dextrose, agave, fruit juice concentrate, glucose, high-fructose corn syrup, molasses and evaporated cane juice. It's not uncommon to find multiple types in one product. Ingredients are listed in descending order by weight; the higher up on the list you see added sugars, the more sugar in each serving. For foods that do contain added sugars, compare nutrition labels to choose ones with fewer grams of sugar.

Buy unsweetened - Unflavoured doesn't mean sugar-free. Unflavoured (a.k.a. original) almond beverage, for instance, has eight grams of added sugars (two teaspoons' worth) a cup. One package of Quaker Apples & Cinnamon instant oatmeal has nine grams. Look for unsweetened non-dairy beverages (e.g. soy, almond, coconut, rice). Choose no-sugar-added peanut butter, applesauce, instant oatmeal and canned fruit.

Switch to plain yogurt - Most single 100-gram tubs of sweetened yogurt pack in two teaspoons' worth (eight grams) of added sugar. And it's not just vanilla yogurt. Fruit-flavoured yogurts are made using a "fruit preparation" that lists sugar as the first ingredient. Choose plain yogurt and sweeten it naturally with fruit. Or, start slowly and blend one part flavoured yogurt with one part plain yogurt.

Cut sugar in recipes - Reduce the amount of sugar by one-quarter, then one-third and finally by one-half in baked goods. Over time, you won't notice the difference. Coconut sugar, honey, maple syrup and brown-rice syrup may sound more natural than white sugar, but muffins, cookies, granola and snack bars made with them aren't any healthier. These are still added sugars that should be limited.

Add flavour - To enhance taste without adding sugar (or calories), flavour lattes and smoothies with almond or vanilla extract, sprinkle cinnamon or nutmeg over oatmeal and applesauce and add citrus zest to homemade salad dressings.

Lose the sugar bowl - If you add sugar (or honey) to coffee and tea or drizzle maple syrup over oatmeal, cut back gradually. Reduce the amount of sweetener you use by one-half of a teaspoon (or half a packet) each week. When you're used to the new level of sweetness, cut back again.

Avoid artificial sweeteners - Replacing real sugar with fake sugar won't lessen your desire for a sweet taste; it will only continue to fuel it. Plus, their intensely sweet taste can dull your taste buds to the taste of naturally sweet foods like fruit.

Fruit and protein snacks - To keep blood sugar stable between meals, eat a snack of naturally sweet fruit with a source of protein, such as nuts, cheese, plain yogurt – even a hard-boiled egg. Bring snacks to work so you're less inclined to fall prey to the office sweet tray.

For more information on nutrition, visit www.dietitians.ca/gettheapps or www.nutritonmonth2016.ca

Leslie Beck, a registered dietitian based at the Medisys clinic in Toronto, wrote this article for The Globe and Mail in January 2016.



Nutrition success: by the meal, day, week, month

The 2016 Nutrition Month campaign is dedicated to supporting Canadians to make small changes to their eating – one meal at a time. The slogan for the campaign is "Take a 100 Meal Journey: Make Small Changes, One Meal at a Time."

Throughout March, get inspired with ideas to make small changes, supported by real-life strategies to help make those changes last. Pledge to Take a 100 Meal Journey today! Visit www.nutritonmonth2016.ca.

The 14 Wing Greenwood Health Promotion manager is facilitating the following programs: Top Fuel for Top Performance, March 31 to April 1; and Weight Wellness Lifestyle Programs, starting March 30 and ending May 18. To find out timings and to register, contact

the HP office at 902-765-1494 local 5388 or 5389.

Week 5 – Make it stick!

March 27 – Planning how you'll manage healthy-eating roadblocks before they happen is key to success.

March 28 – Short on time? Be prepared with nourishing grab "n" go foods, like yogurt, nuts and fruit.

March 29 – Stressed? Bored? Sad? Eating for reasons other than hunger can lead to mindless munching. <http://ow.ly/TRqMp>

March 30 – Menu minefield! Check restaurant nutrition info online to make better choices. <http://ow.ly/T2ef7>

March 31 – Need to get back on your healthy-eating track? A dietitian can help! www.dietitians.ca/find

On April 1, 2016
Nova Scotia's

minimum wage rates will increase.

The minimum wage will go up from \$10.60 to \$10.70 per hour.

The minimum wage for inexperienced workers will rise from \$10.10 to \$10.20 per hour.

Employees can be paid the inexperienced rate only if they have worked for the employer for less than three months and have less than three months' total experience with that kind of work.

For more information please phone:
902-424-4311 (Halifax)
1-888-315-0110 (Toll Free)

novascotia.ca/lae/employmentrights

NOVA SCOTIA



The Halifax Mariners women's team took gold at the CAF Atlantic Region Championship, defeating 14 Wing Greenwood in the final.

R. Melanson



The Halifax Mariners men's team took silver at the CAF Atlantic Region Volleyball Championship, falling to 14 Wing Greenwood in a hard-fought final match.

Halifax women, Greenwood men take Atlantic gold

Ryan Melanson,
Trident Staff

After an impressive undefeated run through the tournament, the Halifax Mariners women's volleyball team capped things off with a gold medal win at the Canadian Armed Forces Atlantic Regional Volleyball Championship, March 1 to 4 at the Stadplex gym in Halifax. The women will now set their sights on the CAF National tournament, set to begin April 23 at CFB Borden.

"We're really excited to be going to nationals; it's a great opportunity for us. The com-

petition is going to be really strong when you get teams from across Canada," said Mariners Captain Lieutenant-Commander Jesleine Kujath after the gold-medal match.

The Mariners earned a bye to the final round following four victories during pool play, and took down the women of 14 Wing Greenwood in three straight games (25-12, 25-16, 25-12).

Though teams typically have a high turnover rate year to year, Kujath said weekly practices, as well as playing regularly in a civilian league, helped the Mariners develop an offensive game that was

key in their victories through the week.

"We just played really well. We're a tough-serving team, so they were never able to get a big defence going against us."

On the men's side, Halifax came away with the silver medal. The Mariners again went undefeated through three matches during pool play, earning a bye to the championship match, where they were defeated by the men from 14 Wing Greenwood. After falling into an early deficit, the Mariners battled back to force a close, competitive match in the finals, but ultimately lost out 3-1 (25-16, 25-19, 20-25, 25-22).

Base Commander Captain (Navy) Chris Sutherland delivered closing remarks for the tournament after taking in some action during the finals. He commended teams from Halifax, Greenwood, Gagetown and Shearwater for the sportsmanship and enthusiasm shown through the week, with players filling the bleachers to cheer on their colleagues in between games.

Colin Fraser

Member of Parliament - West Nova
Député - Nova-Ouest

Colin.Fraser@parl.gc.ca
1-866-280-5302

2 George Street, P.O. Box 865,
Middleton, NS B0S 1P0
T: 902-825-3327 F: 902-825-3213



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GREENWOOD Skating Club

Spring Registration

Wednesday, March 23
Greenwood Gardens Canteen
5:30 p.m. - 6:30 p.m.

Introductory Powerskating | (IP/Novice) | \$50.00
Maximum 20 skaters | Sundays | April 3 - May 8

Advanced Powerskating | (Atom & Up + Adult) | \$50.00
Maximum 20 skaters | Mondays | April 4 - May 9

Canskate | Learn to Skate | \$50.00
Sundays | April 3 - May 8

Adult Learn to Skate | Starskate

For more information please email GreenwoodSkatingClub@gmail.com

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Monday to Saturday
10am to 5pm
Fridays 10am to 8pm
www.essentialslingerie.ca
essentials@eastlink.ca

Lacrosse registration events tee up Valley Thunder season

Valley Thunder Lacrosse is getting set for its eighth season of youth lacrosse programming, based out of the Kingston and Berwick rinks. Youth ages five to 18 may register for team play.

A come-try-lacrosse eve-

ning will be held at the 14 Wing Greenwood Community Centre March 21, between 7 p.m. and 9 p.m. (ages 10 and under between 7 p.m. and 8 p.m.; ages 10 and up between 8 p.m. and 9 p.m.) Players are welcome to drop in and

check out the equipment, meet coaches and get a basic feel for the game.

Registration will be held April 2, between 2 p.m. and 4 p.m., at the 14 Wing Greenwood Community Centre.

Coaches at all team levels

are welcome to attend a coaching clinic May 7 in Kingston at the Credit Union Centre, free of charge.

Referees are always needed for games and tournaments. A free officials' training clinic will be held 17 in Greenwood

for anyone interested.

For information, visit www.valleylacrosse.ca or email vtlacrosse@eastlink.ca.



Deb Huntley demonstrates one of the new priority patient chairs for the blood collection room at the Western Kings Memorial Health Centre, generously donated by the Greenwood Health Auxiliary. Submitted

Opportunity for community health

In January, the Greenwood Health Auxiliary dispersed \$22,000 to health-related organizations in our community and that offer services to members of our community, including the Valley Regional Hospital, Soldiers' Memorial Hospital, the Western Kings Memorial Health Centre, VON, IWK and others. The money donated was raised in the Opportunity Shop at the Greenwood Mall.

Donations of clothing, shoes, purses and household items are always appreciated and needed. The auxiliary would like to thank everyone who makes donation to support the shop, and loyal customers for their continued support.

For information on the Greenwood Health Auxiliary, contact Mary Osmond, vice-president, at wrosmond@bellaliant.net.

Do you know of a deserving Volunteer of the Year?

The Village of Kingston is seeking nominations for Volunteer of the Year for the past year of 2015.

For nomination applications or for inquiries contact the Kingston Village Office for details at 902-765-2800 or info@kingstonnovascotia.ca.

The applications must be received by 4 p.m., Friday, April 15th, 2016

The GMFRC, the GMFRC Casual Childcare Centre & the Preschool Programs will be closed Friday, March 25 and Monday, March 28. Happy Easter!

Le CRFMG ainsi que la halte-garderie et les programmes préscolaires du CRFMG seront fermés le vendredi 25 mars et le lundi 28 mars. Joyeuses Pâques!

Homecoming & Reunion - The Road to Mental Readiness (R2MR) Phase 5 Tuesday, March 29, 9 a.m. - 12 p.m.

At the GMFRC

The information covered enables families to better cope with homecoming following a deployment. Childcare is available (space is limited and must be pre-arranged). Register by Thursday, March 24

Retour et retrouvailles - En route vers la préparation mentale (RVPM) phase 5 Mardi 29 mars, 9 h à 12 h

Au CRFMG

La matière abordée permet aux familles militaires de mieux gérer le retour du militaire suite au déploiement. Un service de garde est disponible (les places sont limitées et vous devez réserver). Inscrivez-vous avant le jeudi 24 mars

Student Résumé Clinic

Wednesday, March 30, 3 to 6 p.m.

At the GMFRC

Drop into the GMFRC with your printed résumé for a free critique and advice. First come, first served.

Aide à la préparation d'un CV pour les étudiants

Mercredi 30 mars, 15 h à 18 h

Au CRFMG

Passez au CRFMG avec une copie imprimée de votre CV pour obtenir gratuitement une rétroaction et des conseils. Premier arrivé, premier servi.



24 School Rd., Greenwood
902-765-5611
www.familyforce.ca

Franco-femmes Dinner

Wednesday, March 30 at 6 p.m.

At Capitol Pub, Middleton

Cost: your meal

Register by Tuesday, March 29

Souper franco-femmes

Mercredi 30 mars à 18 h

Au Capitol Pub, à Middleton

Coût : votre repas

Inscrivez-vous avant le mardi 29 mars

Thursdays on the Town

Thursday, March 31 at 6 p.m.

At Falcourt Inn, Nictaux

Cost: your meal

Register by Tuesday, March 29

Jeudis en ville

Jeudi 31 mars à 18 h

Au Falcourt Inn, Nictaux

Coût : votre repas

Inscrivez-vous avant le mardi 29 mars



[facebook.com/GMFRC](https://www.facebook.com/GMFRC)



[@gmfr](https://twitter.com/gmfrc)



[gmfr](https://www.pinterest.com/gmfrc)



[greenwoodmfr](https://www.instagram.com/greenwoodmfr)

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USED INVENTORY



\$19,950 + tax

Stock Number 16-70A

2014 Chrysler 300 Touring • \$159 BIWEEKLY
V-6, 292 hp, 4 Door Sedan, 8 Speed Auto., PW, CC, A/C, CD, Remote Keyless Entry, 41,225 kms



\$13,950 + tax

Stock Number 15-43A

2011 Toyota RAV4 Touring • \$149 BIWEEKLY
2.5 L, I-4 cyl, Auto, FWD, SUV, Touring Value Package, Roof Rac, A/C, CC, 5 Disc CD, 86,396 kms



\$10,950 + tax

Stock Number 15-432A

2012 Toyota Yaris LE • \$119 BIWEEKLY
1.5 L, I-4 cyl, FWD, 5 Speed Manual, 5 Door Hatchback, A/C, CC, PW, PDL, ABS, 31,019 kms



\$7,950 + tax

Stock Number 15-244A

2011 Kia Soul 2U • \$88 BIWEEKLY
2.0 L, I-4 cyl, 5 Speed Manual Sedan, CC, CD, A/C, PW, Heated Seats, Keyless Entry, ABS, 92,764 kms



\$15,950 + tax

Stock Number 15-540A

2012 Dodge Journey R/T AWD • \$169 BIWEEKLY
3.6 L, V-6 cyl, 6 Speed Auto, SUV, AC, CC, PS, Keyless Entry, PW, PM, Fully Loaded, 92,000 kms



\$12,450 + tax

Stock Number 15-298A

2011 Volkswagen Jetta Sportline • \$134 BIWEEKLY
2.5 L, 4 cyl, Auto, 4 Door Sedan, CC, A/C, CD, Leather Interior, Sunroof, 74,201 kms

La famille de l'ARC a besoin de vous

Les familles de l'Aviation royale canadienne (ARC) ont été entendues. Votre message est clair : nous avons besoin d'un sentiment d'appartenance fort à la collectivité pour aider les familles à se tourner vers ce qui compte : les gens et le soutien. Nous tenons à faire de l'ARC un meilleur foyer pour les familles, mais, pour y arriver, il nous faut votre aide.

Le Programme de parrainage des familles, qui facilitera le processus d'établissement des familles de militaires dans leur nouveau milieu et les aidera à se lier à d'autres familles de leur unité. C'est ici que votre rôle débute. Nous cherchons des conjoints et conjointes et d'autres proches prêts à s'engager. Voici votre chance de créer la collectivité de l'ARC dont vous rêvez.

En votre qualité de parrain d'une famille, vous suivrez une formation et pourrez compter sur l'appui de votre Centre des ressources pour les familles des militaires (CRFM). Vous acquerez les compétences qu'il faut pour tendre la main à ceux et celles qui sont touchés par des séparations propres à la vie militaire. Vous serez le point de contact amical des nouvelles familles à leur arrivée au sein de votre unité. Votre mission la plus importante sera d'être la courroie de transmission entre les familles et les ressources dont elles auront besoin et de présenter ces familles à d'autres familles de l'unité.

Engagez-vous en communiquant avec Leona Conrick au le CRFM au 902-765-1494 poste 5938; ou en expédiant un courriel à l'Équipe de soutien des familles à l'adresse RCAF-Family_ARCfamille@forces.gc.ca.

NOUS AVONS BESOIN DE VOTRE

CONJOINT(E)

POUR JOUER UN RÔLE

IMPORTANT

DANS LA CONSTRUCTION

PLUS

D'UNE ARC ROBUSTE.

POUR FACILITER LA TRANSITION DES FAMILLES MILITAIRES QUI EMMÉNAGENT

DANS VOTRE QUARTIER.

POUR OFFRIR DU SOUTIEN LORS DE DÉPLOIEMENTS.

SI VOTRE CONJOINT(E), VEUT

AMÉLIORER L'ARC,

C'EST LE MOMENT OU JAMAIS !

DÉCOUVREZ CETTE FORME DE BÉNÉVOLAT ICI :

Leona Conrick au le CRFM
au 902-765-1494 poste 5938

RCAF FAMILY SUPPORT
SOUTIEN AUX FAMILLES DE L'ARC

PSFM
PROGRAMME DES SERVICES
AUX FAMILLES DES MILITAIRES

MFSP
MILITARY FAMILY
SERVICES PROGRAM

The RCAF family needs you

The voices of Royal Canadian Air Force families have been heard. Your message is clear: we need a stronger sense of community to help families connect with what's important: people and support. We are committed to making the RCAF a better home for families, but we need your help.

The Family Sponsor Program will ease the process of loved ones getting settled into their new surroundings and

help them connect with other families in their unit. Here's where you come in. We're looking for spouses and loved ones to get involved. This is your chance to build the RCAF community you've been looking for.

As a family sponsor, you will have training and support from your local MFRC. You'll get the skills needed to reach out to those affected by duty-related separations. You will also be the friendly point of contact for new families arriving at your unit. Your most important task will be to connect families with the resources they need and introduce them to other families within the unit.

Get involved by contacting Leona Conrick at the Military Family Resource Centre (MFRC), 902-765-1494 local 5938 or LEONA.CONRICK@forces.gc.ca, or send the Family Support Team an email at RCAFFamily_ARCfamille@forces.gc.ca.

Did you know that physical activity helps kids enhance self-esteem, reduce stress and alleviate depression? Set a child up for success today!

14 Wing Recreation

14 Wing Community Centre

Spring Sport & Recreation

Registration Fair April 2nd, 2016

2:00pm to 4:00pm

It's that time of year again to start thinking about spring and summer activities and getting REGISTERED! Join us at the 14 Wing Community Centre Gym for our spring registration fair on April 2nd from 2:00pm-4:00pm.

This is your chance to sign up for Soccer, baseball, spring skating, swimming lessons, youth bowling, wrestling, art classes, bubble soccer, tennis and much more!

We will also have fun activities for the children on site.

Spring and Summer Program Registration!

Soccer	Camp Info
Golf	Art Classes
Baseball	Lacrosse
Swimming	Skating
Wrestling	Bowling
Archery	Judo
Drama	Karate

Call the 14 Wing Community Centre at 902-765-1494 loc. 5341 or 5337 to register your club for a table or to get more information.



Green team visits Valley Waste

Dale Roberts, left; Andrea Gibson-Garrett and Andrew Garrett recently welcomed students from Dwight Ross Elementary School's Green Team to the Valley Waste Resource Management complex in Coldbrook, where they learned what happens when waste arrives. They were interested to see all the ways it is separated, and then sent to other facilities to be reused. It was amazing to see the amount of waste delivered on a daily basis, and learn just how important it is for everyone to implement the 3 Rs.

Submitted

14 Wing Library - Serving those who read

Judy McCool &
Sheri Brumsey,
14 Wing Greenwood Library

Happy March, everyone!
A few of our new books for March are: "The Life We Bury," by Allen Eskens. College student Joe Talbert has the modest goal of completing a writing assignment for an English class. His task is to interview a stranger and write a brief biography of the person. With deadlines looming, Joe heads to a nearby nursing home to find a willing subject. There he meets Carl Iverson, and soon nothing in Joe's life is ever the same. Also available is Yann Martel's novel "The High Mountains of Portugal." In Lisbon in 1904,



Get set to visit a new "collection" at the 14 Wing Greenwood Library – after a year of gathering vinyl records, the Friends of the Greenwood Library will host a record sale in April – with something musical for every taste! Submitted
a young man named Tomas discovers an old journal. It hints at the location of an extraordinary artifact that - if it exists - would redefine his-

tory. Travelling in one of Europe's earliest automobiles, he sets out in search of this treasure. Some 35 years later, a Portuguese pathologist finds himself at the centre of a murder mystery.
14 Wing Library's Adult Book Club's next meeting is March 21. This month's book selection is "Dear John," by Nicholas Sparks. An angry rebel, John dropped out of school and enlisted in the army, not knowing what else to do with his life until he meets the girl of his dreams, Savannah. Their mutual attraction quickly grows into the kind of love that leaves Savannah waiting for John to finish his tour of duty, and John wanting to settle down

with the woman who has captured his heart. But 9/11 changes everything. John feels it is his duty to re-enlist. Sadly, the long separation finds Savannah falling in love with someone else. "Dear John," the letter read and, with those two words, a heart was broken and two lives were changed forever.
"Under The Story Tree" continues every Tuesday from 10:30 a.m. to 11:30 a.m. in the library. It is a great time to bring your children to listen to stories, sing songs and make crafts.

Be sure to mark your calendar for The Friends of the Greenwood Library's April 17 to 24 vinyl record sale. There are thousands of LP's to choose from, in every genre. Come in during the library's open hours and take a look - you might just find a few to add to your collection.
Thank you also to The Friends of the Greenwood Library for their continuing support, recently adding 48 new books to our collection. The library boasts a great group of enthusiastic weekly volunteers - Beth,

Sophie, Louise, Myon, Ali, Sandra, Amy, Jennifer, Kay, Liz, Darcy, Brian and Peter. Thank you all so much for generously giving your time.
Did you know the library has a collection of over 39,000 resources? The catalogue is available at <http://opac.libraryworld.com>, and the log in name is "14 Wing Library." No password is required.
The 14 Wing Library is open to all military families, as well as the public; located in the AV Morfee Centre on School Street, Greenwood.



SUMMER SOCCER REGISTRATION 2016

Registration dates & places are:

Wednesday	30 March	from 5-9pm	at 14 Wing, Community Centre
Saturday	2 April	from 2-4pm	at 14 Wing, Community Centre
Wednesday	6 April	from 6-9pm	at Greenwood Mall by Cleves
Saturday	9 April	from 1-4pm	at Greenwood Mall by Cleves
Saturday	16 April	from 1-4pm	at Greenwood Mall by Cleves

PLEASE NOTE THAT THESE WILL BE THE ONLY REGISTRATION DATES FOR 2016

Registration costs and divisions:

Intro to Soccer – Parent & Tot – 1 Jan 2013 – 30 Jun 2013 – \$ 65.00	
U4 – Parent & Tot – Born 2012 – \$ 65.00	U12 – Born 2004-2005 – \$140.00
U6 – Born 2010-2011 – \$ 65.00	U14 – Born 2002-2003 – \$140.00
U8 – Born 2008-2009 – \$ 85.00	U16 – Born 2000-2001 – \$140.00
U10 – Born 2006-2007 – \$ 95.00	U18 – Born 1998-1999 – \$140.00

Please note the following important information:

- YOU MUST HAVE a valid Health Card at time of registration.
- Must have Valid Rec Card to save you \$10.00 for each player.
- We accept cash, cheque, and credit card for payment of registration fees.
- Players are required to register according to their birth year.
- There will be jersey deposit taken at registration this year of \$50.00 post dated for October 2016.

Registration will be accepted on a first come, first served basis:

Players residing in the Kingston Greenwood area (or moving to the area) are given first priority for team placement. Proof of residency may be requested. According to Nova Scotia Soccer regulations, players who want to play outside their area must request to do so through their local club. Every effort is made to have all registered players assigned to a team. Registration does not guarantee a spot on a team.

If you have any questions in regards to registration, please contact
Leila Vokey, Registrar: lcvokey@outlook.com
For more information please visit our web site:
www.kingstongreenwoodsoccerclub.org/index.html
Or visit us on facebook: Kingston/Greenwood Soccer Club

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23 AU 26 JUIN 2016
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COMMÉMORATIONS ET CAMARADERIE

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Anniversaire

Our Heritage: Our Future
Notre patrimoine: notre avenir

400 405 413 415

REGISTRATION INFORMATION
POUR S'INSCRIRE, S'INFORMER
www.gmam.ca/75th-anniversary.html

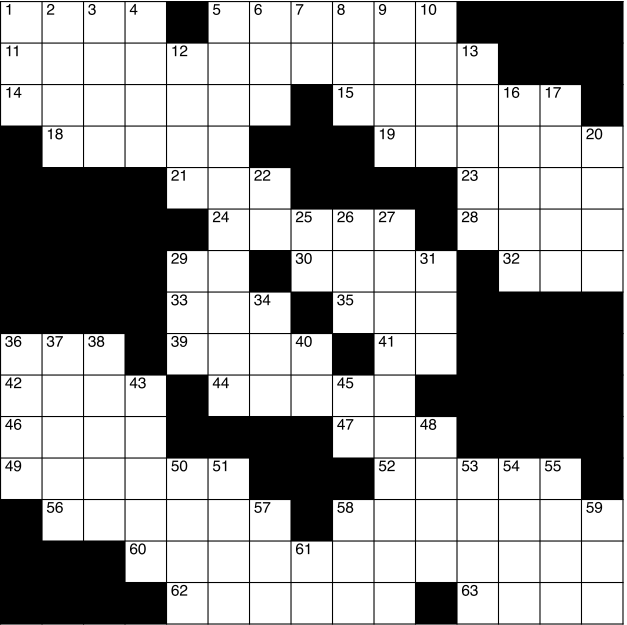


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca. 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. Matter
5. Puzzled
11. Well wish
14. Frightened
15. Home of the Cowboys
18. Between the jejunum and the cecum
19. Founded the Union Colony
21. Read-only memory
23. Sorcerers
24. Female parents
28. Unexpected obstacle
29. Of I
30. Used to have (Scottish)
32. Patti Hearst's captors
33. Rock TV channel
35. Revolutions per minute
36. Exclamation: yuck!
39. Be afraid of
41. Arizona
42. Red liqueur __ gin
44. More discourteous
46. Type of chef
47. Mother (Brit.)
49. Untidy in character
52. Inhibitions
56. Pains
58. Politician
60. Unofficial fighter
62. Type of Mustang
63. Branch of Islam
- DOWN**
1. Satisfaction
2. Astragals
3. Egg-shaped
4. Nothing more than specified
5. Measures speed of wind
6. In the middle of
7. Actinium
8. The Master of Shadows
9. Dutch cheese
10. Valley
12. A river between China and Russia
13. Masses of matter
16. They live along Gulf of Guinea
17. George __, actor
20. Latvia's largest city
22. One thousandth of an ampere
25. Millihenry
26. Swiss river
27. Individually
29. Magnetomotive force (abbr.)
31. Without armies (abbr.)
34. Portuguese municipality
36. Old Marxist-Leninist state
37. Malicious satisfaction
38. Actress Julianne
40. Rural delivery
43. Bar or preclude
45. Unit of measurement
48. Peninsula in Greece
50. Bird genus
51. Releases gonadotropin
53. Racquets
54. Southwestern state
55. Town in Benin
57. Car mechanics group
58. Brother or sister
59. Woollen rug
61. Milliliter

Lacrosse try-it evening
March 21, 7 p.m. to 9 p.m., Valley Thunder Lacrosse hosts a free drop-in session for youth interested in trying lacrosse at the 14 Wing Greenwood Community Centre, Church Street, Greenwood. Check out equipment, meet coaches and get a basic feel for the game. Ages 10 and under should visit between 7 p.m. and 8 p.m.; ages 10 and up between 8 p.m. and 9 p.m. Youth ages five to 18 are welcome to register for team play, from Mites to Intermediate. For more information about Valley Thunder Lacrosse, visit www.valleylacrosse.ca or email vtlacrosse@eastlink.ca.

Popovers
March 21, 10 a.m. to 11 a.m., the Kingston Library hosts a pre-schooler fun time with stories, crafts and songs. Children must be accompanied by parent or caregiver. Register at 902-765-3631.

Middleton Writers Group
March 21, 1:30 p.m. to 3 p.m., at the Rosa M. Harvey Middleton & Area Library: do you enjoy putting your thoughts on paper and sharing them with others? Do you like to hear feedback? Write down your thoughts on the current topic, "Our Canada," and bring in for presentation and discussion.

Story time
March 21, 10 a.m., the Annapolis Royal Library hosts story time, with old favourites, a little music and simple crafts.

Cancer support group
March 21, 7 p.m., the Kingston/Greenwood Living With Cancer Support Group meets in the St. Mark's Protestant Chapel Annex, Church Street, Greenwood. Naturopathic doctor Amy Florin coordinates the program, to "Explore Complementary Healthcare." This will be an interactive, practical question session. Specialties pre-

senting include an acupuncturist, a massage therapist, a reflexologist/reiki master and a yoga teacher. This practical workshop will be interesting and educational for all visitors. Cancer patients, family and friends or anyone seeking information on cancer or caregiving support are encouraged to attend. Info: Lloyd Graham (902-765-6133) or Lynda Pierce (902-765-3055).

Afterschool program
March 22, 3:30 p.m. to 4:30 p.m., at the Rosa M. Harvey Middleton & Area Library: hop on over for some egg-stra special fun! Some bunny wants you to sign up soon at 902-825-4835. Stories, snacks and a craft. For ages five to 10.

Skating spring registration
March 23, 5:30 p.m. to 6:30 p.m., at the Greenwood Gardens Arena canteen. Greenwood Skating Club spring programs include CanSkate (\$50) Sundays from April 3 to May 8; StarSkate, Adult Learn to Skate, Intro PowerSkate (IP/ Novice - \$50) Sundays from April 3 to May 8; Advanced PowerSkate (Atom and up and Adult - \$50) Mondays from April 4 to May 9. For information: GreenwoodSkatingClub@gmail.com.

Story time
March 23, 9:45 a.m. to 10:15 a.m., the Berwick Library invites you to share the fun and adventure of reading with other children and caretakers. Free, on-going every Wednesday, geared towards pre-schoolers - but all ages welcome.

Lunch
March 23, come in out of the cold for a nice hot soup lunch at the Kingston United Church, 733 Main Street. Free, and open to everyone in the community.

Book club
March 24, 6:30 p.m. to 8:30 p.m., at the Rosa M. Harvey Middleton & Area Library: join us to discuss "Exit Music," by Ian Rankin. Make friends both on and off the page. Bring a favourite mug for coffee or tea. Register at 902-825-4835.

Maundy Thursday
March 24, Maundy Thursday service, at 7 p.m., at Christ Church, Berwick.

Good Friday
March 25, Good Friday service, Stations of the Cross, at 10 a.m., at Christ Church, Berwick.

Good Friday
March 25, Good Friday traditional service at 2:30 p.m. at St. Mary's, Auburn.

Easter services
Easter services at Wilmot Baptist Church: Good Friday at 7 p.m. at the church, sunrise service at 8:30 a.m. at the CFC, Easter Sunday Service 11 a.m. at the church. All welcome.

At CentreStage
Love From a Stanger: Cecily and Mavis, have just won 20,000 pounds in the Sweepstakes and are letting their London flat while Mavis travels in Europe and Cecily prepares to marry Nigel, after a tepid relationship. Personable Bruce appears to check out the flat - and offers excitement and romance. Cecily succumbs immediately and, within weeks, she and Bruce marry and move to the country, where the idyll disintegrates. Based on a short story by Agatha Christie. Show times 7:30 p.m. March 26, April 1, 2. Matinees at 2 p.m. March 20 Tickets are \$15/ \$12 (902-678-8040 for reservations). CentreStage Theatre, 61 River Street, Kentville. centrestagetheatre.ca.

Easter Vigil
March 26, Easter Vigil at 8 p.m. at Christ Church, Berwick.

Easter egg hunt
March 26, 2 p.m., at Rotary Park, Middleton. Easter activities, snacks and great prizes to follow at the Middleton Baptist Church, beginning at 2:30 p.m. No registration required for this free event. Bring your Easter basket and join in the fun! All children must attend with a parent or guardian. The egg hunt

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

Entry deadline:
Noon, March 24, 2016

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 will \$10.70 per hour represent April 1, 2016 ? _____	
2. Who is open 10 a.m. to 5 p.m. Monday to Saturday ? _____	
3. Address 9594 South Farmington gets you who ? _____	
4. What's happening Wednesday, April 6 from 6-9 p.m. ? _____	
5. Who do you reach when you call 902-765-3871 ? _____	

Congratulations to last week's winner: CAROLYN KENNEDY

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Greenwood
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954 Central Avenue
Greenwood
902-765-6381

will take place inside Middleton Baptist Church if weather is rainy. Info: 902-825-3537 or hollyrlr@hotmail.com.

Breakfast
March 26, 8 a.m. to 10 a.m., Easter breakfast at the Inglisville Community Hall. Freewill offering, everyone welcome: come enjoy eggs, hash browns, sausage, bacon, pancakes, toast, tea/ coffee, juice. Easter basket draw: three tickets \$1, one ticket 50 cents. All proceeds to the Helping Hands Ladies Group.

Movie night
March 26, all are welcome to an Easter movie night, featuring "Killing Jesus," at the Wilmot Baptist Church CFC (corner of Dodge Road and Hwy 1). Pizza at 5:30 p.m., followed by the movie. Freewill offering.

Chase the ace
March 26, Chase the Ace (every Saturday, weather permitting) at the Kingston Legion. Tickets are three for \$5 and go on sale from 1 p.m. until 3 p.m., with the draw by 3:30 p.m. You must be 19 years of age to play. Public welcome. (License AGD 107472-15.)

Luncheon
March 28, 11 a.m. to 1 p.m., the Fireflies host a luncheon at the Middleton fire hall. Enjoy home-made turkey burgers (\$9), corn chowder (\$8) or hamburger soup (\$8); along with your choice of lemon dessert or bread pudding and tea or coffee. Free home or business local deliveries by calling Bonnie, 902-825-3062.

Bridge
March 28, 1 p.m., bridge will be held at St. John's United Church, Middleton. All players welcome. Cost is \$5 per person. For info, call Jane, 902-825-6250.

Scottish country dance classes
March 28, 7 p.m. to 9 p.m., join in Scottish country dance classes, running for eight weeks, at the Wilmot Community Centre. Scottish country is a social dance form: no partner or special attire re-

quired, suitable for any adult from 16 to 96. Learn how to reel and wheel, pousette and allemande. No experience required, only an interest in dance and/ or Scottish traditions. Susan Van Horne is our instructor. For information: contact 902-825-4600.

Blood donor clinic
March 28 and 29, Canadian Blood Services will be at 14 Wing Greenwood's Morfee Centre gym. Call and make an appointment to donate, 1-800-2-DONATE, or drop in daily.

Supper
March 30, 4:30 p.m. to 6 p.m. A men's pancake supper will be hosted at the Kingston United Church, 733 Main Street. Pancakes, real maple syrup, baked beans, sausages, fruit salad, coffee, tea. Adults \$10, children under 12 \$6, families (four to six people) \$30.

Tremont Cemetery AGM
March 30, 7 p.m., Tremont Community Cemetery Society's annual meeting at the Tremont Hall. All welcome. 902-765-2642.

The big band sound of the Valley is heading to the city April 3, as a band and social dance afternoon gets set to take over the McInnes Room in the Dalhousie Student Union Building, Halifax.


The Annapolis Big Band, directed by Richard Bennett, will cater to social and ballroom dancers in the first half of the afternoon. The Big Valley Swing Orchestra, under the direction of Brian Johnston, will take to the stage and keep swing dancers on their feet for the remainder of the event.

The host of this dance event is Andy Duinker of Cambridge, a multi-faceted,

Juno-nominated performer who will be singing a few tunes with the Annapolis Big Band. The event coincides with the release of Duinker's four-song EP, "Come Dance with Me," and revisits the Sunday afternoon, big band dance concept which was standard fare in Europe during the war years and later imported to North America. Dance is alive and well in the Maritimes, with many studios providing lessons in social, ballroom, Latin and swing dancing.

Including two live big bands will ensure dancers will not be the only ones entertained. Seating is provided for all non-dancers interested in attending, to enjoy an afternoon of great music and to see some of Nova Scotia's finest dancers.

The first of many highly anticipated dance events in the Maritimes, the inaugural "Sunday Afternoon, Big Band Dance" will take place April 3 from 1:30 p.m. to 6:30 p.m. Snacks and drinks will be available with 100 per cent of the concession revenue being donated to the IWK. A portion of net ticket proceeds will also be donated to the IWK. Tickets may be purchased online through Ticket Halifax.



sudoku

solution page 14

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

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



Middleton - 902-825-5525 • Greenwood - 902-765-2267



patrick's puzzle

solution page 14

FROZEN FOOD WORD SEARCH

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

WORDS

APPETIZERS	CONVENIENCE	FOODS	MEAL	STOCKED
BAGELS	COOKING	FREEZER	PACKAGES	SUPERMARKET
BREAKFAST	CRYSTALS	FROZEN	PANCAKES	TEMPERATURE
BRINE	DEFROST	HAMBURGERS	PRECOOKED	VEGETABLES
CAKE	DEHYDRATE	ICE	PRESERVE	
CHICKEN	DESSERT	ICE CREAM	REHEAT	
CHILLED	FAST	INNOVATION	SHOPPING	

patrick's puzzle brought to you compliments of



Greenwood Mall
902-765-2415



horoscopes

March 20 - March 26

ARIES - Mar 21/Apr 20
A positive attitude may help you overcome any challenges that come your way this week, Aries. Maintain this positivity and things will ultimately work out for the best.

TAURUS - Apr 21/May 21
Taurus, offer others positive feedback when they deserve it. Your willingness to give credit where it's due is why others find you so easy to work with.

GEMINI - May 22/June 21
Gemini, others will be very receptive to your fresh ideas this week. Be prepared to explain these ideas in as much detail as possible and enjoy the fruits of your labours.

CANCER - June 22/July 22
Cancer, some good news is just over the horizon. Resist the temptation to celebrate prematurely, but don't be surprised when Lady Luck breaks your way.

LEO - July 23/Aug 23
A number of opportunities are coming your way in the near future, Leo. Just get ready to take advantage of these chances when opportunity knocks. It rarely knocks twice.

VIRGO - Aug 24/Sept 22
Relationships are on your mind, Virgo. You are anxious to show loved ones how much you care for them, and they will respond in kind.

LIBRA - Sept 23/Oct 23
Libra, you have plenty on your plate lately, but you also have to find a way to fit in some time for rest. Running at a frantic pace is a recipe for burn-out.

SCORPIO - Oct 24/Nov 22
Scorpio, let go of some of the responsibilities you have recently taken on. Trust that others around you can handle these tasks just as capably. Enjoy the extra free time. You earned it.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, even though the world has lately presented plenty of twists and turns, you can still enjoy the ride. Keep an open mind to all new opportunities.

CAPRICORN - Dec 22/Jan 20
Capricorn, a big project is yours to make work. This is a big responsibility, but you are up to the task. Keep forging ahead and you will be pleased with the results.

AQUARIUS - Jan 21/Feb 18
Focusing on one thing is a tricky proposition this week, Aquarius. You have a lot of things on your mind, but do your best to maintain focus. Take breaks, if necessary.

PISCES - Feb 19/Mar 20
Someone's criticism may shock you, Pisces, but that could be for the best. It may just ground you and bring you back to reality.

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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.

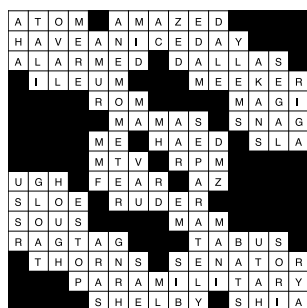
To place a boxed, display ad, contact 902-765-1494 local 5833; email auroramarketing@ns.aliantzinc.ca.

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.

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Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 5833, ou un courriel à auroramarketing@ns.aliantzinc.ca.

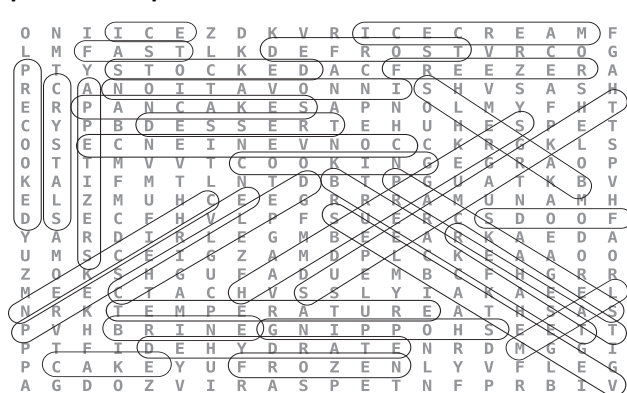
crossword solution



sudoku solution

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

patrick's puzzle



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APARTMENT FOR RENT

FOR RENT – Spacious two-bedroom apartment located at 993 Aurora Crescent, Greenwood, \$650/month, tenant pays utilities, quiet building, coin operated laundry on site, non smoking building, no pet policy and site superintendent. Available December 2015. Please call 902-765-6312 or 902-824-1112 or visit our website at www.parsonsinvestments.ca. (3643-ufn)

FOR RENT – One-bedroom apartment located at 577 Meadowvale Road, Tremont. Fridge and stove is available. Heat and lights included. Would like mature adult. References required. \$650.00 a month, and also damage deposit. Please call for more info 902-765-8019 and leave a message. (3711-2tpb)

FOR RENT – One-bedroom adult apartment, central Kingston, close to everything. Quiet neighbourhood. Non-smoking. Ideal for people on IR. Fridge, stove, microwave. Heat & lights extra. \$625 per month. 902-765-3664. Available April 1st. (3711-2tp)

FOR RENT – Two apartments – Apt#1 and Apt#2(*) – Kingston two-bedroom apartment(s) centrally located 950 +/- sq ft with living room, kitchen, bath (*patio) \$825.00 month. Available March 1st, April 1st. References, lease required. Small, clean, quiet, pets welcome. Includes

heat / A/C, power, seven appliances: fridge, stove, toaster oven, microwave, washer/dryer, BBQ. Negotiable cable & wi-fi, ground care & parking area snow removal. Call 902-760-0002, email: nsvalley@hotmail.com, for detailed description, viewing appointment. 15 minutes or less walk to golf club, school(s), doctor(s), RCMP, pharmacy, post office, library, bank, Superstore, convenient store(s), Tim Horton's, motel, restaurant(s), gas, Branch 98 Legion. (3707-ufnb)

FOR RENT – Two-bedroom spacious apartment located in quiet subdivision in Greenwood. Newly renovated with washer/dryer hookup. Mature living and non smoking only. Lawn care and snow removal provided. \$575 per month plus utilities. Call 902-844-0432. (3709-ufn)

FOR RENT – One-bedroom apartment located at 443 Main Street, Middleton. Fridge, stove and cold water included. Would like mature adult. References, lease required. Coin operated laundry onsite. Available April 2016. \$425/plus utilities call 902-825-3424 or 902-840-1780. (3711-2tp)

FOR RENT – Two-bedroom unit with garage. Open concept: dining room, living room, kitchen area. Four appliances. Large bath with laundry hook-up. Wheelchair accessible. Utilities extra. Pet friendly. Non-smoking. Snow removal and lawn care included. On transit

route, minutes from Middleton/Greenwood. Available immediately. Call for more info: 902-765-0412 or 902-824-1822. (3708-ufn)

FOR RENT – Small one-bedroom all inclusive on the Vault Rd. available now. Ground floor. Rent \$700 per month includes all utilities and Wi Fi washer dryer fridge and stove plus furniture. For responsible single person. Please no smoking and no pets. Call Joe 992 765 1897 or write joeben699@gmail.com. (3711-ufn)

FOR RENT – One and two-bedroom apartments. Furnished completely, includes all utilities, wifi. 10% off Spa Services at Cathy and Company. Close to all amenities in town. Located at 1518 Bridge Street, Kingston, NS. Contact: Cathy at 902-242-2887 or 902-760-3327. (3711-ufnb)

FOR RENT – Very clean modern one, two & three-bedroom apartments. Middleton to Cambridge. Well managed properties. Seniors units available. References required. Call Ross at 902-840-0534. (3539-ufn)

FOR RENT – Two-bedroom apartment located at 492 Main St., Middleton, well maintained, quiet building, laundry facilities on site. No pet policy, rental application required. Please call 902-765-6312 or 902-824-1112 or visit our website at www.parsonsinvestments.ca. (3629-ufn)

FOR RENT – Three-bedroom, 1221 Bridge St., Greenwood, \$700/month, heat and cold water included. No pet policy, rental application

required. Please call 902-765-6312 or 902-824-1112 or visit our website at www.parsonsinvestments.ca. (3629-ufn)

COTTAGE RENTAL

FOR RENT – Zwicker Lake. Three-bedroom, one bath cottage for rent. \$850 per week. Sleeps 5-6. Well equipped kitchen, big deck, large living room. All summer weeks still available! Discounts for multiple weeks/ long term rental. Inquire with contact information to: thesummerbreeze16@gmail.com (3711-2tpb)

HELP WANTED

HELP WANTED – Cathy and Company Hair Studio is now looking to hire one experienced hairstylist to join our team in Kingston. Call 902.242.2887 or 902-760-3327 or email cathyandcompanyhairstudio@gmail.com or text 902-760-3327. (3711-2tpb)

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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 (3710-ufn)

IN THE COMMUNITY

CHURCH SERVICE – “The Peoples 25:40 Church” There will be a 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 Centre, 115 Bridge St., Greenwood. Pastor Neil Armstrong. Doors open at 9:30 a.m. All are welcome. Come, bring a friend. Prayer meeting Wednesday evenings at 7 p.m. A community meeting place: rentals, 902-765-8155. (3710-10tp)

Kingston Legion

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Tuesday, 7:30 p.m.
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 - Triple Jackpot - R-W-B
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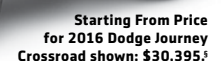
0%

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RAM[illegible]



Greenwood’s Nevaeh McDonald, left; Skye McDonald, centre, and Tessa Hattie are three members of the Valley Wild Atom A team competing in the Rogers Hometown Hockey Cheer Like Never Before competition. Online voting begins March 27.

Submitted

Valley hockey Wild want your vote

Fifteen girls from the Annapolis Valley are pursuing a big hockey goal.

While playing hard on the ice and earning an undefeated regular season record, Valley Wild Atom A players’ team spirits also netted top honours in Mainland Nova Scotia in the Rogers Cheer Like Never Before competition. The girls won the chance to compete for the national prize at the Wolfville stop on the Hometown Hockey tour November 29 over four other local teams. Now, they’re representing Wolfville and Nova Scotia in a race against 23 other minor hockey teams from across the country trying to score a trip to Vancouver April 9 to see the Canucks host the Edmonton Oilers.

Valley Wild female hockey draws players from the Acadia, West Hants and Western Valley minor hockey organizations. Members of the Atom A team hail from Stanley, Hants County, to Bridgetown, Annapolis County.

The Valley Wild girls are



Tues 22: Bangers & Mashed
6pm Close * 25% off draft *

Weds 23: PASTA NIGHT
4pm - 8pm Buy 1 Get 1/2 Off

Thurs 24: Munchie Night
7pm Trivia Season 2 Starts

Fri 25: OPEN Good Friday
Happy Hour 4pm - 6pm
Band 8pm Travis Hatcher

Sat 26: Brunch 11am - 3pm
Band 8pm Tim Vallillee

Sun 27: Brunch 11am - 3pm

Located behind the
Greenwood Mall
(902) 765 - 8933

Youth, mental illness focus of March 31 event

The Mental Health Foundation of Nova Scotia is pleased to announce the second event in its year-long Opening Doors – End Family Violence (ODEFV) campaign will take place March 31 in the Annapolis Valley.

March 31, residents of the Annapolis Valley are invited to attend a free session at the Louis Millett Community Complex. The event begins at 7 p.m., and is suitable for those ages 12 and up. Leading up to the event, the foundation consulted community leaders to gather input on the event theme. Community response indicated an interest in youth and mental illness.

“We’re hoping to see a packed house at this event,” says Starr Dobson, Mental Health Foundation of Nova Scotia president and CEO. “Our awareness and education sessions are growing in popularity as communities become more open to discussing mental illness and the stigma that so often accompanies it.”

The event will feature Dr. Selene Etches, Child and Adolescent Psychiatrist at the IWK Health Centre and Assistant Professor at Dalhousie University’s Department of Psychiatry. Etches will focus on raising awareness of youth mental illness and addiction.

ODEFV Annapolis Valley will also feature remarks from 2015 Let’s Keep Talking Outstanding Individual award recipient Bob Ransom, local entertainment by PTSD advocate and musician Kevin Davison, information about an Evangeline Club mental health grant funded by the Foundation, a question and answer period, door prizes and takeaway resources.

Please visit www.mental-healthns.ca/openingdoors.


March 26th

CRAZY FOR CUPCAKES

When you visit the Easter Bunny, decorate your own bunny cupcake
Centre Court

Easter Bunny Hours
Thursdays & Fridays 1-4 & 6-8
Saturdays 10-12 & 1-4
Sundays 1-4

March 26th- Roo’s Easter Egg Hunt \$6
9:30am
Pre Registration: 902-765-0667



GREENWOOD MALL

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www.greenwoodmall.ns.ca

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