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the Aurora

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Heavy work, light touch

Sara Keddy,
Managing editor

In under 20 minutes, firefighters responded to a call of a car on its side, dealt with the wandering drunk driver, located an injured victim in nearby ditch, discovered an infant trapped in the backseat and peeled open the roof to get the baby to safety.

14 Wing Fire and Emergency Services personnel took part in an intensive four-day training over two weekends March 12 and 19, focussing on vehicle extraction techniques and tools. While firefighters train once a month through simpler scenarios, this course through the Nova Scotia Firefighter School went into detail they don't often see.

"We do have motor vehicle accidents here and at larger bases, and we're deployed – it happens," says Corporal Jonathan Lanteigne. "There are 16 of us on this course, so it's big – not a normal training opportunity."

With a few extra wrecks on-site at the 14 FES training ground at 14 Wing Greenwood, and the two fire school instructors setting the stage, firefighters used the Jaws of Life, cutters and axes, blocking and other specialized equipment. They learned to keep a sharp eye out for air bags: meant to help a victim inside a crashing car, but potentially explosive should extraction equipment cut into them. Another danger discovered and handy for the demonstration – and one rarely seen, even by fire instructors: a compressed gas seatbelt retensioner, located inside the door framing of a wrecked Saab.

"This course is focussing on light duty trucks and cars, same as any other volunteer or paid firefighter would take," said lead instructor Bentley Rice March 19. He works as a deputy fire marshal and has many years as a volunteer firefighter under his belt.

"The military does use our school for some of the more



14 Wing Fire and Emergency Services personnel took part in an intensive four-day training over two weekends in March, focussing on vehicle extraction techniques and tools under the eye of Nova Scotia Firefighter School instructors.

S. Keddy

specialty trainings – like vehicle extraction and hazardous materials. There'd be another course for heavy vehicles and farm machinery."

Rice and co-instructor Mitch Shewfelt led the firefighters through video and classroom theory, and then

the hands-on exercises.

"We're training and focused on the use of heavy hydraulics and hand tools to efficiently extract a victim. Some of the most successful extractions use a combination of both – it's all good work and good decisions if you get the

results."

Rice noted firefighters' attention during one exercise, reaching into a vehicle from the trunk to cover a baby in a car seat with a blanket before going to work on the glass and metal blocking extraction.

At the end of the course,

Rice and Shewfelt were testing participants on 12 competencies, using a test and a practical scenario.

"A lot of it is breaking down the situation, watching and then doing – but also learning from each other and peoples' different experiences."

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Memories, shared stories span range of soldiers' experiences

**Sara Keddy,
Managing editor**

In one of the bloodiest, three-month battles in Burma during the Second World War, David Seager says good men gave their lives to prevent the Japanese from taking over Burma and India. The

monument that remembers them illustrates why he's a storyteller today with The Memory Project.

"That monument says, 'When you go home, tell them of us. For your tomorrows, we gave our today,'" Seager said March 10, visiting 14 Wing Greenwood with Memory

Project officials.

"Here I am, one of the very, very lucky ones who did survive. No major wounds, no major jungle illnesses. At 91-and-a-half years of age, I am still able to do that: 'tell them of us.'"

Seager, a Halifax resident, and his wife, Helene, were guests in Greenwood, as Memory Project staff from Toronto visited to encourage community veterans and serving Canadian Armed Forces personnel to join their nationwide speakers' bureau. The bureau formed in 2001 and, over 10 years later, volunteer speakers have reached over 1.5 million Canadians of all ages and interests.

"Our veterans are probably the ones who make the most visits, as the founders of our program – they go out day after day, month after month, sharing their stories," said Alexandra Tichinoff, Memory Project program coordinator. "We go out to current CAF members talking about how important it is to continue sharing those experiences. The country wants to know what you've been doing, what you've seen across the coun-

try and around the world."

Wing Logistics and Engineering Commanding Officer Lieutenant-Colonel Simon Poudrier welcomed Memory Project staff and the Seagers, and visitors, to Greenwood.

"I've had the opportunity to connect with communities and kids, and it's been absolutely amazing," Poudrier said, describing how a visit could include anything from helping youngsters finish drawings to more "spicy" conversations and questions with high school students.

"To see in their eyes that they believe in and connect with the military is wonderful. The Memory Project comes at a time when we have so much experience in the Canadian Armed Forces with deploying, we should be doing this: sharing and connecting with Canadians."

Joining the speakers' bureau is just about as simple as clicking on the website's "I want to be a speaker" link. Volunteers make their own biography, describe what they're willing to share and then receive a regular newsletter. Program staff monitor public requests for speakers



Laura Hartwell, Memory Project assistant, assists Sergeant Alex Vizino in signing up as a participant in Historica Canada's Memory Project Speakers Program, as the program visited 14 Wing Greenwood March 10.

for the best match geographically and by requested topics, and provide both speakers and groups material on how to get started, and even follow up with educational components. There are small honorariums for volunteers to help with local travel.

"We always ask for feedback from groups – and they are some of the most heartwarming comments you'll ever hear," Tichinoff said, indicating a colourful bunch of flowers, including poppies, hand drawn on a thank-you

card displayed in her Powerpoint that had been received by Seager.

Seager also encouraged current CAF members to join the program.

"I had two brothers in the Royal Air Force, Helene had two brothers in 407 Squadron – one went missing in 1942 over the Bay of Biscay. Us old guys and gals have done our bit: you men and women out there now, it's your turn. We need your help."

www.thememoryproject.com



Sergeant (retired) David Seager, a long-time participant with Historica Canada's Memory Project Speakers Program, finished his trade training in Southampton, England and went overseas in early 1944, landing in Bombay, India. He proceeded to Burma and contributed in the Burma Campaign up until the war ended, and into July 1947. Seager served with the Signals Unit of the 1st Medium Artillery Regiment, British 14th Army.

Corporal N. Clarkson, 14 Wing Imaging



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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
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www.forces.ca

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

VPI | VPI
www.vpinternational.ca

Business acknowledged for VLT-free decision

Sara Keddy,
Managing editor

A Greenwood business aiming to create a social, community-minded environment for its guests has taken a big step in countering the “isolation” of video lottery terminal gambling.

Oaken Barrel Public House new owners Jennifer Delorey and Dean Mrkic knew the family-friendly space, live music and great food atmosphere they wanted for their pub could be a solid business without VLT income.

March 22, volunteers with the Kingston/ Greenwood Community Health Board and the Kings Action Group on Gambling recognized the stance. Guests included representation from the Greenwood Village Commission, Kings RCMP, Kings Seniors Safety Program and Injury Free Nova Scotia.

“We are forever looking for projects and ways to engage the community in health-promoting work,” said CHB chairwoman Daisy Dwyer. “This celebration is in response to a health-promoting decision we can support. That VLTs don’t fit into their business model is a decision that is strong and

values-based. It’s a strong show of integrity – with an obvious loss of revenue. We’re proud of that.”

Dwyer said gambling generates close to \$400 million per year in Nova Scotia - \$113 million from VLTs alone, but the impact of addiction, the loss of income, a job or home; marital issues, mental health problems and suicide far outweigh the value of that revenue.

Bruce Diennes, the chairman of the gambling action group, said there is no intent to tell businesses “you’re doing a bad thing” if they operate VLTs; instead, “we want to celebrate businesses we know honour and respect and help their communities.

“We can shift away from the stigma and harm of gambling, and look at the impact on our community. This business has a vision for what a business is: that it serves the community.”

Greenwood Village Commission chairman Brian Banks said people have been talking about the Oaken Barrel’s decision.

“How are they going to make out? It’s not very often you hear about a business that will make changes that are going to affect their bottom line. It’s a challenge, but this is a beneficial change.”

Mrkic said, with the VLTs in place during the first few weeks they were open, it was obvious it would be hard to run the business he and Delorey envision, and continue with the machines.

“People’s focus is either on one thing or the other,” he said. “People playing the machines don’t care about the dining room and the bands, and people in the bar don’t like the distraction of the machines. VLT players isolate themselves on the machines, and we want you to be a part of our bar.”

Delorey said she’s the first to admit she’d love to win the



Bruce Diennes, chairman of the Kings Action Group on Gambling, centre; presented Oaken Barrel co-owners Jennifer Delorey, right, and Dean Mrkic with a certificate recognizing the business’ departure from VLT operations and revenue.

S. Keddy

lottery, but, for her and Mrkic, “we have a target clientele – and you’re it. We want a friendly environment, children in the daytime, a place that, when you leave, you say, ‘I had

a great meal, the service was good, the band the other night was great and, of, they just did

a charity event’. “We have a lot of dreams for this place.”

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Captain Jarrett Bond, 404 Squadron navigator communicator 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



Sergeant Paul Hanchard, 404 Squadron non-acoustic sensor operator 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



Master Warrant Officer Don Mainville, 404 Squadron senior airborne electronic sensor operator instructor, centre; March 2 received the Canadian Decoration Medal Second Class for 32 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 Leandre Gingras, 404 Squadron flight engineer 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



February 29, 405 (Long Range Patrol) Squadron Lieutenant-Colonel Brendan Cook, left, and Master Warrant Officer JW Lane, acting squadron chief warrant officer, formally promoted Aviator (Basic) Nott to Aviator (Trained).

Submitted



February 29, 405 (Long Range Patrol) Squadron Lieutenant-Colonel Brendan Cook, left, and Master Warrant Officer JW Lane, acting squadron chief warrant officer, formally promoted Aviator (Trained) Crossman to Corporal (a six-month advanced promotion).

Submitted



February 29, 405 (Long Range Patrol) Squadron Lieutenant-Colonel Brendan Cook, left, and Master Warrant Officer JW Lane, acting squadron chief warrant officer, formally promoted Aviator (Basic) Staples to Aviator (Trained).

Submitted



February 29, 405 (Long Range Patrol) Squadron Lieutenant-Colonel Brendan Cook, left, and Master Warrant Officer JW Lane, acting squadron chief warrant officer, formally promoted Aviator (Basic) Trotter to Aviator (Trained).

Submitted



February 29, 405 (Long Range Patrol) Squadron Lieutenant-Colonel Brendan Cook, left, and Master Warrant Officer JW Lane, acting squadron chief warrant officer, formally promoted Aviator (Basic) Wendell to Aviator (Trained).

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Payday loans: don't get trapped

Joyce Sharp,
Communications and
Marketing Manager,
Commercial Services
(SISIP Financial/CANEX),
CF Morale and Welfare
Services

If, for whatever reason, you are thinking of getting a payday loan, DON'T!
First ask yourself: "Do I really know what I am getting into"? Chances are, you may not be aware of the impact this may have on you financially... and this is precisely what payday loan companies are counting on!
Payday loan outlets are commonplace in most provinces and are also readily

available online! In some instances, their presence borders on overcrowding. Such is the case, mentioned in a recent newspaper article*, in one of my old neighborhoods where there are 16 payday loan outlets for nearly every 1,000 residents! Of these outlets, 8 are within 1000 meters of each other; that is 24 times the national average!
Payday loans are small loans of \$1,500 or less. Some people may not see the harm in borrowing what they perceive as "fast and easy" cash for a couple of weeks, then reimbursing with their next pay. Others might feel too embarrassed to reach out and ask for legitimate financial

assistance. The fact is, these payday loan companies prey on the desperation of individuals, under the guise of offering a "quick and easy fix" to their financial woes!
Is this really a viable solution? Are you aware of the impact this will have on you and your family and do you know the interest rate you are being charged? Actually, there is no upfront mention of interest rate, no disclosure of the additional fees or charges you may incur upon borrowing, rather, a given dollar amount as cost for the amount you are borrowing.
Canada's criminal code caps annual interest rates at 60%. However, depending

on the province, payday loan companies can charge quite staggering rates because of the way they calculate the cycles. In Ontario, for example, the provincially regulated payday loan business is allowed up-to a confounding 600% annually, in addition to fees/surcharges!
Calculating the annual interest rate for borrowing as little as \$300 is a sobering experience; it will make you think twice about even contemplating this as a means to obtaining short term credit. Consider the following example: for a loan of \$300 the cost of borrowing is \$63 (\$21 per \$100 advanced for 14 days) with a total payback amount \$363.

Here is how you can calculate the annual interest rate they are charging:
1) \$63 / \$300 = 21% interest rate for 14 days
2) 21% x 26 (# of 14-day periods per year) = 546% rate of annual interest!
There you have it: you think it is just \$63, but if you fail to reimburse by the 14-day deadline, your \$300 payday loan could potentially cost you \$1,638 in annual interest, not including the additional administrative costs! Still think this is a fast and easy option?
Don't fall into the payday loan trap. Instead, seek out the free and confidential advice from one of our SISIP Financial advisors. We understand

the military lifestyle, know the financial challenges you face and the many reasons your finances may become strained. Our mission remains... to enhance the financial health and security of the members of the CAF community. So, rather than making your financial situation worse by resorting to payday loans, or what you may think is a quick fix, reach out to us. Resources and tools designed for CAF members and their families are available online at sisip.com. For more information on payday loans, their actual rates and predatory practices, visit the Financial Consumer Agency of Canada (search for payday loans): fcac-acfc.gc.ca.

Les prêts sur salaire... ne tombez pas dans le piège

Joyce Sharp,
Gestionnaire des
Communications et du
marketing, Services
commerciaux
(Financière SISIP/CANEX),
Services de bien-être et
moral des FC

Si, pour une raison quelconque, vous pensez demander un prêt sur salaire, NE LE FAITES PAS!
Tout d'abord, posez-vous la question suivante : « Est-ce que je sais vraiment ce qui m'attend? » Il y a fort à parier que vous en ignorez les répercussions financières... et c'est exactement ce qu'espèrent les sociétés de prêts sur salaire!
Les sociétés de prêts sur salaire sont chose courante dans la plupart des provinces et sont aussi faciles d'accès sur Internet! Dans certains cas, leur présence frôle l'excès. Comme le précisait un article paru récemment dans le journal*, c'est le cas d'un quartier où j'ai habité; on y trouve 16 succursales de sociétés de prêts sur salaire pour chaque tranche de 1 000 habitants! De ces succursales, 8 sont situées à moins d'un kilomètre l'une de l'autre, soit 24 fois la moyenne nationale!


Les prêts sur salaire sont de petits prêts de 1 500 \$ ou moins. Certaines personnes ne voient peut-être pas le problème qu'il peut y avoir à emprunter ce qui leur semble être de l'argent « rapide et facile » pendant une semaine ou deux, et à le rembourser avec leur prochain chèque de paie. D'autres peuvent être trop mal à l'aise pour demander une aide financière légitime. En réalité, ces sociétés de prêts sur salaire profitent du désespoir des particuliers en leur offrant ce qui semble être une solution facile et rapide à leurs difficultés financières!
Mais s'agit-il vraiment d'une solution viable? Êtes-vous conscient des répercussions qu'elle aura sur vous et votre famille et savez-vous quel taux d'intérêt vous sera exigé? En fait, on ne mentionne pas ouvertement le taux d'intérêt et on ne précise pas non plus les frais de montage ou les frais supplémentaires que vous devrez payer sur votre emprunt; on vous donne plutôt le montant en argent que vous coûtera votre emprunt.
Au Canada, le Code criminel prévoit un plafond de 60 % pour les taux d'intérêt annu-

els. Toutefois, dans certaines provinces, les sociétés de prêts sur salaire peuvent imposer des taux excessifs en raison de leur méthode de calcul des cycles. En Ontario, par exemple, les entreprises de prêts sur salaire, qui sont assujetties à la réglementation provinciale, peuvent exiger un taux annuel exorbitant de 600 %, en plus des frais de montage et des frais supplémentaires!
Le calcul du taux d'intérêt annuel pour emprunter aussi peu que 300 \$ est une expérience qui fait réfléchir à deux fois avant de penser à recourir à ce type d'emprunt pour obtenir du crédit à court terme. Prenons l'exemple suivant : un prêt de 300 \$ coûte 63 \$ (21 \$ pour chaque tranche de 100 \$ avancée sur une période de 14 jours), ce qui donne une somme totale de 363 \$. Voici comment vous pouvez calculer le taux d'intérêt annuel qui est exigé :
 $63 \$ / 300 \$ = 21 \%$ (taux d'intérêt pour 14 jours)
 $21 \% \times 26$ (nombre de périodes de 14 jours par année) = 546 % (taux d'intérêt annuel)!
Vous avez la réponse : vous pensez que c'est seulement 63 \$, mais, si vous ne remboursez pas dans le délai

de 14 jours, votre prêt sur salaire de 300 \$ pourrait vous coûter 1 638 \$ en intérêts annuels, sans compter les frais d'administration supplémentaires! Pensez-vous toujours qu'il s'agit d'une option facile et rapide?
Ne tombez pas dans le piège des prêts sur salaire! Faites plutôt appel aux services gratuits et confidentiels de l'un de nos conseillers de la Financière SISIP. Nous comprenons le mode de vie

militaire, connaissons les difficultés financières auxquelles vous êtes confrontés et les diverses raisons pour lesquelles votre situation financière peut devenir précaire. Notre mission consiste toujours à améliorer la santé et la sécurité financières des membres de la communauté des FAC. Donc, au lieu d'aggraver votre situation financière en demandant un prêt sur le salaire ou en choisissant ce qui semble être

la solution miracle, faites appel à nous. Nos outils et ressources, conçus pour les membres des FAC et leurs familles sont disponibles en ligne au sisip.com. Pour de plus amples renseignements sur les prêts sur salaire, leurs taux réels et les pratiques abusives, consultez le site de l'Agence de la consommation en matière financière du Canada (lancez une recherche sur les prêts sur salaire) : fcac-acfc.gc.ca.



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10 BINGO 1:30	11 EUCHRE	12 BINGO 7:30	13	14 CRIB 7:00	15 TGIF: Fish 'N' Chips	16 CHASE THE ACE Dance: BIG DEAL Meat Draw: 2:30 pm
17 BINGO 1:30	18 EUCHRE EXEC MTG 7:00	19 BINGO 7:30	20	21 CRIB 7:00	22	23 CHASE THE ACE Dance: ROUTE 12 Meat Draw: 2:30 pm
24 BINGO 1:30	25 GENERAL MTG 7:00 Please attend	26 BINGO 7:30	27 EUCHRE	28 CRIB 7:00	29	30 CHASE THE ACE Dance: STAGE COACH George Brittain Dart Shoot Meat Draw: 2:30 pm

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Second Language Training at the GMFRC

The Greenwood Military Family Resource Centre will be offering Second Language Training during the spring of 2016. The GMFRC is inviting people who are interested in learning either French or English to register by April 11 for one of these classes:

French Course – Module 2, Mondays and Wednesdays, 9 a.m. to noon.

English Course – Module 1, Mondays and Wednesdays, 6 p.m. to 9 p.m.

The classes will begin the week of April 18 and will run for 10 weeks (three hours per class, twice a week). Priority is given to military families (14 years and older) of Regular and

Reservist Canadian Armed Forces members. The cost is \$50, refundable upon completion of at least 85 per cent of classes. If space is available, military members (at a non-refundable fee of \$50), DND employees and civilians (at a non-refundable fee of \$100) may be enrolled. There is a limit of 10 students per class.

Childcare may be available to military families during daytime courses at the GMFRC Casual Childcare Centre. Spaces are limited (first come, first served) and pre-registration is necessary.

To register, or for more information, please contact the GMFRC at 902-765-5611.

Cours de langue seconde au CRFMG

Le Centre de ressources pour les familles militaires de Greenwood offrira des cours de langue seconde au printemps 2016. Le CRFMG invite les personnes intéressées à apprendre l'anglais ou le français à s'inscrire avant le 11 avril pour l'un des cours suivants:

Cours de français – module 2, Lundis et mercredis, 9 h à midi.

Cours d'anglais – module 1, Lundis et mercredis, 18 h à 21 h.

Les cours débiteront dans la semaine du 18 avril et se poursuivront pour 10 semaines (3 heures par cours et 2 cours par semaine). La priorité est accordée aux familles militaires (14 ans ou plus) des membres réguliers et réservistes des FAC.

Les frais d'inscription sont de 50 \$ et ils seront remboursés si le participant a assisté à au moins 85% des cours. Si des places sont disponibles, les militaires (frais non remboursables de 50\$), employés du MDN et civils (frais non remboursable de 100\$) peuvent s'inscrire. Il y a un nombre limite de 10 étudiants par classe.

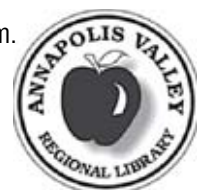
Un service de garde d'enfant peut être disponible au Centre de halte-garderie du CRFMG pour les cours qui ont lieu pendant la journée. Les places sont limitées (premier arrivé, premier servi) et une inscription préalable est nécessaire.

Pour vous inscrire ou pour plus d'informations, communiquez avec le CRFMG au 902-765-5611.

Bookmobile schedule

Wednesday, March 30

Maitland Bridge 10:15 a.m. to 11:15 p.m.
Cornwallis Park 1 p.m. to 2 p.m.
Bear River 2:30 p.m. to 5 p.m.



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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 31, 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 happening April 14 at the Annapolis Mess ? _____
2. Where are you on Munchie Night ? _____
3. Who is located at 752 Central Ave., Greenwood ? _____
4. What's the damage deposit on all rentals ? _____
5. Who is the Legion Calendar sponsored by ? _____

Congratulations to last week's winner: CATHY REYNOLDS



Mimie's PIZZA

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Greenwood

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902-765-2232



Offshore medevac

Search and rescue crews from 413 Squadron were called out around 10:30 a.m. March 20 to medevac a 43-year-old man who had fallen overboard from his fishing vessel and was suffering from hypothermia. Cormorant Rescue 902 extracted the person from the "Double Vision" approximately 50 nautical miles west of Yarmouth, and transferred the man to the Yarmouth Hospital for further treatment.

Master Corporal P. Lebel, 413 Squadron



Middleton Relay ready for June 18

The Canadian Cancer Society is pleased to report a group of volunteers in Middleton has stepped up to offer their leadership in making this year's Relay for Life happen.

"Without the support of individuals to run this fundraising event, it is not possible to make it happen. We were in a situation where we had a turnover of our dedicated volunteers and we truly feared the Canadian Cancer Society would not be able to have a Relay in Middleton," says Sharon Bristol, manager, revenue development, Canadian Cancer Society, Nova Scotia Division.

Last year, the Middleton Relay for Life raised over \$43,000 with the support of 29 volunteers and 20 teams made up of 150 participants.

This year's Relay in Middleton will take place Saturday, June 18 from 6 p.m. until midnight, at Middleton Arena.

"We look forward to this event being bigger and better than ever," says Bristol. "We encourage everyone to register a team and join in. Sign up today at relayforlife.ca."

For additional volunteer information or sponsorship opportunities, contact Bristol: sharon.bristol@ns.cancer.ca or (902) 667-0504.



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."

Think about it: Canadians consume almost 100 meals each month. Throughout March, get inspired with ideas to make small changes, supported by real-life strategies to help make those changes last.

Use apps like Cookspiration, eaTipster and eaTracker, or visit www.dietitians.ca/gettheapps. Pledge to Take a 100 Meal Journey today! Visit www.nutritionmonth2016.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 (four

sessions over four weeks), starting April 27 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 – Try something new!

March 27 - Spring has sprung! Perk up your menu with tantalizing recipes from Cookspiration! <http://ow.ly/SKw7L>

March 28 – Spice is nice! New flavor combos can kick up the taste in your usual fare. <http://ow.ly/SKHdm>

March 29 - Switch up your sip for World Water Day! Add zing to your water with mint, berries, or citrus wedges.

March 30 – Hello taste-buds! Get ready to tingle! It's time to try something new, like this: <http://ow.ly/SiFcE>

March 31 – Breakfast breakthrough! For a twist on oatmeal, make porridge with barley, lentils or quinoa instead.

14 Wing Greenwood Golf Club 2016 Season Rates

Office is now open for memberships.

Please check our web site at www.greenwoodgolfclub.ca for updates on opening day!

New Member Rate of only \$600 tax included for serving and retired military members (\$660 for Associate members) (Must not have been a member in 2015)

Returning Adult Members starting at \$720 tax included

Family Memberships starting at \$1295 tax included

Senior membership starting at \$685 tax included

Intermediate (Ages 13 - 18) \$115 tax included

Juniors (Ages 8 - 12) \$95 tax included

Tickets are on sale now for a 2017 Adult Membership. Price is \$5.00 with only 300 tickets being sold. All proceeds go to support our Children's programming.

Golf the way it should be... Golf Fore You!
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Our **Membership Loyalty Program** will reward all returning members with a **3% discount** off their membership fee.

All **Junior and Intermediate memberships** include a **FREE Range plan** and our Golf Program for Kids run during the summer by dedicated volunteers.

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GREENWOOD
GOLF CLUB

Lancaster restoration team lead Dave Saulnier grills aviation buff Euan MacDonald as they head out to the Greenwood Military Aviation Museum's Air Park: what kind of engine? How many cylinders? How much horsepower?



Lancaster dreams

**Sara Keddy,
Managing editor**

A little boy, a hulking plane, a Second World War veteran: combine this with a peek inside the daily operations of a modern Canadian Air Force base, and who wouldn't be over the moon?

Big smiles and hugs for all were distributed by 11-year-

old Euan MacDonald of Dartmouth, as he and his family visited 14 Wing Greenwood March 11. The day was carefully arranged to meet - and exceed - many of MacDonald's dreams of military aviation history, particularly that of the Lancaster aircraft. When 14 Wing officials heard of his determination to fly - at \$3,500 per hour - on one of

just two airworthy Lancasters left in the world, they stepped in to get him a littler closer.

MacDonald started a three-year fundraising project this winter, with a planned set of bicycle washes, bake sales and errands for neighbours; to earn enough for a flight on the Hamilton, Ontario-based Lancaster.

"His grandfather and his

dad were always into military history, and that seems to have rubbed off on Euan," said his mother, Anne-Marie McElrone. MacDonald's grandparents met in the Air Force: one was a military firefighter once stationed in the Yukon, and the other was a pararescue nurse.

"He's been collecting books and been interested in planes - then he discovered you could fly in the Lancaster. I accidentally said 'No' at first, then I thought I was sending a really bad message as a parent. We said, 'All right,' and his first bottle drive raised \$80. We walked all day, and he enjoyed it - but he realized what \$3,500 meant, and that he was up for it."

The family was prepared for a "long, slow path" to seeing MacDonald's dream becoming reality, but a groundswell of interest quickly changed things. After just a few months, including some of his planned fundraisers, MacDon-

ald has collected donations and earned enough to pay for his Lancaster flight.

In the meantime, the 14 Wing visit was taking shape: Wing Commander Colonel Pat Thauberger mailed MacDonald a family invitation to come visit. Lieutenant-Colonel Simon Poudrier welcomed the family as they arrived at the Greenwood Military Aviation Museum for the big day.

"For us, it's heart warming to see that much enthusiasm for aviation and history," Poudrier said. "You've got quite the day ahead - some stuff many people on the base have never done!"

MacDonald grabbed Poudrier for a hug and a picture,

signed the museum guest book, and museum staff and volunteers took over to lead a jam-packed morning.

"The Lancaster has always been my favourite plane - it does so many fantastic things: bouncing bombs, it had so many sorties...", MacDonald said. "I'm really looking forward to flying in it, but just being able to touch it today is good enough for me!"

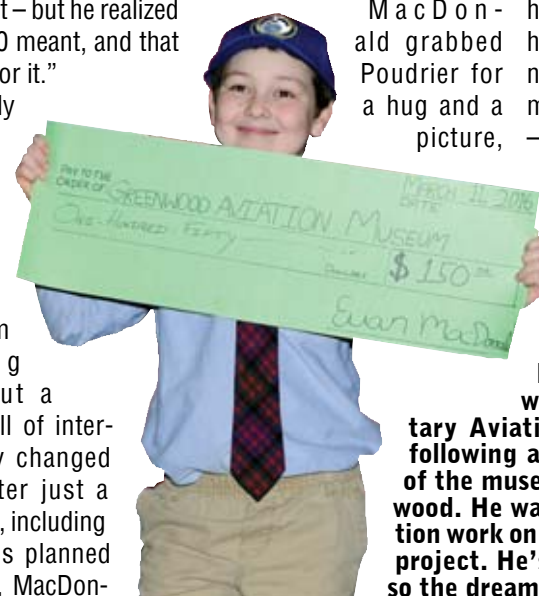
McElrone followed her son around the 14 Wing tour, busy taking photos for MacDonald's Lancaster website and Tweeting the highlights.

"His friends at school think he's pretty weird, so to have his personal interest recognized and supported by so many people - and strangers - is cool. People want to see what happens when you dream big," she said.



Euan MacDonald and his family spent the afternoon March 11 getting a look at what the modern Canadian Armed Forces does, particularly on Canada's East Coast. 413 Squadron personnel showed them through the Hercules and Cormorant aircraft used during search and rescue missions. From left are Corporal Christophe Rancourt, Wing Public Affairs Officer Lieutenant (Navy) Sylvain Rousseau, Anne-Marie McElrone, Michael MacDonald, Euan MacDonald, Captain Amanda Mattioli and Captain Derek Prescott.

Sergeant P. Nicholson, 14 Wing photojournalist



Euan MacDonald left some of the funds from his own Lancaster dream with the Greenwood Military Aviation Museum March 11, following a specially-arranged tour of the museum and 14 Wing Greenwood. He wanted to support restoration work on the museum's Lancaster project. He's pledged another \$500, so the dream grows bigger!

Life-changing experience with wartime aircraft

Sara Keddy,
Managing editor

“I’m 94 years old,” said Clark Montgomery of Greenwood.

“I’m 10,” said Euan MacDonald of Dartmouth.

Man and boy met March 11 at Greenwood’s Military Aviation Museum, under the wing

of the Lancaster bomber that ties them.

“Can I give you a hug?” asked Montgomery.

Montgomery flew over a dozen missions during the Second World War in the Lancaster as the middle upper gunner: ‘if you’ve done one mission, you’ve done one too many.’

The New Brunswick native went to England in 1943, at the age of 19, and returned in 1945.

“I was the youngest in my crew, and they’re all gone now. My navigator used to ask me to ‘get a fix on that church over there.’ I asked if we were lost. ‘No, it’s just that the circle of uncertainty has become larger.’ I never forgot that. And I want you to remember

something...”

“What?” asked MacDonald.

“There’s only squadron: 428, the ‘Ghost’ squadron. That was mine.”

Montgomery commended MacDonald on both his tie, worn in honour of the special Greenwood visit, and his obvious enthusiasm for the Lancaster.

“You know your aircraft.”

“Yes, I study planes quite a lot,” MacDonald said. “Me and my Dad watch a show, and I have lots of books on war history and I see a lot of interesting things. I’m also learning from this. The Lancaster is my favourite. First, I didn’t know how to spell it; then I learned about its crew, its guns, its bubbles... it’s unique. It worked really well. Then I learned you could fly in one – that will be a life-changing experience.”



Second World War Lancaster middle upper gunner Clark Montgomery of Greenwood and Euan MacDonald of Dartmouth, together under their favourite plane.



Clark Montgomery signed his name March 11 on a plaque that will be a part of the mid-air turret on the restored Lancaster at the Greenwood Military Aviation Museum.

Sergeant P. Nicholson, 14 Wing photojournalist

STATION to STATION: Military Relocation Expo

STATION À STATION : Exposition sur la réinstallation des militaires

Wednesday, April 6
4 - 7 p.m.
Birchall Training Centre
14 Wing Greenwood

Mercredi 6 avril
16 h à 19 h
Centre d’instruction Birchall
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Thurs 31: Munchie Night
7pm Trivia

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8pm Left of Center

Sat 2: Brunch 11am - 3pm
8pm Country Night

Sun 3: Brunch 11am - 3pm

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GMFRC gmfr @gmfr greenwoodmfr

New electronic system coming for FORCE testing

**Ryan Melanson,
Trident staff**

New changes surrounding the annual FORCE fitness evaluation are expected to save time and resources for Personnel Support Program staff, while also offering more detailed health information to the military members being assessed.

The Form e-fit system, being introduced this spring, will see all paper forms and results related to the fitness test replaced by tablet and laptop software that will record data electronically.

Like the current evaluation, the new system will provide Canadian Armed Forces members with a health profile based on their

operational ability to do their job, fitness wise. The difference is the new system will also provide feedback to the member regarding overall health, unrelated to their job.

“People can be at risk for something like cancer or heart disease, but the fitness evaluation doesn’t tell you about that right now. It basically tells you only if you are fit for your job or not fit for your job. This will be a little something extra to help them out. Currently, they don’t get that,” said Richard McKie, PSP’s National Physical Fitness Manager, in Halifax recently helping to introduce the new system.

The update will also introduce bronze, silver, gold and platinum fitness levels,



PSP staff from Atlantic Canada were in Halifax recently for a week of training on the new Form e-fit system.

R. Melanson

with different incentives and rewards attached to each, rather than the strict pass or fail criteria currently in place.

And with test results recorded electronically, it means command teams, up to and including the CDS, will be able to quickly compare health and fitness levels from area to area or from unit to unit for the first time. With data uploaded

from across the country to a central location, the PSP team will have the ability to create graphs or scatter plots with the click of a button.

“It’s a powerful tool to have,” McKie said.

He added it’s also important to note the significant saving of time and resources involved in removing hard copy test results from the process entirely, while still improving the experience for the members.

To help with preparations for the Form e-fit system, fitness and sports staff from across Atlantic Canada gathered at STADPLEX in February for a week of training with the new tools. Similar sessions were held at large bases nationwide, with PSP personnel from Ottawa travelling to each to help facilitate. Staff were familiarized with both components of the new program, which include an online registration site for scheduling fitness

evaluations, as well as the evaluation system software itself. Instructors were then tested on their competence with the system. In some cases, CAF members also conduct FORCE evaluations, and McKie said PSP staff were also prepped to train serving members on the new process.

The changes will be introduced at the beginning of April, with the first year focusing on implementation before a full switch in 2017.



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.

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Curling fun, games, tradition at annual Medspiel

March 4 through 6, 26/27 Canadian Forces Health Services Centre hosted the 49th Atlantic Regional Curling Medspiel at the Greenwood Curling Club. Nineteen teams, consisting of personnel from Halifax, Gagetown and Greenwood; participated in the event.

The Medspiel has quite a history: it was held at CFB Cornwallis for the first 25 years, then moved to 14 Wing Greenwood when CFB Cornwallis closed in 1993. This event is eagerly anticipated by both avid and novice curlers alike, and it brings together emergency services personnel from various locations. It provides an excellent opportunity for old friends to reminisce, while bringing a respite from Old Man Winter. The opening ceremonies



A team from Greenwood - Keith Gullage, Rhonda Gullage, Paul Perry and Lisa DeMont – beat out another Greenwood team to win the 49th Atlantic Regional Curling Medspiel “A” division.

took place March 4, with Major Deb McDonald providing opening remarks and throwing the ceremonial bedpan after all participants were piped onto the ice surface from a member of the 14 Wing Band.

After a fun-filled weekend, the closing ceremonies were held March 6. A team from Greenwood (Keith Gullage, Rhonda Gullage, Paul Perry and Lisa DeMont) won the “A” division, over another team from Greenwood. The

“A” consolation was won by an RCMP team (Diana Johnson, Glen Bourque, Ross Lloyd and Miles Mortensen). The “B” division was won

by a combined Halifax/ Gagetown team (Jean Caouett, Andy Robichaud, Sebastien Gagnon-Pellerin and Patrick Hepditch), and “C” division was won by a Halifax team (Ken Murray, Squid Squires and Pete Shute).

This annual event would not be possible without the commitment and dedication of many volunteers and staff of 26/27 CF Health Svcs Centre. We would like to thank the 14 Wing accommodations staff (Keith Pinkerton), and Bill Cox and the Personal Support Program arena and curling club staff. Cheryl Brown and Dave Ronaldson were great hosts, ensuring everyone stayed well hydrated during the weekend.



26/27 Canadian Forces Health Services Major Deb McDonald threw the ceremonial bedpan March 4 to open the 49th Atlantic Regional Curling Medspiel.

Valley lacrosse hosting officials’ training April 17

Valley Thunder Lacrosse will host a Lacrosse Nova Scotia Level 1 and 2 box lacrosse officials’ clinic Sunday, April 17, 9 a.m. to 4 p.m., at the Green-

wood Community Centre. This course is open to anyone ages 14-plus interested in officiating at lacrosse games and tournaments. Register

online at lacrossens.ca/page.php?page_id=48619. This course is free (do not pay online: Valley Thunder Lacrosse will cover participants’ fees).

LAKE PLEASANT CABIN BOOKINGS

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www.lakepleasant.ca



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20 May 2016

Closes:
18 September 2016



Bookings for 2016 Season start 2 May

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• Hay Rides

• Special Events

Cabin Rental Rates for 2016		
Cabin Rentals	Non-Rec Card Holders	Rec Card Holders
Per Night	\$65.00 plus HST	\$55.00 plus HST

Photo ID and recreation card must be presented upon check-in

Damage deposit for all rentals \$50.00 per cabin



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

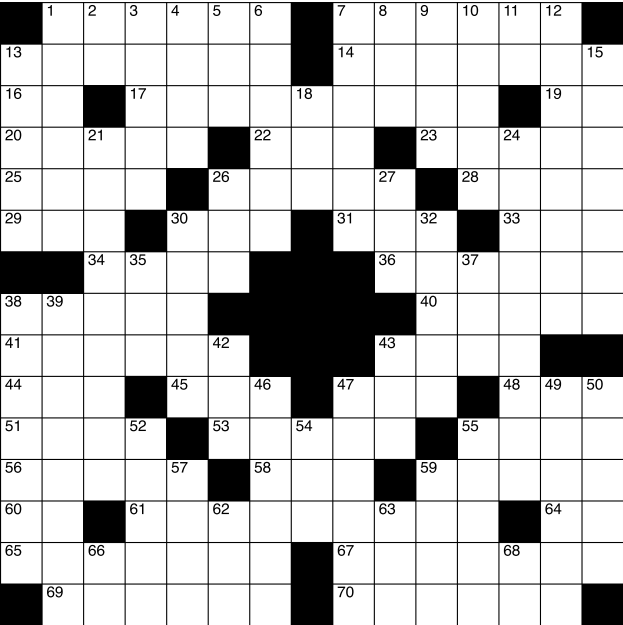


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca.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

7. Expressed sentiments

13. Membrane

14. Pelvic areas

16. Blood type

17. Vacated

19. Fullback

20. Nissan's tiny car

22. Be able to

23. Outcast

25. Day labourer

26. Greek prophethess

28. Soluble ribonucleic acid

29. Sirius Satellite Radio

30. Actor Josh

31. A way to clean

33. Left

34. Compensated

36. Member of U.S. Navy

38. Reject

40. Group of notes sounded together

41. Christian holiday

43. European river

44. Female hip hop group

45. Score

47. Moved fast

48. Chronicles (abbr. Biblical)

51. Type of tie
53. Indicates silence

55. Asian people

56. Pearl Jam bassist Jeff

58. Western U.S. time zone

59. 'Signs' rockers

60. Confidential informant

61. Lawyer

64. Overdose

65. Football equipment

67. Governments

69. Branch of physics

70. Makes happy
- DOWN
1. Animal disease

2. Typographical space

3. Sportscaster Chick

4. Italian Island

5. Cooked in a specific style

6. Smelling or tasting unpleasant

7. Name

8. Adult male humans

9. Pitcher Hershisser

10. Pat Conroy novel 'The Prince of _'

11. _ route

12. Protects the goal

13. Furnishings

15. Scraped
18. Apply with quick strokes

21. Blood cell

24. Nose

26. Doleful

27. _ Angeles

30. Fruit tree

32. Smooth brown oval nut

35. Works produced by skill and imagination

37. Satisfaction

38. Reversal

39. Tan-coloured horse

42. Tell on

43. Pitcher Latos

46. Fast-flowing part of river

47. Hang 'em up

49. Rings

50. Lead from one place to another

52. Beginning

54. Reciprocal of a sine

55. Worth

57. Indian hat

59. Cloak

62. Resinous secretion of insects

63. _ Aviv, Israel

66. European Parliament

68. Of I

metro crossword brought to you compliments of

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Library children's program
Tuesdays, join a free weekly preschool story and craft time, "Under the Story Tree," 10:30 a.m.; in the Children's Room at the 14 Wing Greenwood Library.

Story time
March 28, 10 a.m., the Annapolis Royal Library hosts Monday morning story time: new and favourite books, a little music and simple crafts.

Luncheon
March 28, 11 a.m. to 1 p.m., the Fireflies host a luncheon at the Middleton fire hall. Enjoy homemade 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 spe-

cial attire required, 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 the Kingston Lions Hall. Call and make an appointment to donate, 1-800-2-DONATE, or drop in daily.

After-school program
March 29, 3:30 p.m. to 4:30 p.m., the Rosa M. Harvey Middleton & Area Library after-school program goes bananas with a tutti fruity party! Spaces are limited; register at 902-825-4835. There will be stories, snacks and a craft. For ages five to 10.

Girl Power
March 30, 6:30 p.m. to 8:30 p.m., the Rosa M. Harvey Middleton & Area Library celebrates spring. Come shake off the winter blues with friends, a sweet craft, yummy snacks and cutting loose. For girls ages 10 to 14. Register at 902-825-4835.

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.

Story time
March 30, 9:45 a.m. to 10:15 a.m., share the free fun of reading with your child at the Berwick Library. Enjoy rhymes, songs and books. On-going every Wednesday. Geared towards preschoolers, but all ages welcome.

VPI meeting
March 31 is the monthly meeting of the Greenwood VPI Wing at the VPI Centre. The premium lounge facilities for frequent flyers and passengers not in the economy section will be available after 1500 hrs. Check in at 1530 hrs, boarding at 1540 hrs, taxi at 1550 hrs for departure scheduled at 1600 hrs.

Dinner
March 31 at the Kingston Lions Hall, enjoy a remarkable three-course pork dinner – in the dark. Experience a "Dining in the Dark" meal, where you will use all your senses except sight. Proceeds support the CNIB and programs in our area. Tickets are \$40, available at Scotia Bank in Middleton or Greenwood or by calling Susan Bent at 892-765-8479. Featuring a silent auction with terrific items up for grabs.

Princess tea
April 1, 7 p.m., the Kingston Apple Blossom committee hosts a princess tea at the Kingston fire hall. Say farewell to Princess Kingston 2015 Alxys Chamber-

lain and Child Attendant Jaime-Lynn Carey, and welcome Sarah Perreault as Princess Kingston 2016 and Child Attendant Maisie Ward. Admission is \$5 per person (serving sweets, tea, coffee and juice).

Book club
April 1, 10 a.m. to 11:30 a.m., the Berwick Library Book Club meets to discuss Wolf Hall, by Hilary Mantel. The club meets the first Friday of each month - join any time.

Museum opening
April 1, the Annapolis Valley Macdonald Museum opens for the season, 10:30 a.m. to 4:30 p.m., Monday to Friday. Come in and see the Nova Scotia Museum's antique clock and watch exhibit, re-created general store and classroom and the Rusty Nail exhibit collected by Annapolis County students over 40 years ago. Coming soon: hooked rug and Valley school exhibits. Admission charged. Phone 902-825-6116, or check us out at www.macdonaldmuseum.ca.

Turkey dinner
April 2, 4:30 p.m. to 6:30 p.m., the Kingston Scouts host a turkey dinner at the Kingston Lions' hall. Hot turkey dinner with mashed potatoes, fresh cranberry sauce, vegetables, apple crisp and ice cream, coffee, tea and juice. Take-outs available. Freewill offering. Scotiabank will match up to \$5,000.

Lacrosse registration
April 2, 2 p.m. to 4 p.m.: Valley Thunder Lacrosse registration at the 14 Wing Greenwood Community Centre, Church Street, Greenwood. Join the club's eighth season of youth (ages five to 18) lacrosse programming, based out of Kingston and Berwick rinks. The season will begin in mid-April, continuing

Winston and Mabel Dominie

50th Wedding Anniversary Celebration

Lions Hall, Kingston, N.S.
Saturday, April 9, 2016
Meet & greet 2 p.m. to 4 p.m.
Pot luck supper at 4 p.m.
Best wishes only

~ Celebration of Life ~

Bob Holmes (REH)

3 p.m., Saturday, April 2 at the Greenwood Gardens Arena, as part of the "Golden Oldies" tournament – now to be known as the Bobby Holmes Memorial, as Bob co-founded this event 26 years ago. Hockey playing buddies, Legion friends and those who knew Bob are more than welcome to join us for this very informal remembrance.

~ In Memory ~

In Loving Memory of Gary Phillips

Four years ago today we bid farewell to an amazing husband, father and grandpa on March 30, 2012.
"Cherished memories"
Love Linda, Sherry-Ann, Tammy, Michael, Jennifer, Grandson Griffen & Granddaughter Cecily

through mid-June. Coaches and referees are always needed for teams, games and tournaments. Training clinics will be offered in April for anyone interested in becoming certified. Visit www.valleylacrosse.ca or email vtla-crosse@eastlink.ca.

Bottle drive

April 2, Central Kings band students will be holding a door-to-door bottle drive in the Central Kings area, fundraising for band trips. You may also drop off your bottles & cans at the school between 8:45 a.m. and noon April 2.

Minor baseball registration

April 2, 2 p.m. to 4 p.m., Kingston Greenwood Minor Baseball registration for youths ages four to 18, at the Greenwood Community Centre, Church Street. For info: www.kgtitans.ca. Practices begin the week of April 17 (weather dependant).

Variety show

April 2, 7:30 p.m., the Kingston United Church Pastoral Charge presents an April Fools' Day fundraiser to benefit a refugee family in our area at the Kingston United Church, 733 Main Street. Admissions is a freewill offering (cheques payable to Kingston United Church, and a charitable contributions receipt will be issued). Enjoy a wonderful show and light refreshments.

Chase the ace

April 2, 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.)

Bluegrass kitchen party

April 3, 2 p.m. (doors open 1 p.m.): the Berwick Lions host

a bluegrass "kitchen party" afternoon, featuring the Oxbow Mountain Boys, Powder Blue and Next Generation. Proceeds will help the Lions replace \$13,000 worth of kitchen equipment in their hall, and continue their support of community events and dinners. At the Berwick Lions Hall, Veterans Drive, Berwick. Admission \$10, 50/ 50, canteen.

Meeting

April 4, 7 p.m., is the general meeting of the RCL Kingston Branch 098 membership. All are welcome.

Supper

April 5, 4:30 p.m. to 6:30 p.m., a fundraising supper will be hosted by the Kingston Lions, featuring chicken supreme, vegetables, mashed potatoes, roll and cheesecake for dessert. Freewill offering at the door, with all proceeds supporting the West Kings 2016 grad class.



25 years of red and white
Scotiabank Greenwood opened its doors February 26 with red and white balloons, cake and punch, ready to greet visitors and mark its 25th anniversary in the community. From left, Scotiabank staffers Deanne Corkum, Amy Page and Trudie Spinney are ready to serve.
S.Keddy



sudoku

solution page 14

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

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


RENAL CARE WORD SEARCH

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

WORDS

ABDOMEN	BIOPSY	ENDOCRINOLOGIST	NEPHRON	TRANSPLANT
ACUTE	CATHETER	FAILURE	OVERLOAD	ULTRAFILTRATION
ALBUMIN	CELLS	FILTER	PAIN	ULTRASOUND
ANEMIA	CHRONIC	FLUID	PERMEABLE	URINE
ANTIBODIES	DEHYDRATION	INTRAVENOUS	RECIPIENT	
ANTIGEN	DIALYSIS	KIDNEY	REFLUX	
ARTERIES	DIFFUSION	MALNUTRITION	RENAL	
BACTERIA	DONOR	MARKER	TISSUE	


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horoscopes

March 27 - April 2

ARIES - Mar 21/Apr 20
Aries, expect quite a few opportunities to have fun this week. Just do not disregard any work or other personal responsibilities in the process.

TAURUS - Apr 21/May 21
Taurus, an energy is growing between you and another person who recently entered your life. Others will soon begin to notice the sparks are flying.

GEMINI - May 22/Jun 21
You are in a good position to help a friend or co-worker this week, Gemini. Although the offer may not be immediately accepted, after time this person will seek you out.

CANCER - Jun 22/Jul 22
Cancer, while working on a big project, you may be frustrated by the pace others are working at. But exercise patience, as this is a task that requires considerable cooperation.

LEO - Jul 23/Aug 23
Leo, make a good impression on everyone you meet this week by beginning your conversation with a smile. Remember, accepting others and being polite can help you make friends.

VIRGO - Aug 24/Sept 22
Responsibilities at work leave you feeling more frazzled than before, Virgo. Remember to take a step away every so often so you can regroup and recharge.

LIBRA - Sept 23/Oct 23
Libra, certain aspects of your life may prove a little topsy-turvy this week. This unpredictable period may change your perspective for the better.

SCORPIO - Oct 24/Nov 22
Scorpio, embrace a new responsibility for the challenge it presents. This is a unique opportunity to illustrate your ability to adapt and handle something new.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, don't expect to be surprised this week. You are locked in and can see whatever is coming long before it arrives. Use this to your advantage.

CAPRICORN - Dec 22/Jan 20
Capricorn, take a step back if your approach to a problem is not leading to a solution. Some time away might provide the new perspective you need to find the answer after all.

AQUARIUS - Jan 21/Feb 18
Aquarius, do not procrastinate when others request your feedback. Give a prompt answer and be definitive in your explanation so there is no chance for misinterpretation.

PISCES - Feb 19/Mar 20
After coming up with a few dead ends this week, you soon realize you have to take another approach, Pisces. Gemini can guide you.

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www.frasers.ca



classifieds

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

Classified advertising must be booked and prepaid by 10 a.m. Thursday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/or services advertised. To place a classified, contact 902-765-1494 local 5440, visit the office, 83A School Road, Morfee Annex, Greenwood; email 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

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

sudoku solution

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

patrick's puzzle

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

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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 +/-

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 - 1 Lucky 7 - Progressive
 - 1 Bonanza - Progressive
 - Jackpot - 3 Chances
 - Consolation \$300
 - Double Action
- Lic.# 115910-08

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 appli-

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ances. 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 – 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)

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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: thesummerbreezes16@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 cathyand-companyhairstudio@gmail.com or text 902-760-3327. (3711-2tpb)

SERVICE

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)

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4-H project work keeps Lucky Stars busy

**Alex Crawford,
Lucky Stars 4-H Club**

The general meeting of the Lucky Stars 4-H Club was held February 15, with 28 members in attendance.

Members and leaders tried on sample jackets from Amy's Creative Embroidery. Excitement could be felt as we approach our goal of attending shows and 4-H-sponsored activities looking like a team. The club also made lapel pins out of felt to wear as a symbol of our pride as 4-H members.

More exciting news was received from our general leader, Karen DeLong. The prize money for members who had won at the Lawrencetown Exhibition last August had been received and was given out. Members not in atten-

dance will receive their prize at the next general meeting March 21. With a new year of projects under way, members can certainly put the awards to good use.

The Foods project has met several times and the descriptions of the items they have been whipping up in the kitchen make my mouth water. Rabbit Club celebrated leap year with a rabbit jumping fun day: if you have seen horse jumping, think of a miniature version, with rabbits instead. It is quite cute. The beef club has had a couple days of calf catching fun. Getting these tiny titans used to a halter is hard work. The Veterinary Science Project had the pleasure of being able to observe surgery at Middleton Veterinary Services. The project would like

to extend a big thank you to Dr. Sara Bates for giving them a glimpse of what a day in the life of a veterinarian is like.

March 12, the Lucky Stars 4-H club held their public speaking and demonstration competition. There were 16 speeches and three demonstrations. Special thanks to Bonny Lightfoot, Jack Reagh and Norma Graham for judging the Cloverbud and Senior speeches and demonstrations, and to Lorraine Reagh, Jason Chesley and Carol Crouse for judging the Junior and Intermediate speeches and demonstrations. Congratulations to all the members who took part. It takes bravery to stand up in front of a crowd and speak. Winners will continue on to the Annapolis County Rally April 9.



Swim Nova Scotia's March break travel team to a Main development camp and competition included seven Greenwood Dolphins athletes and one coach. Submitted

Cross-border swim event challenges Dolphins

March 10 to 14, seven Greenwood Dolphins swimmers traveled to Bath, Maine as part of a junior developmental provincial tour team. As explained by Swim Nova Scotia, "The intent of this provincial opportunity is to help build athlete independence, a cohesive team unit as Team Nova Scotia and to allow swimmers the opportunity to travel outside of Nova Scotia." In total, 49 male and female swimmers, ages 11 to

14, from across Nova Scotia participated in the YMCA Junior Olympic qualifying event.

Being invited to compete outside of Canada is a unique and valuable experience for any athlete, and our swimmers experienced a large scale meet from a completely different perspective. Many of our swimmers posted personal best times, achieved top finishes and all had exposure to new and different stroke and coaching techniques.

Greenwood Dolphins Swim Club participants included Abby Comer (11), Kayla Jarvis (11), Raphaella Syzek (13), Abby Shears (13), Callie Dowell (13), Skylah Van Wagoner (14) and Kyra Jarvis (14); representing Annapolis East Elementary, Pine Ridge Middle, Middleton Regional High and Kings Edgehill schools, respectively. Greenwood head coach Sandi McLean also attended the event as an assistant coach.

Masters curling ready to rock Kings rinks

The 14 best Masters Men's teams and 12 best Masters Women's teams from across Canada will arrive in Kings County over the weekend of April 2, ready to "Rock the Valley" for the 2016 Canadian Master Curling Championships.

The field of 104 competitors includes Canadian Brier, Seniors, Masters and Mixed champions, world champions in men's, women's and senior

play; countless provincial champions and one Olympic medalist.

The host committees have been working to make this event, to be played out of the Glooscap rink in Kentville and the Wolfville Curling Club, one to remember. For the first time in Canadian Masters' history, there are a record 26 teams. Every draw will see a game live streamed from each club.

Tickets are on sale at both clubs, and through 2016canadianmasters@gmail.com. Get yours now with event passes at \$20 and day passes at \$5. Visit 2016masterscurling.ca for the full list of teams and the most up-to-date info about the event, "like" the event on Facebook and follow along on Twitter (twitter.com/masterscurling).

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4 p.m., Friday, April 15th, 2016*

Kingston selects Apple Blossom representation April 1

The Kingston Apple Blossom Festival committee invites you to the Kingston fire hall April 1 at 7 p.m. for its selection tea. Admission is \$5, and sweets, tea, coffee and juice will be served.

Princess Kingston 2015 Alxys Chamberlain, reigning Queen Annapolis, and child attendant Jamie-Lynn Carey will say good-bye, as Princess Kingston 2016, Sarah Perreault, and her child attendant, Maisie Ward, take on their new roles.

Perreault is the 19-year-old daughter of Wendy and Yves-Alain Perreault of Kingston. She is completing her Bachelor of Arts in psychology at Saint Mary's University. She graduated from West Kings in 2014 with an advanced level certificate in French, Honours and was also awarded two scholarships. During high school, she participated in the musical for four years, with a passion for singing and acting she expresses outside of school as well. She was in the Annapolis Valley Hon-

our Choir for five years and recently starred in a play at CentreStage Theatre. In the summer, Perreault works at the local autism camp, which has sparked her interest in furthering her education to become a teacher. She also volunteers with French immersion students at a local elementary school, the annual Relay for Life, and with the local Nova Scotia Autism Chapter. Other interests include travelling, reading, hiking, camping, swimming and spending time with friends and family.

Maisie Frances Ward is the eight-year-old daughter of Kyle and Natasha Ward. She attends Kingston & District School and has many hobbies she loves, including playing piano and horseback riding. She is a member of the Harmony Nicholville 4-H Club, where she is involved with dairy, rabbit, dog obedience and cake decorating.

The official Apple Blossom Festival tea will be held at the Kingston's Lions Club May 26, 7 p.m. to 9:30 p.m.



Apple Blossom Festival Princess Kingston 2016 Sarah Perreault

Kingston Apple Blossom Festival child attendant Maisie Ward



Glass work

The Greenwood Military Aviation Museum is the first-class museum it is today because of the hard work of its society, staff and volunteers, coupled with valuable support from local businesses and individuals. Billy and Nathan Deveau of Future Glass and Mirror exemplify that local support in their generous provision of Lexan and Plexiglas required in the museum's complex Bolingbroke aircraft nose restoration. Presenting Billy Deveau, centre, with a framed image of the finished Bolingbroke nose is restoration project leader Dan Daigle, left; while museum society president Brian Handley offered thanks and appreciation on behalf of the museum. M. Uhlman

Bluegrass 'kitchen' party in Berwick April 3

A bluegrass afternoon in Berwick Sunday, April 3 will be cookin' – in more ways than one.

The Berwick Lions host the "kitchen party" concert, with three great-sounding bands, in an effort to raise funds for a \$13,000-plus project to replace kitchen equipment in their facility. The kitchen is used heavily by the Lions and community groups, and is a key component to all the successful – and tasty – dinners enjoyed in the hall.

Long-time bluegrass music promoters and fans Bill and Julie Dempsey of Berwick are lending their skills and talents to help the Lions, and they've lined up some well-known talent.

On stage are "friends jammin' together," Bill Dempsey says: the Oxbow Mountain Boys. Greg Hamilton, Al Ryan, Brian Hazlett and Charlie Bourque make up the band.

Next Generation is a young band – with all members in their teens: Andrew McCully on banjo, Ayden Clarke on guitar, Ryan Harvey on stand-up bass and vocals, Thomas O'Leary on mandolin, guitar and vocals; and Kristina McCully-Mandolin on guitar and vocals. All live from the Middleton to Windsor area.

Powder Blue is an all-female band put together especially for this event, comprising Belinda Hamilton of Harbourville on mandolin and vocals, Eleanor Trombley of Lake Paul with vocals and guitar, Carol Gillis from Dartmouth on mandolin, Trudy Lake of Avondale, Hants County, on banjo; Julie Dempsey, with harmony vocals; and Joan Mullen, with bass and vocals. Both Dempsey and Mullen are from Berwick.

Admission is \$10 per person, with door and 50/ 50 proceeds in support of the Berwick Lions' kitchen equipment replacement project. The Lions will run their canteen. The doors open at 1 p.m. April 3 for the 2 p.m. show, all at the Kings Mutual Century Centre, 225 Veterans Drive, Berwick.

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