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 the **Aurora**

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## Strength in arms Kids' month of special events marks life of a military child

**Sara Keddy,  
Managing editor**

April may see the first signs of spring, as early dandelions show off their sunny yellow colour.

Just like that, military children are strong, resilient, persistent – and happy.

April is the Month of the Military Child, and 14 Wing Greenwood families are invited to mark the contributions the youngest members of the “defence team” make. The Greenwood Military Family Resource Centre has led the initiative into this, its third year.

“I think it’s growing,” says Pascale Robichaud, the MFRC’s coordinator of community engagement. “People know it’s coming, I see pictures of dandelions on

people’s Facebook pages and they are sharing stories and thoughts of what the month means to their family. The month is something we’ve taken on as a recognition piece.”

Michelle Darrell is the MFRC’s deployment support coordinator, and she says April – and spring – is the perfect time to “grow that sense of pride in kids, and their families” for what children contribute to military families through moves, deployments and demanding careers.

The MFRC is busy handing out kid-sized rubber arm bands this month to all the younger centre visitors who take part in programs. The bracelets read, “I serve, too,” and once kids are wearing them, families are encour-



**Pascale Robichaud, the Greenwood Military Family Resource Centre’s coordinator of community engagement, left; and Michelle Darrell, deployment support coordinator, show off the “I serve, too!” arm bands for April is the Month of the Military Child.**

S. Keddy

aged to post pictures to the MFRC’s Facebook site.

Robichaud and Darrell, along with other MFRC staff, are available through April – and year round – to share

resources, contacts and program information with children, families and community organizations, especially schools. The women attended a fall in-service day at West

Kings as part of an on-going relationship with area schools where many military children attend classes.

“A few staff members there really knew what we do, and

what military children face, but some maybe not the extent,” Darrell says. “There is an emotional lifecycle of a deployment or a posting for a youth.”

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# Mark June 19 for Boomer's three-route ride

14 Wing Greenwood's Boomer's Legacy – the ninth year for the cycling ride – returns Sunday, June 19, underway at 9 a.m. Registration is now open for riders of all skill levels and experience.

Every year, Boomer's Legacy brings cyclists from across Nova Scotia to 14 Wing for this high-profile event. The Boomer's Legacy Foundation, named for Corporal Andrew Eykelenboom, killed in Afghanistan in 2006; works on the principle of "helping soldiers help others," supporting special projects identified by Canadian soldiers at home and internationally. For many riders who have been touched by the loss of a friend or loved one serving with the Canadian Armed Forces, the ride holds

a special significance. This year, riders' pledges will stay here in the Annapolis Valley, supporting Chrysalis House in Kentville. To commemorate our military members who have fallen in the line of duty, cards with biographies and pictures will be carried by each rider.

New to this year's ride are three different routes to pick from, all to be completed at your own pace. A nice 40-kilometre route will take you on the back roads to Middleton, with a rest stop at the Middleton fire hall, then back home to 14 Wing via Highway 221 and 201. The more challenging route will be an 85-kilometre loop heading to Lake George, Aylesford Lake and back. You

will head out Highway 201 to the Hall Road, then on to Aylesford Road – with a taxing four-kilometre hill climb to test even the best riders – but it's all good from there. There are two rest stops en route, the first at Lake George and the next at the Michelin Sports & Social Club at 56 Randall Road in Waterville. After a quick tour of Berwick, you are heading home to 14 Wing. The longest 125-kilometre route will simply be a combination of both of these routes, starting with the Lake George loop.

With these three new routes, organizers hope to increase ridership. Registration is \$80 for a jersey or \$50 for a T-shirt, with a minimum donation of \$20

(which includes registration, a Boomer's Legacy jersey, refreshments along the ride, and a post ride BBQ. To assist you on your ride we will have two bike mechanics and safety riders from the Veterans UN NATO Nova Scotia to lend a hand.

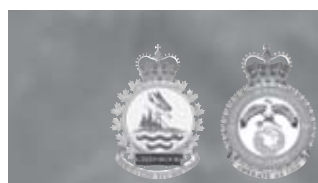
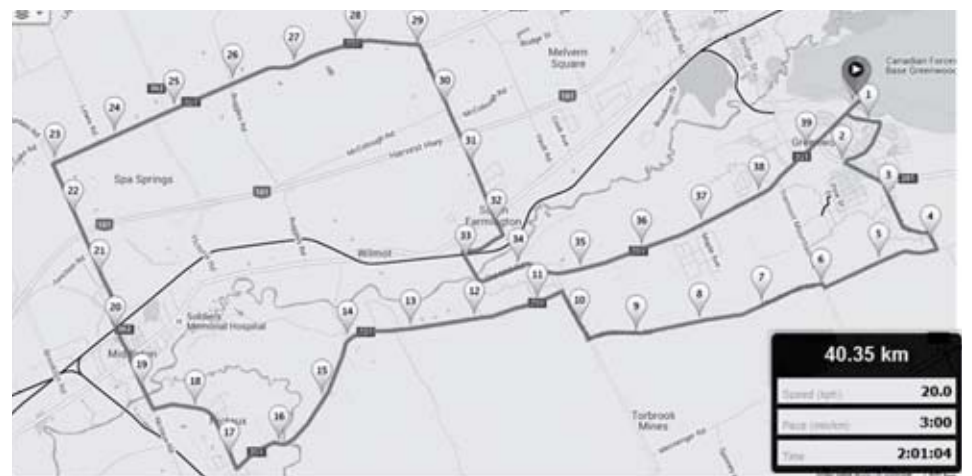
For information, follow local ride preparations on Facebook at <https://www.facebook.com/2016NovaScotiaBoomer'sLegacyBikeRide>. To register, visit <https://events.com> and search for the event.

If anyone is interested in volunteering to help the event run smoothly, please contact Master Corporal France Durand, [FRANCE.DURAND@forces.gc.ca](mailto:FRANCE.DURAND@forces.gc.ca). For questions



File

about the overall event, contact co-14 Wing OPs Captain Warrant Officer Allan Brace, [Allan.Brace@forces.gc.ca](mailto:Allan.Brace@forces.gc.ca); or email [boomersgreenwood@gmail.com](mailto:boomersgreenwood@gmail.com). Nemanya Petrovic, [Nemanya.Petrovic@forces.gc.ca](mailto:Nemanya.Petrovic@forces.gc.ca), or



## the Aurora

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**14 Wing Greenwood Site**  
Site de la 14e Escadre Greenwood  
[www.airforce.forces.gc.ca/14w-14e](http://www.airforce.forces.gc.ca/14w-14e)

**Personnel Family Support Services**  
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**Military Family Resource Centre**  
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# FORCE plus more

## Incentives, health info adds to CAF fitness

**Sara Keddy,  
Managing editor**

Putting a little extra into PT now has rewards – beyond the obvious fitness and health benefits.

Canadian Armed Forces members tackling the job-

“We are a resource – we want to be helping,” says 14 Wing Fitness and Sports director Fred Williams of his team’s willingness to work with CAF members on their overall fitness, health and FORCE results. “That’s why we’re here. People who are self-motivating and directed will do it; it’s the remaining people we want to help.”

14 Wing’s Health Promotions manager Lisa White also encourages military leadership, as they look at their members’ fitness and see some in more unhealthy zones, to remember there are barriers to doing better for many people.

“There are many reasons people may not be doing well – stress, relationships, weight wellness and diet. Remember the health promotion side, and what we can support you with.”

Tailored, online operational fitness training is available at dfit.ca.

For information on FORCE and the incentive program, and the calendar of Health Promotion programs, contact PSP staff at communitygate-way.com.

standard FORCE fitness test from April 1 on now have a chance to go for incentives: gym gear, annual performance report points, time off and – for the elite few – a uniform pin. The FORCE test will rank CAF members who put their best effort into meeting – and exceeding – the standard. It’s expected 50 per cent of CAF members will be able to reach the bronze incentive level, according to their age and gender. Silver recognition means a member is performing better than 89 per cent of their peers; gold recognition comes as members hit the top two per cent. Likely just 0.1 per cent of CAF members will be rewarded with platinum incentive status. Regular Force members started the FORCE incentive April 1; Reserve Force members will start April 1, 2017. Group rewards will be added next year, too, as units bring up their overall results. The percentages will also be reviewed as more data is compiled.

Even more important than the incentive rewards is the information FORCE can now provide about the health of each CAF member, unit, branch and the force as a whole. With the addition of a waist circumference measure, a “fitness profile” may be pulled from the computerized data collected from the testing floor. Waist measurement is an indicator of overall health; with the cardiorespiratory data from the FORCE test itself, both tools can help individuals or units identify ways to improve their odds against heart and lung disease, diabetes and other related long-term risks.

“I’m a pretty big believer health and fitness are the



**Major Crystal Boone is counted through the sand bag lift by PSP staffer Josh Leddicote.**



**Padre Major Allan Murphy hefts his sand bag through the carry challenge.**

same thing,” said 14 Wing Greenwood Commander Colonel Pat Thauberger April 7, as he lead his command team through the FORCE incentive at the base’s Fitness and Sports Centre, under the direction of Personnel Support Program fitness staff. The group had a briefing on the changes, and then was on the floor for their own certifications. Several members were obviously gunning for the highest levels they could attain, hoping to set a standard for their units – just what Thauberger wants to see.

“It’s critical to the well-being of our people and the



**Lieutenant-Commander Clark Colwell hits the line during the shuttle relay, with PSP staffer Josh Leddicote on the timer. S. Keddy**



**Chief Warrant Officer Claude Faucher stands as PSP staffer Eric Plante takes his waist circumference measure. The additional information will help build individual and group fitness profiles from the FORCE test.**

function of our force – what more can we do to improve the linkages between the gym, health promotion and the medical team we have? That’s what we have to promote: give people time for PT, and develop that intrinsic interest for an active lifestyle.”

FORCE incentive results have no career bearing for CAF members, as the operational standard for a pass/ fail is in a range below the bronze level. What the results will show is



**Master Warrant Officer Chuck Paquette gets the “go” on the sand bag drag from PSP staffer Eric Plante.**

more interesting as the fitness profile is considered: a member may physically push through the challenges, but are they healthy? With a little lost weight or a little faster running pace, results can improve for individuals and units... which can encourage an overall focus on health, fitness and diet... which can impact life-long health.

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Warrant Officer Finkbeiner, centre, was recently presented with the CD First Clasp by 405 Squadron Commanding Officer Lieutenant-Colonel Brendan Cook, left, and Chief Warrant Officer Craig Chislett.



Major Hale, centre, was recently presented with the CD First Clasp by 405 Squadron Commanding Officer Lieutenant-Colonel Brendan Cook, left, and Chief Warrant Officer Craig Chislett.



Master Corporal Kubis, centre, was recently presented with the General Service Medal – Expedition by 405 Squadron Commanding Officer Lieutenant-Colonel Brendan Cook, left, and Chief Warrant Officer Craig Chislett.



Master Corporal Lewis, centre, was recently presented with the CD First Clasp by 405 Squadron Commanding Officer Lieutenant-Colonel Brendan Cook, left, and Chief Warrant Officer Craig Chislett.



Corporal Reiner, centre, was recently presented with the CD First Clasp by 405 Squadron Commanding Officer Lieutenant-Colonel Brendan Cook, left, and Chief Warrant Officer Craig Chislett.



April 7, Master Warrant Officer Brent Boutilier, left, and Major Martin Coude, right, promoted Corporal Darrin Breaton, 14 Wing Telecommunication and Information Services Squadron.

Submitted



405 (Long Range Patrol) Squadron Commanding Officer Colonel Brendan Cook (left) April 6 promoted Aviator (Basic) Don Leynes (second from left) to Aviator (Trained), with Squadron Chief Warrant Officer Craig Chislett (third from left) and Major Aleem Sajan in attendance.

Master Corporal C. Hall, 405 Squadron IT



405 (Long Range Patrol) Squadron Commanding Officer Colonel Brendan Cook (left) April 6 promoted Aviator (Basic) Ryan Knight (second from left) to Aviator (Trained), with Squadron Chief Warrant Officer Craig Chislett (third from left) and Major Aleem Sajan in attendance.

Master Corporal C. Hall, 405 Squadron IT



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Acting Commanding Officer of 404 Squadron, Major Robert Mitchell (left), April 6 presented Sergeant Matthew Whyte (middle) with a promotion to his now current rank of warrant officer in the Hornell Centre Theatre, 14 Wing Greenwood. With them is 404 Squadron Chief Warrant Officer Conrad Wilson.

Corporal C. Roche, 404 Squadron, Courseware Development



Acting Commanding Officer of 404 Squadron, Major Robert Mitchell (left), April 6 presented Corporal David Murray (middle) with a promotion to his now current rank of master corporal in the Hornell Centre Theatre, 14 Wing Greenwood. With them is 404 Squadron Chief Warrant Officer Conrad Wilson.

Corporal C. Roche, 404 Squadron, Courseware Development



# Long Service Award for O'Driscoll

**Capt Boriana Stefanov, Physiotherapy Officer, 26 Canadian Forces Health Services Centre**

Bonnie Lee O'Driscoll, 26 Canadian Forces Health Services Centre at 14 Wing Greenwood, was presented with the Long Service Award by Wing Surgeon Lieutenant-Commander A. Ikede February 26. The award is presented to members of the Public Service who have completed 25 years, and is

a significant milestone in an employee's career. O'Driscoll began her career at CFB Baden-Soellingen in 1987 as a master technical librarian for the CF188 jets; since then, she has worked at 4 Wing Cold Lake, Ottawa, Goose Bay; as well as two postings to 14 Wing Greenwood. She has occupied a variety of positions within the Department of National Defence, as well as within Service Canada and Agriculture and Agri-Food

Canada. Her diverse experiences range from office positions such as ClaimsX clerk and special projects clerk to numerous tours as an executive assistant and administrative assistant at the commanding officer and directorate level. Currently, O'Driscoll is a Care Delivery Unit clerk at 26 Health Services Centre, and plans to retire in the local area with her husband. O'Driscoll has been a valuable member of the Public

Service over the past 25 years, bringing a wealth of knowledge and experience to each new position she assumes. Her dedication to her work is notable and she is an outstanding example to her co-workers and supervisors, both military and civilian. The commanding officer, wing surgeon and staff at 26 Canadian Forces Health Services Centre congratulate her on her well-deserved award, and wish her all the best in her future endeavours.



**Bonnie Lee O'Driscoll, receiving the Long Service Award for 25 years of service to the Government of Canada, presented by Wing Surgeon Lieutenant-Commander A. Ikede.**

Submitted



Second Lieutenant James Harrington of Air Traffic Control, Wing Operations, received his promotion to lieutenant during an honours and awards event April 6 in the Hornell Centre, 14 Wing Greenwood; at left is Wing Operations Commanding Officer Lieutenant-Colonel Richard Hone and, right, is Chief Warrant Officer Fred Stanley.

Master Corporal J. McPhee, 14 Wing Imaging



Corporal Daniel Sommerfeld of the 14 Wing Meteorologist Section, Wing Operations, received the Special Service Medal with the Alert bar; during an honours and awards event April 6 in the Hornell Centre, 14 Wing Greenwood; at left is Wing Operations Commanding Officer Lieutenant-Colonel Richard Hone and, right, is Chief Warrant Officer Fred Stanley.

Master Corporal J. McPhee, 14 Wing Imaging



Captain David Chin Yuen Kee of Air Traffic Control, Wing Operations, received the Canadian Decoration during an honours and awards event April 6 in the Hornell Centre, 14 Wing Greenwood; at left is Wing Operations Commanding Officer Lieutenant-Colonel Richard Hone and, right, is Chief Warrant Officer Fred Stanley.

Master Corporal J. McPhee, 14 Wing Imaging



## Eagle of the Quarter

Since assuming command of 405 (Long Range Patrol) Squadron's Crew 2, Flight Lieutenant Bunt, centre, has identified required training and, in coordination with the Aircrew Flight Commander, Squadron Operations Officer and Standards Flight; developed and implemented a road to deployment readiness for Operation Impact. Bunt provided his crew with clear goals and attainable objectives, leading his crew through the training while also conducting any operational taskings. Without fail, he ensured 405 Squadron domestic taskings were met, while concurrently providing sound advice to his chain of command and advancing the development of his crew and squadron members alike. Bunt is richly deserving of the Eagle of the Quarter Award. From left are 405 Squadron Commanding Officer Lieutenant-Colonel Brendan Cook, Bunt and Squadron Chief Warrant Officer Craig Chislett.

Submitted



Warrant Officer Leigh MacKinnon, Intelligence Warrant Officer, Wing Operations, received the Canadian Decoration 1 during an honours and awards event April 6 in the Hornell Centre, 14 Wing Greenwood; at left is Wing Operations Commanding Officer Lieutenant-Colonel Richard Hone and, right, is Chief Warrant Officer Fred Stanley.

Master Corporal J. McPhee, 14 Wing Imaging



Captain Eli Squires, a mission support officer, Wing Operations, received the Canadian Decoration 1 during an honours and awards event April 6 in the Hornell Centre, 14 Wing Greenwood; at left is Wing Operations Commanding Officer Lieutenant-Colonel Richard Hone and, right, is Chief Warrant Officer Fred Stanley.

Master Corporal J. McPhee, 14 Wing Imaging

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**Brigadier-General James Irvine (left), Commander Joint Task Force – Iraq, presents Colonel Shayne Elder with the General Service Medal Expedition Ribbon for his tour of duty as Commander Air Task Force – Iraq from October until April.**



**Chief Warrant Officer Bill Hinchey (left), Air Task Force – Iraq chief warrant officer, hands the senior appointment to Chief Warrant Officer Luigi Di Stephano, as Colonel Shayne Elder makes the change over official during a ceremony in Kuwait April 8.** Operation Impact, DND

## Air Task Force-Iraq welcomes new commander

### Joint Task Force-Iraq Public Affairs Officer

April 8, Colonel Jason Major assumed command of Air Task Force-Iraq (ATF-I) from Colonel Shayne Elder in a change of command ceremony held in the sandy and windy Camp Canada in Kuwait, home of Joint Task Force-Iraq, the higher headquarters of ATF-

I. Brigadier-General James Irvine, Commander of Joint Task Force-Iraq, presided.

"I want to take this opportunity to thank Colonel Elder for his exceptional leadership of the Air Task Force," said Irvine. "Over the last six months, he has led his personnel with care and dedication. I congratulate him for the very significant role that

he has played in elevating Canada's airpower reputation within the coalition. I also would like to welcome Colonel Major to my team as the on-coming commander of Air Task Force-Iraq. I have known and worked with Colonel Major for more than a decade. A recognized airpower expert and an experienced senior leader, I know that he will

lead the Air Task Force with distinction."

Major joined the Canadian Armed Forces in 1990. Before assuming command of ATF-I, he was officer in charge, Air Component Coordination Element – Atlantic. He has more than 5,000 hours of military flying with combat experience in Iraq, Libya and Afghanistan.

"I am looking forward to the challenges that come with leading an expeditionary air task force alongside our Coalition partners," said Major. "The troops I saw on parade today, from the aircrew to the maintainers and other support staff, are sharp and represent the finest airmen and airwomen the Royal Canadian Air Force has amongst its ranks."

Elder had been commander of ATF-I since October 19. In this role, he led the task force through the successful execution of CF18 Hornet operations to halt and degrade the so-called Islamic State of Iraq and Levant. He also led his team in CP140 Aurora intelligence, surveillance and reconnaissance missions, and in CC150 Polaris refueling operations.

"It is with great satisfaction that I look back over all we have accomplished in our pursuit of ISIL and the provision of support to coalition forces," said Elder. "It is with regret that I depart this team, but I am confident that Colonel Major will continue to lead these air warriors through many successful missions."

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# Volunteers, health and fitness

**Colonel Pat Thauberger,  
Wing Commander**

Welcome to Spring!  
Since Spring is the season



S. Keddy

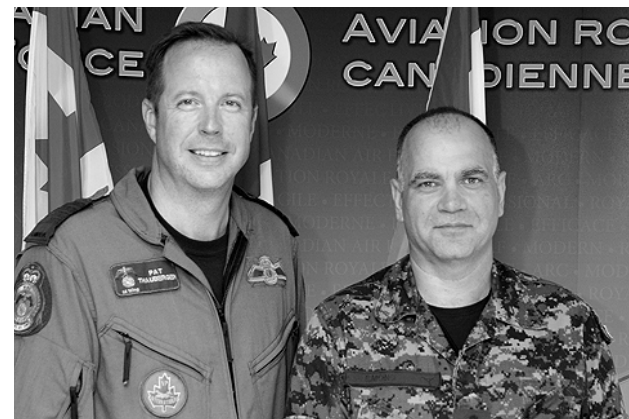
of renewal and new beginnings, Chief Warrant Officer Luc Emond and I encourage you to register for the CAF Health and Wellness Challenge throughout the month of May. This challenge is an exciting way to discover the best version of you: keeping fit, eating healthy, connecting with friends, living addiction free, and enjoying life! One of the greatest threats to your health is "inactivity," and the formula for success can be as simple as getting out for a walk a few times a week and eating a healthy diet. One of the best things that you can do for someone you care about is to invite them out to exercise with you; it makes it a lot more fun and will help you make it a regular part of your daily lifestyle. Not only will this help your physical health, you'll notice improvements in your mental health and outlook, too. There are a variety

of mental health resources available for Canadian Armed Forces members. If you feel you need support, or if you are concerned about a fellow member, please contact 26 Canadian Forces Health Services to learn about the resources available. It's worth your time; your health is worth the effort.

As the 14 Wing leadership team, we are committed to providing opportunities for our personnel to conduct physical fitness activities. Our Personnel Support Program folks assure we have the resources and programs that provide you and your family a quality of life second to none in the Canadian Armed Forces, so take advantage of it! We also rolled out the new FORCE evaluation protocol this month. This not only offers a reward and incentive component for maintaining above average physical fit-

ness but, when coupled with DFIT, it offers an intuitive plan of attack to improve your fitness.

April also includes National Volunteer Week. This year, National Volunteer Week ran from April 10 to 16, and the Greenwood Military Family Resource Centre (GMFRC) and Community Recreation Centre co-hosted a volunteer appreciation event April 14 to honour our teams of volunteers. Volunteers are the roots of our strong community, and are involved in every aspect of the wing and are critical to our success. In 2015, Greenwood personnel contributed over 2,500 hours to the betterment of the community. Because of your efforts, our people are reaching their potential, our organizations are stronger and our military community as a whole is healthier and more resilient. You welcome new families,



**Wing Commander Colonel Pat Thauberger, left, and Wing Chief Warrant Officer Luc Emond**

provide deployment support, organize and operate special events, provide governance as our GMFRC board of directors and more.

Finally, this past week saw the untimely death of one of our 14 Wing members.

Master Corporal Chris Carson passed away April 6. To his friends and family, please accept our heartfelt condolences in this time of grief, on behalf of the entire 14 Wing team.

Operate as One.

## Bénévolat, santé et mieux-être

Vive le printemps!

Le printemps, c'est la saison du renouveau et des nouveaux départs. C'est pourquoi l'Adjuc Luc Emond et moi vous encourageons à vous inscrire au Défi santé et mieux-être des Forces armées canadiennes qui se tiendra en mai. Il s'agit d'une façon intéressante de vous découvrir sous votre meilleur jour, de garder la forme, de manger sainement, de passer du bon temps entre amis, de se tenir loin des dépendances et de profiter de la vie! L'inactivité est l'une des plus grandes menaces qui pèsent sur votre santé. La recette de votre succès peut être aussi simple que de faire une promenade quelques fois par semaine et de manger sainement. L'un des plus beaux cadeaux que vous pouvez offrir à un être cher est une invitation à faire de l'exercice en votre compagnie; c'est bien plus agréable à deux et cela vous aidera à intégrer l'exercice physique

à votre vie de tous les jours. Non seulement cela aidera votre condition physique, mais votre santé mentale et votre façon de voir la vie s'en verront améliorées. Les membres des Forces armées canadiennes disposent de nombreuses ressources en santé mentale. Si vous avez besoin d'aide ou si la santé d'un collègue vous préoccupe, n'hésitez pas à communiquer avec le 26e Centre de services de santé des FC pour découvrir les ressources qui s'offrent à vous. Le jeu en vaut la chandelle : votre santé en vaut la peine.

En tant qu'équipe de direction de la 14e Escadre, nous sommes déterminés à fournir à nos membres des occasions de faire de l'exercice physique. Les responsables du soutien du personnel veillent à ce que nous puissions vous offrir, à vous et aux membres de votre famille, des ressources et des programmes favorisant une qualité de vie qui

n'a pas son pareil dans les Forces armées canadiennes. Profitez-en! Un nouveau protocole d'évaluation FORCE est entré en vigueur ce mois-ci. Ce protocole propose des récompenses et des mesures incitatives pour maintenir une condition physique supérieure à la moyenne. Lorsqu'il est utilisé en conjonction avec CPHYSD, il devient un plan d'attaque intuitif pour améliorer votre niveau de forme physique.

La Semaine nationale de l'action bénévole a aussi lieu en avril. Cette année, elle se tiendra du 10 au 16 avril. Le Centre de ressources pour les familles des militaires de Greenwood (CRFMG) et le Centre de loisirs communautaires ont organisé une activité de remerciement des bénévoles le 14 avril pour souligner leurs équipes de bénévoles. Les bénévoles sont les racines qui ancrent notre communauté; ils participent à tous les aspects de l'escadre et leur travail est la

clé de notre réussite. En 2015 le personnel de Greenwood a consacré plus de 2 500 heures de bénévolat en vue de l'amélioration de la communauté. Grâce à vos efforts, nos gens ont pu réaliser leur plein potentiel, nos organisations sont plus fortes et notre communauté militaire est en meilleure santé et plus résiliente. Vous êtes toujours prêts à accueillir de nouvelles familles, offrez du soutien pendant les déploiements, organisez et gérez des activités spéciales, fournissez des conseils en tant que Conseil d'administration du CRFMG et bien plus encore!

La semaine dernière est survenu le décès prématuré de l'un des membres de la 14e Escadre. Cplc Chris Carson est décédé le 6 avril dernier. Au nom de toute l'équipe de la 14e Escadre, nous offrons nos plus sincères condoléances à sa famille et à ses amis en cette douloureuse épreuve.

Unis dans l'action.

## Annual Meeting Notice

**The Annual Meeting of the Kingston District Fire Commission will be held on Tuesday, May 10th, 2016 at 7:00 p.m. in the Kingston Fire Hall.**

- \* Presentation of Financial Statements for April 1/15 – March 31/16.
- \* Presentation of Budget for April 1/16 – March 31/17.
- \* Set the area rate at 6 cents per \$100 of assessment.
- \* Election of Commissioners.

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

### Kingston Fire Hall Rental

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

### Allie Pierce Memorial Award

Students graduating from Middleton Regional High School, West Kings High School and École Rose-des-Vents going on to further studies and residing in the Kingston Fire District may apply for the Allie Pierce Memorial Award. Information can be obtained by calling 902-765-8158 or email [mwilkins@ns.sympatico.ca](mailto:mwilkins@ns.sympatico.ca)

### Snow Removal/Ice Control

The Kingston District Fire Commission invites tenders for snow removal/ice control services to the fire hall located on Sparky Street, Kingston, for the period June 1, 2016 – May 31, 2018. The tender amount shall be in the form of a lump sum for all services as outlined in the specifications. Call 902-765-8158 or email [mwilkins@ns.sympatico.ca](mailto:mwilkins@ns.sympatico.ca) for the specifications. All tenders must be submitted to the undersigned in a sealed envelope marked "Tender for Snow Removal/Ice Control Services" on or before 12:01 p.m. on Monday, May 9th, 2016.

The Commission reserves the right to reject any or all tenders, not necessarily accept the lowest tender, or to accept any tender which it may consider to be in its best interest. The Commission also reserves the right to waive formality, informality or technicality in any tender.

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



# Cold, dark, wet and rough

## Egress training sets helicopter crews up for over-water emergencies

**Master Corporal Pam Evans,**  
**Imaging coordinator,**  
**14 Air Maintenance**  
**Squadron**

March 9 and 10, military members from 14 Wing Greenwood and 19 Wing Comox, trained in Rotary Wing Underwater Egress Training (RWUET) with Falck Safety Services Canada, in Halifax.

The course provides military members with emergency response procedures in case of a water impact, and subsequent abandonment of the helicopter on the surface or from underwater. Course participants included two imagery technicians, search and rescue technician and three Cormorant helicopter pilots.

The first day commenced with classroom theory. Lead

instructor Rob Walker toured the group through facilities, including the Modular Egress Training Simulator (METS), went through videos, demonstrated equipment used, such as the Emergency Breathing System (EBS), and presented some emergency scenarios.

In the afternoon, participants met by the training pool and were fitted with survival equipment, including a helicopter helmet, a life preserver survival vest, immersion suit, the EBS and sneakers - instead of boots. Falk provided all equipment, and is well equipped for various sized trainees.

Before entering the pool, Walker described the facility's cold tank, nick-named the "hot tub." It did look like a hot tub; however, the water in the tank is approximately two degrees Celsius. Each course member took turns in the tank, fully emerging and holding their breath until they could last no longer. (I lasted 16 seconds, compared to 27 seconds in warm water.) Doing this gives participants an indication of how cold ocean water is, and the effects temperature has on the body.

In the Survival Training Simulation Theatre (STST) pool, the group did some training drills with their EBS equipment. In one exercise, with their faces in the water, participants had to reach for their EBS with their mouths, arch backwards (while being held by an instructor) so their heads were now upside down in the water and put the EBS into their mouths. This would cause the nose to fill with water - not a pleasant feeling.

Once all were comfortable with the EBS, the group advanced to the METS to start egress training. They did approximately three cycles with the METS holding their breath and changing positions in the simulator during each cycle. (I tried all positions, since my primary position as an



**March 9 and 10, military personnel from 14 Wing Greenwood and 19 Wing Comox participated in helicopter egress training with Falck Safety Services Canada, in Halifax. The training takes members through over-water emergency response procedures.**



**A Falck Safety Services Canada instructor, right, assists a practicing military member with equipment used during over-water emergency helicopter training.**

imagery technician on a flight would be in the back of the aircraft.) By the end of the day, everyone had been through different simulated sea states, rain and wind - all making it more challenging to egress quickly and safely.

By day two, most trainees had snuffly noses but were eager to continue the training. Morning theory was followed by an afternoon in the pool. While cycling through the METS simulations, participants were presented with high sea states, winds and rain as before; however, blackness and simulated lighting was added. This made things a bit more difficult. It was hard to see where the water was entering the METS and, once at the surface, the water was very rough, making it hard to swim to the front of the simulated aircraft, where members were to meet once they successfully egressed. Disorientation was definitely a challenge.

At the very end of the pool portion, everyone practiced exiting an aircraft as if it were still upright on the water.



**With the guidance of a SAR-Tech, participants on the over-water emergency training exited the helicopter simulator, grabbed a life raft line and then climbed in for rescue.**

Master Corporal P. Evans, 14 Wing Imaging

With the guidance of a SAR-Tech, each person exited the METS, holding onto a yellow rope attached to a life raft. Once everyone was together, the person at the front of the group inflated the raft, climbed in and then helped everyone else into the raft. All in, the group closed the raft's overhead tarp and waited as the simulated sea state grew higher and caused a lot of

movement within the raft. Finally, also simulated, the sun came out and the sea calmed. That concluded the training.

With all the training military members receive during their career, this training is one all hope never to have to use. The team at Falck effectively prepares participants with the tools they would need to survive a helicopter ditching in water.

## REFLEXOLOGY

Reflexology uses systematic pressure and stimulation of the foot reflexes to assist the body to return to natural functioning.

*"The human foot is a masterpiece of engineering and a work of art!"*

- Leonardo da Vinci

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 Registered Canadian Reflexology Therapist  
 Member: Reflexology Association of Canada

*Dr. Tami Parks & Associates*  
**GREENWOOD FAMILY DENTISTRY &**

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Please send resume to:  
**Attention: Darlene McGill,**  
**Office Manager, P.O. Box 1776, Greenwood, N.S. B0P 1N0**

Office: 771 Central Avenue



# Capture It!

## Exprimez-le!

The unique military experience @ 14 Wing

L'expérience de vie militaire unique à la 14e Escadre

# Say it with art

**Sara Keddy,**  
Managing editor

What's life like in Greenwood? Can the unique military experience here be captured in song? Poetry? Painting? Photography?

The Greenwood Military Family Resource Centre thinks there is definitely something unique about life here, and it wants youth and adults alike to "Capture it!" in its month-long art contest.

"It's the East Coast, it's living in the Valley, it's someone who's just joined the military or someone with more experience, it's Regular or Reserve, it's a class with lots of military kids, it's a military family's brothers and sisters..." says Michelle Darrell, the MFRC's coordinator of deployment

support. "We're open to just about anything – there are so many different perspectives that could be included."

There are two contests: the youth contest is tied to the April is the Month of the Military Child initiative, with a deadline for contributions of April 22. Individual or class/group entries will be accepted at both the elementary and middle/ senior high school levels. Prizes include Greenwood Mall and Subway gift cards. The adult contest is open to anyone over age 19, and prizes are VISA gift cards worth \$350, \$200 and \$100. The deadline to enter is May 1.

Youth entries will be showcased at the MFRC's 30<sup>th</sup> anniversary gala May 14, with guests voting on the winners. Youth and adult winning en-

tries will all be displayed in a gallery at the MFRC's annual meeting June 8.

The MFRC wants submitting artists to allow the centre to use art and ideas in future publications, posters and pamphlets, or even video. Darrell says it's hard to predict how the art could be shared until they see all the entries – maybe there will be a statue? Where would it be placed?

"We're so excited to see what comes in," says Pascale Robichaud, the MFRC's coordinator of community engagement. "We've already had some entries, and calls from people with questions."

All the contest details and submission guidelines are on the MFRC's website, family-force.ca.

## Call for Walkability grant applications

Heart & Stroke Walkabout is seeking applications for the 2016 Walkability Grants program. The goal of this program is to help organizations, groups and individuals take steps to increase walking participation.

The way our physical space – our built environment –

is designed influences the physical activity choices Nova Scotians make. The Heart and Stroke Foundation is a recognized leader in linking community planning to improved health, and is pleased to be able to offer funding to successful applicants to help make our communities more

active.

Please visit [www.walkaboutns.ca](http://www.walkaboutns.ca) to download an application form. Applications will be accepted until 4:30 p.m. April 29. Contact the Heart & Stroke Walkabout Team at [walkabout@heartandstroke.ca](mailto:walkabout@heartandstroke.ca) or 902-423-7530.

## Get ready for intersection golf

Pick up your clubs for a little 14 Wing Greenwood intersection golf rivalry at the Greenwood Golf Club.

There will be a meeting to organize intersection golf

at 9 a.m. April 18 in the classroom of the Fitness and Sports Centre. Teams interested in being involved should send a representative, or contact Graham White,

sports coordinator, at the 14 Wing Fitness & Sports Centre,

[GRAHAM.WHITE2@forces.gc.ca](mailto:GRAHAM.WHITE2@forces.gc.ca) or 902-765-1494 local 5753.

## Apple Bowl field closed

Greenwood and community residents are advised the Apple Bowl soccer field (Church Street) is temporarily

out of bounds.

As field conditions and staff checking determine the field can be accessed, users

will be notified. For any questions or for updates, contact Bill Cox, 902-765-1494 local 5305.



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Stock Number U2076

#### 2012 Chrysler 200 Limited

3.6 L, V-6 cyl, 6 Speed Automatic, Sedan, FWD, A/C, CC, CD, Fully Loaded, Keyless Entry, 40,952 kms



**\$15,950** + tax

Stock Number 16-156A

#### 2008 Toyota Highlander

3.5 L, V-6 cyl, 5 Speed Automatic, AWD, SUV, CC, A/C, PB, PW, CD, Auxiliary 12v Outlet, 98,000 kms



**\$34,950** + tax

Stock Number 16-204A

#### 2013 Toyota Tundra SR5

5.7 L, V-8, 6 Speed Automatic, 4WD, CREWMAX Truck, CC, CD, A/C, Power Everything, ABS



**\$7,950** + tax

Stock Number 15-244A

#### 2011 Kia Soul 2U

2.0 L, I-4 cyl, 5 Speed Manual Sedan, CC, CD, A/C, PW, Heated Seats, Keyless Entry, ABS, 92,764 kms



**\$10,450** + tax

Stock Number 15-118A

#### 2011 Toyota Corolla CE

I-4 cyl, Automatic, 4 Door Sedan, A/C, CD, PL, PM, ABS, Keyless Entry, Anti-Theft, 90,887 kms

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**Back to school**

April 13, 14 Construction Engineering Squadron launched a “Uniforms in the Schools” program that will see members help out at all levels of schools here in Lunenburg County. The goal is to make the students more aware of the squadron and its members, who have lived and worked here for close to 20 years. West Northfield Elementary School’s breakfast program is a busy spot in the morning, so a little CADPAT help on the breakfast line – here including Corporal Courtney Zwicker of 143 Construction Engineering Flight – was much appreciated.

Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron



The Village of Kingston

**NOTICE OF BUDGET MEETINGS**

The Kingston Village Commission has released its proposed 2016/17 Operating and Capital Budgets and has scheduled budget meetings for the following dates:

- Thursday, April 28, 2016 at 7:00pm
- Thursday, May 12, 2016 at 7:00pm


Residents are invited to provide input into the budget by attending these meetings, by contacting the Village Office or Village Commissioner.

The proposed budget is available on our website and at the Village Office and will be deliberated at the April 28<sup>th</sup> meeting.

Any comments or queries regarding the budget may be directed to the Village Office at (902)765-2800 or at [info@kingstonnovascotia.ca](mailto:info@kingstonnovascotia.ca).

All meetings are open to the public and are held at the Kingston Village office - 671 Main Street, Kingston, NS.

The Village of Kingston  
671 Main St, PO Box 254  
Kingston, NS B0P 1R0  
p: (902) 765-2800 f: (902) 765-0807  
[www.kingstonnovascotia.ca](http://www.kingstonnovascotia.ca)



Village of Kingston

**NOMINATION DAY**

The Clerk of the Village of Kingston will receive nominations for the office of one (1) Commissioner. The Nomination Period is April 28, 2016 to May 11, 2016. Nominations must be accepted at the Village Office no later than 4:00pm on Wednesday, May 11, 2016.

Nomination papers are available at the Village Office or on our website. Per the Kingston Election By-Law, no person shall be eligible to the office of Commissioner of the Village unless that person has been nominated as a candidate in accordance with the By-Law by not less than five persons who, on Nomination Day, are qualified electors within the meanings of section 403 of the Municipal Government Act.

If more than one candidate is nominated on Nomination Day, Election Day is designated as Saturday, May 28, 2016 with an advance poll on Tuesday, May 24, 2016. Poll location is Kingston Village Office, 671 Main St, Kingston.

**Mike McCleave, Village Clerk**  
[clerk@kingstonnovascotia.ca](mailto:clerk@kingstonnovascotia.ca)

Village of Kingston  
671 Main St, PO Box 254  
Kingston, NS B0P 1R0  
p: (902) 765-2800 f: (902) 765-0807  
[admin@kingstonnovascotia.ca](mailto:admin@kingstonnovascotia.ca)  
[www.kingstonnovascotia.ca](http://www.kingstonnovascotia.ca)

**Is it a bird? A plane?  
No, it’s an unmanned  
air vehicle**

Unmanned air vehicles - “drones” - are quickly becoming a must-have item. However, they are raising issues of unwanted intrusion into people’s private lives and activities and sometimes causing close calls with aircraft.

14 Wing Greenwood’s airfield is not exempt. It is clear not everyone is operating these drones in a responsible manner, and ignorance is not an excuse.

As a military community, we are all well-versed in the principles of flight safety and understand the importance of reducing the risk to aircrews and passengers. A clear set of rules has been developed by Transport Canada for those operating a drone either for fun or as a commercial activity. A quick search of [www.tc.gc.ca](http://www.tc.gc.ca) lays them out clearly: the drone operator is responsible for using the drone safely and legally. If your drone weighs less than 35 kilograms and is being used for recreational purposes, then you do not need permission to fly - but

you are expected to not fly within nine kilometres of an airport, heliport or aerodrome; not fly over military bases, prisons or in restricted airspace and not fly above 90 metres. If you are flying for commercial purposes, check the Transport Canada website as there are stricter regulations.

The Greenwood airfield is surrounded by controlled airspace with a radius of 13 kilometres, and extending from the surface to 5,000 feet; in short, there is nowhere a drone can be operated in the Kingston/ Greenwood area and comply with either Transport Canada or 14 Wing Greenwood’s airfield dos and don’ts.

Safety first - if you see, or know of someone operating a drone close to the airfield, please inform the Military Police (902-765-5111 or 902-765-1494 local 5111) or Air Traffic Control (902 765 1494 local 3205). For a complete list of current rules and regulations, visit [tc.gc.ca/eng/civilaviation/standards/standards-4179.html](http://tc.gc.ca/eng/civilaviation/standards/standards-4179.html).



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DOWN/\$500 SECURITY DEPOSIT**

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**CHOOSE**

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OR  
FINANCING<sup>†</sup>  
FOR 84 MONTHS  
ON MOST MODELS**



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ON MOST MODELS

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@

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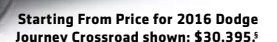
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AND GET \$5,700 IN TOTAL DISCOUNTS\***

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The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email [auroraeditor@ns.aliantzinc.ca](mailto:auroraeditor@ns.aliantzinc.ca). Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Thursday, 9:30 a.m., previous to publication unless otherwise notified.

Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 83A, School Road, (annexe Morfee), 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse [auroraeditor@ns.aliantzinc.ca](mailto:auroraeditor@ns.aliantzinc.ca). Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le jeudi précédent la publication, à moins d'avis contraire.

metro crossword

solution page 14

1	2	3	4		5	6	7		8	9	10
11				12		13			14		
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59					60				61		
62					63				64		

- ACROSS
1. Crooned

5. Luck

8. Cosecant function

11. Rock bands play here

13. Surrounds the earth

14. Jessica \_\_\_\_

15. A type of clique

16. No seats available

17. Greek sophist

18. Stiff hair

20. Recipe measurement (abbr.)

21. Legal periodical

22. Saloons

25. He tricks you

30. Closing over

31. Man's best friend is one

32. Distinguish oneself

33. Immoralities

38. Marsh elder

41. Blasts

43. A discerning judge

45. Avenge for a wrong

48. Doctors' group

49. Jerry's friend

50. Type of sword

55. Swedish rock group

56. Black tropical
- American cuckoo

57. Blatted

59. Cain and \_\_\_\_

60. Strong liquor flavoured with juniper berries

61. Cocoa bean

62. Get free of

63. Cardiograph

64. A cargo (abbr.)
- DOWN
1. A baglike structure in a plant or animal

2. Bird genus

3. One point east of northeast

4. A type of fly

5. Hurry

6. Lighter-than-air craft

7. Ask to marry

8. Thick rope made of wire

9. Impostors

10. Central nervous system

12. Pie \_\_\_\_ mode

14. Robert \_\_\_\_, poet

19. Dwelt

23. Firewood
24. Voices

25. Water in the solid state

26. Superman's foe

27. Chris Paul's team (abbr.)

28. Employ

29. Mineral

34. Vessel

35. Nigerian City

36. Romania

37. Sirius Satellite Radio (abbr.)

39. Potential difference

40. A class of synthetic detergents

41. Drunkard

42. Doesn't win or lose

44. Appellative

45. Spiritual leader

46. Implant

47. Language (Afrikaans)

51. Basics

52. A one-time Giants center

53. Every one of two or more

54. A way to gather

55. Swiss river

58. Small spot

**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.

**Girl Guide cookies**  
Local Girl Guides will be in the community with the classic Spring chocolate and vanilla sandwich cookies, \$5 a box. If you miss us, please call Sara, 902-538-9191, to arrange delivery. Thanks for supporting girl greatness!

**Record sale**  
To April 24, there will be a sale of vinyl records at the 14 Wing Greenwood Library, in the AV Morfee building on School Street, Greenwood. Thousands of albums available. Come out and check for some of your old favourites. Look for details on the library's Facebook page. Hours will be April 17, noon to 4 p.m.; April 18, 1 p.m. to 5 p.m. and 6 p.m. to 8 p.m.; April 19, 10 a.m. to 1 p.m. and 2 p.m. to 5 p.m.; April 20, 1 p.m. to 5 p.m. and 6 p.m. to 8 p.m.; April 22, noon to 4 p.m.; April 24, noon to 4 p.m. Sponsored by The Friends of Greenwood Library.

**Popovers**  
April 18, 10 a.m. to 11 a.m., the Kingston Library hosts a preschooler fun time with stories, crafts and songs. Children must be accompanied by parent or caregiver. Register at 902-765-3631.

**Middleton Writers Group**  
April 18, 1:30 p.m. to 3 p.m., the Rosa M. Harvey Middleton & Area Library asks: 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, "Spring," and bring in for presentation and discussion.

**Story time**  
April 18, 10 a.m., the Annapolis Royal Library invites preschoolers and caregivers for some fun library time: stories, music, crafts.

**Cancer support group**  
April 18, 7 p.m. to 9 p.m., the Canadian Cancer Society's Kingston/ Greenwood Living With Cancer Support Group will meet in the St. Mark's Protestant Chapel Annex, Church Street, Greenwood. Naturopathic doctor Amy Florin is coordinating our program with three other practitioners to "Explore Complementary Healthcare." This will be an interactive, practical question session. Specialties presenting: an acupuncturist, a massage therapist and a reflexologist/reiki master. Interesting and educational for all visitors, cancer patients, family and friends or anyone seeking information on cancer or caregiving support. For information: Lloyd Graham (902-765-6133) or Lynda Pierce (902-765-3055).

**Coffee party**  
April 18, 10 a.m. to noon, the BeeHive Adult Service Centre, 1119 Station Street, Aylesford; hosts a Spring coffee party, featuring baked goods, door prizes and material.

**Meeting**  
April 19, 7 p.m., is the annual meeting of the North Kingston Public Cemetery, at the Kingston fire hall. We welcome all lot holders and people interested in purchasing lots to this meeting.

**Library Book Club**  
April 19, 1 p.m. to 2 p.m., the Bridgetown & Area Library book

clubs meets to share views and ideas about selected books, usually fiction. April: "All my Puny Sorrows," by Miriam Toews.

**National Canadian Film Day**  
April 20, 6:30 p.m. to 8:30 p.m., the Rosa M. Harvey Middleton & Area Library invites you to celebrate National Canadian Film Day with a free screening of Canadian film "New Waterford Girl."

**Story time**  
April 20, 9:45 a.m. to 10:15 a.m., the Berwick Library invites you to share the fun and adventure of reading with your preschooler. Enjoy rhymes, songs, and books with other children and caretakers. Free.

**National Canadian Film Day**  
April 20, 2 p.m. to 4 p.m., the Lawrencetown - Dr. Frank W. Morse Memorial Library invites you to celebrate National Canadian Film Day with a free screening of Canadian "One Week."

**Autism meeting**  
April 21, 6:30 p.m. to 8:30 p.m., Outside the Box is the regular monthly support group for families and friends of adults with disabilities, held at the Valley Autism Centre 565 Main Street, Kingston.

**Tremont board game café**  
April 21, 7 p.m. to 9:30 p.m. (every first and third Thursday) at the Tremont Hall, 738 Tremont Mountain Road. Many of the newest and coolest games, in a friendly and relaxed environment. Cost is free. 902-765-4326.

**Coffee & Conversation**  
April 22, 10 a.m. to 11:30 a.m., the Berwick Library conversation starter this month is led by Wayne Groszko, Ph.D., from the Nova Scotia Community College Faculty of Energy, on sustainability engineering technology.

Join us at for coffee, tea and conversation with neighbours. With questions or suggestions please call 902-538-4030.

**Organ concert**  
April 22, 7:30 p.m., the Annapolis Valley Centre Royal Canadian College of Organists presents Sacred, Secular and Silly XII: a concert in support of its Organ Scholarship Fund, featuring Valley singers and instrumentalists; at the Inglewood United Baptist Church, 309 Bay Road, Bridgetown, A freewill offering will be taken. Last year's scholarship winners were Charlotte Peng (Wolfville) and Johanna Goldenberg (Middleton). For information on applying for a scholarship, contact Maureen MacLean (902-825-3387) before May 1.

**At CentreStage Theatre**  
Who doesn't dream about escaping from their dreary existence by running away to an exotic location? Following the First World War, four very different English women rent a remote castle in Tuscany and try to come to grips with their lives and relationships. It's April in Italy and anything can happen...even love! Enchanted April runs April 22, 23, 29, 30, May 6, 7, 8 (2 p.m.), 13, 14, 15m (2 p.m.), 20, 21, 27, 28; 7:30 p.m. Tickets \$15/ \$12 (902-678-8040 for reservations). [www.centrestagetheatre.ca](http://www.centrestagetheatre.ca).

**Concert**  
April 23, 8 p.m., the Evergreen Theatre (1941 Stronach Mountain Road, Margaretsville) presents the Red Moon Road Band, a trio incorporating three-part harmonies, a roots drum kit split between two band members and an acoustic guitar (rigged to also be a bass). A moustached man

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Entry deadline:  
Noon, April 21, 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. 902-765-2415 belongs to who?

2. Dr. Tami Parks owns what?

3. Who has U-VINT?

4. 8 • 10 • 12 yards refers to what?

5. Who's in the REMAX Hall of Fame?

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**Supper**  
April 23, 4:30 p.m. to 7 p.m., the Friends of the Berwick Library host a fundraising evening at the Berwick Lions Hall, Veterans Lane. Dinner at 5 p.m. (spaghetti, Caesar salad, dessert), \$10 adults, \$5 ages 12 or under. Face painting, Mother's Day card making, silent auction, book sale and see the new plans for the new library! Tickets in advance at Wilson's Pharmasave, the Berwick Library; and at the door.

**Yard sale**  
April 23, 8 a.m. to 1 p.m., St. Monica's Catholic Women's League hosts its annual spring

indoor yard sale at the church hall, 37 Connaught Avenue, Middleton. Come browse and find "just what you need" among a wide assortment of items. Proceeds will help charities in our local communities.

**Rug hooking display and tea**  
April 23, 1 p.m. to 4 p.m., the Fundy Rug Hookers will host a rug hooking display and tea at the Wilmot Community Hall, Hwy 1. Freewill offering.

**Variety music show**  
April 23, doors open at 6 p.m. for the 7 p.m. Kingston Lions April variety music show at the Kingston Lions Hall. Cost is \$5 at the door; 50/ 50 tickets on sale, canteen available and wheelchair accessible. Featured local entertainers are Valley Blue, Kristina & Mountainettes, Just For Fun.

**Chase the ace**  
April 23, 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.)

**Trekkers walk**  
April 23, 9:30 a.m., join the Valley Trekkers for a 5 km or 10 km walk in Coldbrook. Meet at Scotian Gold, Hwy 1, Exit 14 off Hwy 101 Coldbrook; for walking at 10 a.m. For information: 902-679-4814.

**Ladies' retreat**  
April 23, 9 a.m. to 6 p.m., "Who Is Your Idol?", at the Aylesford Baptist Church, 2543 Highway 1. Speaker: Sharon Simoneau, Contact: Cheryl, 902-538-8144. All ladies welcome. [www.ladies-retreatministries.org](http://www.ladies-retreatministries.org).

**Cemetery clean-up**  
April 23, from 9 a.m., the annual clean-up of the North Kingston Public Cemetery will be held. Please bring rakes, gloves and

lots of family and friends. Rain date is April 30.

**Barbecue**  
April 23, 10:30 a.m. to 2 p.m., barbecue fundraiser in the NSLC parking lot, Kingston, April is Autism Awareness Month! Please come out to show your support for inclusion and acceptance of those with autism in our community. Contact: Sandy, 902-242-2019 or [annapolisvalley@autismns.ca](mailto:annapolisvalley@autismns.ca).

**Rummage sale**  
April 23, 9 a.m. to noon, the Nictaux Christian Family Centre hosts a rummage sale, with free clothing and complimentary coffee/ muffins.

**Ticket auction & bake sale**  
April 24, 10 a.m. to 4 p.m., there will be a benefit ticket auction and bake sale at the Aylesford fire hall. Free admission. Auction ticket envelopes at various prices. Proceeds for H.A.R.T. cat

and kitten rescue efforts (Port Royal Animal Hospital). Call 902-321-0159 for information, or visit [www.valleyhart.com](http://www.valleyhart.com).

**Card party**  
April 25, 1 p.m., Funds for Fuel bridge party, at the Annapolis Valley Macdonald Museum, 21 School Street, Middleton. \$4 per person. All levels welcome. Light lunch served. Phone 902-825-6116 or check the website [www.macdonaldmuseum.ca](http://www.macdonaldmuseum.ca).

**Retirees AGM, dinner**  
April 25 is the deadline for members and guests of the National Association of Federal Retirees to register for the Annapolis Valley Branch's annual meeting and turkey dinner (11:30 a.m. May 10) at the Kingston Lions Club, 1482 Veterans Lane. Tickets: \$14 per person, or \$10 for members; available from Carolyn/ Bill at [nafr75@gmail.com](mailto:nafr75@gmail.com) or 902-765-8590.

**Luncheon**  
April 26, 11 a.m. to 1 p.m., at the Middleton fire hall, hosted by the Middleton Fireflies. Enjoy your choice of homemade turkey pot-pie (served with coleslaw, cranberry sauce and roll), \$9; split pea and ham soup (and roll), \$8; or corn chowder (and roll), \$8. Dessert is your choice of pineapple angel food cake or "almost" Black Forest cake, served with tea or coffee. For free home or business delivery in Middleton, notify Bonnie at 902-825-3062 by April 25.

**Meeting**  
April 26, 7:30 p.m.: the Annapolis Valley Historical Society meets at the Macdonald Museum, 21 School Street, Middleton. Special guest Edward Wedler will speak on Annapolis Valley Toastmasters. No admission, all are welcome. Call 902-825-6116 or check us out at [www.macdonaldmuseum.ca](http://www.macdonaldmuseum.ca).

# sudoku

solution page 14

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

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

## WORDS

ADAPTIVE	COORDINATION	FOCUSING	MILESTONES	PREFERENCES
ADJUSTMENTS	DIRECTIONALITY	FUNCTION	MODULATION	PROGRESS
AUDITORY	DYSPRAXIA	GROSS	MOTOR	RECEPTIVE
AWARENESS	EQUILIBRIUM	HYPERSENSITIVITY	NEUROLOGICAL	REGULATION
BILATERAL	EXTENSION	INPUT	ORIENTATION	RESPONSE
COCONTRACTION	FINE	INTEGRATION	PERCEPTION	SKILLS
CONSTANCY	FIXATION	MIDLINE	POSTURAL	

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# horoscopes

April 17 - April 23

**ARIES - Mar 21/Apr 20**  
Aries, now is time to channel your energy in a creative way to inspire others. You can achieve great things when you work with others as a cohesive team.

**TAURUS - Apr 21/May 21**  
Taurus, there is time for fun and there is time to get serious, and you may have difficulty distinguishing between the two. Find someone who can guide you.

**GEMINI - May 22/June 21**  
Gemini, share your insight on a project if you have ideas on a different approach. If you keep your thoughts bottled up, frustration can fester and aggravate you.

**CANCER - June 22/July 22**  
You need to take an intellectual approach to handling some trouble that has come your way. Thinking rationally can help you, as can taking time to find the best solution.

**LEO - July 23/Aug 23**  
Leo, let someone else take over the reins this week. You can use a break and this is a good chance to see what others around you are capable of accomplishing.

**VIRGO - Aug 24/Sept 22**  
Consider a new approach to personal interactions, Virgo. By being more open to others' opinions, you may get to see another side of the equation. It's important to be receptive.

**LIBRA - Sept 23/Oct 23**  
Libra, do something spontaneous instead of weighing all of the options this time around. It's good to be act on instinct once in a while. This could be just what you need.

**SCORPIO - Oct 24/Nov 22**  
Scorpio, a disagreement could quickly boil over if you are not around to put out the flame. You thrive as a mediator, as many people look up to you and trust your opinions.

**SAGITTARIUS - Nov 23/Dec 21**  
Sagittarius, spending too much time indoors is not good for you. Try to get out and socialize a bit more this week, taking in some new sights while you're at it.

**CAPRICORN - Dec 22/Jan 20**  
Capricorn, you can see what you want to achieve just hovering in the distance, but right now you do not have the means to get there. A little patience is warranted.

**AQUARIUS - Jan 21/Feb 18**  
Aquarius, the more things have been going your way, the more you feel confident everything will fall in line this week. Just don't get too ahead of yourself.

**PISCES - Feb 19/Mar 20**  
If you want your ideas to be valued, you'll have to speak up a little more, Pisces. Don't be afraid to express confidence in your abilities.

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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](mailto:auroraneews@ns.aliantzinc.ca) or fax 902-765-1717.

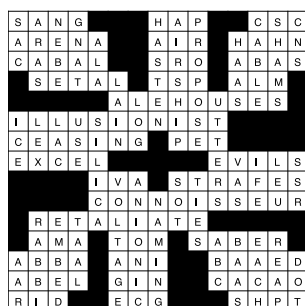
To place a boxed, display ad, contact 902-765-1494 local 5833; email [auroramarketing@ns.aliantzinc.ca](mailto:auroramarketing@ns.aliantzinc.ca).

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

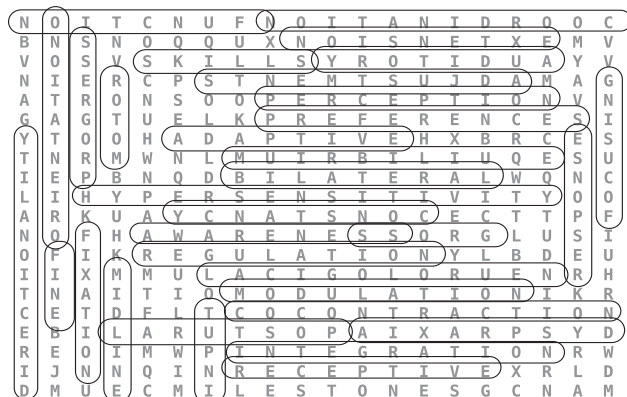
Les annonces classées doivent être réservées et payées à l'avance avant 10 h, le jeudi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, 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](mailto: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](mailto:auroramarketing@ns.aliantzinc.ca).

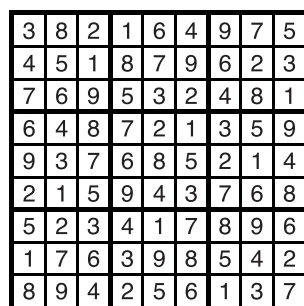
## crossword solution



## patrick's puzzle



## sudoku solution



## APARTMENT FOR RENT

**FOR RENT** – Kingston – Kira Place, \$1,100/month, two bedroom unit in secure building, fridge, stove, washer, dryer, dishwasher, microwave, in-floor heat, heat pump, non smoking unit, garage included. Please call 902-765-6312 or visit our website at [www.parsonsinvestments.ca](http://www.parsonsinvestments.ca) (3714-ufn)

**FOR RENT** – Middleton – 492 Main Street, Middleton, \$700/month, utilities included, quiet building, coin operated laundry, rental application required. Please call 902-765-6312 or visit our website at [www.parsonsinvestments.ca](http://www.parsonsinvestments.ca) (3714-ufn)

**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. (3715-4tp)

**FOR RENT** – Middleton – 28 Taylor Drive, \$600/month, heat and cold/hot water included, coin operated laundry, storage area, quiet building. Rental

application required. Please call 902-765-6312 or visit our website at [www.parsonsinvestments.ca](http://www.parsonsinvestments.ca) (3714-ufn)

**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** – Large two-bedroom apartment (top level of a 2 level duplex) behind Paragon in Kingston. Quiet area with large yard and shed. Includes fridge, stove, washer/ dryer, snow removal, and lawn care. \$625/month. No smoking and references required. Available May 1st. Preferred quiet person/ couple. Contact 902-804-0214 for more info or to view. (3713-ufnb)

**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 902-765-1898 or write joeben699@gmail.com. (3711-ufn)

**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** – 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 SALE

**FOR SALE** – FIREWOOD – 8' foot lengths of hardwood. Minimum 8 cord delivery. Please call 902-825-3949. (3715-2tpb)

## HELP WANTED

**HELP WANTED** – hairstylist – Cathy and Company Hair Studio is now looking to hire one experienced hairstylist to join our team in Kingston. Wages negotiable. Call 902.242.2887 or 902-760-3327 or email [cathyandcompanyhairstudio@gmail.com](mailto:cathyandcompanyhairstudio@gmail.com) or text 902-760-3327. (3713-ufnb)

**HELP WANTED** – BUILDING SUPERINTENDENT – For the part-time position of superintendent in Kingston. Must present a professional & friendly

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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)

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## Macdonald Museum seeks photos of Annapolis schools

The Annapolis Valley Macdonald Museum in Middleton is looking for photos of school buildings in Annapolis County.

The museum is currently organizing its summer exhibit on area schools, and would like anyone willing to loan and/ or donate photos of school buildings to contact 902-825-6116 or macdonald.museum@ns.sympatico.ca. Photos of school buildings past and present may be emailed or scanned here at the museum and immediately returned to the loaner/ donor. The photos will be used in the summer exhibit, and may be put into the library for local

research should copies be donated to the museum.

Annapolis Valley Historical Society member Al Peppard is working on another project to gather photos of all the schools in the area whose pupils went on to attend Middleton (Rural) Regional High School when it opened in 1949. These schools included: Bloomington, Brickton, Brooklyn, East Inglisville, Forest Glade, Margaretsville East, Margaretsville West, Meadowvale, Melvern Square, Mosher's Corner, Mount Hanley, Nictaux, Nictaux Falls, North Albany, North Williamston,

Port George, Prince Albert, Spa Springs, South Farmington, South Williamston, Torbrook, Torbrook Mines, Victoria Vale, Wilmot and Brooklyn East. The photos will be put on display at the high school, and may also be added to the museum's exhibit and library with the donor's permission. Photos of schools which no longer exist, or information on the location of such schools, along with the locations of school buildings still standing in one form or another, would be much appreciated. Peppard may be contacted at a.k.peppard@eastlink.ca.

## Bookmobile schedule – April

### Wednesday, April 20

Maitland Bridge 10:15 a.m. to 11:15 a.m.

Cornwallis Park 1 p.m. to 2 p.m.

Bear River 2:30 p.m. to 5 p.m.

### Friday - 22 April

East Dalhousie 10:30 a.m. to 11:30 a.m.

Springfield 12:45 p.m. to 2 p.m.

### Thursday - 28 April

Black River 10 a.m. to 11 a.m.

Morden 11:30 a.m. to 12:15 p.m.

Torbrook Mines 1:30 p.m. to 2:30 p.m.

Nictaux 2:45 p.m. to 3:30 p.m.



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### for more information please contact

Nemanya Petrovic  
902-765-1494 ext 5810  
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# Talk, share, learn about stigma May 6

“Hearing the Silence” is a community conversation about stigma, set to take place May 6 in Kingston. Sponsored by the Kingston Greenwood Mental Health Association, a not-for-profit, bilingual organization, the goal of the association is to provide mental health training courses and stigma reduction initiatives.

Seven million Canadians will experience a mental illness this year. Stigma prevents two-thirds of those affected by mental illness from seeking help. Mental health stigma is pervasive in society. Together, we can change this picture. By exploring our attitudes and opening our minds to stigma, we can begin to hear the silence.

Speakers, lunch and facilitated conversations are planned for May 6 during Mental Health Awareness Week, at the Kingston Lions Hall, 10 a.m. to 3:30 p.m.

This event is open to the public. To register, contact [dwyerdj@ns.sympatico.ca](mailto:dwyerdj@ns.sympatico.ca) by April 29.

# Lodge looks ahead after 109 years in Berwick

**Julia Cox, Secretary,  
St. Eudora Rebekah  
Lodge #43**

The officers and members of St. Eudora Rebekah Lodge would like to inform the public any rumours you may have heard the lodge is moving or closing are unfounded.

St. Eudora has been in the Town of Berwick since 1907, and in the hall at 149 Cottage Street since 1965. Nothing has changed. We are the oldest organization in Berwick - and plan to be around for some time yet! All activities at the lodge continue as before. We thank all who have supported us over the years, and hope you continue to support us in the future.

The hall at 149 Cottage Street is available for rentals for functions or group activities. Lodge members also cater breakfast meetings, lunches or supper banquets for groups of up to 60 or 70 guests. For information, contact Julia, 902-538-7762 or 902-670-1827; or Marjorie, 902-538-8230. All proceeds from fundraising goes to charity. No member receives any pay for their work - we are all volunteers on behalf of the lodge and wider community. And, many friends help lodge members with this work: we thank those who are not members but often assist with these functions.

To learn more about the

friendship, programs and good work St. Eudora and the lodge fosters, or more about the Rebekahs or IOOF, please get in touch.

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Fri 22: Happy Hour 4pm - 6pm  
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Sat 23: Brunch 11am - 3pm  
8pm Travis Hatcher

Sun 24: Brunch 11am - 3pm

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