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Uniform, organization demands much of members

**Sara Keddy,
14 Wing Public Affairs**

Recognizing the excellence of the Royal Canadian Armed Forces' personnel is easy; backing them up with organizational excellence is command's top priority.

Canadian Armed Forces Chief Warrant Officer Kevin West visited 14 Wing Greenwood March 2, hosting several meetings with non-commissioned members at all ranks.

"Top priority – it's you," he told junior ranks in a morning town hall. "You are the non-commissioned membership core of the future: who in this room is going to be standing here giving this spiel 20 years from now?"

West acknowledged the demands of work within the RCAF: "ops tempo is high, and that's the reality of the world now. This is normal, and we won't stay this way long – we'll ramp up again."

When, where and for what reason,

RCAF command don't know. In the meantime, it's focusing attention internally: where will people come from to do the work, how will they be trained – and how fast can they gain experience, and what do they need?

"We're now working on institutional excellence – all the pieces that enable you to do your job: pay, housing, pension, policy. That's all critical. If we don't have the backend – the support that makes the mission happen, we fail.

"Some of our policies we have were written in the 1970s. That's not the way we train and fight today."

Months of down-time between leaving the forces and receiving a first pension check, move cost issues, the opportunity to work without postings or on flexible employment terms are all on the table.

"We need to take risks, we need to do what's right," West said, "and we can control this. We can't blame

Continued on page 2...



Canadian Armed Forces Chief Warrant Officer Kevin West, left, with 14 Wing Greenwood Chief Warrant Officer Luc Emond: the men led a series of meetings and town halls with Non-Commissioned Members at the base on West's March 2 tour.

S. Keddy

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Le coin du commandant de l’Escadre

Le rythme opérationnel de la 14e Escadre Greenwood continue d’être très élevé. L’adjutant-chef d’escadre Emond et moi vous sommes très reconnaissants des efforts déployés à tous les niveaux afin de nous assurer que la 14e Escadre s’acquitte de toutes ses tâches, y compris la recherche et le sauvetage, le soutien à l’opération IMPACT, les services de déneigement et déglacage, le soutien logistique et administratif et l’engagement envers l’instruction et l’élaboration de nouveaux programmes et services – pour les militaires et leurs familles.

En gardant tout cela à l’esprit, l’année 2017 sera assurément une année extraordinaire! Cette année marque en effet le 75e anniversaire de la BFC Greenwood à titre de station d’aviation. En mars 1942, le terrain d’aviation a entrepris ses opérations dans le cadre du Plan d’entraînement aérien du Commonwealth britannique, et le Canada a commencé à apporter sa contribution aux missions de la Deuxième

Guerre mondiale. Au cours des années suivantes, l’ARC a fait avancer les capacités aériennes du Canada et a contribué à des développements importants sur le plan régional, national et international, notamment des opérations militaires, des opérations de recherche et de sauvetage, de l’aide en cas de catastrophe et des opérations de protection de notre territoire et de nos frontières maritimes.

Le Musée de l’aviation militaire de Greenwood a pour mandat de conserver tous ces événements. Greenwood a la chance d’avoir eu un état-major professionnel et déterminé et une solide équipe de bénévoles qui ont monté la salle d’exposition de notre musée à l’entrée principale de la base. Le parc aérien s’améliore chaque année grâce aux nouveaux aéronefs, à l’équipement et aux efforts de restauration. L’intérieur du musée présente notre patrimoine, mais fait également ressortir les opérations courantes, les technologies et le personnel qui rend tout cela

possible. En 2017, nous aurons plusieurs possibilités de célébrer les 75 ans ici à Greenwood, et nous célébrerons également le 150e anniversaire du Canada avec le spectacle aérien international de l’Atlantique qui aura lieu les 26 et 27 août. Pour obtenir des renseignements supplémentaires, consultez le site airshowatlantic.ca.

Je pense que tout le monde est d’accord pour dire que le carnaval d’hiver de cette année fut remarquable. Merci et bravo au capitaine Denman et au sergent Drohobycky, ainsi qu’à toute l’équipe de bénévoles, qui ont passé de nombreuses heures à organiser et à mettre en œuvre toutes les activités. Cette mini-pause annuelle en février représente toujours une occasion pour nos unités et nos escadrons de rivaliser quelque peu – ou beaucoup – et cette année n’a pas fait exception. Que ce soit sur la glace, dans la piscine ou au concours de synchronisation labiale (lip sync), les participants de la 14e Escadre sont vraiment passés au niveau suivant! Nous espérons que

vous avez tous aimé les activités et, si vous avez manqué le concours de lip sync et la danse, assurez-vous de les inscrire à votre calendrier de l’an prochain; vous vous amuserez énormément!

Nous prenons acte du passé pour bâtir l’avenir de l’ARC – Février est le Mois de l’histoire des Noirs et le 8 mars est la Journée internationale de la femme. Ces initiatives sont largement connues, mais elles ont également de la valeur dans le milieu de travail de la 14e Escadre et dans l’ensemble de l’ARC. La diversité est une force : un vaste éventail d’idées, d’énergie, d’expérience et de points de vue nous aident à nous entraîner afin d’être la meilleure force aérienne possible, de relever les difficultés et d’assurer la réussite.

Le respect va au-delà de la diversité, comme nous le savons très bien grâce au mandat de l’opération HONOUR. Le respect continue d’être une priorité pour le chef Emond et moi-même; nous désirons que tous les membres de l’équipe de la

14e Escadre soient valorisés et traités avec professionnalisme et qu’ils puissent déployer tous leurs efforts dans le cadre des missions qui leur sont confiées chaque jour, au pays et pendant les déploiements. Chaque personne a le droit de se sentir en sécurité et respecté au travail et à la maison; nous avons un travail important à réaliser et nous ne pouvons tout simplement pas nous permettre de travailler dans un environnement hostile qui empêche les personnes de faire de leur mieux. J’invite les personnes qui n’ont pas suivi la formation à l’intention des témoins d’incidents ou sur l’analyse comparative entre les sexes+ à trouver du temps pour y participer.

Enfin, l’adjuc Ere et moi remercions chacun de vous pour le travail que vous accomplissez chaque jour à l’appui des opérations SAR et du déploiement de l’opération IMPACT, en plus des difficultés liées au fonctionnement de l’une des escadres de l’ARC les plus occupées que vous relevez chaque jour. Ce n’est pas une tâche facile, et nous sommes extrêmement fiers des efforts consentis par chacun de vous. Cependant, en tentant de faire avancer les choses, il arrive parfois que nous nous en demandions un peu trop et que nous fassions des erreurs que nous n’aurions pas laissé passer autrement. Nous travaillons tous trop fort; nous ne voulons pas faire les choses à deux reprises, et la dernière chose que nous souhaitons c’est qu’un superviseur nous surveille de très près pendant que nous accomplissons une tâche. L’adjuc Ere et moi aimerions que vous mettiez en application la devise « Bien faire les choses dès la première fois ». Nous invitons chacun de vous à prendre une minute supplémentaire avant de commencer, ou en terminant, une tâche afin de vous assurer que tout est en ordre. Il faudra peut-être un peu plus de temps pour terminer la tâche qui vous a été confiée, mais votre environnement sera plus sécuritaire et l’escadre sera plus efficace.

Unis dans l’action

Wing Commander’s Corner

The operational pace at 14 Wing Greenwood continues to be very high. Chief Warrant Officer Emond and I very much appreciate the efforts made at every level to ensure 14 Wing meets all its missions, including search and rescue, support to Operation Impact, maintaining snow and ice clearing, logistical and administrative support and the commitment to training and development of new programs and services – for military members and their families.

With that all in mind, what a great year 2017 will be. This year marks the 75th anniversary of CFB Greenwood as a flying station. In March 1942, the airfield opened as part of the British Commonwealth Air Training Plan, and Canada began its aviation contribution to Second World War missions. In the years since, the RCAF has advanced Canadian aviation capabilities, and contributed to significant regional, national and international developments. That includes military operations, search and rescue, disaster

assistance and security of our land and sea frontiers. Capturing all of this is the mandate of the Greenwood Military Aviation Museum. Greenwood is fortunate to have had professional and committed staff, and a robust team of volunteers, building our museum into the showpiece we see at the main entrance to the base. The air park is better every year, with new aircraft, equipment and restoration efforts. Inside the museum, displays capture our heritage, but also highlight current operations, technologies and the personnel who make it all happen. While we will take many

opportunities through 2017 to celebrate our shared 75 years here in Greenwood, we will also celebrate Canada’s 150th year with the staging of the Atlantic Canada International Air Show here August 26 and 27. For more information, visit airshowatlantic.ca.

I think everyone will agree this year’s Winter Carnival was truly outstanding. Thanks and kudos to Captain Denman and Sergeant Drohobycky and the entire committee of volunteers, who spent several months organizing and running all the events. This annual February “mini-break” is always a great chance to

foster a little – or a lot – of inter-section rivalry between our units and squadrons, and this year was no exception. Whether on the ice, in the pool or in the lip sync, the folks of 14 Wing really took it to the next level! We hope everyone enjoyed events and, if you missed the lip sync and the dance, make sure you pencil them on your calendars for next year, because you missed a great time!

We are building on history for the future of the RCAF – February marks Black History Month, and March 8 was International Women’s Day. These initiatives apply widely, but also have a respected place in the work environment we have here at 14 Wing, and throughout the RCAF. Diversity is strength: an array of ideas, energy, experience and perspective helps us train to be the best possible Air Force, meet challenges and ensure success.

Respect extends beyond diversity, as we are all very much aware of with the mandate of Operation Honour. It

continues to be a high priority for Chief Emond and myself that all members of our 14 Wing team are valued, treated professionally and able to put their best effort into the mission we are responsible for every day, here at home and on our deployments. Every individual deserves to feel safe and respected at work and at home; we have an important job to do, and we simply can’t afford to have a caustic environment that prevents anyone from doing their best. For those who haven’t completed the bystander training, or the Gender Based Analysis+, please find time to get it done. Finally, the WCWO and I truly appreciate the work everyone on the wing puts in on a daily basis supporting SAR ops and the Op Impact deployment, on top of the day-to-day challenges of running one of the RCAF’s busiest wings. It

Operate as One

the Aurora

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Useful links | Liens utiles

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

Community Gateway Site
Site du portail communautaire des Forces canadiennes
www.cafconnection.ca

14 Wing Greenwood Site
Site de la 14e Escadre Greenwood
www.airforce.forces.gc.ca/en/14-wing/index.page

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

National Defence and the Canadian Forces
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www.forces.gc.ca

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

Recruiting | Recrutement
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VPI | VPI
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Uniform...

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someone else. We have a lot of work to do, and we can’t stop moving.”

The idea of treating individuals within a uniformed organization as people or family members, from the day they “walk into a recruiting centre, ‘til they day they die,” West said, requires the organization to transition just as much as it asks its members to.

“We tell you when to eat, where to stand – we socialize you through a whole career; then, at the end, we hand you your card and say ‘Thank you very much.’ There is a lot of work to be done here, and we have to want to do it.”

Why, he asked?

Because “every day you go to work and stand for what is on your left shoulder: the Canadian flag. That makes us different – not better, but different. And that puts pressures on every one of you and your families.”

Being able to live up to the standard of “bearing the profession of arms” is a high demand, West said, but also the Canadian Armed Forces’ strength.

“If you wear the uniform, respect it and the family who does. That means ethical behaviour. There are people pulling at the threads of that flag and your uniform every day, and we can’t afford to have people doing stupid stuff and mistreating other people. I want you to do your job and do it well and remember, as soon as you put a uniform on, you’re a leader – one, of yourself.”

Canadian Forces Chief Warrant Officer Kevin West, centre, is updated on the newest capabilities and systems of the Block III CP140 by Captain David Prangley, right, along with Squadron Chief Warrant Officer Craig Chislett.

Corporal D. Kirkwood, 405 Squadron Imaging

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Aviator Michael McNutt (centre) February 1 received his propeller, denoting Aviator-Trained, from Lieutenant-Colonel Sean Duggan, commanding officer of 14 Air Maintenance Squadron (left) and Squadron Chief Warrant Officer Roddy Chittick.



Aviator David Wallace (centre) February 1 received the 14 Air Maintenance Squadron Stinger of the Quarter award, for the final quarter of 2016, from Lieutenant-Colonel Sean Duggan, commanding officer of 14 Air Maintenance Squadron (left) and Squadron Chief Warrant Officer Roddy Chittick.



405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond (left), March 1 presented Captain Vincent Doucette (centre) the General Campaign Star – Expedition, with Master Warrant Officer Brian Nelson in attendance. Corporal D. Kirkwood, 405 Squadron Imaging



Corporal Wiley Keenan (centre) February 1 received his promotion to current rank from Lieutenant-Colonel Sean Duggan, commanding officer of 14 Air Maintenance Squadron (left) and Squadron Chief Warrant Officer Roddy Chittick.



Captain Colin Strong (centre) receives his four-month accelerated promotion; Lieutenant-Colonel Sean Duggan, commanding officer of 14 Air Maintenance Squadron (left), with Master Warrant Officer Ian Wallace, presented Strong with his new rank.



405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond (left), March 1 presented Captain Bruce Jarvis (centre) the General Campaign Star – Expedition, with Master Warrant Officer Brian Nelson in attendance. Corporal D. Kirkwood, 405 Squadron Imaging



Corporal Luc Trottier (centre) February 1 received his promotion to current rank from Lieutenant-Colonel Sean Duggan, commanding officer of 14 Air Maintenance Squadron (left) and Squadron Chief Warrant Officer Roddy Chittick.



405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond (left) February 20 presented Captain Patrick Dornan (centre) a Canadian Joint Operations Command (CJOC) Commanding Officer's Commendation for his exceptional service in Kuwait from June to December 2015. Squadron Chief Warrant Officer Craig Chislett was also in attendance. Sergeant M. Carreira, 405 Squadron IT



405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond (left), March 1 presented Sergeant Stan Millar (centre) the General Campaign Star – Expedition, with Master Warrant Officer Brian Nelson in attendance. Corporal D. Kirkwood, 405 Squadron Imaging



405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond (left), March 1 presented Master Corporal Ulrich Reiner (centre) the General Campaign Star – Expedition, with Master Warrant Officer Brian Nelson in attendance. Corporal D. Kirkwood, 405 Squadron Imaging

Three calls, three days for SAR crews

In the span of three days, 14 Wing Greenwood's search and rescue crews were out on calls in the region.

March 2, 413 (Transport

and Rescue) Squadron responded to a medevac call in St. Anthony, Newfoundland with the launch of Cormorant helicopter R344 at 5:40 p.m.,

picking up medical personnel in St. John's prior to reaching the patient. The aircraft returned to 14 Wing March 3 at 3:19 a.m.



SAR on show

Captain Stephen MacFadgen, right, represented 413 (Transport and Rescue) Squadron February 9 to 12 at a Halifax International Boat Show table, shared with Coast Guard reps; sharing safety information, particularly about spot beacons and emergency position-indicating radiobeacon stations (EPIRBs), and meeting some of the folks who both work and play on the waters of the East Coast to explain what kind of SAR assets are in the region, and what they can do.

Submitted

March 5, R344 was again tasked in response to a 65-foot vessel, the Northern Provider, located 150 nautical miles northeast of St. John's, Newfoundland and Labrador, with five people on board. The boat called in a mayday for possible capsizing in severe weather: 60-knot winds and seven- to eight-metre waves. R344 worked with a number of other resources tasked, including Canadian Coast Guard ships Cygnus and Edward Cornwallis, the fishing vessel Mersey Phoenix, and both a CC130 Hercules from 14 Wing Greenwood and a CH149 Cormorant from 9 Wing Gander. In addition, the CCGS George R. Pearkes was also tasked due to possible ice conditions. Greenwood's Cormorant arrived on scene, evacuated all five crew members by hoist and transported them to Gander. The helicopter returned home at 12:30 p.m., while all other assets were stood down.

As Greenwood's Hercules was returning home, it was re-tasked by the Joint Rescue Coordination Centre in Halifax to provide "eyes on scene" on the T.N.T Voyager, 178 nautical miles northeast of St. John's. The Voyageur, a vessel engaged in a seal hunt with six people on board, requested assistance due to weather and low provi-

sions, including fuel. Coast Guard ships Cornwallis and Cygnus were also re-tasked; along with the Mersey Phoenix, and the fishing vessel Irish Connection was able to provide assistance until the tasked marine assets arrive on scene. The Voyager was no longer in distress, and the CC130 was also stood down to return to base.



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Wings a symbol of work to come

Sara Keddy,
14 Wing Public Affairs

While March 2 marked a milestone for Corporal Chris Neufeld, 14 Wing Commander Colonel Pat Thauberger was quick to point out the responsibility that lies ahead. Neufeld was presented with his wings as a new member of the Royal Canadian Air Force's flight engineer cadre in a ceremony at the Annapolis Mess. While he joined the RCAF in 2006 as an aviation systems technician and spent six years working at 14 Air Maintenance Squadron at 14 Wing Greenwood , it wasn't until 2016 he decided to seek an occupational transfer and train as a flight engineer. He passed later that year and has since been posted to 407 (Long Range Patrol) Squadron, where he and his family



14 Wing Commander Colonel Pat Thauberger (left) presented Corporal Christopher Neufeld with his Flight Engineer wings March 2 in the Annapolis Mess.

Corporal C. Roche, 404 Squadron, Courseware Development

will shortly relocate. “Congratulations – this is your day,” Thauberger told Neufeld. “Anyone here wearing wings remembers distinctly the day they got them. Be very proud of what you’ve achieved. It’s not just the culmination of a training course, it’s the years of effort and preparation and diligent study as an ANV tech you’ve already done.” Thauberger cautioned

Neufeld on the challenges ahead. “We make flying as safe as we possibly can, but it’s not without risk. We mitigate that with rigorous training, and a flight engineer is at the forefront – the one the pilots through to the tactical crew in the back rely on to tell them what the aircraft is doing. You’re responsible, you’ve proven you can do it. Now, continue.”

March is Nutrition Month – yum!

Canada’s Nutrition Month 2017 public campaign is dedicated to supporting Canadians in stopping their struggles with food. The slogan for the campaign is “Take the fight out of food! Spot the problem. Get the facts. Seek support.” Nutrition Month is brought to you by Dietitians of Canada and thousands of dietitians across the country, in collaboration with campaign sponsors. Food Fads: ugh! How do you know which information to trust? If you are trying to find credible information about nutrition, try this three-step approach: *Spot the problem* - Just having that awareness there is a great deal of information online is the first step. Remember: you can't trust everything you find. *Get the facts* - Being able to separate food facts from fiction. On the Dietitians of Canada website, you can determine if the facts you read online are accurate. You need to read websites carefully and ask yourself these questions: is the website promising a quick fix or a miracle cure? Do I have reasons to mistrust the person, organization or company that runs the website? Are they trying to sell me something instead of educating me on how to make better food choices? Visit NutritionMonth2017.ca. Are website writers unqualified to be giving me nutrition information? • Do they have facts that sound too good to be true? • Does the information come from personal opinions rather than scientific evidence? Is the content

Nutrition and healthy living focussed courses on offer at 14 Wing Greenwood through March include: *Top Fuel for Top Performance* - March 16 and 17, 8:30 a.m. to 3:30 p.m. day one and 8:30 a.m. to noon day two. Learn about exercise nutrition and sport supplements. *Inter-Comm* - March 23 and 24, 8:30 a.m. to 3:30 p.m. day one and 8:30 a.m. to noon day two. Learn how to communicate and manage conflict in your personal relationships. *Dietary and Sports Supplements* – March 30, 1:30 p.m. to 3 p.m. *Weight Wellness Lifestyle Program* (once a week for seven sessions) - every Wednesday, 1 p.m. to 3:30 p.m., March 15 to April 26 *Alcohol, other Drugs Gambling and Gaming* (MITE Code) - April 6 and 7, or May 4 and 5, 8:30 a.m. to 3:30 p.m. day one and 8:30 a.m. to noon day two. All courses are located at the gym except Inter-Comm, located at the GMFRC. All courses are free and open to military members and their family. NPF and DND employees are also welcome. For more information on nutrition month or to register for any of our upcoming programs, contact the Health Promotion office at 902-765-1494 local 5388 or 5389.

missing reviews or verification by medical experts? Are the website claims based on a single study that may draw the wrong conclusion? If you answer “yes” to most of these questions, it means some of the facts you read are not reliable. Be careful if a product claims a long list of conditions it “cures.” Nothing is a cure-all for everything. Words that raise a red flag include “detoxify,” “purify,” “cleanse” and “miracle.” Investigate! Don't accept nutrition information online without checking who wrote it, and if it's based on science. Find a dietitian in your area at dietitians.ca/find.

Colin Fraser
Member of Parliament - West Nova
Député - Nova-Ouest
Colin.Fraser@parl.gc.ca
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Learning and Career Centre computer courses

Spaces are available on the following computer courses at 14 Wing Greenwood’s Learning and Career Centre. Courses are open to military members and civilian employees. If you are interested, register with your unit training coordinator. For I.T. Shorts, please send registrations directly to +14 Wg LCC@Greenwood.

COMPUTER SKILL COURSE	DATE & TIME	COURSE CODE/SESSION #
Word Level 1	April 4 • 8:30 a.m. to 4 p.m.	300066 / 0512
Excel Level 1	April 6 • 8:30 a.m. to 4 p.m.	300139 / 0784
Word Level 2	April 11 • 8:30 a.m. to 4 p.m.	300097 / 0360
I.T. Shorts – Excel Spread Sheets	April 12 • 10 a.m. to 11:30 a.m.	
PowerPoint Level 1	April 19 • 8:30 a.m. to 4 p.m.	300128 / 0446
Excel Level 2	April 20 • 8:30 a.m. to 4 p.m.	300111 / 0509
Word Level 3	April 25 • 8:30 a.m. to 4 p.m.	300140 / 0184
Excel Level 3	April 27 • 8:30 a.m. to 4 p.m.	300065 / 0244
PowerPoint Level 1	May 2 • 8:30 a.m. to 4 p.m.	300128 / 0447
Access Level 1	May 4 • 8:30 a.m. to 4 p.m.	300129 / 0412
PowerPoint Level 2	May 10 • 8:30 a.m. to 4 p.m.	300113 / 0367
Word Level 1	May 11 • 8:30 a.m. to 4 p.m.	300066 / 0514
Access Level 1	May 16 • 8:30 a.m. to 4 p.m.	300129 / 0413
I.T. Shorts – Tabs in Word	May 17 • 10 a.m. to 11:30 a.m.	
Outlook level 1	May 18 • 9 a.m. to noon	300201 / 0186
Word Level 1	May 30 • 8:30 a.m. to 4 p.m.	300066 / 0513
Access Level 2	May 31 • 8:30 a.m. to 4 p.m.	300156 / 0351
Word Level 2	June 6 • 8:30 a.m. to 4 p.m.	300097 / 0361
Excel Level 1	June 8 • 8:30 a.m. to 4 p.m.	300139 / 0785
Access Level 1	June 13 • 8:30 a.m. to 4 p.m.	300068 / 0170
Excel Level 2	June 14 • 8:30 a.m. to 4 p.m.	300111 / 0510
Word Level 3	June 15 • 8:30 a.m. to 4 p.m.	300140 / 0185
Excel Level 3	June 20 • 8:30 a.m. to 4 p.m.	300065 / 0245
I.T. Shorts – Creating Master Slides in PowerPoint	June 22 • 10 a.m. to 11:30 a.m.	

Vienna Boys Choir at Acadia March 18

The Acadia Performing Arts Series is pleased to present the Vienna Boys Choir March 18 at 7:30 p.m. at Convocation Hall in Wolfville. This is the only Nova Scotia performance on the current tour for this world-renowned choral ensemble. Boys have been singing at Vienna’s Imperial Chapel since 1296. In 1498, Maximilian I moved his court to Vienna and instructed there were to be six singing boys among his musicians. This marked the foundation of what is known today as the Vienna Boys Choir. There

are currently 100 choristers between the ages of nine and 14, divided into four touring choirs. They give around 300 concerts each year, attended by almost half a million spectators around the world. Oliver Stech was appointed choirmaster of the Vienna Boys’ Choir in 2011. He has since led his choir in numerous concerts, and on tours of Austria, Canada, Croatia, the Czech Republic, Italy, Japan, Slovakia, South America, Spain, Switzerland, and the U.S.A. Of course, the program contains Vivaldi and Mozart and Schubert - but are

you ready for music from Sister Act and Singin’ in the Rain? For full details on the program, visit artsacadia.acadiau.ca/acadia-performing-arts-series.html. Tickets are \$50 for adults, or \$30

for students. For information or to buy tickets, visit the Acadia University Box Office in person, by phone at 902-542-5500 or 1-800-542-TICK(8425); or online at boxoffice.acadiau.ca.

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Lacrosse registration events tee up Valley Thunder season

Valley Thunder Lacrosse is getting set for its ninth season of youth lacrosse programming, based out of the Kingston and Berwick rinks. Youth ages five to 18 are welcome to register for team play, from Mites to Intermediate. Registration events will be held Friday, March 17 at the Kings Mutual Century Centre, Veterans Drive, Berwick, between 6:30 p.m. and 8:30 p.m.; Saturday, April 1, between 1 p.m. and 4 p.m., at the 14 Wing Greenwood Community Centre, Church Street, Greenwood; and April 15 at the Greenwood Mall, between 10 a.m. and noon. The lacrosse season will begin in mid-April, with teams generally practicing twice a week with a game or two on weekends through mid-June. Valley Thunder plays in the Valley league with Kentville and Digby teams; and home-and-away games will also be added with Metro-area club teams. Valley Thunder hosts its own all-ages Apple Cup June 3 and 4. Coaches at all team levels are welcome to join Valley Thunder. Referees are always needed for games and tournaments. For more information about Valley Thunder Lacrosse, visit www.valleylacrosse.ca or email vtlacrosse@eastlink.ca.

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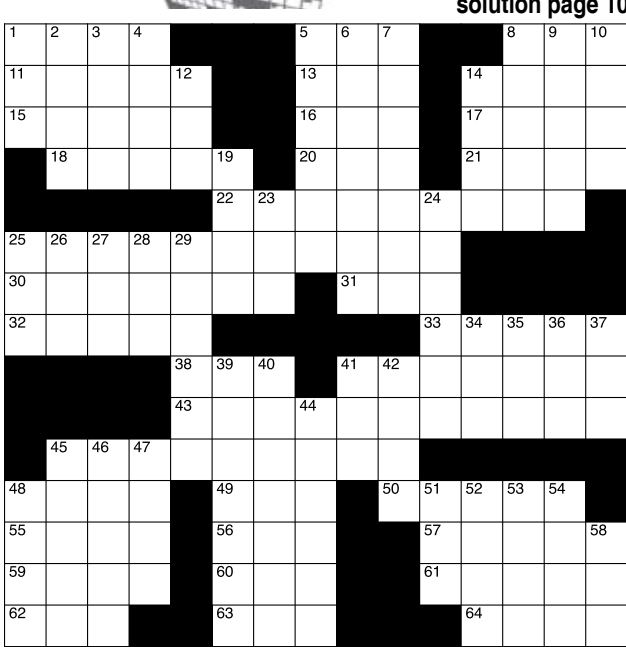
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The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717;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



- ACROSS**
1. Fall down
5. Walmart founder Walton
8. Los Angeles time zone
11. Gallantry
13. Early Supreme Court justice Bartlett
14. One-time governor of Maryland
15. Act of imitating
16. Popular basketballer
17. Round Dutch cheese
18. S. American rodents
20. Comic opera 'Princess'
21. Commodities buyers and sellers (slang)
22. Hovers
25. Having had one's head cut off
30. One-time monetary unit of Greece
31. Not no
32. Beloved Cubs third baseman Ron
33. Shapes
38. Giants signal caller
41. Moves all the way around
42. Babe Ruth retired as one
45. Relinquishing
- DOWN**
4. Native religion in China
49. Not well
50. Fill with high spirits
55. In bed
56. Type of pet
57. Somewhere to go
59. Smaller quantity
60. Ingested
61. Singer and Jacobs are two
62. Anger
63. British rockers ____ Zeppelin
64. Like
1. Polyvinyl acetate
2. Canadian folk musician
3. Evergreen trees and shrubs
4. Meat from a pig (French)
5. Secretion
6. Quality of yielding nothing of value
7. Aquatic mammal
8. Father
9. Protective crusts
10. Caps
12. Handwoven rug
14. Soil-like material
19. Not wide
23. When you aim to get there
- DOWN**
24. Hold molecules
25. Tooth caregiver
26. Amount of time
27. Beverage container
28. Perform
29. Appollo's grandmother
34. Obsolete home entertainment device
35. Serbian mythological demon
36. Bulgarian currency
37. Midway between south and southeast
39. Makes sense
40. A way to single out
41. Criminal (slang)
42. Former Tigers third baseman Brandon
44. Wobbled
45. Singapore's second highest peak
46. Grossly overweight
47. Radioactivity units
48. Famed Spanish painter
51. Internet router algorithm
52. Expression of sorrow or pity
53. Druidic mother goddess
54. Electronic counter-countermeasures
58. Midway between east and southeast

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Girl Guide cookies
Spring is here, and so are the classic chocolate and vanilla sandwich cookies you love! Girl Guide cookies are \$5 a box, and support girl greatness in your community. For your cookie connection, contact Sara, 902-679-6568 or cskeddy@hotmail.ca. We deliver!

Story time
Tuesdays, 10:30 a.m.: enjoy "Under the Story Tree" in the 14 Wing Greenwood Library's Children's Room with Miss Sandra and Miss Amy. Bring your little ones to listen to stories, sing songs and enjoy a craft.

Seniors' club
The Kingston Area Seniors' Association meets the second Wednesday of each month at 10 am. Fun days (cards and games) are every second and fourth Friday at 1 p.m. All at the Kingston Branch 98 Royal Canadian Legion. For info, contact Marlene, 902-765-0088

Community badminton
Tuesday, 6 p.m. to 7 p.m. (middle school age) and 7 p.m. to 8 p.m. (high school age and adult), at Pine Ridge Middle School. Use the rear school entrance, facing the soccer field. Info: recreation@kingstonnovascotia.ca.

Knitting classes
Wednesday afternoons, the 14 Wing Greenwood Library invites anyone interested in learning how to knit, or becoming an advanced knitter, to join in classes at the library. For information, phone the library at 902-765-1494 local 5430.

Basketball
Mondays, 6:30 p.m. to 8:30 p.m., come play free recreational men's

basketball at West Kings High School (back entrance). Contact Glen – recreation@kingstonnovascotia.ca.

Meditation
Mondays, 5 p.m., 699 Vault Road. Learn breathing and other techniques that lead to quiet the mind and generate internal peace. Freewill offering. 902-765-1898 or joeben699@gmail.com.

Adult skating
Mondays, 10:30 a.m. to noon, at the Kingston Credit Union Centre, 1490 Westwood Street. Great fun, good exercise! Cost \$4/ person. You need a helmet: contact Glen at recreation@kingstonnovascotia.ca, or the rink at wkaa.ca/ 902-765-2800 to borrow.

Story time
March 13, 10 a.m., the Annapolis Royal Library invites you to Monday morning story time: discover new books as well as old favourites, maybe have a little music and do simple crafts.

Darts
March 13, 7 p.m., the Berwick Legion hosts mixed doubles darts. Draw for partner, round robin format. \$3 to play, cash prize to winners and high score.

Popovers
March 13, 10 a.m. to 11 a.m., the Kingston Library invites preschool-age children and a parent or caregiver for songs, stories, games and crafts. Register at 902-765-3631.

Scottish Country dance classes
March 13 for eight weeks, 7 p.m. to 9 p.m.: all are welcome to join in Scottish Country dance classes at the Wilmot Community Centre. Social dance, no partner or special

attire required, suitable for any adult from 16 to 96. Instructor: Susan Van Horne. There is \$5 nightly fee to cover cost of hall. For information: 902-765-0906 or 902-825-4600.

Cartooning with Mark Oakley
March 14, 2 p.m. to 4:30 p.m., the Berwick and District Library hosts "Thieves & Kings" and "Stardrop" comic artist Mark Oakley for an author reading and discussion of his work, followed by a cartooning workshop. For ages nine to 18. Register at 902-538-4030.

Community luncheon
March 14, noon to 1 p.m., the Kingston Lions host a turkey dinner with mashed potatoes, vegetables, dessert, coffee and tea. Cost is \$9, or \$9.50 delivered (Kingston/ Greenwood area only, deliveries must be ordered by 10:30 a.m., call 902-765-2128).

Drumming with Kadijah
March 14, 10 a.m. to 11 a.m., the Bridgetown & Area Library hosts a hands-on drumming workshop with Kadijah. Drumming is as essential to the human spirit as dance, song, prayer and meditation. Experience the lively beat of West African and Middle Eastern drumming and HealthRHYTHMS. Bring your own drum or use one of Kadijah's. For ages 10 to 17.

Library meeting
March 14, 7 p.m., the Friends of the Annapolis Royal Library will meet at the library. Please join us while we make plans to improve our library. If you can spare some time, we can always use a hand moving books and staffing book sale tables at the market. Come hear plans for the summer!

Crib
March 14, 7 p.m., the Berwick Legion hosts crib. Team play, \$10 per player, includes high hand, 50/ 50, 1st, 2nd & 3rd place cash prizes and an ongoing cookie jar.

Story time
March 15, 9:45 a.m. to 10:15 a.m., the Berwick Library invites preschoolers and caregivers to share the adventure of rhymes, songs and books. Join in at anytime!

Pool
March 15, 7 p.m., play pool at the Berwick Legion. Round robin format, \$3 to play. Cash prize to winner and an ongoing cookie jar. Everyone welcome.

Beads and paper planes
March 15, 10 a.m. to 11 a.m., the Kingston Library hosts paper

crafts for kids age four to six. Drop in and make a bead craft and a paper plane.

Breakout – zombie challenge
March 16, 2 p.m. to 3 p.m., the Berwick and District Library challenges youth ages 12 to 17 to save the world from zombies: you have 45 minutes to crack the code and find the antidote. Work together in a team to "breakout" the clues and save the world! Snacks provided. Bring a (clever) friend! Register at 902-538-4030.

Games night
March 16, come play at the Tremont Board Game Café, 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. Free. 902-765-4326.

Dementia support workshop
March 16, 10 a.m. to 1 p.m., the Bridgetown & Area Library hosts the third of three workshops with Marcy MacPherson, certified Teepa Snow trainer. Useful for caregivers, friends and all those who engage with people living with dementia. Each session functions independently, and anyone may sign up. Register at 902-665-2758.

Chase the ace
March 17, 5 p.m., the Berwick Legion hosts Chase the Ace. Tickets three for \$5. Supper \$8, dessert \$2. Everyone welcome.

Book talk for teens
March 17, 7 p.m. to 8 p.m., the Berwick and District Library's teen book club is reading "Goliath," by Scott Westerfeld. Pick up a copy at the library, borrow a digital copy from the library home page, or read your copy from home. Come to the library for snacks and a fun discussion of the book. For ages 15 to 18.

Lacrosse registration
March 17, 6:30 p.m. to 8:30 p.m., Valley Thunder Lacrosse registration at the Berwick Apple Dome. Join the club's ninth season of youth (ages five to 18) lacrosse programming, based out of Kingston and Berwick rinks. The season will begin in mid-April, continuing through mid-June. Coaches and

referees are always needed for teams, games and tournaments. Visit valleylacrosse.ca or email vtlacrosse@eastlink.ca.

Hands-on technology exploration
March 17, 10 a.m. to noon, Bridgetown & Area Library. Come for a few minutes or stay for the whole session. Get hands on experience at one of the many stations setup to explore technology.

Book Club for Kidz
March 17, 6 p.m. to 7 p.m., the Berwick and District Library kids' book club is reading "The Red Pyramid," by Rick Riordan. Pick up a copy at the library or read your copy from home. Come for snacks and a fun discussion, and with suggestions of what we should read next. For ages nine to 14.

Create with Alcohol Inks
March 17, 2:30 p.m. to 4 p.m., the Lawrencetown - Dr. Frank W. Morse Memorial Library invites

youth ages 12 to 19 to learn to use Alcohol Inks and create beautiful, amazing pieces of art on ceramic tiles. Adults may attend if accompanied by a participating youth). Free, all materials supplied. The inks do contain alcohol and have a slight smell.

Skip-Bo
March 17, 2 p.m. to 4 p.m., the Bridgetown & Area Library hosts Skip-Bo for adults.

Walk
March 18, join the Valley Trekkers Volkssport Club for the Kingston walk. Meet at the Aurora Inn, 831 Main Street (Exit 17 off Hwy 101). Registration at 9:30 a.m. for walking at 10 a.m. This is a 5/10km, 3B walk. For further info: 902-847-1772.

Family library time
March 18, 1:30 p.m. to 3:30 p.m., the Rosa M. Harvey Middleton & Area Library invites families to join us for stories, a craft, snack and

sudoku

solution page 10

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

Level: Beginner

Fun By The Numbers

Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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a chance to plant some seeds to take home and watch grow! For families of all ages! Register at 902-825-4835.

Dance
March 18, 9 p.m. to 1 a.m., Kingston Legion. \$5 at the door. All welcome 19 and over. Music by 'Stagecoach' and all proceeds go to Big Brother's/ Big Sister's - Bowl for Kid's Sake.

Dance
March 18, 9 p.m. to 1 a.m., at the Kingston Legion. Admission \$5 at the door, all proceeds to Bowl for Kids Sake Big Brothers/ Big Sisters. Music by Stagecoach. Ages 19-plus, all welcome.

Chase the Ace
March 18, 1 p.m. to 3 p.m., get your Chase the Ace tickets at Royal Canadian Legion Branch 098 in Kingston, three for \$5. Draw will take place by 3:30 p.m. Must be 19 years of age to play, public welcome.

patrick's puzzle

solution page 10

EMERALD ISLE WORD SEARCH

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

WORDS

BAGPIPE	COINS	HOLIDAY	MAGICAL	POTATOES
BLARNEY	EMERALD	ISLAND	MARCH	RAINBOW
BROGUE	GAELIC	JIG	MISCHIEF	RELIGIOUS
CELEBRATE	GOLD	LEGEND	MOUNTAINS	SAINT
CELTIC	GREEN	LEPRECHAUN	PARADE	SHAMROCK
CHRISTIANITY	HARP	LIMERICK	PATRICK	SHILLELAGH
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Games evening

March 18, come out for entertaining evening at the Three Rivers Community Centre, 41 Messenger Road, Torbrook Mines. Games night is the third Saturday of each month (unless there is a holiday). Crokinole, cribbage, dominoes, 45s, etc. Refreshments served, freewill offering.

Cancer support group
March 20, 7 p.m., the Canadian Cancer Society's Kingston/ Greenwood Living With Cancer Support Group meets in St. Mark's Protestant Chapel Annex, Church Street, Greenwood. Mark Allan MD, a retired physician from CFB Greenwood and presently in clinical research, will speak on early detection and prevention of skin cancer. Cancer patients, family and friends or anyone seeking information on cancer or caregiving support are welcome. For information: Lloyd Graham (902-765-6133) or

Lynda Pierce (902-765-3055).

Darts
March 20, 7 p.m., come play mixed doubles darts at the Berwick Legion. Draw for partner, round robin format. \$3 to play, cash prize to winners and high score. Everyone welcome.

Hockey benefit
March 21, 6:30 p.m. to 8 p.m., the Central Kings Gators vs the RCMP Mounties in a charity hockey game at the Berwick Appledome to help C.K. grads raise funds for their Safe Grad event in June. Doors open at 5:30 p.m. Admission is \$5/ adult; \$2/ students, kids under 12 free. Featuring a bake sale, silent auction and live auction items, giveaways, draws and surprises.

Crib
March 21, 7 p.m., the Berwick Legion hosts crib. Team play, \$10 per player includes high hand, 50/ 50, 1st, 2nd and 3rd place cash prizes and an ongoing cookie jar.

ARIES - Mar 21/Apr 20
You may find yourself teetering between responsibilities to work, friends and even family. It's possible you will need to set aside some time to play catch-up in the coming days.

TAURUS - Apr 21/May 21
Listen before you make assumptions, Taurus. Resist any temptation to wildly post or chat about personal information. You might regret it later on.

GEMINI - May 22/Jun 21
Finances are your main priority this week, Gemini. Whether you have a lot in savings or are floundering paycheck to paycheck, it is time to reassess your financial situation.

CANCER - Jun 22/Jul 22
Cancer, if things are stressful at home, it may be necessary to step away for some breathing room. Book a vacation so everyone can unwind and recharge.

LEO - Jul 23/Aug 23
Take a deep breath and try to relax, Leo. You have been operating on overdrive for some time now and you're just about out of gas. Book that vacation, pronto.

VIRGO - Aug 24/Sept 22
A promising collaboration may be on the horizon, Virgo. This could prove interesting and also propel a hobby or your career a bit further than you had anticipated.

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