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# 14 Wing Road Safety Week challenges complacency



Don't let complacency overtake you as you coast down the hill toward 14 Wing Greenwood's main gate – or anywhere else. National Safe Driving Week was May 15 to 19, and 14 Wing personnel were reminded to pay attention behind the wheel. From left are 14 Wing Greenwood Commander Colonel Pat Thauberger, Chief Warrant Officer Luc Emond, Major Gary Batt, Chief Warrant Officer John Martin, Captain Jean-David Fleurant, Master Warrant Officer William Feeney, Master Corporal Andrew Hattie and Corporal Brake.

Leading Seaman L-P Dubé, 14 Wing Imaging

**Master Corporal  
A.K. Hattie,  
Road & Vehicle Safety,  
WTEME Squadron**

May 15 to 19, the Canadian Armed Forces conducted its annual National Road Safety Week campaign. This year's theme was "Complacency Costs Lives."

As summer is just around the corner, 14 Wing will be gearing up for busy months hosting additional personnel to facilitate the overabundance of taskings and added support to the Air Cadets at their summer camp program.

It is everyone's responsibility when operating a motor vehicle - for work or pleasure – to not take it lightly. Vehicle operation has a high potential for

causing injury or loss of life. Prevention of complacency is in your hands.

Safety and success on the wing is a combined effort. With the knowledge of the Road & Vehicle Safety cells, and the continued support from all aspects of management, 14 Wing will continue to thrive in all aspects of its business. With the 14 Wing motto, "Operate as One," 14 Wing will adapt to meet the challenges of the busiest of times, ensuring the safety of personnel and operational readiness at all times.

From your local Road & Vehicle Safety section at 14 Wing Greenwood, stay alert and be aware, each time you get behind the wheel, there will always be the possibility of unforeseen situations.

## 5th CDSB Detachment Aldershot to exercise Freedom of the Town

The 5th Canadian Division Support Base (CDSB) Detachment Aldershot will exercise the Freedom of the

Town of Kentville at 11:30 a.m. May 27.

This time-honoured tradition dates as far back as

medieval Europe, and was originally granted to military units that had gained the trust of a municipality.

These units were permitted to parade through the town with "drums beating, colours flying and bayonets fixed."

Today's Freedom of the Town has become one of ceremony and honour. It reflects the community's respect toward

the Canadian Armed Forces and its units.

"This is a tradition that reminds the community of how Continued on page 2...

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## Aldershot exercise...

...cover

closely 5 CDSB Det Aldershot and Kentville have worked in the past,” says Mark Philips, chief administrative officer of the Town of Kentville.

The soldiers and officers of 5 CDSB Det Aldershot will begin their parade from the Kentville arena along Main Street at 11:15 a.m. with a formal march up to town hall at 354 Main Street. Garrison coordinator Major Brent Kerr and Garrison Sergeant Major Master Warrant Officer Joel Turnbull will be challenged by Kentville Police Chief Ken Reade. Together, Reade and Kerr will advance to the front door of town hall, knock three times and Mayor Sandra Snow will ask, “Who goes there?” Kerr will request Freedom of the Town, followed by a general salute, playing of the national anthem, blessing and inspection of the parade. Following proclamations and presentations, the parade will march past the town hall with drums beating, colours flying and bayonets fixed; and proceed down Cornwallis Street.

“All members of the detachment are looking forward to this event,” says Kerr. “It’s a great opportunity for people to see their friends and neighbours in the Canadian Armed Forces showing their support for the community.”

Located just north of Kentville, 5 CDSB Det Aldershot supports individual training for Regular Force and Primary Reserve Canadian Army officers and soldiers from across Canada. Currently, 5 CDSB Det Aldershot supports the majority of training for 5th Canadian Division Reserve units during the summer months, and supports leadership and basic training full-time throughout the year. The base also supports other government departments with training facilities. It is celebrating its 113th year in its current location.

We are not open.  
Notre bureau est fermé.



Valley McDonalds visitors turned out May 3 for McHappy Day, helping raise \$34,000 for Camp Brigadoon and Ronald McDonald House at eight locations with food purchases, raffle tickets and donations. In Greenwood, military and community members teamed up to support the effort.



Corporal J. Kennedy, 14 Wing Imaging

## More in package from home than goodies

### Pay it Forward drive draws out stories, experiences about soldier deployments

Sara Keddy,  
14 Wing Public Affairs

A box stuffed full of treats, comfort and kind thoughts can make a deployed soldier's day.

More boxes, and more thoughts, will be winging their way around the world, thanks to an April 28 event.

Self-proclaimed philanthropist Paula Huntley hosted her annual Pay it Forward Day at Butts Auto, in Kentville, collecting donations destined for the world through the Greenwood Military Family Resource Centre's packages for the troops program.

All told, approximately 15 large boxes of donated items were collected, with significant contributions from Value Village and several other partner companies, along with items donated by passers-by. The collection also included \$500, which actually turns into a dozen fully-stocked boxes.

“People have been keen to help out,” Huntley said. “And, I’ve had the chance to hear lots of stories on this project. I was talking to a driver at my store where I work, telling him about this, and he told me he’d had two tours in Israel and, one day, here was his box. He said, ‘Home didn’t forget me.’ Another woman’s granddaughter asked me about the project and as I was explaining it, a woman tapped me on the shoulder and said she’d just deployed, and her husband was gone now. People want to tell their stories.”

14 Wing Greenwood Comptroller Major Crystal Boone dropped in to visit Huntley and thank her, personally and on behalf of the wing.

“We need more people like you,” Boone said. “When you’re away, you’re with colleagues and people all day but, when you go back to your room and there’s a box from home, it’s just great.”



14 Wing Greenwood Comptroller Major Crystal Boone visited Paula Huntley and thank her, personally and on behalf of the wing, for her Pay it Forward Day drive to collect goodies for parcels for deployed troops. S. Keddy

## Flag raising May 23 marks Aboriginal Awareness Week

May 23, at 10 a.m., 14 Wing defence team members are welcome to join in a smudging ceremony and flag raising at the base main gate, marking Aboriginal Awareness Week May 23 to 26.

Acting Wing Commander Lieutenant-Colonel Marie-Claude Osmond will represent the command team during the event, acknowledging the presence of all upon the traditional Wabanaki territory of Atlantic Canada and Eastern States (People of the Dawn) and Mi’kma’ki. The playing of the honour song and official remarks are scheduled.

Lieutenant-Colonel Sean Duggan is the 14 Wing Aboriginal Champion and, as such, works closely with Diversity Recruiting, the

Canadian Forces Aboriginal Entry Plan and the Defence Aboriginal Advisory Group.

Aboriginal Awareness Week is a time to learn more about Indigenous Canadian culture. 14 Wing will celebrate and fly the Mi’kmaq Grand Council Flag for the duration of Aboriginal Week, once raised. Indigenous People have a rich history within the Canadian Forces and by coming together to celebrate events such as this one here today we show that culture and diversity are respected throughout the CAF.

Canadian Forces Aboriginal Entry Plan and the Defence Aboriginal Advisory Group.

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May 22, 2017

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# bravo zulu | promotions & presentations

14 Wing Imaging unless otherwise indicated.



Major Rob Pitcher, 404 Squadron tac cell flight commander, second from left; April 28 received the General Campaign Star Expedition Medal from 404 Squadron commanding officer Lieutenant-Colonel Bruno Baker, left; Honorary Colonel Eric Wood, second from right, and Chief Warrant Officer Conrad Wilson.

Master Corporal K. Low, 404 Squadron Courseware Development



Captain Alex Gignac, 404 Squadron pilot instructor, second from left; April 28 received the Canadian Forces' Decoration Medal from 404 Squadron commanding officer Lieutenant-Colonel Bruno Baker, left; Honorary Colonel Eric Wood, second from right, and Chief Warrant Officer Conrad Wilson.

Master Corporal K. Low, 404 Squadron Courseware Development



Master Corporal Myles Stockman, 404 Squadron aviation systems technician instructor, second from left; April 28 received the Canadian Forces' Decoration from 404 Squadron commanding officer Lieutenant-Colonel Bruno Baker, left; Honorary Colonel Eric Wood, second from right, and Chief Warrant Officer Conrad Wilson.

Master Corporal K. Low, 404 Squadron Courseware Development



Master Warrant Officer Dave Pawulski, 404 Squadron senior flight engineer instructor; April 28 received the Canadian Forces' Decoration First Clasp for 22 years of dedicated service to the Canadian Armed Forces from 404 Squadron commanding officer Lieutenant-Colonel Bruno Baker, left; Honorary Colonel Eric Wood, second from right, and Chief Warrant Officer Conrad Wilson.

Master Corporal K. Low, 404 Squadron Courseware Development



Sergeant Ian MacNeil, 404 Squadron airborne electronic sensor operator instructor, second from left; April 28 received the General Campaign Star Expedition Medal and the General Campaign Medal Expedition from 404 Squadron commanding officer Lieutenant-Colonel Bruno Baker, left; Honorary Colonel Eric Wood, second from right, and Chief Warrant Officer Conrad Wilson.

Master Corporal K. Low, 404 Squadron Courseware Development



Master Corporal Peter Redden, 404 Squadron Courseware Development, second from left; April 28 received a squadron Bravo Zulu Award for his support of wing events and dedication to the squadron from 404 Squadron commanding officer Lieutenant-Colonel Bruno Baker, left; Honorary Colonel Eric Wood, second from right, and Chief Warrant Officer Conrad Wilson.

Master Corporal K. Low, 404 Squadron Courseware Development



Corporal Crystal Roche, 404 Squadron Courseware Development, second from left; April 28 received a squadron Bravo Zulu Award for her support of wing events and dedication to the squadron from 404 Squadron commanding officer Lieutenant-Colonel Bruno Baker, left; Honorary Colonel Eric Wood, second from right, and Chief Warrant Officer Conrad Wilson.

Master Corporal K. Low, 404 Squadron Courseware Development



Master Corporal Damien Leblanc, 404 Squadron aviation systems technician instructor, receives the Canadian Forces' Decoration Medal from 404 Squadron commanding officer Lieutenant-Colonel Bruno Baker, left; Honorary Colonel Eric Wood, second from right, and Chief Warrant Officer Conrad Wilson.

Master Corporal K. Low, 404 Squadron Courseware Development



Captain Alex Gignac, 404 Squadron pilot instructor, second from left; April 28 was promoted to major by 404 Squadron commanding officer Lieutenant-Colonel Bruno Baker, left; Honorary Colonel Eric Wood, second from right, and Chief Warrant Officer Conrad Wilson.

Master Corporal K. Low, 404 Squadron Courseware Development



Sergeant Martin Fiset, 404 Squadron airborne electronic sensor operator instructor, second from left; April 28 received the General Campaign Star Expedition Medal from 404 Squadron Commanding Officer Lieutenant-Colonel Bruno Baker, left; Honorary Colonel Eric Wood, second from right, and Chief Warrant Officer Conrad Wilson.

Master Corporal K. Low, 404 Squadron Courseware Development



On May 3, Lieutenant Evan Fay, centre, was promoted to Captain by 405 Long Range Patrol Squadron commanding officer, Lieutenant Colonel Marie-Claude Osmond, left, and Squadron Chief Warrant Officer Craig Chislett.

Sergeant M. Carreira, 405 Squadron IT



On May 3, 405 Lieutenant Mckayla Couch, centre, was promoted to Captain by Long Range Patrol Squadron commanding officer, Lieutenant Colonel Marie-Claude Osmond, left, and Squadron Chief Warrant Officer Craig Chislett.

Sergeant M. Carreira, 405 Squadron IT



Sergeant William Juby (centre), 413 (Transport and Rescue) Squadron, April 11 received a Wing Commander's Commendation from 14 Wing Commander Colonel Patrick Thauberger (left) and Wing Chief Warrant Officer Luc Emond during the wing commander's town hall at the Annapolis Mess.

Corporal J. Kennedy, 14 Wing Imaging



Warrant Officer Patrick Nixon (centre), 404 (Long Range Patrol and Training) Squadron, April 11 received a congratulatory letter from Commander of the Royal Canadian Air Force Lieutenant-General Michael Hood. Presenting the commendation were 14 Wing Commander Colonel Patrick Thauberger (left) and Wing Chief Warrant Officer Luc Emond, during the wing commander's town hall at the Annapolis Mess.

Corporal J. Kennedy, 14 Wing Imaging



Lieutenant Lisa White was presented April 11 with her Commissioning Scroll from 14 Wing Commander Colonel Patrick Thauberger (left) and Wing Chief Warrant Officer Luc Emond during the wing commander's town hall at the Annapolis Mess.

Corporal D. Salisbury, 14 Wing Imaging



Mike Taylor, senior manager 14 Wing Greenwood Personnel Support Program, centre, April 11 was presented a Civilian Long Service Award for 20 years of service from 14 Wing Commander Colonel Patrick Thauberger (left) and Wing Chief Warrant Officer Luc Emond during the wing commander's town hall at the Annapolis Mess.

Corporal D. Salisbury, 14 Wing Imaging



Lieutenant Calvin Bull (centre), 405 (Long Range Patrol) Squadron, April 11 received a Wing Commander's Commendation from 14 Wing Commander Colonel Patrick Thauberger (left) and Wing Chief Warrant Officer Luc Emond during the wing commander's town hall at the Annapolis Mess.

Corporal J. Kennedy, 14 Wing Imaging



Captain Richard, centre, April 11 was presented with the USA - Sec Def Joint Service Commendation Medal from 14 Wing Commander Colonel Patrick Thauberger (left) and Wing Chief Warrant Officer Luc Emond during the wing commander's town hall at the Annapolis Mess.

Corporal D. Salisbury, 14 Wing Imaging



Karen Reid was presented April 11 with a Civilian Long Service Award for 35 years of service, from 14 Wing Commander Colonel Patrick Thauberger (left) and Wing Chief Warrant Officer Luc Emond during the wing commander's town hall at the Annapolis Mess.

Corporal D. Salisbury, 14 Wing Imaging



Fred Williams, manager of the 14 Wing Fitness & Sports Centre, April 11 was presented with a Civilian Long Service Award for 20 years of service from 14 Wing Commander Colonel Patrick Thauberger (left) and Wing Chief Warrant Officer Luc Emond during the wing commander's town hall at the Annapolis Mess.

Corporal D. Salisbury, 14 Wing Imaging



Master Corporal Eric Marin (centre), Wing Operations, April 11 received a Wing Commander's Commendation from 14 Wing Commander Colonel Patrick Thauberger (left) and Wing Chief Warrant Officer Luc Emond during the wing commander's town hall at the Annapolis Mess.

Corporal J. Kennedy, 14 Wing Imaging



Lieutenant-Colonel James Marshall (centre), commanding officer of 413 (Transport and Rescue) Squadron, April 11 received the Canadian Forces Decoration first clasp, for 22 years of dedicated service to the Canadian Armed Forces, from 14 Wing Commander Colonel Patrick Thauberger (left) and Wing Chief Warrant Officer Luc Emond during the wing commander's town hall at the Annapolis Mess.

Corporal J. Kennedy, 14 Wing Imaging



Captain Courtney, centre, April 11 received a Wing Commander's Commendation from 14 Wing Commander Colonel Patrick Thauberger (left) and Wing Chief Warrant Officer Luc Emond during the wing commander's town hall at the Annapolis Mess.

Corporal D. Salisbury, 14 Wing Imaging



Wing Chief Warrant Officer Luc Emond (right) April 11 received the Canadian Forces Decoration second clasp, for 32 years of dedicated service to the Canadian Armed Forces, from 14 Wing Commander Colonel Patrick Thauberger during the wing commander's town hall at the Annapolis Mess.

Corporal J. Kennedy, 14 Wing Imaging





## At school and work

Sergeant Thomas MacInnis, with ACS Procurement, 14 Air Maintenance Squadron, 14 Wing Greenwood; spent the day April 27 visiting Middleton High School's Grade 10 O2 program students, under the guidance of teacher Peter MacDonald and including his own son, Aidan. Discussion covered MacInnis' career choices, from the direction he was heading in high school to what he does today - and how many different paths were followed along the way.

Submitted

## CANEX et la DCP unissent leurs efforts pour offrir un environnement alimentaire plus sain à la communauté des FAC

Michael Spivock, Ph. D.,  
Gestionnaire supérieur  
de la prestation des  
programmes de promotion  
de la santé, Direction du  
conditionnement physique,  
SBMFC

En 2016, des représen-  
tants de la promotion de  
la santé de la Direction du  
conditionnement physique  
(DCP) et de CANEX ont  
entamé une collaboration

pour créer un programme  
mettant en vedette les choix  
alimentaires plus sains (y  
compris les boissons et les  
collations) en fonction des  
besoins nutritifs et du mode  
de vie de la communauté des  
Forces armées canadiennes  
(FAC).

Forts du succès d'un pro-  
gramme semblable à l'École  
de leadership et de recrues  
des Forces canadiennes à  
Saint-Jean, des diététistes

professionnels et d'autres  
spécialistes de la promotion  
de la santé des Programmes  
de soutien du personnel  
(PSP) ont effectué des re-  
cherches approfondies sur  
les programmes existants  
afin de concevoir le meilleur  
programme possible pour la  
communauté des FAC.

Ce travail a permis d'établir  
un système de points et un  
calculateur qui tient compte  
de la teneur en matières

Alimentaction  
Choix sensé

grasses, en cholestérol, en  
sodium, en sucre, en fibres  
et en protéines pour cha-  
cune des 27 différentes ca-  
tégories alimentaires. Les  
aliments perdent ou gagnent  
des points selon leur teneur  
nutritive, et le nombre total  
de points détermine si ces

aliments correspondent au  
seuil pour leur catégorie et  
sont considérés comme un  
choix plus sain.

Désormais, il suffit à la  
communauté des FAC de  
chercher le logo Alimen-  
taction qui accompagnera  
les aliments vendus dans

les magasins CANEX et en  
ligne à CANEX.ca pour savoir  
qu'elle fait un choix alimen-  
taire plus sain.

Le but n'est pas d'éliminer  
complètement la malbouffe,  
mais simplement d'offrir des  
options et de renseigner les  
clients de CANEX pour qu'ils  
fassent des choix éclairés.  
Dans le contexte d'un mode  
de vie sain et équilibré, il n'y  
a certainement rien de mal à  
se gâter à l'occasion.

## CANEX, DFIT – Collaborating on healthier food environment for CAF community

Michael Spivock, PhD,  
Senior Manager Health  
Promotion Delivery,  
Directorate of Fitness,  
CFMWS

In 2016, representatives  
from DFIT Health Promotion  
and CANEX began working  
together to develop a program  
which identifies and promotes  
healthier food options (in-

cludes beverages and snacks),  
customized to the nutritional  
and lifestyle needs of the Ca-  
nadian Armed Forces (CAF)  
community.

Building on the successes of  
a similar program at Canadian  
Forces Leadership and Recruit  
School in Saint-Jean, regis-  
tered dietitians and other PSP  
Health Promotion specialists  
performed extensive research

on existing programs to come  
up with the best possible pro-  
gram for the CAF community.

The result of this work was  
the development of a point  
system and calculator that  
takes into consideration fats,  
cholesterol, sodium, sugars,  
fibre and proteins for each  
of the 27 different food cat-  
egories. Based on the nutrient  
content, food items either

BeneFit  
Healthier Choice

lose or gain points and the  
final total numbers of points  
is what determines whether  
these foods meet the threshold  
for its category and are consid-

ered to be a Healthier Choice.

Now, the CAF community  
can simply seek out the Ben-  
eFIT logo, which will appear  
alongside food items in-store

and online at CANEX/ CANEX.  
ca and know they are making  
the Healthier Choice.

The idea is not to completely  
eliminate junk food, but merely  
to offer options and enable  
informed choices for CANEX  
customers – there's certainly  
nothing wrong with an oc-  
casional "treat" in the context  
of a healthy and balanced  
lifestyle.

## SAR crews busy with spring calls, seasonal fishery start

May 7 at 10:30 p.m., a  
Cormorant helicopter from  
14 Wing Greenwood's 413  
(Transport and Rescue)  
Squadron was dispatched to  
aid in the search for a miss-  
ing vehicle and its occupants  
that had entered a river on the  
Gaspésie, seven kilometres  
up-river from its confluence  
with the St. Lawrence River.  
Of the three occupants of the  
vehicle, two remained unac-

counted for as the Cormorant  
departed.

May 7, the Joint Rescue  
Coordination Centre in Halifax  
answered a vessel in distress  
call in the Miramichi Bay,  
near Neguac, around 11:30  
p.m., dispatching a 14 Wing  
Cormorant. The helicopter was  
actually returning from the  
earlier mission in Quebec, so  
was immediately ready to re-  
spond. On scene, low visibility,

onshore winds and difficulty  
communicating made reach-  
ing the vessel slow and dif-  
ficult. Due to the poor weather,  
the cormorant needed to leave  
the scene for refuelling and,  
upon its return, three ship  
members were extracted via  
hoist and then transferred to  
an ambulance waiting for them  
in a ballfield in Neguac.

May 12, at approximately  
6:45 a.m., the JRCC tasked

413 Squadron's CC-130 Her-  
cules to conduct a search for  
the location of an EPIRB signal  
emanating from somewhere  
near the northwestern tip of  
Prince Edward Island. The  
search was quickly stood  
down.

Further on May 12, the Her-  
cules was tasked at 4:45 p.m.  
to investigate an EPIRB from  
a 35-foot white pleasure craft,  
near Petite-Rivière, Quebec.

May 14, a Hercules aircraft  
was dispatched just after noon  
for an ELT search off the south  
coast of Cape Breton. The beacon  
in question stopped trans-  
mitting and numerous vessels  
in the search area covered the  
last known position, with noth-  
ing seen. Assets were stood  
down just after 6 p.m., with  
Greenwood's aircraft home  
just after 7 p.m.

413 Squadron rescue crews

were on a heightened 30-min-  
ute standby posture from 5  
a.m. to 1 p.m. May 17 for the  
opening of the summer lobster  
season in Lobster Fishery  
Area 27 (Cape Breton). The  
JRCC and the Canadian Coast  
Guard heighten and augment  
the search and rescue posture  
during specific periods each  
year, in consultation with the  
Department of Fisheries and  
Oceans and other agencies.



## How to get your kids out of the house and into the garden

(NC) Look up the posi-  
tive effects of gardening  
and you'll find a wealth of  
studies from educational  
and government institutions  
that support its impact on  
your physical and mental  
well-being. But it's not just  
adults who benefit from time  
in the garden. It's a great way  
to spend time with your kids  
while teaching them about  
biology, food and geology.

Here, garden guru Frank  
Ferragine, aka Frankie Flow-  
ers, shares his tested and  
true techniques to get your  
kids in the garden.

*Give them a plot of edi-  
bles.* Your backyard garden

can be a fantastic source of  
delicious edibles like toma-  
toes, carrots and berries.  
"Letting the kids pick out  
and maintain edible plants  
or grow them from seed  
in their own plot will help  
foster ownership in the  
garden," says Frankie. "If  
you're looking for something  
that will really get the kids  
and their tastebuds excited,  
the geniuses at President's  
Choice have put together a  
strawberry trio that contains  
framberries, pineberries and  
seaburst strawberries."

*Give them their own  
tools.* "A watering can, trowel,  
gloves and kneeling

pad may be all it takes to get  
your son or daughter in the  
garden with you," claims  
Frankie. "Their own set of  
tools will make them feel  
more grown up and more  
responsible."

*Create a miniature gar-  
den.* Condo or apartment  
living shouldn't keep your  
kids from learning about gar-  
dening. "PC Garden Centres  
have tons of fun planters and  
colourful pots for the bal-  
cony. Planting some micro-  
greens or seasonal flowers in  
them is a wonderful way to  
teach your young ones about  
planting and watering," says  
Frankie. "Hanging baskets

are another great choice for  
these smaller spaces, and  
the bright colours that are  
trendy this year will captivate  
your kids."

*Get connected.* For young-  
er generations who engage  
each other on social media,  
showing them gardening  
has its place online can go a  
long way. "Kids love taking  
photos, so why not give your  
little ones an assignment to  
take some gardening photos  
to share with you or their  
friends?" asks Frankie. "It's  
likely to spark more interest  
in the work you're doing out  
there and you'll make some  
memories to last a lifetime."



## How to grill vegetables like a pro

(NC) Is your family eating  
"7 a day?" Studies show that  
only two out of five Cana-  
dian children eat their recom-  
mended daily intake of fruits  
and vegetables. An easy way  
to encourage the whole family

to consume more veggies is  
by serving them in different  
ways.

Grilling is a delicious way to  
increase veggie intake in kids  
and adults alike, and prove  
how tasty veggies can be.



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## Cinq moyens faciles pour s’amuser en toute sécurité pendant l’été

(EN) L’été, c’est la saison des journées plus longues et des températures chaudes, mais c’est aussi l’occasion de se rappeler quelques con-signes de base pour se proté-ger contre le soleil. En effet, la protection solaire est essen-tielle pour que vous et votre famille passiez un été qui ne laisse que de bons souvenirs. Protégez-vous tout l’été en suivant ces cinq trucs et conseils :

Le soleil est toujours là. Il est important de vous enduire d’écran solaire même lorsque vous ne vous trouvez pas directement exposé au soleil. Que vous soyez au volant de votre voiture, assis dehors par

temps nuageux ou en train de vous baigner, le soleil est toujours là et peut causer des brûlures même lorsque vous ne vous y attendez pas. Réduisez votre exposition au minimum. Essayez de lim-iter votre exposition directe au soleil pendant les heures où celui-ci est à son plus fort, soit en milieu de journée. Réfugiez-vous à l’ombre ou utilisez un parasol, et assurez-vous de porter un écran solaire ainsi qu’un chapeau et des vête-ments protecteurs légers.

Suivez la règle de la balle de golf. On recommande aux adultes de s’enduire d’écran solaire de la tête aux pieds en utilisant 30 mL de produit par application, soit l’équivalent d’une balle de golf. Rappelez-vous de réappliquer l’écran au moins toutes les deux heures.



Gardez de l’écran solaire à portée de la main et prenez l’habitude d’en utiliser régu-lièrement. Une seule bouteille d’écran solaire ne suffit pas à combler les besoins de toute une famille pendant un été complet. Gardez des bouteilles partout où vous êtes suscep-tible d’en avoir besoin, comme dans votre pharmacie, votre voiture, votre sac de plage, le comptoir de la cuisine et les sacs d’équipement sportif de vos enfants. Choisissez un écran solaire qui répond à vos besoins de protection quotidiens. Le nou-vel écran solaire Dry Balance et le nouvel écran sport pour enfants en vaporisateur de Banana Boat offrent tous deux une protection UVA et UVB à large spectre et sont parfaits pour un usage quotidien. Obtenez de plus amples conseils de protection quoti-dienne à bananaboat.ca.

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# SHAY TIRE RIM CONTEST

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## Treat loved ones to superfruit pancakes

(NC) Delicious blueberries are a Canadian favourite for good reason - they’re rich in disease-fighting nutrients and are a good source of antioxidants.

Now you can enjoy them even more throughout the year, as Canadian researchers are working on growing and storing them longer outside the normal season. The team at Agriculture and Agri-Food Canada’s Kentville Research and Development Centre has developed a storage system to extend the shelf-life of cultivated blueberry crops by as much as eight weeks.

So savour this tasty snack with a fruity twist on a classic breakfast and dessert staple.

**Blueberry Hazelnut Pancakes**  
Prep time: 20 minutes  
Cook time: 8-15 minutes  
Serves: 4

### Ingredients

- 1/2 cup (125 mL) blueber-ries
- 1 1/2 cups (375 mL) self-rising flour
- 1 tsp (5 mL) salt
- 1 tbsp (15 mL) brown sugar
- 2 tbsp (30 mL) sugar
- 3 eggs
- 2 tbsp (30 mL) hazelnut butter

- 1 cup (250 mL) milk
- 1/3 cup (75 mL) unsalted butter, melted and cooled
- 2 tbsp (30 mL) canola oil

### Instructions

1. Mix all the dry ingredi-ents in a medium-sized bowl.
2. In another bowl, beat eggs with hazelnut but-ter, adding milk and melt-ed butter. Add mixture to dry ingredients and mix well, taking care not to over mix ( a few lumps are fine.
3. Pour canola oil in a small bowl. Using paper towel, gently brush some oil on a non-stick pan.
4. Heat pan to medium heat, then lower slightly. Pour about 3 tablespoons of the mix per pancake into the pan. Drop in 1 tea-spoon of blueberries per pancake. Wait till the mixture starts to form bubbles on top, then flip and continue cooking for a minute.
5. Remove from the pan and wipe the pan with oil again before making more pancakes.
6. Serve with maple syrup.

Find more recipes online at [agr.gc.ca/discoveragri-culture](http://agr.gc.ca/discoveragri-culture).



# When it comes to mental health, it’s not all in your head

Research now suggests we actually have three brains: the HEART, the GUT, and the head BRAIN. Together these three “brains” influence mental, emotional, and physical health. Supporting the three brains through nutrients from whole foods, exercise, and supplements are effective, non-invasive ways to help prevent and treat many mental health and neurological disorders. Look for the new book by Karen Jensen, ND *Three Brains – How the Heart, Brain and Gut Influence Mental Health and Identity* at your local Health Retailer and ask for these products to help support your three brains:

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## Comment créer la salle de jeux parfaite

(EN) Les enfants sont remplis de surprises. De votre cœur à votre maison, ils y occuperont certainement une grande place. Si vous n’avez pas de pièce dédiée, il peut tout de même être intéressant de faire en sorte que les enfants aient leur petit coin, un endroit pour jouer, faire du bruit, sauter et laisser aller leur créativité. Est-il possible de créer un endroit qui est à la fois amusant, sécuritaire, multifonctionnel et inspirant? Certainement! Et cela peut par la même occasion contribuer à conserver votre bonne santé mentale. Suivez ces conseils judicieux pour créer la salle de jeux parfaite.

**Insonorisation** : Les enfants font du bruit. Vous pensez peut-être que c’est impossible d’éviter leurs sons, mais une isolation sonore peut améliorer grandement les choses. Si vous ne voulez pas les bruits des jeux animés se propager aux autres pièces de la maison, isoler sera la idéale. Les experts recommandent souvent le produit Safe ‘n’ Sound de Roxul, car il est composé de fibres non directionnelles à haute densité. Ce produit fait des miracles pour la transformation d’une salle de jeux. Il est également fait de matériaux naturels et recyclés et est homologué Greenguard pour la qualité de l’air intérieur.

**Stockage** : Que ce soit pour ranger les jouets, les jeux de société, les livres, les petites collections ou les fournitures



de bricolage, nous sommes toujours surpris par l’espace nécessaire que tout cela demande. Des astuces de rangement intelligent vous permettent de rester bien organisé. Recherchez des éléments attrayants multifonctionnels, bien conçu, avec un accès facile et des tiroirs ou des tablettes es-

camotables. Étiqueter des contenants transparents en plastique est également une autre astuce de choix, tout comme les bancs avec coussins d’appoint. Veillez à conserver de l’espace au sol libre, car les enfants aiment et veulent bouger.

**Sécurité** : Il est important d’adapter les mesures de

les tout-petits. Pensez à utiliser des matériaux de construction verts et des peintures à faible teneur en composé organique volatil. Installez un système de contrôle parental sur les ordinateurs, les tablettes et les appareils électroniques.

**Caractéristiques spéciales** : Les enfants doivent laisser libre cours à leur imagination. Si vous avez l’espace nécessaire, pensez à aménager une scène surélevée pour les spectacles. Un mur-tableau noir est toujours gagnant, tout comme une galerie conçue pour exposer les chefs-d’œuvre des enfants. Une table de jeu est idéale pour le coloriage, la peinture et les arts. Aussi, un banc coussiné ou un siège-sac peuvent fournir un lieu de détente pour lire un livre. N’oubliez pas les étagères. Les avides lecteurs ont beaucoup d’imagination et seront encore plus inspirés pour de nouvelles possibilités de jeux.

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## Volunteers add to life on wing, in community

Sara Keddy,  
14 Wing public affairs

The “life blood” of 14 Wing Greenwood’s support programs are an integral partner in the base’s “Operate as One” mantra.

Colonel Pat Thauberger thanked volunteers April 27 at the annual appreciation dinner, hosted by the Greenwood Military Family Resource Centre and the personnel Support Program’s Community Recreation during National Volunteer Week.

“I’ve just completed 19 years in Greenwood – not all at once – and, really, what sets Greenwood apart from pretty much anywhere else in the country is the quality of our support programs. We are really privileged, with the support for our military members, the defense team and their families; and think of the resources and pro-

grams we offer that also extend into the community.

“Those wouldn’t happen without you, the volunteers here this evening.”

Thauberger said his job, and the responsibility of his command team, is made easier “knowing our families are looked after and folks have a wealth of opportunities to be out and a part of community.

“Thank you for doing it; keep doing it, and know it is recognized and appreciated.”

The evening was emceed by the MFRC’s Kim Dixon, coordinator of child and youth services, and Kelly Aucoin, community recreation coordinator. Both thanked the volunteer community for their “absolutely outstanding” contributions, Dixon said, on behalf of everyone, including deployed spouses, sports teams and family program participants. They

also extended thanks to the local business community for its supporting role as well, as generous donors of supplies, product and funds for many of the programs volunteers run. CANEX manager Ken Keddy was recognized during a cheque presentation, as CANEX presented \$2,666 in support of the volunteer appreciation dinner, which also included a dinner theatre presentation. The funds are a part of CANEX’s annual morale and welfare investment in 14 Wing, raised through daily business serving military members and their families.

Kings West MLA Leo Glavine sent congratulations to the evening’s recognized volunteers on behalf of the province.

“The Annapolis Valley has a very strong tradition of volunteerism, and the positive impact that volunteers



Kim Dixon, Military Family Resource Centre child and youth services coordinator, left; Kelly Aucoin, Community Recreation coordinator; accompanied by Colonel Pat Thauberger (right), 14 Wing Commander; together accepted a supporting cheque from CANEX manager Ken Keddy, during the wing’s annual volunteer appreciation dinner April 27.

Leading Seaman L-P Dubé, 14 Wing Imaging

make in the lives of others cannot be understated,” he said. “Special credit is owed to those who volunteer their time to support our military members and their families, who sacrifice so much for us as citizens. I appreciate all your efforts in strengthening

our Nova Scotian communities, and congratulations on

receiving the recognition that you deserve tonight.”

## Get set for C & E invitational



Corporal Jaden Braniff,  
Wing Telecommunications and Information Services Squadron

The 15th annual C & E Golf Invitational is upon us, and it’s shaping up to become one of the season’s more memorable events.

Two days filled with cama-

radery and entertainment is bound to leave members of the C & E Branch anticipating next year’s event. June 15, registration will open at 7:30 a.m. for active and retired members of the C & E Branch. Tee-off begins at 9 a.m., with a shotgun start. Play continues through the day, all at the Greenwood Golf Course. Thursday’s evening events begin at 4 p.m. with a pig roast and social activities. Teams finish off the tournament June 16 with a steak BBQ, awards and draw prizes. With contests such as the hole in one challenge, closest to the pin and the longest drive, the C & E Golf

Invitational stands out as one event that shouldn’t be missed.

Players wanting to sign up their team are welcome to visit wtis.ca for instructions.

**Village of Kingston**

**NOTICE OF ANNUAL GENERAL MEETING**

The Annual General Meeting of the Ratepayers of the Village of Kingston will be held on Wednesday, May 24, 2017 at 7:00pm at the Kingston Fire Hall, 570 Sparky Street.

Village of Kingston  
671 Main St, PO Box 254  
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www.kingstonnovascotia.ca

**NOTICE**  
VILLAGE OF GREENWOOD  
ANNUAL GENERAL MEETING  
MAY 31, 2017

The Chairman of the Village Commissioners of Greenwood gives notice that the village commissioners have called for the ANNUAL GENERAL MEETING OF THE ELECTORS to be held at the New Beginnings Centre, 1151 Bridge Street, Greenwood on **Wednesday the 31st day of May 2017 at 7 p.m.**

**AGENDA**

- RCMP Report
- Approve 2016 Minutes of Annual General Meeting
- Chairman's Report
- Copies of Audited Financial Statements to March 31, 2017
- Present Village Budget for 2017-2018
- Election of one commissioner; for (3) year term: Roger Baker is acclaimed
- Temporary Borrowing Resolution: Tremont Mountain Rd sidewalk File No. 16/17-01 \$600,000.00
- New Business
- Canada Day 150 update

All residents of the Village of Greenwood are encouraged to attend. Please support your village commission.

Brian Banks, Chair  
Village of Greenwood

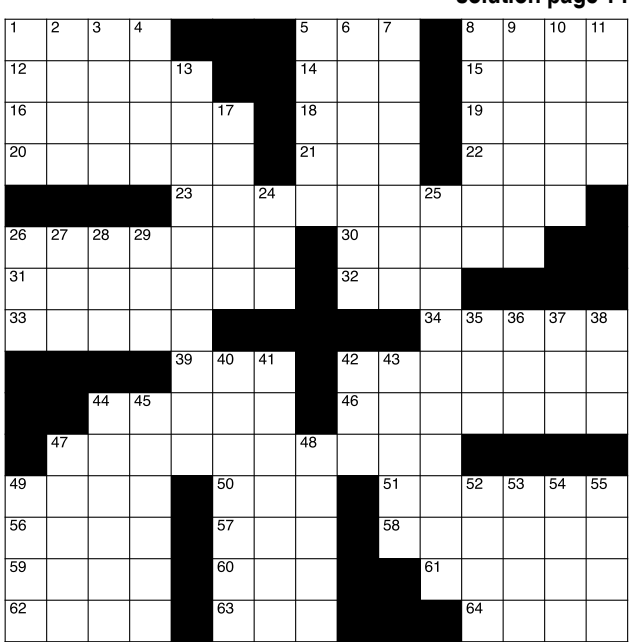




The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email [auroraeditor@ns.aliantzinc.ca](mailto:auroraeditor@ns.aliantzinc.ca). 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 précédant la publication, à moins d'avis contraire.

# metro crossword



- ACROSS**  
1. Baby's first words  
5. Expression of creative skill  
8. Reddish-brown coating  
12. Spanish province  
14. Stinging insect  
15. Greek temple pillars  
16. Refurbish  
18. Cave-dwelling amphibian  
19. Millisecond  
20. Removes something  
21. Trendy  
22. The Buckeye State  
23. "Taken" actor  
26. Of the skull  
30. Made a mistake  
31. Malignant tumor  
32. Not night  
33. German heavyweight boxer  
34. Indicates weight  
39. Businessman  
42. Charged negatively  
44. Indian instrument  
46. Helps you know where you're going  
47. Written works  
49. Kate and Rooney's last name
50. Fast, flightless Aussie bird  
51. Jerry, George, Kramer and  
56. Dodger great  
57. Where wine ferments (abbr.)  
58. Supreme Allied Cmdr. Europe  
59. Vedic god of fire  
60. Not well  
61. They grow into plants  
62. Variety of pear  
63. Where golfers start  
64. Posterior
- DOWN**  
1. Challenge  
2. Assert  
3. A female operatic star  
4. Expression of sorrow or pity  
5. Resistance unit  
6. Attached a new backing canvas  
7. Method painting  
8. Branched  
9. Barefooted  
10. Beer mug  
11. Beloved Mexican dish  
13. Make better
17. One-time king of Troy  
24. Pie \_\_\_\_ mode  
25. St. Anthony's fire  
26. Reciprocal of a sine  
27. -rah skirt  
28. Notre Dame coach  
29. Computer hardware company  
35. Policeman  
36. Black tropical  
37. Popular basketball player  
38. Electrocardiogram  
40. Cheese dish  
41. Prickly shrub  
42. Atomic mass unit  
43. Nostrils  
44. Enchantresses  
45. Emphatic typeface  
47. One of the Florida Keys  
48. Soft, fine material  
49. Moutainous tract in Jordan  
52. Breezes through  
53. Professional assn. for tech pros  
54. Class of comb jellies  
55. Formerly (archaic)

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**Washer toss**  
Thursdays, 7 p.m., come play washer toss at the 107 Wing RCAFA in Greenwood.

**Acoustic open mic**  
Wednesdays, 7 p.m., the Brickton Community Hall hosts an acoustic open mic evening.

**Community garden**  
Wednesdays, 10 a.m. to noon, join community gardeners at the Kingston United Church backyard garden plot, 733 Main Street. Come and learn about community gardens, church and individual plots, seed sharing, education, instruction. Help out, share community tools or bring your own; donations of tools welcome. For more info: John Morash, 902-321-1182.

**Volunteers wanted**  
The Kingston Greenwood Mental Health Association is recruiting volunteers to join its board. For information, call 902-765-3902.

**Farmers' market**  
Fridays, 3 p.m. to 6 p.m., starting June 2: the Mid Valley Farmers Market takes place at New Beginnings Church, 1151 Bridge Street, Greenwood.

**Alcoholics Anonymous**  
If you or a loved one is having a problem with alcohol, we can help. 902-691-2825. [www.area82aa.org/district3/](http://www.area82aa.org/district3/).

**Walk**  
May 22, join the Valley Trekkers Volkssport Club for the Cape Split walk. Meet at the Cape Split parking lot, end of Hwy 358, Scott's Bay. Registration begins at 9:30 a.m. for walking at 10 a.m. This is a 16km, 4C walk. Bring a lunch. For further info: 902-847-1772.

**Historical annual meeting**  
May 23, 7:30 p.m., the Annapolis Valley Historical Society hosts its

annual meeting at the MacDon-ald Museum in Middleton. Guest is local photographer Paul Illsley, presenting "A Bird's Eye View of the Annapolis Valley and Fundy Coastal Communities." Potluck desserts to follow. Please call the museum at 902-825-6116 if you can contribute a dessert. No admission.

**Greenwood Players**  
May 23 to 27, 7 p.m.; the Greenwood Players present "Robin Hood – Men in Tights" at the Moor Centre, Greenwood. The Greenwood Players present their own tribute to Mel Brookes' classic parody movie. Robin of Loxley returns to England from the Crusades, only to find the evil Prince John and his Sheriff of Nottingham are terrorizing the citizenry. Robin enlists the aid of his Merry Men to oppose Prince John's tyranny. Tickets \$8, at Pharmasave in Kingston and Middleton, the GMFRC reception desk, at the door; for reservations or special needs, call 902-844-0053.

**Dungeons and Dragons**  
May 23, 6:30 p.m. to 8 p.m., the Bridgetown & Area Library is calling all warriors ages 14 to 17! You are invited to join a group of hearty adventure seekers in the pursuit of the Dark Rider.

**Afternoon of games**  
May 23, 1:30 p.m. to 4:30 p.m., the Berwick and District Library hosts games for adults 55+. Drop in every Tuesday and enjoy a selection of games, or bring your own.

**Story time**  
May 24, 9:45 a.m. to 10:15 a.m., the Berwick and District Library invites preschoolers and caregivers to share the fun and adventure of reading, rhymes

and songs. Every Wednesday.

**Book Club**  
May 25, 6:30 p.m. to 8:30 p.m., the Rosa M. Harvey Middleton & Area Library hosts its Between the Covers Book Club, now reading "The Deception of Livvy Higgs," by Donna Morrissey.

**Creative Fibre Arts**  
May 25, 6 p.m. to 8 p.m., the Berwick and District Library invites you to join us and let your creative side take over. Come and knit, crochet, rug hook, spin, weave. Bring projects and meet new friends.

**Greenwood VPI meeting**  
May 25 is the next ZX VPI meeting. Pre flight 1500 Hrs Take off 1600 Hrs Land approx 1630 Hrs or whenever we are finished. Followed by a fun-filled and always entertaining debrief.

**Turkey supper**  
May 25, from 4:30 to 6:30 p.m. the Three Rivers Community Centre, 41 Messenger Rd., Torbrook Mines; will be holding a turkey supper with homemade pies, tea or coffee. \$12 for adults, \$6 for children. Take outs: 902-765-3049.

**Chase the ace and BBQ**  
May 26, 5 p.m., the Berwick Legion hosts its weekly Chase the Ace, with a BBQ supper. Raffle tickets three for \$5.

**At the Evergreen**  
May 26, 8 p.m., hear Alysha Brilla, an Indian-Tanzanian Canadian artist - Music Vice Magazine's "next Amy Winehouse" and a two-time Juno nominee; at the Evergreen Theatre, 1941 Stronach Mountain Road, Margaretsville. Tickets \$25 at evergreentheatre.ca or 902-825-6834, or at the door.

**Coffee & Conversation**  
May 26, 10 a.m. to 11:30 a.m.,

the Berwick and District Library. Conversation Starter - Outside the Box - a support group for family and friends of adults with disabilities. Join us for coffee and conversation with neighbours.

**Formal dress sale**  
May 26, 6:30 p.m. to 8:30 p.m., there will be a sale of previously-rocked semi- and formal dresses at the South Berwick Community Hall, Hwy 1. All dresses between \$25 and \$40. Dress of the day at Instagram may26\_dress\_sale. Over 60 to choose from! All proceeds support Berwick Girl Guides' summer travel exchange with Experiences Canada.

**Make Your Own...Maud Lewis**  
May 27, 12:30 p.m. to 2 p.m., the Berwick and District Library invites youth ages five to 12 to make your own art work, inspired by Maud Lewis. Dress to make a mess. Pre-registration required.

**Violet show and sale**  
May 27, 2 p.m. to 4 p.m., the Annapolis Valley African Violet Society presents its show, tea and sale at St. John's United Church Hall, Middleton. Freewill offering. Door prizes. [avavs.com/fs\\_schedule.html](http://avavs.com/fs_schedule.html).

**Fundraiser**  
May 27, 7 p.m. Evangeline Pony Club fundraiser featuring Rick Snider and friends. 50/50 raffle basket, bake sale, canteen, free will offering at New Beginnings Centre, Bridge St., Greenwood.

**Golf tournament**  
May 27, the 10th Bridgetown Curling Club Golf Tournament takes place at Eden Golf & Country Club. Best ball format. Entry fees: individual \$50, four-person team \$200. Registration at 8 a.m. with a shotgun start at 9 a.m.

Prizes and contests, including a \$10,000 hole-in-one contest. Golf cart rental 902-665-4257. For information: Lizanne Campbell, 902-665-4188 or [campbeea@live.ca](mailto:campbeea@live.ca); or email [president@bridgetowncurlingclub.com](mailto:president@bridgetowncurlingclub.com). Visit [bridgetowncurlingclub.com](http://bridgetowncurlingclub.com) to download a registration form.

**Plant sale**

May 27, 8 a.m. to noon, the Valley WAAG Animal Shelter will hold its annual plant sale at 36 Elm Street, Jefferson Pines Sub-division, Meadowvale. Find tried and true garden staples, and rare and unusual treasures. For information, call 902-765-6629.

**Yard sale**  
May 27, 8 a.m. to 1 p.m., an indoor sale will be held in the Windermere Community Hall (402 Windermere Road). Stop by and browse the many tables of "treasures." Free admission.

**Dinner, silent auction**  
May 27, the Companion Animal Protection Society of Annapolis County (CAPS) hosts its annual dinner and silent auction at the Lions Club in Kingston. Advance tickets only, on sale from April 18 at the Scotiabank Middleton until May 17 (or until sold out). For more info, visit [caps-annapolis.org](http://caps-annapolis.org) or call 902-825 2277.

**Spring coffee party**  
May 27, 10 a.m. to 11:30 a.m., visit the Parker Hall, Victoria Vale, for refreshments, a yard sale table, plants, 50/ 50 draw, ticket draw and more. Freewill offering, sponsored by the Spa Springs Women's Institute.

**Chase the Ace**  
May 27. Tickets are three for \$5 on sale Saturday, at the Royal Canadian Legion Branch 098 in Kingston from 1 p.m. until 3 p.m. Draw at 3:30 p.m. Must be 19 years of age to play.

# sudoku

**solution page 14**

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

Level: Beginner

## Fun By The Numbers

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

sudoku brought to you compliments of

**NEW Spicy Chicken Tortilla soup.**  
Also try the Tropicana Lemonade & Miss Vickie's Harvest Cheddar and Herbs soup for a limited time.

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having an open mic, hosted by Bob Deveau.

**Ticket auction**  
May 28, at Meadowview Community Centre, 8464 Brooklyn Street, Kentville. Viewing begins at 1 p.m., with draws at 3 p.m. \$1 for 20 tickets, 50/ 50 draw, raffle and canteen on Site. A fundraiser for the Kinette Club of Kentville & District.

**Walk to make Cystic Fibrosis History**  
May 28, 1 p.m., the 6<sup>th</sup> local Walk to make Cystic Fibrosis History takes place in Kingston. Pre-registration on the Credit Union Centre ball field (just beside the rink). The walk departs at 1 p.m., along Bridge Street to Dairy Queen in Greenwood, where everyone involved receives a free cold treat before returning to Kingston for a snack provided by Subway. Sign up at [cysticfibrosis.ca/walk/](http://cysticfibrosis.ca/walk/).

**Praise service**  
May 28, 6:30 p.m. the Kingston Baptist Church, Main St, Kingston, is holding a Praise Service, with music by "Chordially Yours," a ladies' trio from the Halifax area. There will be a fellowship time with refreshments following.

**Community centre annual meeting**  
May 29, 7:30 p.m., the Wilmet Community Centre will hold its annual meeting at the hall, 13972 Hwy 1, Wilmot. Everyone welcome. For info, contact Al Worthen, 902-765-4788.

**Bridge afternoon**  
May 29, 1 p.m., the MacDonald Museum hosts a "Funds for Fuel" bridge party. Cost is \$5 per person, light refreshments served.

**Darts**  
May 29, 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.

**Canada 150 museum talk**  
May 30, 7:30 p.m., take in "A Front Row Seat to Canadian History," a talk with Bria Stokesbury, curator, Kings County Museum, 37 Cornwallis Street, Kentville. Bria will speak on the museum's Canada 150 chair project, a little Confederation-period chair that is now on the move! From the runway of 14 Wing Greenwood to the rocky shores of the Bay of Fundy; from a Gaspereau River square net to a Lunenburg wharf: the chair is being reserved by farmers, fishers, Girl Guides, festivals and historical societies.

**Crib**  
May 30, 7 p.m., the Berwick Legion hosts team play crib. \$10 per player includes high hand, 50/ 50,1st, 2nd and 3rd place cash prizes and an ongoing cookie jar.

## Seedling swap

May 27, 11 a.m. to 1 p.m., the Bridgetown & Area Library asks: too many tomato seedlings? Are zucchini plants taking over your house? Come with your extra flower or vegetable seedlings to exchange or giveaway to other gardeners. You don't need to bring plants to participate - just come and take some home with you.

**Ticket auction and yard sale**  
May 28, MACS/ the North Kingston Community Hall, 2080 Bishop Mountain Road, are hosting a ticket auction and yard sale. The yard sale is from 8 a.m. to 3 p.m.; ticket auction tickets are on sale from 9 a.m. to 1 p.m. The ticket auction will run rain or shine, but the yard sale will be held at a later date if it rains.

**Open mic**  
May 28, 2 p.m. to 5 p.m., the 107 Wing Greenwood RCAFA will be

# patrick's puzzle

**solution page 14**

**THREE STRIKES WORD SEARCH**

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

## WORDS

|          |          |            |          |          |          |
|----------|----------|------------|----------|----------|----------|
| BALK     | CORNERS  | GRAND SLAM | ONDECK   | POSITION | SIGNAL   |
| BALLS    | COUNT    | GROUND     | OUTFIELD | RELAY    | SLIDE    |
| BATTER   | ERROR    | HOMERUN    | PITCH    | RELIEF   | STEALING |
| BATTERY  | FASTBALL | IN FIELD   | PITCHER  | RUNNER   | STRIKES  |
| BUNT     | FLY      | LEAD       | PLAY     | SAFE     | WALK     |
| CHANGEUP | FOUL     | MOUND      | POP      | SCORING  | ZONE     |

patrick's puzzle brought to you compliments of

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Greenwood Mall  
**902-765-2415**

robin format. \$3 to play, cash prize to winners and high score.

**Canada 150 museum talk**  
May 30, 7:30 p.m., take in "A Front Row Seat to Canadian History," a talk with Bria Stokesbury, curator, Kings County Museum, 37 Cornwallis Street, Kentville. Bria will speak on the museum's Canada 150 chair project, a little Confederation-period chair that is now on the move! From the runway of 14 Wing Greenwood to the rocky shores of the Bay of Fundy; from a Gaspereau River square net to a Lunenburg wharf: the chair is being reserved by farmers, fishers, Girl Guides, festivals and historical societies.

**Crib**  
May 30, 7 p.m., the Berwick Legion hosts team play crib. \$10 per player includes high hand, 50/ 50,1st, 2nd and 3rd place cash prizes and an ongoing cookie jar.

# horoscopes

**ARIES - Mar 21/Apr 20**  
Aries, as long as you keep trying your best, you will come out on top. Now you just have to have a little more confidence in yourself. Choose a motivational song as your anthem.

**TAURUS - Apr 21/May 21**  
Try something new. Taurus. What is the worst that can happen? If you find you do not like the activity, then check it off your list and embrace a new opportunity.

**GEMINI - May 22/Jun 21**  
Gemini, think about reconnecting with an old flame. Even if the connection is purely platonic, the stroll down Memory Lane might be good for you.

**CANCER - Jun 22/Jul 22**  
Cancer, this week may be a turning point for you in your life. Although you feel ready for the changes that are in store, you may have to adapt a bit more once they're here.

**LEO - Jul 23/Aug 23**  
Leo, even if you stumble, you will have an opportunity to regain your footing. Do not shy away from taking a few chances here and there. You can handle what's in store.

**VIRGO - Aug 24/Sept 22**  
This may be one of those weeks when nothing seems to bother you, Virgo. The bad stuff just rolls off your back, and everything seems to keep you smiling.

**LIBRA - Sept 23/Oct 23**  
Libra, weigh all of your options before making a major commitment. Once you move forward, you may not have much room to turn things around.

**SCORPIO - Oct 24/Nov 22**  
Scorpio, someone is trying to tell you something but you may not be receiving the message just yet. Settle in and the message may dawn on you at a later time.

**SAGITTARIUS - Nov 23/Dec 21**  
Talk about big plans with someone close to you, Sagittarius. This person might have some wise words to share, or may just be the sounding board you need right now.

**CAPRICORN - Dec 22/Jan 20**  
Mistakes are a key to learning, Capricorn. Don't let minor hiccups derail you from the larger plan. Otherwise, your momentum may get seriously stalled.

**AQUARIUS - Jan 21/Feb 18**  
Confidence is the key to just about anything, Aquarius. This week you have it in abundance. At this point, you can probably sell ice to eskimos, so put your luck to good use.

**PISCES - Feb 19/Mar 20**  
A career move may be imminent and it could be worrying you, Pisces. After the first few days, things will be smooth sailing.

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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 5699, visit the office, 83A School Road, Morfee Annex, Greenwood; email auroraproduction@ns.aliantzinc.ca or fax 902-765-1717. To place a boxed, display ad, contact 902-765-1494 local 5833; email auroramarketing@ns.aliantzinc.ca.

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

Les annoncées 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 5699, visiter notre bureau au 83A, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à auroraproduction@ns.aliantzinc.ca ou nous transmettre un fax au 902-765-1717.

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

### crossword solution

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

### patrick's puzzle

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

## paper carrier needed

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FOR RENT – Greenwood – Available immediately. Four bedroom house with attached double car garage. Finished basement, two baths. Non smoking/vaping. \$1,200 per month. References required, call 902-844-0006. (3819-2tp)

FOR RENT – Kingston – Spacious three bedroom apartment located at 778 Main Street Kingston. Fridge, stove, washer & dryer hoop-up, \$1,100/ month, utilities included. Available immediately. Please call (902) 824-1112 or visit our website at www.parsonsinvestments.ca. (3804-ufn)

FOR RENT – Available immediately, Victoria St., Middleton. Worried free retirement living at its' best. Two-bedroom apartment, 1100 sq

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FOR RENT – Kingston – Kira Place, beautiful two-bedroom units, \$1,100/month, fridge, stove, dishwasher, microwave, washer/dryer, garage, quiet, non smoking/ vaping units. Please call 902-824-1112 or visit our website at www.parsonsinvestments.ca. (3736-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 RENT – Kingston – Kingston Lincoln Shire Luxury Apartments, two bedroom, five appliances, \$800 per month plus utilities. Available June 1. Please call 902-840-0683. (3819-ufn)

### HOUSE FOR RENT

FOR RENT – Modern three or four bedroom, two bath (2000 sq.ft.) family home for rent with garage. \$1100/mo plus utilities, five appliances and large private yard. Pets allowed, no smoking. Available now. Call 902-665-4839 or email susanbuchanan7@gmail.com. (3820-ufn)

FOR RENT – Available immediately, Victoria St., Middleton. Worried free retirement living at its' best. Two-bedroom apartment, 1100 sq

### HOUSE FOR RENT

FOR RENT – Modern three or four bedroom, two bath (2000 sq.ft.) family home for rent with garage. \$1100/mo plus utilities, five appliances and large private yard. Pets allowed, no smoking. Available now. Call 902-665-4839 or email susanbuchanan7@gmail.com. (3820-ufn)

### JOB OPPORTUNITY

JOB OPPORTUNITY – Legal As-

### WANTED

**STRAWBERRY PICKERS**  
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stant Position – Small but busy law office at Greenwood, Nova Scotia practicing in real estate, wills, and estates is seeking a full time seasonal (April 1 – December 24) legal assistant. The successful candidate will have good typing, computer and communication skills with both the public and co-workers. All candidates are requested to submit a cover letter with resume by e-mail only to: gail@davidproudfoot.com. Only qualified candidates will be contacted for an interview. (3820-2tp)

### SERVICE

**SERVICE – C & R Gillis Contracting Ltd. 339 Messenger Road, Kingston. Home renovations, roofing, siding, new construction & fully insured. Call Rick for free estimates. 902-844-0489. (3818-8tpb)**

**SERVICE – Local Lawn Care – Mowing, fertilizing, lime, leaves, gutters, pruning hedges and scrubs. 902-840-0222 and ask for Lenny. (3817-8tp)**

**SERVICE – ERNST LOCKSMITHING – Commercial and Residential, locks re-keyed, repaired and installed. Auto and home lockouts. Call Graham at 902-765-6248. (3818-10tpbe)**

### 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)

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## 5 reasons to choose Canadian wines

(NC) Wine lovers and professional tasters at home and abroad know Canadian wines rival the best in the world. Next time you shop for wine, consider these reasons to go patriotic when choosing a vineyard.

**Take a tour.** Take advantage of a local winery near you. Most offer guided tours explaining their production process and treat guests to tastings of their most-coveted vintages. They also feature beautiful scenery that's a visual treat any time of year.

**Ice, ice baby.** Canadian icewines are sweet dessert wines renowned for rich flavours and unsurpassed smoothness. To make icewine, temperatures must fall to at least -8°C at which time the grapes are pressed while still frozen and sugar concentrations are at their maximum. The



process results in a unique and luscious sweetness that's helped Canadian icewines win the highest awards at the world's most prestigious wine

fairs, including Vinexpo and VinItaly. *Perfect finishes.* Most

grapes are grown in the southern parts of British Columbia and Ontario, where sun-drenched summers give way to warm, lingering autumns. Like the cool-climate wine districts of New Zealand, Germany and parts of France, these Canadian regions enjoy an ideal climate for the slow maturing of the grapes, a leisurely ripening that ensures just the right balance of acidity and sweetness in the finished wines.

**Vintage quality.** High-quality grapes and excellent growing conditions, combined with investments in our

world-class wineries and new varieties, have contributed enormously to the increasing success of Canadian wines at home and abroad. Though most Canadian wine is consumed domestically, exports have increased rapidly, from \$19 million in 2009 to over \$80 million in 2016. And we're only getting better (Agriculture and Agri-Food Canada's scientists are working together with grape growers and vintners on everything from vineyard pest control to irrigation, from reducing grape stress to better describing the unique characteristics of

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