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Flight ed program recognizes school participation

**Lloyd Graham,
Greenwood Military
Aviation Museum Society**

The first Grade 6 students and escorts to attend the Greenwood Military Aviation Museum (GMAM) Flight Education program (FltEd) in 2019 were from Pine Ridge Middle School (PRMS) in Kingston. This was also the first school to participate in what was then a trial program, in 2003.

Since that time, PRMS has a perfect attendance record: 17 years. To acknowledge their interest and keen participation, FltEd volunteer Gordon Morse produced a plaque and presented it to their teachers during their January 24 visit.

The presentation story has

a team theme. As part of the FltEd program, volunteer instructors cover the history of Greenwood and reinforce the theory of flight curriculum Grade 6 students learn in the classroom. To identify the FltEd instructors, the group created a crest made out of three main elements. First, to represent history, the background is a series of concentric circles (red-white-blue-yellow) called a roundel. The roundel chosen was painted on all the aircraft fighting for the British Commonwealth. The second element includes the four red arrows which identify the four forces of flight that affect all aircraft. Students learn in school about the

Continued on page 2...



Pine Ridge Middle School's Grade 6 classes have perfect attendance – since 2003! – at the Greenwood Military Aviation Museum's Flight Education program. January 24, program volunteers presented a plaque to Pine Ridge. From left are program history instructor Sophie Saulnier, PRMS teachers Chantel Arsenault and Jamie Stevens, program coordinator Lloyd Graham and program flight simulation instructor Gordon Morse. Submitted

Guests target racism, human rights at 14 Wing event March 22

Join the #FightRacism campaign as part of the March 21 International Day for the Elimination of Racial Discrimination, as 14 Wing Greenwood hosts an afternoon gathering of wing per-

sonnel, community members and special guests March 22.

14 Air Maintenance Squadron Commanding Officer Lieutenant-Colonel Amy Tsai-Lamoureux hosts the event, developed along the

United Nations' 2019 theme, mitigating and countering rising nationalist populism and extreme supremacist ideologies. Racist extremist movements based on ideologies that seek to promote

populist, nationalist agendas are spreading in various parts of the world, often targeting migrants and refugees as well as people of African descent. In a recent resolution, the United Nations General As-

sembly reiterated all human beings are born free and equal in dignity and rights and have the potential to contribute to the development and well-being of their societies. Any doctrine of racial

superiority is scientifically false, morally condemnable, socially unjust and dangerous and must be rejected.

Adding their perspective at the Greenwood afternoon are guests Michael Wyse, Chief

Continued on page 2...

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Flight ed...

...cover

four forces of flight: lift-weight-drag-thrust. These forces are explained by instructors throughout the tour using several of the museum displays. Finally, the aircraft on the crest is a Second World War Mosquito bearing 404 Squadron markings. Just like the program's instructor cadre, the Mosquito assumed a multitude of roles during its service. It was nicknamed the Wooden Wonder because it was made almost entirely of wood and was one of the most versatile at the time. British Commonwealth Training Plan aircrews were trained on the Mosquito in Greenwood by 8 Operational Training Unit during the war;

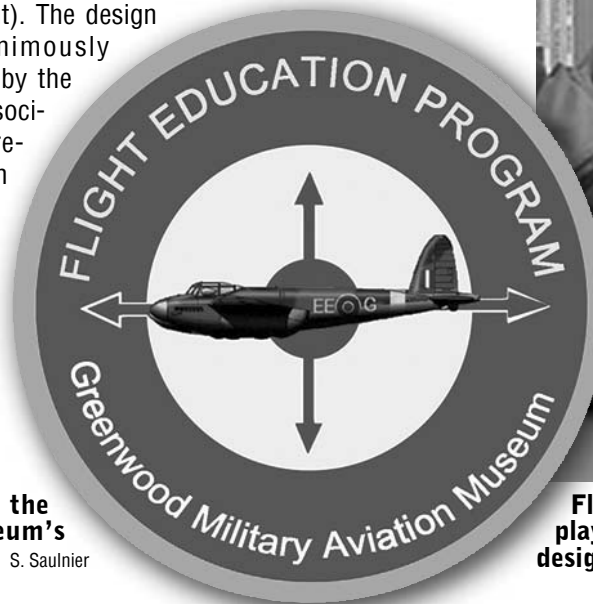
404 Squadron is today's training squadron at 14 Wing Greenwood for all Aurora air and ground crews in the Royal Canadian Air Force.

Adopting the crest prompted discussion among the FltEd instructors about creating a plaque to recognize the eight schools that have been participating in the program regularly for years. The FltEd team indicated 14 Wing's logo and the GMAM badge should also be part of the design. Morse volunteered to produce a prototype plaque, with the

idea of incorporating Sophie Saulnier's FltEd crest design as the central element in the design with the name of the school. Like the Mosquito aircraft, the plaque is made of wood (quality oak and walnut). The design was unanimously approved by the museum society for presentation to the participating schools

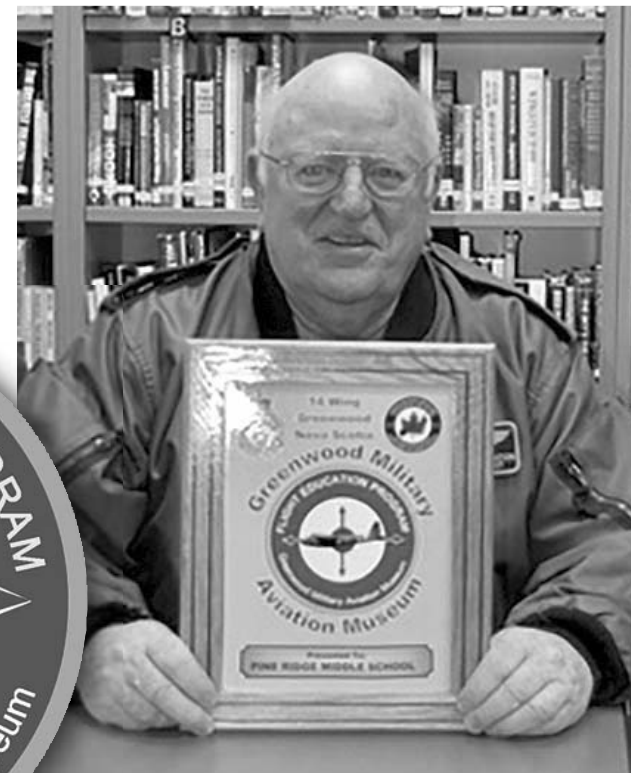
this year.

The rest, as they say, is history. Follow museum events and the ever-changing aviation displays at www.gmam.ca. ➔



Sophie Saulnier's patch design for the Greenwood Military Aviation Museum's Flight Education program.

S. Saulnier



Flight Education volunteer Gordon Morse displays the plaque he created from Sophie Saulnier's design.

M. Uhlman

March 22 event...

...cover

Petty Officer (retired) Deborah Eisan, Lieutenant-Colonel Ken Fells and Corporal (retired) Louis Pauze.

Wyse is an ambassador for a culture of continuous improvement, service excellence, diversity and inclusion.

He is currently serves as the manager, strategic initiatives within the Skills and Learning Branch of the Nova Scotian Department of Labor and Advanced Education.

Eisan, a 36-year member of the Canadian Forces, recognizes the many contributions women made during the Sec-

ond World War, when more than 45,000 Canadian women served both at home and overseas. She also represents Batchewana First Nations in Ontario (Ojibway), and is a strong veterans' advocate.

Fells received his commissioning scroll as an officer with the Cadet services of

Canada in 1974, which later became the CIL (Cadet Instructors List), presently the CIC (Cadet Instructor Cadre). Fells has been a school principal for 25 years and has taken that expertise to the Way Ahead Process, ARDVMAG, co-chair of the advisory committee for the commanding

officer of the RCMP for Nova Scotia, as military co-chair for DVMAG and is presently RCH coordinator for the South Shore Regional Centre for the Education and on the executive of MANUP.

Pauze, a 28-year CAF veteran, is an advocate for disabled veterans and other

persons with visible disabilities. He and his wife chose to stay in the Valley to settle down and educate others on the importance of recognition and advocate for rights.

The Greenwood event gets underway at 1 p.m. at the Annapolis Mess, with light snacks served. ➔

the Aurora

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The Aurora News

Useful links | Liens utiles

Royal Canadian Air Force website
Site Web de l'Aviation royale canadienne
www.rcaf-arc.forces.gc.ca

CAF Connection 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

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

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

Recruiting | Recrutement
www.forces.ca

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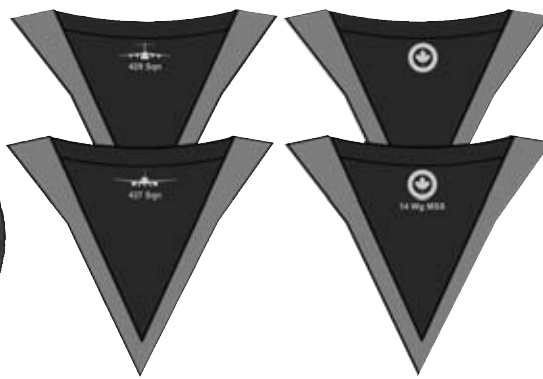
RCAF Public Affairs

The rules governing Royal Canadian Air Force personnel wearing badges or insignia on their operational uniforms are about to change.

An upcoming amendment to the Canadian Air Division Orders (CADO) on operational dress will allow aviators who wear flight suits and Enhanced Combat Uniforms (ECUs)/ CADPAT to add certain optional Velcro-backed badges and insignia on their sleeves. This change in the CADO is intended to enhance squadron and tactical unit morale and esprit de corps. The spirit of the RCAF unit is centred on the members and how well they work together. Part of this spirit comes from the symbols they wear: the badges and crests of the unit.

The CADO amendment will allow badges, especially a unit's heraldic badge, to be embroidered in full colour as well as low visibility green. All other badges can be embroidered in full colour, which will be up to the unit as part of their design process. Yes, a unit can design their own patch!

So, what other kinds of patches can there be? Units can now create and wear badges to mark a special anniversary or participation in an exercise or operation. Courses could have their own patch as well. In addition, personnel at wings, squadrons and tactical units will soon be able to wear blue T-shirts with an embroidered logo at the neck



An example of a unit heraldic badge embroidered in low visibility green (the 1 Canadian Air Division badge, left) and full colour (the 425 Squadron badge, right). An upcoming amendment to the Canadian Air Division Orders on operational dress will allow aviators who wear flight suits and Enhanced Combat Uniforms/ CADPAT to add certain optional Velcro-backed badges and insignia on their sleeves.

Samples of unit identifiers embroidered on the necks of T-shirts. Personnel at wings, squadrons and tactical units will soon be able to wear blue T-shirts with an embroidered logo at the neck - or, on Fridays, their own squadron coloured T-shirt.

Samples of aircraft or employment designator patches in full colour. An upcoming amendment to the Canadian Air Division Orders on operational dress will allow aviators who wear flight suits and Enhanced Combat Uniforms/ CADPAT to add certain optional Velcro-backed badges and insignia on their sleeves.

RCAF

- or, on Fridays, their own squadron coloured T-shirt.

Lieutenant-General Al Meininger, Commander RCAF, and Chief Warrant Officer Denis Gaudreault, RCAF Command CWO, "recognize the fundamental importance of our squadrons and tactical units within the RCAF. As such, this forthcoming direction will serve to enhance esprit de corps and identity." RCAF aviators are encouraged to "take the opportunity to embrace and contribute to this next chapter of our traditions."

Each new patch design must be endorsed by the chain of command and approved by 1 or 2 Canadian Air Division or the RCAF Aerospace Warfare Centre, as applicable. Some items will be available through the Canadian Forces Supply System, while others will be available through unit kit shops or through CANEX.

This change could mean some badges currently in use may become obsolete.

For example, the multi-colour (low-visibility green and colour mix) heraldic

badge will be phased out over the coming year, to be replaced with the full-colour

heraldic badge and/ or the low-visibility green heraldic badge. ➔

Dr. David MacKinnon
would like to announce his retirement effective May 2, 2019.

Unfortunately, there is no replacement. Charts will be maintained at the Middleton Medical Clinic for the immediate future.
Contact the office for further information.

room

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14 Wing Imaging unless otherwise indicated.



Sergeant Glenn Duncan, centre, was February 15 with the General Service Medal - Expedition by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Ray Townsend, left, and Chief Warrant Officer JP Lesperance.

Master Corporal D. Salisbury, Courseware Development



Sergeant Gerry Maynard, centre, was February 15 presented with the Second Clasp to the Canadian Forces Decoration by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Ray Townsend, left, and Chief Warrant Officer JP Lesperance.

Master Corporal D. Salisbury, Courseware Development



Second Lieutenant Jared Mackintosh, centre, recently received his promotion to lieutenant from Lieutenant-Colonel Christian Pratt, commanding officer of 14 Wing Mission Support Squadron, left. Also present was Chief Warrant Officer John Martin.

Submitted



Major Russell Payne, centre, 404 (Long Range Patrol and Training) Squadron; was presented February 15 with the Royal Canadian Air Force Commander's Commendation by 14 Wing Greenwood Commander Colonel Mike Adamson, left, and Chief Warrant Officer Kevin Roberts.

Master Corporal D. Salisbury, Courseware Development



Able Seaman Keenan MacDonell, centre, recently received his promotion to leading seaman from Major Rodney Chongva, officer in command of 14 Wing Replenishment Flight, left. Also present was Lieutenant Shaun Noel.

Submitted



Aviator Myranda Charrette, centre, recently received her promotion to aviator trained from Major Rodney Chongva, officer in command of 14 Wing Replenishment Flight, left. Also present was Lieutenant Shaun Noel.

Submitted



Captain Darius Mirza, right, 413 Squadron; recently received the 1st Canadian Air Division Commander's Commendation from 14 Wing Greenwood Colonel Mike Adamson.

Master Corporal R. Wilson, 14 Wing Imaging



February 25, Sergeant Allan Upshall, centre, 14 Wing Greenwood Flight Safety; was both promoted to warrant officer and presented the Canadian Forces Decoration Second Clasp by 14 Wing Greenwood Commander Colonel Mike Adamson, left, and Wing Chief Warrant Officer Dan Campbell.

Submitted



February 25, Sergeant David Hymers, 143 Construction Engineering Flight, was presented the Canadian Forces Decoration Second Clasp for 22 years of dedicated service to the Canadian Armed Forces by 14 Construction Engineering Squadron Commanding Officer Major Craig Bradshaw. From left are Lieutenant Jacob Turriff, officer commanding 143 CEF; 14 CES Honorary Colonel Dan Hennessey, Hymers, Bradshaw, 14 CES Master Warrant Officer Jonathan Porter and 143 CEF Master Warrant Officer Cynthia Campbell 143 CEF

Submitted



Master Corporal Vic Walsh, centre, 413 Squadron; recently received the Canadian Forces Decoration 2 from Commanding Officer Lieutenant-Colonel Jean-Francois Gauvin, left, along with Chief Warrant Officer Kevin Robarts.

Master Corporal R. Wilson, 14 Wing Imaging



Warrant Officer Steve White, centre, 413 Squadron; recently received the Canadian Forces Decoration from Commanding Officer Lieutenant-Colonel Jean-Francois Gauvin, left, and Chief Warrant Officer Kevin Robarts.

Master Corporal R. Wilson, 14 Wing Imaging



Master Corporal Rob Vardy, centre, 413 Squadron, recently received the Flight Safety for Professionalism Award from Commanding Officer Lieutenant-Colonel Jean-Francois Gauvin, left, and Chief Warrant Officer Kevin Robarts.

Master Corporal R. Wilson, 14 Wing Imaging Services



Major Will Livingston, centre, 413 Squadron; recently received the 1,000 hours flying the Cormorant certificate from Commanding Officer Lieutenant-Colonel Jean-Francois Gauvin, left, and Chief Warrant Officer Kevin Robarts.

Master Corporal R. Wilson, 14 Wing Imaging



Warrant Officer Bob Delaney, centre, 413 Squadron; recently received the Canadian Forces Decoration from Commanding Officer Lieutenant-Colonel Jean-Francois Gauvin, left, and Chief Warrant Officer Kevin Robarts.

Master Corporal R. Wilson, 14 Wing Imaging



Sergeant Shawn Smith, right centre, 413 Squadron; along with his wife, Tami, recently received the Canadian Forces Decoration from Commanding Officer Lieutenant-Colonel Jean-Francois Gauvin, left, and Chief Warrant Officer Kevin Robarts.

Master Corporal R. Wilson, 14 Wing Imaging



Warrant Officer Colin Hilchey, centre, 413 Squadron; with his wife, Michelle, son Brady and daughter Hailey; recently received the Canadian Forces Decoration from Commanding Officer Lieutenant-Colonel Jean-Francois Gauvin, far left, and Chief Warrant Officer Kevin Robarts.

Master Corporal R. Wilson, 14 Wing Imaging



Master Corporal Charles Veinot, centre, 413 Squadron; recently received the NATO Bar from Commanding Officer Lieutenant-Colonel Jean-Francois Gauvin, left, and Chief Warrant Officer Kevin Robarts.

Master Corporal R. Wilson, 14 Wing Imaging

Nutrition changes are on the horizon

Nicole Houghtaling,
RD, Pn1

Did you know March is Nutrition Month? The Nutrition Month 2019 campaign is dedicated to helping Canadians realize the potential of food to fuel, discover, prevent, heal and bring us together.

Within the Canadian Armed Forces (CAF), healthy choices are always available on the National Standardized Cycle Menu (NSCM) offered at CAF dining facilities. New nutrition education materials have been developed and are now posted at CAF dining facilities.

Since the launch of Health Canada's Healthy Eating Strategy in late 2016, the Government of Canada has been taking action to make the healthier choice the easier choice for all Canadians. Many changes have already taken place when it comes to promoting nutrition:

- We have seen the ban of partially hydrogenated oils (the main source of industrially produced trans fats in foods) as of September 17.
- Food label regulations were updated at the end of 2016 (although manufacturers have until 2021 to comply).
- The most recent change was the launch of the new Food Guide January 22.

Canada's new food guide takes a modern approach to communicating dietary guidance to consumers, health professionals and policy makers. Some of the changes include modern visuals, a more user-focused approach with an online suite of resources including a mobile-friendly web application, renewed ter-



minology, and, perhaps most importantly, the new guide reflects the best of the latest evidence on food and health.

So how is the latest evidence reflected in the new guide? The healthy meal plate now consists of half vegetables and fruit, one-quarter whole grains and one-quarter protein foods (milk and alternatives and meat and alternatives are now grouped together as protein foods). Among protein foods, plant-based should be consumed more often. Water is now the beverage of choice and sugary drinks, including 100 per cent juice and sweetened milk, are not recommended to be consumed regularly.

What's exciting is there are even more changes on the horizon. Later this year, Health Canada is expected to release Canada's Healthy Eating Pattern, which will provide guidance on the amounts and types of food that make up a healthy diet. ➔

Nicole Houghtaling is a registered dietitian and is currently completing a Masters in Sports Nutrition. As part of the Strengthening the Forces team, she is the acting nutrition wellness educator and focuses on health promotion nutrition programming for the CAF.

Proudfoot to be new 14 AMS honorary colonel

14 Air Maintenance Squadron welcomes a new honorary colonel March 21, as Greenwood lawyer David Proudfoot is invested in a ceremony at the Annapolis Mess.

14 AMS Commanding Officer Lieutenant-Colonel Amy Tsai-Lamoureux will preside

over the ceremony, with 14 Wing Greenwood Commander Colonel Mike Adamson, command team guests and 14 Wing Greenwood Honorary Colonel Terry Kelly all welcoming Proudfoot to his wing role. A reception will follow in the Annapolis Mess. ➔

Greenwood bowlers succeed at winter games

**Pat Nixon,
Coach**

The Special Olympics Nova Scotia Winter Games were held February 22 to 24 at 5th Canadian Division Support



Genna Coleman, centre, Kings Special Olympics; shows her excitement and spirit as she celebrates her gold medal with her fellow medalists.

Base Detachment Aldershot, and used several facilities in the surrounding area to stage competition. The 5-pin bowling competition was held at the Greenwood Bowling Centre at 14 Wing Greenwood.

Bowling began Saturday, with over 115 competitors showing up for the competition, spread out over morning and afternoon sessions. Competition was fierce - but always friendly, with many friendships renewed and many more new ones made. The spirit of the games was electrifying, with all bowlers cheering on their competition when strikes and spares were made. The Special Olympians' motto, "Let me win, but if I cannot win let me be brave in the attempt," was on full display over the weekend.

On the women's side, Kings was represented by Genna Coleman, Corynne Adamson and Amy Patey, coached by Samantha Blinn. Although up against stiff competition, the girls had a lot of fun, with Patey and Adamson turning in personal best scores for this year. Coleman won the gold medal for Kings in her division. Coached by Pat Nixon, the men were represented by John Guy, Rory Nixon and Josh Vandenberg. All posted personal best scores for the year as well, but just missed finishing in the medals. All the bowlers normally bowl out of the Greenwood Lanes throughout the course of the year.

Sunday, the regional cup was held in the morning with all the bowlers from each region competing as a unified

team. At the end of morning, the Kings Special Olympics team ended up taking the bronze medal in division one.

Games such as these could not be run - nor be successful - without the dedication of the many volunteers who helped throughout both days, whether it was scorekeeping, helping distribute lunch, set up all the tables and chairs and assisting with the myriad other tasks that need to be done. A big thanks to all the volunteers!

Also, a big shout out has to go out to Kathy Alexander and her Personnel Support Program staff at the Greenwood Bowling Centre who made it all work, helping out athletes, answering tons of questions from the coaches and keeping the volunteers in check. Awesome job! ➔



Regional cup Division 1 team bronze medalists were from Kings Special Olympics, proudly showing off their medals. In the front, from left, are Amy Patey, Corynne Adamson, Genna Coleman and Rory Nixon. Across the back are John Guy, Josh Vandenberg and coach Pat Nixon (missing is coach Samantha Blinn). Submitted

Sandra Lynn Nurse (nee Park)



*Born: May 9th, 1949
Passed on: March 5th, 2019*



It is with profound sadness that, after a valiant struggle with cancer, we announce the passing of our courageous wife, mother, sister and grandmother, Sandra Lynn Nurse. Sandy passed away, with her family by her side, on March 5, 2019, in Courtenay, BC. Her loss is mourned by her husband, of over 50 years, Tom, their children Jason (Stacey), Kingston ON, and Simon, Victoria, grandchildren Caitlyn, Brady and Hayley. Also mourning her loss are her sisters, Donna Bell, Courtenay, and Barbara (Neil) McLean, Bon Accord, AB, and sister-in-law Simone Comeau-Park, Trail, BC., and a special daughter, Kimberly Seguin, Ottawa, ON. Sandy was predeceased by her parents and her brother Randy. Sandy was born in Calgary, AB, on May 9, 1949 to F/L Donal & Marie (Lewis) Park. She moved to several locations across Canada with her parents and siblings before meeting and marrying her husband Tom, in Greenwood, NS. They moved several times, with their family, during their lives together to Edmonton, AB., St. Hubert, QC., Kelowna, BC., Winnipeg, MB., Trenton, ON., and, to eventual retirement, in the Comox Valley. Sandy exuded happiness and positivity and she was willing to lend a hand to those in need. No service or burial by request. In lieu of flowers donations may be made to the Vancouver Island Lodge - Canadian Cancer Society, 2202 Richmond Rd., Victoria, BC. V8R 4R5. Phone: 250-592-2662.

Ad Astra and Argus Lounges

Salons Ad Astra et Argus

Friday 22 March 2019

Vendredi 22 mars 2019

from 1300h – 1500h

de 13 h à 15 h

14 Wing Members

membres de la 14^e Escadre

Light Snacks will be served

Des collations légères seront servies



Squadron support

The Kingston Legion Branch 98 recently presented a cheque for \$3,600 to 517 Flight Lieutenant Graham Royal Canadian Air Cadet Squadron, Greenwood. From left are Sergeant Ian Hughes, Al Peterson, Branch 98 president; Lieutenant (Navy) Chantal Harding, squadron deputy commanding officer; Art Leduc, 517 Squadron sponsor chairman and Branch 98 representative; Warrant Officer First Class Alexanne Ouellet and Flight Sergeant Tanisha Galway.

Submitted

N.S. athletes wrap Canada Games experience

2019 Canada Winter Games Team Nova Scotia athletes were in Red Deer, Alberta for two weeks in February, with two local athletes in the mix.

On day one of the second week's sports schedule, February 24, the Nova Scotia male squash team – including Kingston's Sam Gallant – tied 2-2 with Northwest Territories. February 25, the team defeated Newfoundland and Labrador 4-0. February 26, the team lost to New Brunswick 3-1. February 27, the team lost to British Columbia 3-1 and Alberta 3-1. February 28, the boys tied with Manitoba 2-2. *March 1, the team* got a 3-1 win over New Brunswick in the placement round.

In judo, Hailey Peddle of Kingston competed February 27 in the 57kg weight class, losing to a British Columbia athlete 1-0 and a Manitoba competitor 1-0; she placed ninth overall.

Team Nova Scotia had a total medal count of 11 across eight different sports, including a gold in alpine skiing, a silver and a bronze in boxing, a bronze in team artistic gymnastics, a silver in para-alpine skiing, two silvers in Special Olympics figure skating, a silver in trampoline duo, a bronze in squash, a bronze in women's curling and a silver in judo.

The Canada Games are held every two years, alternating between summer and

winter. The next summer games will be held in Niagara, Ontario in 2021; the next winter games will be held in Prince Edward Island in 2023. ✈

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- Interprets technical specifications, directives and relevant publications to identify product discrepancies and deficiencies.
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- Carries out other duties as assigned.

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- Specialized training in engineering or aircraft maintenance (AME, CAMC, A & P, AMT); or equivalent.
- Experience as an aircraft mechanic in an aerospace environment.
- Able and willing to work shifts, extended hours and travel.

Please submit your resume on-line by *March 24, 2019* @ www.standardaero.com/jobs (job #6364)

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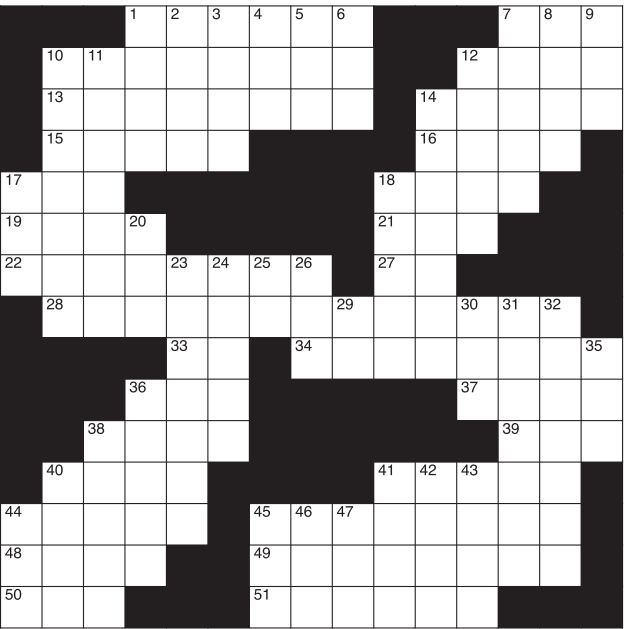


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca. Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Thursday, 9:30 a.m., previous to publication unless otherwise notified.

Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 61, School Road, (annexe Morfee), 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ns.aliantzinc.ca. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le jeudi précédant la publication, à moins d'avis contraire.

metro crossword

solution page 10



- ACROSS
1. Submit

7. When you hope to arrive

10. Ducks

12. Ancient Dead Sea region

13. Hatch

14. Genus of finches

15. Knives

16. Towards the oral region

17. Bitter-flavored beer

18. Brews

19. Hideouts

21. Where one sleeps

22. Unbroken view of a region

27. Hammer is one

28. Racing legend

33. Commercial

34. Understood by just a few

36. Global design effort

37. Portuguese folk song

38. Traditional woven cloth

39. Oil barrel (abbr.)

40. Cupbearer of the gods

41. Spiritual leader of a Jewish congregation

44. Dabs

45. Bedspread

48. Visionary

49. Prime Ministers

50. Criticize

51. Teeter

DOWN

1. Bird genus

2. A baseball team

3. Taxis

4. Baseball stat

5. Insecticide

6. Midway between east and southeast

7. Icelandic poems

8. Rocker Rundgren

9. Doctors' group

10. Inform wrongly

11. TVs used to have one

12. Long-_: donkeys

14. Weasel-like mammal

17. Payroll company

18. Conductance unit

20. Fifth note of a major scale

23. Prepares

24. Yellow-fever mosquitos

25. Partner to Pa

26. They _

29. Canadian province (abbr.)

30. Official

31. More colorless

32. Goodies

35. Sanders was one

36. Talkative

38. Rips apart

40. Chinese Muslim

41. Rapid eye movements

42. Song

43. Spent it all

44. Somber

45. Cycles per second

46. Naturally occurring material

47. 'Orange is the New Black' character
- Relay for Life info
- The Canadian Cancer Society Relay for Life will be taking place at the Middleton & District Arena June 15, 5 p.m. to 11 p.m. There will be live bands, activities as well a ticket auction. Registration is open now at relayforlife.ca/middleton for individuals, teams, survivors or volunteers. For information: Elena Silver, 902-470-2039 or elena.silver@ns.cancer.ca.
- Middleton yearbooks sale
- The Middleton Regional High School yearbook committee is clearing out its past yearbook inventory, from years 1969 through to 2018. There are a limited number of original yearbooks available in this one-time sale, \$5 each, first-come, first-served. To find out if a year is available, contact lemonmd@gnsps.ca before March 31.
- Volunteers wanted
- The Friends of the Greenwood Library Society is looking for volunteers to meet with us once a month for about an hour to advance the interests of the library. If interested, please contact the librarian, 902-765-1494 local 5430.
- Scottish Country dance classes
- Mondays (March 18 for eight weeks), all are welcome to join in Scottish Country dance classes, 7 p.m. to 9 p.m., at the Wilmot Community Centre. Scottish Country is a social dance form, so no experience, partner or special attire is required. Suitable for any adult, from 16 to 96. Learn how to reel and wheel, pousette and allemande. Susan Van Horne is our instructor. There is a \$5 nightly fee to cover the cost of
- the hall. For info: 902-765-0906 or 902-825-4600.
- PeopleWorx outreach services
- March 19, 10 a.m. to noon, the Berwick and District Library hosts Nova Scotia Works – PeopleWorx, offering ongoing 1:1 assistance to residents requiring employment support for resumes, cover letters, job search, explore funding, workshops and career practitioner available. To set up an appointment, contact PeopleWorx at 1-866-609-9675 or jbibbmacnabb@peopleworx.ca.
- Book club
- March 19, 2 p.m. to 3 p.m. the Bridgetown & Area Library hosts its adult book club (third Tuesday of every month) to share views and ideas about selected books, usually fiction. For info, call 902-665-2758.
- Art journaling
- March 20, 11:30 a.m. to 1 p.m., the Lawrencetown - Dr. Frank W. Morse Memorial Library hosts Kathleen Moir, a therapeutic artist and photographer based, for art journaling. If you can use a pencil, wield a glue stick and rip paper, you can make an art journal. Learn the basics of creating an art journal page, discover how to incorporate written words onto your images, experiment with many different tools and techniques to make your mark, create a personal, visual recollection of a memory and learn it's okay not to be perfect all the time. For ages 10 to 14. Register in advance.
- LEGO WeDo Robotics
- March 20, 2:30 p.m., the Kingston Library invites youth ages seven-plus to sign up and build one of the 12 designs available with these LEGO WeDo Robotics kits, then work your magic and
- do some coding to get them to move. Register at 902-765-3631.
- Story time
- March 20, 10:30 a.m. to 11:30 a.m., the Rosa M. Harvey Middleton & Area Library hosts a birthday-themed story time. Finger foods, stuffies and tea. Dress in your best and bring a guest.
- Art journaling
- March 20, 1:30 p.m. to 3:30 p.m., the Lawrencetown - Dr. Frank W. Morse Memorial Library hosts Kathleen Moir, a therapeutic artist and photographer based, for art journaling. If you can use a pencil, wield a glue stick and rip paper, you can make an art journal. Learn the basics of creating an art journal page, discover how to incorporate written words onto your images, experiment with many different tools and techniques to make your mark, create a personal, visual recollection of a memory and learn it's okay not to be perfect all the time. For ages 18 plus. Register in advance.
- Fort night
- March 20, 6 p.m. to 7:30 p.m., the Kingston Library invites children ages seven to 12 to come out for a “fort night” at the Kingston library, with crafts, stories, s'mores and fort making!
- Be creative
- March 20, 11 a.m., the Kingston Library hosts “Be Creative,” for children ages five to 12. Use your imagination to create art using the available supplies... the possibilities are endless.
- Slime time with Mad Science
- March 20, 11:30 a.m. to 12:30 p.m., the Berwick and District Library invites youth ages six to 12 to learn about polymers and the signs of chemical reactions as we compare “physical-reaction”
- slime and “chemical-reaction” slime. And of course you will make your very own batch of Mad Science slime to take home! Register in advance.
- Music in the Library with Ashley Moffat
- March 21, 11 a.m., the Annapolis Royal Library hosts Ashley Moffat, here to entertain children of all ages in the Community Program Room.
- Dot art
- March 21, 6:30 p.m. to 8 p.m., the Berwick and District Library invites youth ages 12 to 18 to create your own dot mandala painting. Using metal dotting tools and acrylic paints, you will learn about colour theory, the meditative benefits of dotting, and make your own art to take home. All materials provided, no experience needed. Register in advance.
- Building challenges with KEVA Planks
- March 21, 2 p.m. to 3 p.m., the Bridgetown & Area Library combines math and art as we stack planks to build towers, bridges, buildings, and more! Fun for ages four to 10. Registration required.
- Music night
- March 22, 7:30 p.m., the Berwick Legion, 232 Main Street, hosts Friday night entertainment with Exit 15. Ass the hat admission. Supper
- March 22, 5 p.m. to 7 p.m., the Berwick Legion, 232 Main Street, hosts Friday night supper, featuring homemade sloppy Joes, French fries and coleslaw. \$8 per plate, \$2 for dessert. Call 902-538-9340 for more info.
- Pyjama story time
- March 22, 6 p.m. to 6:30 p.m., Berwick and District Library invites youth ages four to 12 to
- THE INSIDE STORY

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1. Through our website: www.auroranewspaper.com

2. Fax: 902-765-1717

3. Drop into our office located at 61 School Road (Morfee Annex)

Entry deadline:
Noon, March 21, 2019

Full name

Phone number

Complete the following questions from ads in this week's issue and win 2 - 1 hour coupons for pool from DOOLY'S, Greenwood. Coupons valid for 1 year. Age 19+.

1. Who is ready for golf season? _____

2. March 22 marks what day at 14 Wing Greenwood? _____

3. Name two of Fraser's five locations: _____

4. What cell number does Robert Graves have? _____

5. Who will you find at 1016 Central Avenue? _____

Congratulations to last week's winner: SYLVIA STRONG

hop into your pyjamas, brush your teeth and head to the library for bedtime stories.

Sloth party

March 22, 10:30 a.m. to 11:30 a.m., the Bridgetown & Area Library hosts a sloth party, with story time and crafts. Ages five to 10. Registration required.

Coffee & Conversation

March 22, 10 a.m. to 11:30 a.m., the Berwick and District Library's conversation starters are Kathleen MacDonald, Acadia nutrition student; and Sarah Mullen, dietitian, Nova Scotia Health Authority. March is Nutrition Month: Unlock the Potential of Food. Join us once a month at the library, Berwick's living room, for coffee, tea and conversation with your community neighbours.

Escape from Hogwarts

March 22, 7 p.m. to 8 p.m., the Berwick and District Library hosts a Harry Potter-themed

escape room for aspiring muggle sleuths and undercover magicians. Register in advance. Ages 13 to 17. Snacks provided.

Little Ray's Reptile Zoo

March 23, 1 p.m. to 2 p.m., the Berwick and District Library hosts Little Ray's Reptiles. The program combines a whole lot of fun with scientific education and animal awareness. Guaranteed to bring out and inspire the young scientist, environmentalist, or animal enthusiast in all of us. Recommended for ages four and up.

Chase the ace

March 23, 1 p.m. to 3 p.m., Chase the Ace at the Kingston Legion (Saturdays). Tickets also available daily during bar hours. Tickets are four for \$5. The draw takes place at 3:30 p.m. Saturday. You must be over 19 years to purchase tickets. You do not have to be present to win.

Half of the take is split between Valley Autism and the new Valley palliative care centre.

Little Ray's Reptile Zoo

March 23, 10:30 a.m. to 11:30 a.m., the Bridgetown & Area Library hosts Little Ray's Reptiles for a whole lot of fun with scientific education and animal awareness. Guaranteed to bring out and inspire the young scientist, environmentalist, or animal enthusiast in all of us. Ages 4 and up.

Winter speaker series

March 24, 2 p.m. to 3:30 p.m., the Annapolis Royal Library

Winter 2019 Speaker Series, sponsored by The Friends of the Annapolis Royal Library, presents "Invasive Insects and You," with Keji biologist Matt Smith. For all arborists, gardeners and bug fanatics. You've got the bugs, we've got the ant sir.

At the Evergreen

March 24, the Evergreen Theatre, 1941 Stronach Mountain Road, Margaretsville; hoists the Evergreen Gala. Show only tickets are \$30 (military \$25, students \$15), gala dinner, show, \$50 tax receipt and several free 2019 season shows \$100; with

reservations through TIXHUB at evergreentheatre.ca.

Seniors and medication seminar

March 27, 2 p.m. to 3:30 p.m., a session, "Safe Medicines for Seniors and Caregivers," will be held at the New Minas Baptist Church, 9453 Commercial Street. Free, but register in ad-

vance with 902-680-8706. This workshop looks at the safe use of medicines at home and the caregiver's role in administering and managing medications. You'll receive a useful guide, Safe Medicines for Seniors: A Guide for Caregivers. Presented by the Caregivers Nova Scotia Association.

horoscopes

March 17 to March 23

ARIES - Mar 21/Apr 20

Your mind is receptive to innovative ideas, Aries. You may feel inspired to try out many new things in the days to come. Catalog those that make you happy.

TAURUS - Apr 21/May 21

Turn off the logical part of your mind for a little while, Taurus. Let your fantasies run wild. Trying to manage everything down to the minute can short-circuit your brain.

GEMINI - May 22/June 21

Gemini, a truckload of new ideas is coming your way. These may serve as catalysts for new hobbies, projects and even developing new friendships along the way.

CANCER - June 22/July 22

You may not be entirely sure what's holding you up this week, Cancer. But once you put your finger on it, you'll be able to work through the issues that much more readily.

LEO - July 23/Aug 23

You have carte blanche to hibernate for the week if you feel you need some alone time, Leo. But try to put your self-imposed exile to some good use around the house.

VIRGO - Aug 24/Sept 22

Virgo, why slip quietly into a party when you can make a grand entrance? Don't be afraid of pointing the spotlight on yourself for a change. Then enjoy the rush that comes from it.

LIBRA - Sept 23/Oct 23

Libra, home is where the heart is, especially this week. Spend as much quality time as you can with loved ones in the days to come. Find a cozy spot to read and unwind as well.

SCORPIO - Oct 24/Nov 22

Scorpio, might you be so fixated on a problem that you're overlooking the simplest solutions? Take a step back and refocus. The answer might be simpler than you think.

SAGITTARIUS - Nov 23/Dec 21

You are always ready to take on more, Sagittarius. This week you may have to set some limits or you may burn out. An adventure with a BFF is doable.

CAPRICORN - Dec 22/Jan 20

It is possible to accomplish much in stressful situations, Capricorn. But sometimes you don't realize when you need to take a step back. This is the time.

AQUARIUS - Jan 21/Feb 18

Aquarius, a long-held belief might be holding you back or preventing you from moving forward. Once you let it go, you'll feel emancipated and ready to take a step in the right direction.

PISCES - Feb 19/Mar 20

Pisces, a bad mood need not dictate how you approach the day or even the week ahead. Call up a friend and beat the funk.

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EMPLOYMENT OPPORTUNITY

Greenwood Military Family Resource Centre (GMFRC)



Join our team! Coordinator of Volunteer Services

Do you believe in the power of volunteerism? If you are humbled by the generosity, kindness, and immeasurable contributions of a volunteer team, the GMFRC is the place for you! Our Coordinator of Volunteer Services is responsible for the recruitment, training, and support of the GMFRC's team of 100+ volunteers. The Coordinator will work closely with the staff team to ensure that volunteers are offered meaningful volunteer opportunities for personal and professional growth.

Who we are looking for

- We are looking for someone with an Undergraduate degree in the Social Sciences/Community Development field

Experience you should have

- Five years' experience in program development, management, evaluation.
- Minimum of 2 years working with volunteers.
- Experience in group facilitation and training.
- Advanced ability to work independently and as part of a multi-disciplinary team. Awareness of risk management issues as they pertain to volunteers
- Experience working in a not-for-profit organization with an in-depth knowledge of volunteer management and community development.
- A sound understanding of the unique needs of military families.

Your contribution to the team will include:

- Excellent verbal and written communication skills. **Ideal candidate is bilingual.**
- Excellent organizational skills.
- Sensitivity and tact in dealing with people.
- Working knowledge of community resources.
- Strong belief in the principle of volunteerism.
- Knowledge of Microsoft Office programs.
- Advocating for/creating meaningful volunteer opportunities.

New Team members must complete a Child Abuse Registry Check, Criminal Record Check, Vulnerable Sector Screening, and Enhanced Reliability Check. The work week is 37.5 hours with occasional evening and weekend hours required.

If you are interested in joining our team, please submit your resume on or before **4:00 p.m. on Friday, March 29** to:

Margaret Reid, Executive Director

email: home@greenwoodmfrf.ca (MS Word or PDF format)

Subject line: resume – Volunteer

mail: Greenwood MFRC PO Box 582, Greenwood, NS, B0P1N0

fax: 902-765-1747

Drop off in person: The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood.

The Greenwood MFRC is committed to employment equity.

You can read more about the GMFRC at: cafconnection.ca

POSSIBILITÉ D'EMPLOI

Centre de ressources pour les familles militaires de Greenwood (CRFMG)



Joignez notre équipe! Coordonnateur/Coordonnatrice des services de bénévolat

Croyez-vous au pouvoir du bénévolat? Si vous êtes humilié par la générosité, la gentillesse et les contributions incommensurables d'une équipe de bénévoles, le CRFMG est l'endroit pour vous! Notre Coordonnateur/Coordonnatrice des services de bénévolat est responsable du recrutement, de la formation et du soutien de l'équipe de plus de 100 bénévoles du CRFMG. Le/la Coordonnateur/Coordonnatrice travaillera en étroite collaboration avec l'équipe du personnel pour s'assurer que les bénévoles se voient offrir des opportunités de bénévolat significatives pour leur développement personnel et professionnel.

Qui nous cherchons

- Nous cherchons un(e) candidat(e) qui détient un diplôme universitaire de premier cycle dans le domaine des sciences sociales ou du développement communautaire.

Expérience que vous devriez avoir

- Expérience de cinq ans dans l'élaboration, la gestion et l'évaluation de programmes
- Minimum de 2 ans de travail avec des bénévoles.
- Expérience en animation de groupe et en formation.
- Capacité avancée de travailler de manière autonome et au sein d'une équipe multidisciplinaire.
- Sensibilisation aux problèmes de gestion des risques liés aux bénévoles
- Expérience de travail dans un organisme à but non lucratif avec une connaissance approfondie de la gestion des bénévoles et du développement communautaire.
- Une bonne compréhension des besoins uniques des familles militaires.

Votre contribution à l'équipe comprendra :

- Excellentes habileté de communication orales et écrites. **Le/la candidat(e) idéal est bilingue.**
- Excellent sens de l'organisation
- Fait preuve de sensibilité et de tact avec la clientèle.
- Connaissance pratique des ressources communautaires.
- Forte conviction dans le principe du volontariat.
- Connaissance des programmes Microsoft Office.
- Plaidier pour / créer des opportunités de bénévolat significatives.

Les nouveaux membres de l'équipe doivent passer les vérifications suivantes : registre des cas d'enfants maltraités, casier judiciaire et vérification de références. La semaine de travail est de 37,5 heures et comprends à l'occasion des soirées et des fins de semaine.

Si vous désirez joindre notre équipe, veuillez soumettre votre curriculum vitae **avant 16 h le vendredi 29 mars 2019**, à l'attention de :

Margaret Reid, Directrice exécutive

Courriel : home@greenwoodmfrf.ca (en MS Word ou en PDF)

Sujet : résumé – Bénévolat

Poste : CRFM Greenwood C.P. 582, Greenwood, N-É, B0P 1N0

Télécopieur : 902-765-1747

En personne : Le CRFMG est situé dans le Centre AVM Morfee, School Road à Greenwood.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi.

Pour de plus amples renseignements sur le Centre, visitez :
connexionfac.ca

classifieds

Classified advertisements, 35 words or less, are \$9 tax included. Additional words are 10 cents each, plus tax. Bold text \$10, 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, 61 School Road, Morfee Annex, Greenwood; email aurora-production@ns.aliantzinc.ca or fax 902-765-1717.

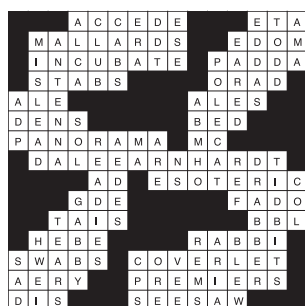
To place a boxed, display ad, contact 902-765-1494 local 5833; email auroramarketing@ns.aliantzinc.ca.

Les annonces classées, 35 mots ou moins, sont vendues au prix de 9 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 10 \$, 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 61, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à aurora-production@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



APARTMENT FOR RENT

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 – Senior's Unit, Highway 201, Glebe Road, Greenwood Square. 1200 sq. ft. living space plus attached garage. Two bedroom, two baths, five appliances, heat pump and in-floor heating. Lawn care and snow removal included. Non smoking. New

construction, available February 2019. Please call 902-847-1312 or 902-765-4709. (4002-ufn)

FOR RENT – Two bedroom apartment located in subdivision behind Greenwood Mall. Fridge/ stove, washer/ dryer included. Snow plowing and lawn care are provided. Rear deck. Electric heat. Available April 1. \$600.00 per month plus electrical. Call 902-765-4206. (4010-ufn)

FOR RENT – All-inclusive one bedroom in rural Kingston \$950.00: Bright 2nd floor is fully furnished and equipped

(washer, dryer, fridge and stove). Heat pump. Absolutely no pets and no smoking on the property. Rent includes all utilities and cable. Three large closets. Seeking quiet working or retired one person for this apartment. Apply 902-765-1898. References required. (4010-ufn)

SERVICE

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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February 28, Donald Hyslop, Kingston, was recognized with a Duke of Edinburgh Service Award for 20 years as an award volunteer; Sarah Albert, Greenwood, was presented with her Silver Award. Submitted

Kingston volunteer, Greenwood recipient recognized at Silver Duke of Ed awards presentation

February 28, His Honour The Honourable Arthur J. LeBlanc, ONS, QC, Lieutenant Governor of Nova Scotia and Honorary Patron of The Duke of Edinburgh's International Award in Nova Scotia, presented The Duke of Edinburgh's Award Silver Certificates of Achievement at an Award Ceremony at Government House to 21 recipients, including Sarah Albert, West Kings District High School.

The Duke of Edinburgh's Award encourages young people, ages 14 to 24, to be the best they can be at each of the three award levels: Bronze, Silver and Gold. The program strives to help young people develop into responsible adults who will continue to learn new skills, stay healthy and fit, care about their environment and contribute to their community in a positive manner.

“This award exemplifies and recognizes those who are engaged in building their character, contribute to their

communities in meaningful ways and practice good citizenship. Award recipients demonstrate qualities that contribute to the very fabric of society,” says Connie Miller, Nova Scotia executive director of the Duke of Edinburgh's International Award.

With adult guidance and assessment, the participants follow a non-competitive and self-directed Program that challenges them to achieve their personal best in four areas: physical fitness, community service, skill development and outdoor expeditions. Collectively, over a six- to 12-month period, these 21 young people volunteered 1,082 hours of community service to the province of Nova Scotia!

At the ceremony, Donald Hyslop of Kingston was also recognized with a Service Award, signed by the Secretary General of the International Award Foundation, for 20 years as an award volunteer. ➔

David A. Proudfoot

Barrister * Solicitor * Notary

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Dolphins swim to strong showing at N.S. championships

Nine swimmers with the Greenwood Dolphins Swim Club travelled to Halifax to race at the 2019 Swim Nova Scotia David Fry Provincial Championships February 28 to March 3.

Bailey Dowell, Callie Dowell, Adam Deutsch, Brandon Puttick, Luke Robert, Grace Smith, Logan Way, Kaleigh Whitelaw and Josh Wootten all raced in the championship meet, featuring the top swimmers from Atlantic Canada.

"With such a small group, we did a good job of holding our own against the best in the region," said Dolphins' head coach Chris Stone.

At the end of the meet, the Dolphins' men's team finished in eighth place, while the women finished in 14th



The Men's 16 & Over 200m freestyle medalists were, from left, Bo Stokesbury-Price, WTSC (bronze), Adam Deutsch, GDSC (gold), Charlie Morse, CBAC, (silver).

Submitted

place, for a 13th place in the combined team standings. Leading the way was 22-year-old Adam Deutsch, who won gold in the 16 & Over Men's 200m freestyle

and 200m breaststroke, silver in the 16 & Over Men's 50m breaststroke and bronze in the 16 & Over Men's 200m individual medley and 100m breaststroke. Deutsch, who also coaches with the Dolphins, recently graduated from Acadia University, where he swam for all four of his undergraduate years with the Axemen. He qualified for the 2019 Eastern Canadian Swimming Championships, held in Quebec City, in April in all three breaststroke events.

"Having Adam in the water and on deck with us this season has been great for all of the swimmers. For the older ones, he's been a great role model of how to train at a high level while, with the younger ones, he's been an

excellent teacher and coach," said Stone.

Adding to the Dolphins' medal count were Logan Way with bronze medals in the 16 & Over Men's 400m individual medley and 50m backstroke, and Brandon Puttick with a bronze in the 13 & Under Men's 100m butterfly.

Bailey Dowell and Way came back from their second year of competition with the Acadia Axewomen and Axemen to race with the Dolphins, having wrapped up their U-Sport season at last month's Atlantic University Sport Swimming Championships.

"To have a third of the team at a university level or above adds a different dynamic to the team, which makes it a fun environment," said Stone.

"Looking to the summer, it should be a lot of fun for everyone as we add our returning alumni to the club while many of our younger swimmers work their way up the program."

The Dolphins will be in action again at the end of the month in the Swim NS Age Group Long Course Development Meet #4, hosted by the Dalhousie Tigers March 30. ➔

Lacrosse registration, try-its tee up Valley Thunder's 11th season

Valley Thunder Lacrosse is getting set for its 11th 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 Mini-Tykes to Intermediate (athletes born in years 2002 to 2014).

Try lacrosse at a free drop-in session Thursday, March 28, 7:30 p.m. to 8:30 p.m., at Cambridge school (6113 Highway 1, Cambridge); led by senior club athletes. Bring a water bottle, athletic wear and indoor sneakers. No other gear is required for these introductory sessions.

Registration events will be held April 4, 6 p.m. to 8 p.m., at the Greenwood Community Centre, Church Street, Greenwood. You may also register at the Cambridge school evening session.

The lacrosse season will begin April 16, with teams generally practicing twice a week (Tuesdays and Thursdays) with a game or two

on weekends through mid-June. Valley Thunder plays in the Scotia Minor Lacrosse League.

Valley Thunder will host a free Lacrosse Nova Scotia checking clinic May 4 in Kingston, noon to 1:30 p.m. for Novice and Pee wee athletes and 1:30 p.m. to 3 p.m. for Bantam and Midget athletes. The purpose is to have players (and coaches and parents) become comfortable with the fundamentals of both receiving and delivering a clean, purposeful lacrosse check and to understand the importance of footwork and angling.

The club hosts the provincial all-ages 6th Apple Cup June 7, 8 and 9.

Coaches at all team levels are welcome to join Valley Thunder. Paid referees are always needed for games and tournaments. There will be a May 5 ref certification course offered at 14 Wing Greenwood by Lacrosse Nova Scotia. Officials who ref VTL

games have the opportunity to earn game bonuses to recoup the cost of their course. For information about Valley Thunder Lacrosse, visit valleylacrosse.ca or Facebook Valley Thunder Lacrosse. The club president is Sara White, cskeddy@hotmail.ca. ➔



**CREDIT UNION CENTRE**

FREE SKATING UPCOMING AT THE KINGSTON CREDIT UNION CENTRE

• SAT	MARCH 16	AT 12noon – 1PM
• SUN	MARCH 17	AT 12noon – 1PM

FREE SKATING OVER MARCH BREAK

• MON	MARCH 18	AT 1:45 – 2:45PM
• TUES	MARCH 19	AT 1:45 – 2:45PM
• WED	MARCH 20	AT 1:45 – 2:45PM
• THURS	MARCH 21	AT 3:30 – 4:30PM
• FRI	MARCH 22	AT 2:30 – 3:30PM
• SAT	MARCH 23	AT 2:30 – 3:30PM
• SUN	MARCH 24	AT 3:15 – 4:15PM

We strongly encourage everyone to bring their helmets. We have some helmets available, so please ask if you need one!

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Sandy Bentley, Sherry Anne Deveau, Nancy Perry and Karen Clow – the girls of Beta Sigma Phi, visiting Pete Luckett’s winery on a Valley vineyard tour. Submitted

Who are the girls of Beta Sigma Phi?

Beta Sigma Phi was founded in 1931 in Abilene, Kansas, by Walter W. Ross. It was a time of economic depression, and Ross felt women needed a social outlet.

Beta Sigma Phi is a social and cultural organization, not a service organization (we do support the Upper Room Food Bank in Kingston and provide mittens, hats and scarves for the Friendly Neighbours’ Christmas collection). We meet twice a month, on the first and third Wednesday, and, at each meeting, we have cultural programs such as crafts, the history of the Nova Scotia tartan – and wine-making, as the Valley was among the first areas in the province to take up the art. The group regularly attends presentations by Centrestage and Greenwood Players. There is always something fun to do in Beta Sigma Phi.

There are four chapters in the Annapolis Valley from Kentville to Annapolis Royal. If you are interested in the group and it’s activities, contact 902-765-6186. ✈



Eden Golf and Country Club
PO Box 273
Bridgetown, Nova Scotia B0S1C0

WELCOME TO THE 2019 GOLF SEASON AT EDEN
*EDEN WOULD LIKE TO WELCOME OUR RETURNING MEMBERS TO THE 2019 SEASON.
NEW MEMBERS ARE WELCOME WITH SPECIAL RATES!*
-- NOT FAMILIAR WITH OUR COURSE AND FACILITIES, COME AND ENJOY A FREE ROUND --
REMEMBER; REFER A NEW MEMBER AND RECEIVE A \$50 CREDIT TOWARDS FEES OR PURCHASES

2019 Application and Membership Rates
TAXES INCLUDED

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Adult (Non-Shareholder)	\$ 825.00	Out of Town > 49KM	\$ 685.00
Adult - New Member in 2019 (i.e. not an Eden member for past 5 yrs.) <small>Note former Club to transfer scores to Eden</small>	\$ 660.00	Dual Member (Club) <small>Dual members do not include NSGA fee</small>	\$ 545.00
Intermediate (Age 19 - 35)	\$ 545.00	Student (Proof of Enrollment)	\$ 390.00
Junior (Age 13 - 18) <small>+Junior NSGA fee \$21.45</small>	\$ 133.00		
Trail Fees	\$ 150.00	Driving Range (Single)	\$ 95.00
Driving Range Family (>1)	\$ 150.00	Winter Power Cart Storage	\$ 78.00
Club Storage	\$ 65.00	Family Package (Kids 7 -16 play free) <small>Immediate family/ grandkids + NSGA fees</small>	\$ 1,521.00

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John Spurr, Membership Director (902) 584-2258



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Pour les membres des FAC en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille

The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, **CAFconnection.ca**, or call the Family Information Line at **1-800-866-4546**.

Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez **ConnexionFAC.ca** ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au **1-800-866-4546**