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the Aurora

Vol. 40 No. 15

APRIL 22, 2019 NO CHARGE

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ASW skills back NATO's Dynamic Manta exercise tests Mediterranean waters

**Captain Paul Wootten,
405 (Long Range Patrol)
Squadron**

The volcanic ash cloud spewed ominously out of the crater of Mount Etna as ground crew and support staff awaited the arrival of the 405 (Long Range Patrol) Squadron CP140 Aurora. The aircraft was making a direct transit from Greenwood to Sigonella, Sicily, an island at the "toe" of Italy's "boot" – that houses an Italian airbase.

The RCAF had again accepted a NATO invitation to take part in its largest annual anti-submarine warfare (ASW) exercise in the Mediterranean Sea. Two aircraft, aircrew, ground crew and support staff from 14 and 19 wings comprised the Air Task Force for Exercise Dynamic Manta.

407 Squadron's aircraft arrived several hours earlier from Comox; however, the second 405 Squadron aircraft's arrival was dependent on the movement of the ash cloud rolling out of Mount

Etna for the past several hours. The volcano had been quite active over the last several months and the prodigious ash clouds it produces have been a large concern. It should be noted volcanic ash is actually good for an aircraft's engines... initially. It cleans off the baked-on carbon and soot, making the components shiny and clean. Efficiency improves for about a minute - and then everything goes quiet, as fragments of volcanic rock and glass smash the important bits of the engine, rendering them useless. Fortunately, on this occasion, the winds were in our favour and, after a short re-route, the aircraft was able to land safely, meaning all 72 personnel had arrived on time.

Exercises of this sort are an excellent opportunity for maritime forces to train and operate alongside other NATO nations. On this occasion, there were ships from Canada, France, Italy, Norway, Spain and Turkey; as well as aircraft from Canada, France, Germany, Greece, Italy, Spain,

Turkey, the United Kingdom and United States. Submarines, provided by Greece, Italy, Spain, Turkey and the UK; played either the friendly or enemy force. The subsurface hunters were directed by highly-skilled operators, ensuring difficulty finding and tracking their position. Challenges were plentiful, but every obstacle faced in training makes the operational deployments – when the room for error is non-existent – that much easier.

Once the flying part of the exercise began, the pace was fast and relentless. The two Canadian CP140 crews flew 12 missions in six days, a testament to the hard work of both 405 and 407 squadrons' maintenance teams and the 14 Operations Support and Missions Support squadrons' support staff. Hours were dedicated to ensuring the airplanes were ready for their missions of detecting and, sometimes, "destroying" the enemy submarines.

Objectives of Ex Dynamic Manta were all achieved, thanks to



405 and 407 squadrons' maintenance personnel kept the on-the-ground work moving flawlessly throughout Exercise Dynamic Manta's demands.

Submitted

Continued on page 2...

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Sicily has many beautiful areas, as well as a long and savage history. Sicily and, more specifically, its capital, Palermo, is one of the most conquered cities in the world.

When the island was liberated from German occupation during the Second World War, the conflict cost the lives of over 500 Canadian soldiers. Many of the Canadian military personnel in Sicily for Exercise Dynamic Manta visited the Canadian War Cemetery at Agira to pay respect to those who wore the uniform before us, making the ultimate sacrifice for freedom. The site itself is beautifully peaceful, with only the sound of distant cowbells disturbing the rest of those who perished.

One poignant epitaph was depicted on the gravestone of Private C.P. Bedborough, aged 28: "Although I smile and seem care-free, no one misses you like me. Wife and son."

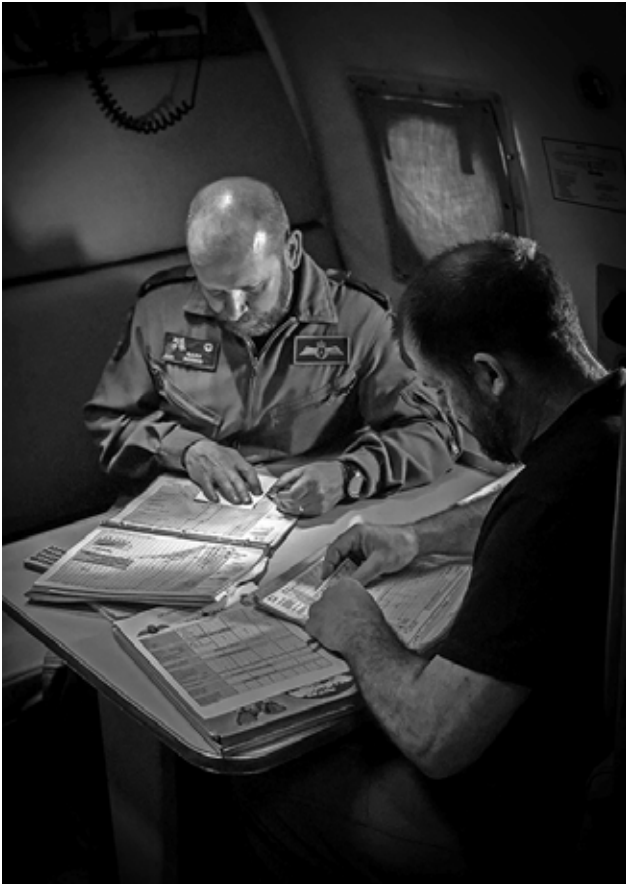
Dynamic Manta...

...cover

the support and hard work of all involved. Valuable experience was gained by all who took part. 14 Wing Commander Colonel Mike Adamson and Wing Chief Warrant Officer Dan Campbell travelled to Sigonella to visit the detachment and flew with the CP140 crews during the exercise; both were thoroughly impressed and enjoyed the experience. Campbell experienced his first Aurora flight and spoke highly of 14 Wing's "Operate as One" concept, key to long range patrol (LRP) operability.

"This is the first time I've had the opportunity to witness LRP, and how another fleet operates. It was impressive to see everyone working as a team, with non-commissioned members and officers side by side."

Adamson has witnessed first-hand the struggles to maintain and improve the anti-submarine side of the Aurora's capability over the last four years, as the emphasis shifted to overland sorties in Iraq



Dynamic Manta's exercise work tested the anti-submarine warfare skills of long range patrol crews from 14 Wing Greenwood, with international partners. Submitted

and Syria. However, he was very upbeat about where the capability now stands.

"This is one of our premiere exercises with so many allied partners, and it is a great learning ex-

perience. Foremost, I'm impressed by the crews and how they handled the missions; proof that our 'get well' program over the last two years is bearing fruit. The ASW skills are back!" ➔

Women's service dress code changes

First it was "BEARDFORGEN" last fall, allowing men to wear facial hair while in military uniform.

Now, there are adjustments to women's service dress, with an April CANFORGEN permitting changes to hairstyle, nylon and footwear policies.

The National Defence Clothing Dress Committee met in December for its semi-annual meeting and considered a number of issues that affect Canadian Armed Forces members who express their gender as women and, as a result, a number of amendments were recommended and have since been approved.

In addition to currently approved hairstyles, it will now be permitted to wear a single ponytail in all orders of dress, other than ceremonial or full dress (all number one order of dress). The ponytail will follow existing regulations regarding single

braids (length not to exceed below the top of the armpit, to be gathered in the back of the head). Operational health and safety considerations will remain paramount and local commanders will continue to have the authority to restrict the wearing of long hairstyles as applicable for such reasons.

The wearing of nylons will be optional: regulations regarding nylons remain unchanged (plain pattern, skin-toned), and, as optional items, members would be responsible to purchase nylons.

Footwear permitted to be worn with the CAF skirt and pants will be amended to reflect heel height not exceed five centimetres in height, now allowing the addition of flats and all heights in between (but not ballerina-slipper styles).

Dress references will be updated, and questions may be raised through the chain of command. ➔

Recognizing barriers, change builds people potential

Sara White,
Managing editor

"Listen, pose questions – that's how we learn," Major Hassan Choudhary said as he opened the 14 Wing Greenwood panel presentation marking the March 21 International Day for the Elimination of Racial Discrimination.

The wing's Defence Visible Minority Advisory Group hosted its local event March 22 at the Annapolis Mess. Guests included Michael Wyse, Chief Petty Officer (retired) Deborah Eisan, Lieutenant-Colonel Ken Fells and Corporal (retired) Louis Pauze.

"We wanted to go beyond that sense of racial discrimination and explore in a deeper sense how does race, gender and other differences play a role in discrimination of everyone."

Wyse, now the manager of the strategic initiatives, skills and learning branch of the provincial Department of Labour and Advanced Education; said his three years in the Reserves 36 years ago have stayed with him, "a pretty hostile, tough place for people of colour – but we have an opportunity to make it better tomorrow than it was today.

"Have all the programs and efforts of the past 30 years made things better? There's no statistical change



Lieutenant-Colonel Amy Tsai-Lamoureux, left, welcomed guests Corporal (retired) Louis Pauze, Chief Petty Officer (retired) Deborah Eisan, Lieutenant-Colonel Ken Fells and Michael Wyse to 14 Wing Greenwood March 22. The group made up the panel discussion held to mark the International Day for the Elimination of Racial Discrimination.

S. White

in the condition of the black community – there may be change for individuals, but we haven't made an impact. We can do more.

"Why is it important? Because it's the right thing to do."

Even from a purely economic perspective, Wyse said, the rate of retirement

in Nova Scotia is outpacing immigration and inclusion.

"We need every Nova Scotian to live to their economic potential."

Eisan said the labels and categorizations that define people affected her as both indigenous and female during her military career.

"Did I want to quit one

million and six times? Yes.

You have to have a core, supportive home behind you," she said, describing what the legacy of residential schools took away from First Nations families over decades. Even today, "it's very challenging" to be a traditional woman and have a career. In your squadrons, units and ships –

if you have anyone of visible minority, please open your hearts and minds."

Being "part of a team, part of a group of people" stands out for Fells, after his experiences in the Cadet organization. "The military does an ex-

ceptional job of assimilation," but traditional recruitment is not attracting the diverse Canadian population it says it wants.

"Change your approach." Pauze said the military's inflexibility was something he was able to challenge during his career, any time he came up against barriers, disappointments or helping others: he drew on his family and community upbringing, where everyone was the same.

"I only learned the difference when I was injured," he said. "It depends on what you're going through and how you are going through it. If you don't have people to help you, it makes it harder."

14 Air Maintenance Squadron Commanding Officer Lieutenant-Colonel Amy Tsai-Lamoureux is the wing's champion for visible minorities, and she thanked all the presenters for their perspectives and sharing of experiences in the afternoon conversation.

"You don't know what other people experience until you become part of it or experiences it. I'm going to explore it, and keep an open mind and try and understand it more." ➔

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Circulation | Circulation: **4,500 Mondays** | Lunds
Agreement No. | Numéro de contrat : **462268**

Fax: 902-765-1717

Website | Site Web : **www.auroranewspaper.com**

The Aurora, PO Box 99, Greenwood NS B0P 1N0
L'Aurora, C.P. 99, Greenwood (N.-É.) B0P 1N0

Location | Emplacement : **61 School Road, Morfee Annex**
61 School Road, Annexe Morfee

Mail subscriptions: annual \$95 plus tax, weekly \$1.98 plus tax.
Abonnements par correspondance: 95\$ par année plus taxes , 1,98\$ par semaine plus taxes.

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www.cafconnection.ca

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

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www.forces.ca

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

VPI | VPI
www.vpiinternational.ca

Over water calls keep SAR crews busy

April 15, about 8:30 a.m., the Halifax Joint Rescue Co-ordination Centre tasked a 14 Wing Greenwood Hercules aircraft, with 413 (Transport and Rescue) Squadron, to provide top cover for a 103 Squadron Cormorant performing a medevac. A crewmember aboard a fishing trawler, about 300 nautical miles southeast of St. John's, Newfoundland and Labrador, had suffered a leg fracture. The Cormorant hoisted the patient and, accompanied by the Hercules, transferred the individual to ground services.

April 16, around 3 p.m., a Greenwood Cormorant was tasked while airborne to assist two people in the water after their small boat sunk off Grand Manan, New Brunswick. Both people were picked up by a vessel of opportunity, and all assets were stood down.

April 17, at 10:30 a.m., a Greenwood Cormorant was tasked while airborne to investigate a call to 911 in Prince Edwards Island of a potential woman in distress, potentially in the water near Basin Head. Just after 11 a.m., the helicopter was

stood down.

April 17, a Hercules was tasked around 3 p.m. to investigate a received emergency beacon sounding near Tignish, Prince Edward Is-

land. Homing and visual searches produced no targets or signs of distress. The search was stood down after 5 p.m., with the aircraft returning to Greenwood. ➔

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Master Corporal Steve Marshall, centre, was presented April 9 with the Canadian Forces Decoration second clasp by 14 Air Maintenance Squadron Lieutenant-Colonel Amy Tsai-Lamoureux, left, and Chief Warrant Officer Rick Cote.

Ordinary Seaman J. Morris, 14 Wing Imaging



Master Corporal Mark Bazinet, centre, was presented April 9 with the Canadian Forces Decoration second clasp by 14 Air Maintenance Squadron Lieutenant-Colonel Amy Tsai-Lamoureux, left, and Chief Warrant Officer Rick Cote.

Ordinary Seaman J. Morris, 14 Wing Imaging

14 Wing Imaging unless otherwise indicated.



Leading Seaman Louis-Phillippe Dubé, centre was presented April 9 with the Operational Service Medal by 14 Air Maintenance Squadron Lieutenant-Colonel Amy Tsai-Lamoureux, left, and Chief Warrant Officer Rick Cote.

Ordinary Seaman J. Morris, 14 Wing Imaging



April 3, Sergeant Nicholas Power, centre, was presented the Canadian Forces Decoration by 405 (Long Range Patrol) Squadron Lieutenant-Colonel Luc Vachon, left, and Master Warrant Officer Gary Norris.

Sergeant M. Carreira, 405 Squadron



Sergeant Anthony Spittachine, centre, recently received his new rank from 405 (Long Range Patrol) Squadron Commanding Office Lieutenant-Colonel Luc Vachon, left, and Chief Warrant Officer Dean Parsons.

Master Corporal K. Conrick



Aviator Charlotte McMullin, centre, April 9 was promoted to corporal by 14 Air Maintenance Squadron Lieutenant-Colonel Amy Tsai-Lamoureux, left, and Chief Warrant Officer Rick Cote.

Ordinary Seaman J. Morris, 14 Wing Imaging

Investing in our military family community – National Scholarship Program

The Support our Troops National Scholarship Program is now open, looking to award 41 scholarships ranging from \$500 to \$2,500 to children and spouses of military and veteran Canadian Armed Forces members.

Last year, 45 scholarships were awarded to those pursuing higher education in provinces across the country. “I am incredibly honoured to have received this award. It will assist me greatly towards earning my degree in engineering,” says Sarah Hildt, an engineering student at the University of Alberta and a 2018 recipient. “Throughout my life, the military has been

extremely supportive of my family. I am looking forward to accomplishing my goals!”

Support Our Troops launched the National Scholarship Program in 2015 to address the increasing need for education opportunities for military family members. Since the program’s inception, Support our Troops has provided over 150 military family members with some form of financial assistance for their post-secondary education.

Applications for the National Scholarship Program are now open until May 1. Find more information and apply at supportourtroops.ca/Get-Support/Scholarships. ➔

Investir dans la communauté des familles des militaires – Programme national de bourses d’études

Nous acceptons maintenant les demandes pour le Programme national de bourses d’études Appuyons nos troupes. Quelque 41 bourses d’études allant de 500 \$ à 2 500 \$ seront décernées aux enfants et aux conjoints de membres et de vétérans des Forces armées canadiennes.

L’année dernière, 45 bourses d’études ont été accordées à des étudiants désireux de poursuivre des études post-secondaires dans diverses provinces au Canada.

« C’est pour moi un honneur incroyable d’avoir reçu cette bourse d’études. Elle sera déterminante dans l’obtention de mon diplôme en ingénierie », de déclarer Sarah Hildt, étudiante en ingénierie à l’Université de l’Alberta et boursière en 2018. « Toute ma vie, les Forces armées canadiennes ont offert un soutien

incroyable à ma famille. J’ai hâte d’atteindre enfin mes buts! ».

Appuyons nos troupes a lancé le Programme national de bourses d’études en 2015 en réponse au besoin grandissant des membres des familles des militaires de se prévaloir de bourses d’études pour poursuivre leurs études. Depuis les débuts du programme, Appuyons nos troupes a fourni de l’aide financière à plus de 150 familles de militaires pour leurs études postsecondaires.

La date limite de soumission d’une demande pour le Programme national de bourses d’études est le 1er mai 2019. Pour plus d’informations et pour soumettre une demande, visitez le <https://www.appuyonsnostroupes.ca/Obtenir-du-soutien/Bourses-d-etudes>. ➔

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The funniest bonnet, worn by Beth Barnes; rewarded by chairwoman Lorrie Penny. Pearl Drolet won the prize for best fascinator. Rev. Paul Jennings made and wore this beautiful fascinator. The best bonnet, as worn by Kelsey Wilband. The youngest person at the event was Riley Penny. Door prize winner Terry Skidmore.

Easter bonnet style!

The month of April often brings April showers but, April 13, things brightened up considerably as a crowd attended a lovely Easter bonnet tea at All Saints' Anglican Church in Kingston. Some artistic guests displayed shining examples of fun, creative and imaginative headwear. All enjoyed the variety of Easter hats being sported. In addition, many of the ladies - and a man - made their own fascinator; for some, the first time they had ever done something like this. Two local judges - Dallas Stoddart and Diane Cushing - had the difficult task in their roles determining the best-in-categories. A good time was had by all. Special thanks to all who prepared tea treats, and to the local businesses and individuals who made the cake and supplied gifts for the event. ➔

Seed Library back to start off spring

Now in its fourth year, the Seed Library returns to two Valley libraries. Starting May 1, the Dr. Frank W. Morse Memorial Library in Lawrencetown and the Berwick & District Library will again be host to the Seed Library. Stop by and pick up free packets of seeds, donated by local seed companies and avid gardeners, complete with planting instructions. All you need to do is browse the packets, show us your library card and get a packet of free seeds. Annapolis Valley Regional Library is promoting the Seed Library as a great family project that leads to healthy food choices and sustainable communities. Gardening is known to have substantial health benefits in terms of physical activity and mental well being; plus, it's just plain fun! Stop by, and then dig in! We'd love to receive updates as your garden progresses. Send us a photo or message on Facebook, Instagram or Twitter so we can see how you grow. ➔

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Weekly youth centre activities at the 14 Wing Greenwood Community Centre are available for participants ages six to 12. Register for any activities you're interested in by calling 902-765-1494 local 5341, or stop by the community centre in Bldg. 110 on Church Street Monday to Friday, 8:30 a.m. and 4:30 p.m. No registrations will be taken after noon the day of the activity. A friendly reminder: no outdoor footwear is permitted on the gym floor.

Tuesday, April 23, 6 p.m. to 7:30 p.m. - Community Rec Night - open gym. Get up, get out and get active with the family. Bring your indoor shoes and check out the climbing wall, play some games, try a new sport and have some fun.

Thursday, April 25, 6 p.m. to 7:30 p.m. - Active Chicks: test out your cooking skills in the kitchen, as our "Cooking Queen's" challenge heats up!

Friday, April 26, 6 p.m. to 7:30 p.m. - YTGIF: Get ready to duck! Dive! Dodge! We'll hit the court to play variations of dodgeball. Hot dogs are our treat. Reminder: indoor shoes are required. ➔



Greenwood's Aviator David Szasz lifts in the men's heavyweight division.

Regional powerlifting first Aldershot-hosted CAF competition

Sara White,
Managing editor

Heavy weights didn't put off 5th Canadian Division Support Base Gagetown Detachment Aldershot from hosting its first ever Canadian Armed Forces regional sports championship. April 1 to 3, the base staged the Atlantic Regional powerlifting competition.

"Welcome to Aldershot," Major Brian Brooks, commanding officer, said at the April 2 opening ceremonies. "I'm excited about what's going to be happening over the next day or so, but I'm excited to be in Aldershot every day.

"Our mission is to support training - army, navy, air force and whoever else finds us. You're here to compete. You're in the land of Glooscap, a legendary Mi'kmaq figure representing perseverance and strength. That's you, too. Have a good competition!"

Twenty-eight athletes from 9 Wing Gander, 14 Wing Greenwood, Aldershot, Shearwater, Halifax and Gagetown competed individually and in teams. Events included the deadlift, bench press and squat in three men's weight classes, plus a women's division; with weights and scores tallied out to determine the winners.

Gagetown won the team award, with individual athlete results as follows:

Women's overall

Second Lieutenant Lisa Wolf, Gagetown, first place (275 total kgs, 328.6 Wilks pts); Corporal Devine, Gagetown, second place (357.5 total kgs, 316.7 Wilks pts); Ordinary Seaman Boudreau, Halifax, third place (312 total kgs, 284.6 Wilks pts).

Men's middleweight

Corporal Dixon, Gagetown, first place (672.5 total kgs, 413 Wilks pts); Leading Seaman Johnson, Halifax, second place (655 total kgs, 404 Wilks pts); Sheppard, Halifax, third place (580 total kgs, 359.4 Wilks pts).

Men's lightweight

Master Warrant Officer Rob Dyke, Gander, first place (590 total kgs, 403.7 Wilks pts); Leading Seaman Bonvie, Halifax, second place (520 total kgs, 372.2 Wilks pts); Master Corporal Aitcheson, Gagetown, third place (462.5 total kgs, 338.6 Wilks pts)

Men's heavyweight

Captain Morrow, Gagetown, first place (725 total kgs, 431.1 Wilks pts); Mater Corporal Audette, Gagetown, second place (682.2 total kgs, 402.2 Wilks pts); Master Seaman Hibbert, Halifax, third place (625 total kgs, 372.7 Wilks pts).

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Aldershot's Corporal Francis Wheeler lifts in the men's lightweight division. S. White

Results from Greenwood- and Aldershot-based athletes included, in men's lightweight: Corporal Francis Wheeler, Aldershot, seventh place (400 total kgs, 274.3 Wilks pts); in men's middleweight: Aviator Wile, Greenwood, fifth place

(500 total kgs, 330 Wilks pts); Sergeant Bessegato, Aldershot, sixth place (510 total kgs, 312.9 Wilks pts); Aviator David Szasz, Greenwood, seventh place (445 total kgs, 277.7 Wilks pts); in men's heavyweight: Aviator

Peddle, Greenwood, sixth place (507.5 total kgs, 301.5 Wilks pts); private Murphy, Greenwood, seventh place (415 total kgs, 251.9 Wilks pts); Corporal McKillop, Aldershot, DQ (507.5 total kgs, 291.5 Wilks pts). ➔

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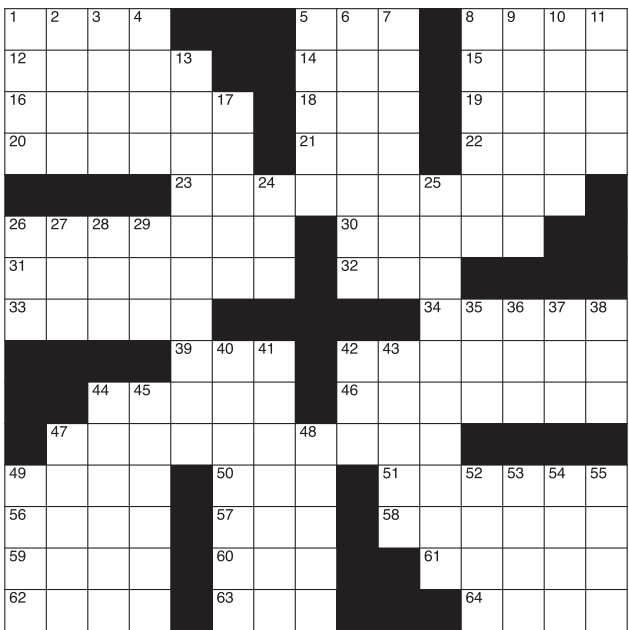
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The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; 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 précédent la publication, à moins d'avis contraire.

metro crossword



- ACROSS**

1. Tenor

5. Panthers' signal caller

8. Systems, doctrines, theories

12. Rulers

14. Indonesian coastal town

15. Type of cuisine

16. Kids

18. Single Lens Reflex

19. Extra seed-covering

20. Force out

21. Feline

22. & Stitch

23. Semantic relations

26. A larval frog or toad

30. Sport for speedsters

31. One who is learning

32. Request

33. Famed WWII conference

34. Relieved

39. English broadcaster

42. Car signal

44. Grass part

46. Trivially

47. Serve as a warning

49. Centers of activity

50. An electrically charged atom
51. Small swelling of cells

56. Irritates

57. ... your 's, cross your 't's

58. Removed

59. 'Death in the Family' author

60. When you hope to arrive

61. German district

62. Turner and Kennedy

63. Midway between south and southeast

64. Emerald Isle
- DOWN**

1. Mathematical optivhod

2. Country along the Arabian peninsula

3. Pointed parts of pens

4. Lake ____, one of the Great

5. Peruvian region

6. State capital of Georgia

7. Those killed for their beliefs

8. Typeface

9. Shri! cry

10. Sends via the Postal Service

11. Holds grain

13. Occurring at a fitting time

17. Vogue

24. Born of

25. Get the job done

26. Teletype (Computers)

27. Small southern constellation

28. Decalithers

29. Area near the concert stage

35. Social insect living in organized colonies

36. Winter activity

37. Snake-like fish

38. Not w

40. In addition to

41. In league

42. Barrels per day (abbr.)

43. Monetary unit

44. Marked

45. Emerges

47. Shape by heating

48. Early Slavic society

49. Italian automaker

52. Racing legend

53. Earmharot

54. A type of name

55. Strauss, jeans maker

crossword brought to you compliments of

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Grandparents' group
April 23, 10 a.m. to noon, Grand Love meets at the Berwick town hall. Not all families look the same and many grandparents play a significant role raising their grandchildren. If you are a grandparent raising or helping to raise grandkids, join us for coffee/ tea and discussion. If you need childcare or have questions, call SchoolsPlus, 902-538-4726.

Book club
April 24, 1 p.m., the Kingston Library's What Does it Say to You? Book Club is a monthly book club that explores community, life, meaning and so much more through popular fiction. Facilitated by Lynn Uzans, an avid fiction reader, community builder, and believer that together we can make our communities and world a better place. Stop by the Kingston library and reserve a copy.

In ground vs raised bed gardening
April 25, 1 p.m. to 2 p.m., the Bridgetown & Area Library hosts the final in a series of three free workshops that include discussions about healthy soil, seeds, needs of plants in various locations and containers, and the benefits of growing your own veggies and herbs. Gardening in the ground or in a raised bed has advantages and disadvantages. Participants will go home with some gardening item each session. Adults and adults with toddlers welcome. Registration required.

VPI meeting
April 25, the Greenwood VPI meeting will be held. Pre Fit 1500 Hrs, Take Off 1600 Hrs, Land approx 1630 Hrs, Post Fit until 1730 Hrs.

Meeting
April 25, 7 p.m., the Annapolis Valley African Violet Society, will meet in the Greenwood Sobey's Community Room. Everyone welcome.

Cemetery annual meeting
April 25, 7 p.m., will be the annual meeting of the North Kingston Public Cemetery, in the Kingston fire hall. We encourage anyone who has lots or family in the cemetery to attend.

Cheer showcase
April 26, 6 p.m., Valley Cheer Athletics' All-Star teams, plus a slate of Prep-level teams;

showcase Season 11 routines at the Kingston Credit Union Centre. Open for spectators at 5:30 p.m. Admission \$10, \$5 for seniors and students, children under five free. Information on summer day camps, tumbling, cheer and gymnastics sessions may all be found at valleycheer-athletics.com.

Dance
April 26, 7:30 p.m., the Berwick Legion, 232 Main Street, hosts High Energy DJ Services, playing a mix of great music for your dancing and listening pleasure. Free admission (pass the hat). Call 902-538-9340 for info.

Earth Day eco-friendly flowers
April 26, 3:30 p.m. to 4:30 p.m., the Bridgetown & Area Library hosts an after school program. You will have lots of fun making crafts and doing activities! Ages five to 10 years. Registration required.

Supper
April 26, 5 p.m. to 7 p.m., the Berwick Legion, 232 Main Street, hosts Friday night supper: hot turkey sandwich, fries, peas and carrots. \$8 per plate (\$2 for dessert). Call 902-538-9340 for information.

Coffee & conversation
April 26, 10 a.m. to 11:30 a.m., the Berwick and District Library's "conversation starters" are Kathryn Dalton, financial advisor, and James MacDonald, branch manager from RBC in Berwick for a chat about money management. Join us once a month for coffee, tea and conversation with your community neighbours.

Supper
April 26, 5 p.m. to 7 p.m., the Berwick Legion, 232 Main Street, hosts Friday night supper: hot turkey sandwich, French fries, peas and carrots. \$8/ plate. Dessert \$2. Call 902-538-9340 for info.

Music night
April 26, 7:30 p.m., the Berwick Legion, 232 Main Street, hosts High Energy DJ. Admission: pass the hat. Call 902-538-9340 for info.

Yard sale
April 27, 8 a.m. to 2 p.m., there will be a yard sale with all kinds of treasures at Holy Trinity Anglican Church, 45 Main Street, Middleton.

Ladies' retreat
April 27, 9 a.m. to 4 p.m., "It's

Time To..., " is a ladies' retreat, to be held at the Aylesford Baptist Church, 2543 Hwy 1. Speaker: Marilyn Kenny, music: Gina Potvin and Payten Eisenhauer. Contact: Cheryl at 902-538-8144. All ladies welcome. ladies-retreatministries.org.

Tea and sale
April 27, 2 p.m. to 4 p.m., the Torbrook Mines United Church Workers hold their annual Torbrook Mines spring tea and sale at the Three Rivers Community Centre, 41 Messenger Road. Admission: \$5. Buffet tea table with ice cream sundae desserts, hand-crafted jams, jellies, jewelry by Jane. All are welcome.

Rummage sale
April 27, 1 p.m. to 3 p.m., Rosemary Chapter IODE invites the community of Middleton and area to visit their April rummage sale, held at the NS Community College, Middleton Campus. The IODE Chapter is celebrating its centennial this year and has bargains galore for you to purchase, household goods, clothing and shoes, books, bags and jewelry.

Variety show
April 27, 7 p.m. to 9 p.m., the Kingston United Church, 733 Main Street, hosts variety show fundraiser. Freewill offering, with proceeds towards the benevolent and flooring funds. Everyone welcome.

Chase the Ace
April 27, 1 p.m. to 3 p.m., Chase the Ace at the Kingston Legion (Saturdays). Tickets also available during bar hours. Tickets are four for \$5. The draw takes place Saturday at 3:30 p.m. You must be over 19 years to purchase tickets. You do not have to be present to win. Half the take is split between Valley Autism and the new Valley palliative care centre.

Ticket auction & BBQ
April 27, 9 a.m. to 1:15 p.m., Sisters of Science - the only all-girls NS team involved in FLL Robotics competitions – has won several awards over the past four years at two Nova Scotia Community College competitions, as well as Acadia University. At the latest competition, they won the opportunity to attend two competitions (West Virginia and California) and they were advised by Acadia University judges to patent their presentation idea!

Cheer showcase shows off sport's Valley success

Competitive cheerleading in the Valley is alive and well, with Valley Cheer Athletics marking its 11th season of programming, and an April national title win by its Senior Bulletproof All-Star team at the Canadian Cheer Evolution 2019 National Championships in Niagara Falls.

Friday, April 26, the club's multi-age All-Star teams, plus a slate of Prep-level teams; showcase routines at 6 p.m. in Kingston's Credit Union Centre.

"The spring showcase is our year-end show, where all teams will showcase the routines they have worked so hard on this season - and celebrate their many accomplishments," says club head coach Megan Shepherd.

VCA's main gym for All-Star teams is in Kentville, with tumbling, recreational and Prep team offerings in Wolfville, Kentville, Berwick and Kingston. VCA is the Valley's leading cheer and personal development centre, providing all-star cheer teams, pre-competitive cheer teams, recreation classes, tumbling classes, private

lessons, camps, clinics, specialty classes and birthday parties to athletes ranging from two years old to 18-plus.

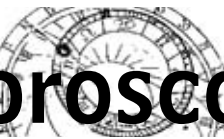
The showcase features year-end performances for VCA's Prep teams and a provincials "send off" for All-Star teams heading to Halifax May 4 and 5 for Cheer Nova Scotia's title weekend.

The Credit Union Centre will open for spectators at 5:30 p.m. Admission is \$10, or \$5 for seniors and students, with children under five free.

Valley Cheer Athletics is in its 11th season of all-star and preparatory cheer programs. This winter, the club certified with Gymnastics Nova Scotia to launch a series of introductory programs. Demand was high with the first dates sessions announced in March; extra classes were immediately added at almost every level. All-Star cheer placements for Season 12 in 2019/ 2020 get underway June 1; prep programs will start in September. Information on summer day camps, tumbling, cheer and gymnastics sessions may all be found at valleycheerathletics.com. ➔



Valley Cheer Athletics' Bulletproof Senior team won a national banner at the April Canadian Cheer Evolution Nationals in Niagara Falls. Submitted



horoscopes

April 21 to April 27

- ARIES - Mar 21/Apr 20**
You may realize a long-term goal over the next few days, Aries. The sense of accomplishment can inspire you to try new things and set new goals.

TAURUS - Apr 21/May 21
It can be challenging to balance private and public life, Taurus. Make a concerted effort to be open, but don't overshare information, either. Work with others, if necessary.

GEMINI - May 22/Jun 21
Gemini, you want to have momentum, but something trips you up and slows you down considerably. You have to find a work-around if you want to be happy.

CANCER - Jun 22/Jul 22
Older, unresolved issues may bubble up this week and grab at your attention, Cancer. Seek out close companions who may be able to guide you through.

LEO - Jul 23/Aug 23
Leo, consistency at work starts to shine through in your career status and progress at the company. Competition seems to fall away, and you take a leadership role.

VIRGO - Aug 24/Sept 22
Showcase your talents to people unfamiliar with what you can do, Virgo. This renewed enthusiasm may inspire you and others going forward.
- LIBRA - Sept 23/Oct 23**
Libra, the longer you let your needs go unaddressed, the more the pressure and stress will mount. Find a way to put yourself first this week.

SCORPIO - Oct 24/Nov 22
Your sense of security and routine is put to the test with a new visitor to your household, Scorpio. This visitor may require a few concessions on your part.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, try your best to breeze through interruptions at work this week. Your projects are all on schedule, and you want to keep them going forward.

CAPRICORN - Dec 22/Jan 20
Your attention may be drawn to the material things in your life right now, Capricorn. It is okay to focus on the niceties surrounding you once in a while.

AQUARIUS - Jan 21/Feb 18
Make some changes at home so that living spaces reflect your personality and desire for comfort and coziness, Aquarius. It can make for more harmonious living.

PISCES - Feb 19/Mar 20
You may be at a loss for words because distractions keep pulling you in different directions, Pisces. Stay the course the best you can.

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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.

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TRAINEE	ASK	
YALTA	EASED	
BBC	BLINKER	
PALEA	PETTILY	
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AGEE	ETA	KLEVE
TEDS	SSE	ERIN

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Make plans to join Steer BBQ market

2019 marks an extraordinary year for the Kingston Steer BBQ & Village Fair, its 60th year of existence. This July 13 the BBQ will be the longest continuous running steer barbecue in North America.

To “beef” up this year’s fair, the volunteer organizing committee is taking the bull by the horns and expanding the outdoor market, which began last year in Centennial Park. There has been a very successful craft and home business market for many years taking place inside the Credit Union Centre Arena; the outdoor market is designed for other vendors, from antique dealers and flea market stalls to all manner of individuals, community groups and clubs which

may wish to try something new and different. Perhaps a group of friends might want to share a stall to sell off the baby gear their kids have outgrown. Maybe you’d like to sell your farm fresh produce, like strawberries or raspberries. Is your flower garden in desperate need of a reworking and you have excess plants you wish to sell? Maybe your children’s club would like to sell raffle tickets on a cow-themed gift basket! The possibilities are endless.

With “herds” of people coming to the BBQ to enjoy the music, the food and the fair attractions, the committee is confident browsers and vendors alike will embrace this growing outdoor market. To arrange an outdoor stall, contact Muriel West, 902-765-8554, or visit kingstonnovascotia.ca for an application form. →

Kingston Legion

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West Kings hosts returning Scottish heritage concert

May 10, at 7 p.m., West Kings District High School in Auburn will host its second Scottish heritage concert to celebrate Gaelic Awareness Month in Nova Scotia.

Following up on last year’s sold out event, this year’s program is set to surpass that with the appearance of international recording artist Mary Jane Lamond, arguably the finest Gaelic singer in North America. She has had two top 40 hits, including “Sleepy Maggie,” a recording she did with Ashley MacLissac; and she is the recipient of several ECMA awards and several Juno nominations.

Another new act this year are sisters Abby and Ella Hanson. These talented teen-



Mary Jane Lamond

agers from Metro play the fiddle, step dance and sing in Gaelic. They have performed throughout the Halifax area, entertaining and educating young students and seniors alike. Their talent and energy are sure to have audience members tapping their toes.

Back for a second year

are the Amethyst Scottish Dancers from the Halifax area. This group literally had the audience on its feet last year with their performance. They have been selected to play later in the year at the Canadian National Exhibition in Toronto, and have performed across North America and even Europe.

The 14 Wing Greenwood Pipes and Drums will also be making a return performance. The band has been a great supporter of festivals and parades throughout the Annapolis Valley and has performed at the closing ceremonies of the Canada Summer Games in Halifax.

Michael Trahan makes a return performance. Last year,



Submitted

The Amethyst Scottish Dancers

his entertaining sense of humour and brilliant piping was a real hit. Trahan is a member of the Nova Scotia Highlanders and has his own piping business.

And, of course, there are the students who make this whole program possible: members of the West Kings Gaelic Club will perform a couple of old stand-bys and a few new tunes

made famous by the Scottish group Capercallie. The Pine Ridge Gaelic Club will perform a few traditional mouth music pieces as well. The evening would not be possible without the work and help of the committed students from West Kings High School and Pine Ridge Middle School who treasure the Gaelic culture of Nova Scotia.

The concert’s proceeds will be divided between the West Kings Student Council and the Highland Village Museum Development Fund. Tickets, \$7.50, are available at the offices of West Kings High School or Pine Ridge Middle School, or from any member of either the West Kings Gaelic Club or the Pine Ridge Gaelic Club. →

Food for Thought from the Upper Room Food Bank

In its continuing efforts to keep the local community informed about its activities, the Upper Room Food Bank would like to share some information about the regular activities at the food bank.

During March, the Kingston-based food bank served 175 families, consisting of 314 adults and 161 children, with 18,545 pounds of product going out and 19,978 pounds coming in. The incoming total includes 4,697 pounds provided by the Feed Nova Scotia network and 1,378 pounds purchased with local cash donations.

A common occurrence among our local food banks is sharing of surplus. If one location receives a large amount of an item, sometimes an item that is perishable, they may offer surplus to other local food banks. Both in and out of our facility, this often totals 1,000 pounds or more monthly.

In January, we asked the public to give generously to local fundraising drives if

able to make up for the annual drop in donations after Christmas. The results are now coming in, even as new food drives begin, and the generosity of people in this area has been demonstrated yet again. These drives can only be successful with the public’s help so, from the board of directors, staff, Harley, our manager; and, of course, our clients, we thank all of you who have contributed in some way to their success. We would also like to thank the many

local businesses who are continuously coming up with new ways to try to keep

our shelves stocked.

Regular hours for the Upper Room Food Bank are

Mondays, 10 a.m. to noon, and Thursdays, 7 p.m. to 8:45 p.m. →

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Noon, April 25, 2019

Full name _____ Phone number _____

Complete the following questions from ads in this week’s issue and win a **\$20.00 coupon to play Friday Night BINGO from Aylesford & District Lions**. Coupons valid for 1 year. Age 17+ on regular games.

1. Who offers \$20 off rust protection? _____
2. Where is bingo May 2? _____
3. What do CF1 members get off a Ram? _____
4. Who offers excavating and asphalt paving? _____
5. Six sizes of what are available June 1? _____

Congratulations to last week’s winner: JEANNIE JONES

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The new Pension for Life helps you transition to life after service with the recognition and income support you need.

Learn more: veterans.gc.ca/pensionforlife
1-866-522-2122

PENSION À VIE POUR LES VÉTÉRANS ATTEINTS D'UNE BLESSURE OU D'UNE MALADIE LIÉE AU SERVICE

La nouvelle pension à vie vous aide à faire la transition à la vie après le service grâce à la reconnaissance et au soutien du revenu dont vous avez besoin.

Apprenez-en plus : veterans.gc.ca/pensionavie
1-866-522-2022