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Sending love

After school camp kids at the 14 Wing Greenwood Community Centre have been working on sending warm wishes to veterans, putting their crafty skills to work making “Valentines for Vets.” Since 1996, Veterans Affairs Canada has encouraged schools, individuals and organizations to make cards and notes for the program, which distributes them to veterans in long-term care facilities across the country February 14.

Submitted

14 Wing: time to talk water

The water that pours from the taps throughout 14 Wing Greenwood and the Residential Housing Units, more commonly referred as the RHUs, comes from a few different sources. While the majority of the wing is fed by a well system the department of National Defence owns and operates, the RHUs receive water from the local municipality.

14 Wing's underground

infrastructure, which includes the water mains that bring potable water to the RHUs and buildings, is starting to show its age. Real Property Operations (RP Ops) Detachment Greenwood is working diligently to address this issue for the long term, with a number of projects and plans that will upgrade and/ or replace this aging infrastructure over the coming years. These

projects have been ongoing for a number of years and will continue into the foreseeable future, until all underground utilities can be replaced and modernized. Replacing the underground utilities is no small feat, and it will take a deliberate, planned and logical process to address now, and into the future.

Given the wonderful Annapolis Valley climate and

winter season, the aging infrastructure beneath the roads and walkways are susceptible to the continuous freezing and thawing temperatures that fluctuate throughout the seasons. This constant cycle causes strain on underground water mains and, unfortunately, breaks in these lines become a common occurrence. While the RP Ops Detachment addresses

these immediately, there are often impacts to RHU residents during and following a repair. During a water main break, water is shut off for all “downstream” residents. Upon restoration, residents should expect to have diminished water clarity as the network recovers from sediment aggravation.

It is also understood some

Continued on page 2...



Talk water...

...cover

residents experience diminished water quality, even without a water main break, for a number of probable reasons, including issues with the municipal source of water, other disturbances within the water mains from above ground activity or even the quality of the water system between the main water main and the RHU or building itself. Whatever the case may be, there are some tips and suggestions to help improve the appearance of your water. If residents experience poor water clarity following water main break repairs, take the following steps:

- Turn on the largest faucet (bathtub or laundry basin) and let it run for 15 to 25 minutes.
- Fill a clear glass with water and compare it to a white background every five minutes of flushing until there is no presence of colour or sediment within the glass.

The RP Ops Detachment

wishes to assure all RHU residents the water is still potable during times of reduced clarity. The RP Ops Detachment follows a strict testing regime and adheres to the Health Canada Federal Drinking Water Guidelines and Guidelines for Canadian Drinking Water, and conducts the following water tests at various testing locations throughout 14 Wing Greenwood:

- Daily – turbidity, pH and chlorine
- Weekly – E. Coli and coliform
- Every five years, or as required – metallurgy

Residents who experience issues with their RHU water should continue reporting to the Canadian Forces Housing Agency, 902-765-1294. To report/ inquire about a water main break or disruption during working hours, please contact RP Ops Works Control at 902-765-1494 local 5207. After hours, please contact the 14 Wing fire hall, 902-765-1494 local 5206. ➔

Already taking action

Since 2017, over \$400,000 has been spent on improving water quality for the 14 Wing Greenwood Residential Housing Unit neighbourhood. Starting April 1, the RP Ops Detachment is planning to spend over \$3 million to continue to address water quality.



CAF Commissioning Programs briefing February 18

In preparation for 2021 in-service commissioning competitions, the WPSO will be briefing February 18, 10 a.m. in the Birchall Training Centre, Building 221 – Classroom 10; on how to increase competitiveness, eligibility requirements and selection process for the following commission-

ing programs:

- Commissioning from the Ranks Plan (CFRP)
- Special Commissioning Plan (SCP)
- University Training Plan for Non-Commissioned Member (UTPNM)
- Continuing Education Officer Training Plan (CEOTP)

- Military Physician Assistant Training Plan (MPATP)
- Subsidized Education for Entry-Level Masters (SEELM)
- Physiotherapy
- Social Work
- Chaplain
- Military Plans
- Dental
- Medical

- Legal

- Pharmacy

After the presentation, one-on-one counselling will be available for anyone who wishes to know their test scores and discuss their file further. Registration is required. Email +W14_WPSO@Greenwood (include SN). ➔

CAF Occupation Transfer briefing February 19

In preparation for 2021 in-service selection occupation transfer competition for non-commissioned members and officers, the WPSO will be briefing February 19, 10 a.m., in the Birchall Training Centre – Classroom 10; on how to increase competitiveness, eligibility requirements

and selection process for the following occupation transfer programs:

- Voluntary Occupation Transfer Untrained (VOT-U)
- Compulsory Occupation Transfer – Untrained (COT-U)
- Non-Commissioned Member Annual Voluntary Oc-

cupation Transfer Program (AVOTP)- Officer Voluntary Occupation Transfer Program (OVOTP)
- Land Occupation Transfer Program (LOTP)
- Compulsory Occupation Transfer Program (COTP)
- Non-Commissioned Member – Subsidized Training and

Education Plan (NCM Step)

- Special Employment

After the presentation, brief one-on-one counselling will be available for anyone who wishes to know their test scores and discuss their file further. Registration required. Email +W14_WPSO@Greenwood (include SN) ➔



Master Corporal Mira Kim, an airborne electronic sensor operator from 14 Wing Greenwood, left; and a member of the Royal New Zealand Air Force work together during the forum.

Forum invests in junior leaders

Second Lieutenant
Kylie Penney

If you walked into the Netherlands Theatre at 17 Wing Winnipeg in the fall, you would have found a room full of junior enlisted leaders from the air forces of Canada, the United States, Australia, New Zealand, Japan, Singapore, Bangladesh and the Philippines. They were all present to attend the 2019 Junior Enlisted Leadership Forum (JELF).

This year, the Royal Canadian Air Force collaborated with Pacific Air Forces (PACAF), a command of the United States Air Force, to co-host the annual week-long forum at 17 Wing. The forum is hosted by a different Pacific Rim nation each year.

Chief Warrant Officer Miina Piir, from 2 Canadian Air Division headquarters in Winnipeg, and Senior Master Sergeant Jason Glockner, from PACAF headquarters, acted as the principal organizers and co-host lead facilitators for the event.

JELF is the ultimate opportunity for professional development for selected RCAF master corporals and sergeants from different trades to learn in an international environment.

“It is a privilege to be picked for something like this, and I feel like my supervisors recognized the hard work I have put in at my unit,” said Master Corporal Kevin Griffin, an aircraft structures technician from 5 Wing Goose Bay.

“I was excited to come and interact with other air forces.”

Participants learn with and from their counterparts from other Pacific Rim nations about leadership challenges from senior mentors, who hold the equivalent of chief warrant officer rank, from participating nations.

“It’s not every day that you have the opportunity to have senior enlisted leaders from four different countries come together that are all working towards the same goals within their air forces,” said Chief Warrant Officer Denis Gaudreault, RCAF command chief warrant officer. “When you talk about leadership challenges, our job as leaders is to make sure that the goals we are trying to achieve are communicated down the chain so that everybody understands what we are talking about.”

2 Canadian Air Division Commander Brigadier-General Mario Leblanc welcomed the participants and highlighted the importance of junior enlisted leaders in the respective air forces.

Throughout the week, the participants learned how

teamwork, resiliency, diversity, gender and Indigenous culture tie into leadership, with a series of challenges, lectures and group work.

Master Corporal Brent Thompson and Sergeant (retired) Devin Beaudry, from the regional Defence Aboriginal Advisory Group, organized a sweat lodge one evening, as an optional activity related to the Indigenous culture briefing. Corporal Kim Gilbert, a medic from the Royal New Zealand Air Force (RNZAF) participated.

“It was amazing, I love doing stuff like that to see the real Canada,” Gilbert said. “I wasn’t sure what to expect from the sweat lodge. I was a little bit nervous, but it was really good. I felt super relaxed and peaceful afterwards.”

“All the underlying Indigenous themes we talked about this week are pretty similar to home, they are just interpreted or represented in slightly different ways in each country,” she said, comparing Indigenous culture in the RCAF to Indigenous culture in the RNZAF.

“We are pretty lucky in

see Winnipeg’s finest in action at a Manitoba Moose practice and a Winnipeg Jets game.

“I’m glad to be here in Canada and it’s my first time inside of a hockey rink,” said Technical Sergeant Terrance Perry of the U.S. Air Force, stationed in South Korea. “I had only seen hockey on TV until now, so to see the Manitoba Moose practice – just the speed and coordination of the players – is amazing. The most remarkable thing is the goalie and how quick and agile he has to be, going up and down all the time. It really impresses me.”

The week wrapped up with lessons on ethics, bias, conflict management and the geopolitical environment with University of Manitoba Dr. Andrea Charron and Dr. Sarah Meharg, an adjunct professor at the Royal Military College of Canada.

A visit to Winnipeg’s iconic Canadian Museum for Hu-

man Rights underscored the reasons why cooperation and ethical leadership are essential to our air forces. 17 Wing Honorary Colonel Stuart Murray gave an introduction to the museum before participants went on guided tours.

Master Corporal Mira Kim, an airborne electronic sensor operator from 14 Wing Greenwood, said she really enjoyed her experience at JELF 2019.

“My favourite part of JELF was definitely meeting everyone from the other nations. There are parallels between issues we have as leaders in the RCAF that I thought were isolated to Canada, but are, in fact, quite similar to issues faced by the other junior enlisted leaders that were participating. We shared a lot of stories, and being exposed to all these experiences will help us with our decision making processes as we progress in our careers.” ➔

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French Program Information Sessions

Schools offering specialized French Language programs are hosting information sessions soon. Please contact the schools below for more information.

Regional Early French Immersion (Grade Primary Entry):

- Kingston and District School - February 18 @ 6:00 pm
- New Minas Elementary School - February 4 @ 7:00 pm
- Kings County Academy - February 10 @ 6:30 pm

Regional Late French Immersion (Grade 7 Entry):

- West Hants Middle School - February 24 @ 6:30 pm

Intensive French (Grade 6 Entry):

- Pine Ridge Middle School - February 12 @ 6:00 pm

Integrated French (Grade 7 Entry):

- West Hants Middle School - February 24 @ 6:30 pm
- Annapolis West Education Centre - February 19 @ 7:00 pm

Visit www.avrce.ca/french-language-programs
for program information,
www.avrce.ca/our-schools for school contact information

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Le comité de rédaction se réserve le droit de réviser, de condenser ou de rejeter tout article ou message publicitaire afin de satisfaire aux exigences relatives aux journaux militaires figurant dans la Politique temporaire des journaux des Forces canadiennes. Les opinions exprimées dans ce journal sont celles des collaborateurs et ne reflètent pas nécessairement les points de vue des Forces armées canadiennes ou de la 14e Escadre. Publié chaque lundi par la 14e Escadre sous les auspices du Colonel Brendan Cook, commandant de l'Escadre.

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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

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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

bravo zulu promotions & presentations

14 Wing Imaging unless otherwise indicated.



December 6, Master Corporal Kerry Plourde, centre, was promoted to the rank of sergeant by 413 Transport and Rescue Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Chief Warrant Officer Kevin Roberts, right, Squadron Chief Warrant Officer.



December 18, Captain Nichole R. Rigby, centre, was promoted to major by 14 Mission Support Squadron Commanding Officer Lieutenant-Colonel Christ Pratt, right; with Petty Officer First Class/ M1 Annette Patterson, left.



December 17, Captain Eli Squires, centre, was promoted to the rank of major during an honors and awards ceremony by 14 Operations Support Squadron Commanding Officer Lieutenant-Colonel Serge Parisien, left; with Chief Warrant Officer Dan Long.



Private Shaun Iacurci, second from left, recently received his accelerated promotion to corporal from Major Rodney Chongva, Officer in Command of 14 Mission Support Squadron Replenishment Flight, left; with spouse Nicole and Warrant Officer Scott Moore.



November 27, Master Corporal Shawn Murphy, centre, was promoted to the rank of sergeant by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Chief Warrant Officer Kevin Roberts.

DND Image Tech, 14 Wing Imaging



November 28, Corporal John Pinkham, centre, was presented with the Canadian Forces Decoration by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Chief Warrant Officer Kevin Roberts.



November 28, Master Corporal Daniel Steeves, centre, was presented with the Canadian Forces Decoration by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Chief Warrant Officer Kevin Roberts.



November 27, Aviator (Basic) John Dunphy, centre, was promoted to the rank of aviator (trained) by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Chief Warrant Officer Kevin Roberts.



December 6, Sergeant Les Vipond, centre, was presented the Canadian Forces decoration First Clasp by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Angie Thomas, left, with Chief Warrant Officer Jon Freeman.



November 28, 413 (Transport and Rescue) Squadron Chief Warrant Officer Kevin Roberts was presented his Chief Warrant Officer's Scroll (Warrant) by 14 Wing Greenwood Commander Colonel Brendan Cook, left, and 14 Wing Chief Warrant Officer Daniel Campbell.



November 28, Captain Sean Bryans was presented his new rank by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Chief Warrant Officer Kevin Roberts.



November 28, Corporal Ryan Hennessey, centre, was presented with the Canadian Forces Decoration by 413 (Transport and Rescue) Squadron Commanding Officer Lieutenant-Colonel Brent Vaino, left, with Chief Warrant Officer Kevin Roberts.



December 6, Captain Bruce Jarvis, centre, received the General Service Medal from 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Angie Thomas, left, with Chief Warrant Officer Jon Freeman.



Corporal Kendall Thorburn, centre, recently received her promotion to master corporal from Major Rodney Chongva, Officer in Command of 14 Mission Support Squadron Replenishment Flight, left, with Sergeant Sandra Johnston.



Aviator Jesse MacDonald, centre, was recently promoted to aviator trained by Major Rodney Chongva, officer in command of 14 Mission Support Squadron Replenishment Flight, left. Also present was MacDonald's spouse, Rebecca, and son Max.

Submitted



Sergeant Derek Pye, centre, was recently presented a Commanding Officer's Commendation by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, left, and Warrant Officer Al Bergman.

Submitted



Aviator Nicholas Hurley, centre, was recently promoted to aviator (trained) by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, left; with Chief Warrant Officer Dean Parsons.



Aviator Karelle Chevarie, centre, recently received her promotion to aviator trained from Lieutenant Victoria Lanthier, acting officer commanding of 14 Mission Support Squadron Replenishment Flight, right. Also present was Warrant Officer Scott Moore.

Submitted



Aviator James Collier, centre, was promoted January 24 to corporal by 14 Air Maintenance Squadron Lieutenant-Colonel Cory Marchand, left, with Chief Warrant Officer Kevin Wezenbeek, right.



Aviator Joel Peddle, centre, as recently promoted to corporal by Major Rodney Chongva, officer in command of 14 Mission Support Squadron Replenishment Flight, left. Also present were Peddle's spouse, Kaitlyn, and children Abel and Evelyn.

Submitted



Master Corporal Soble, centre, recently received the SSM-NATO, presented by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, left; with Chief Warrant Officer Dean Parsons.



Corporal Charles Cloutier, centre, recently received the Canadian Forces Decoration for 12 years of service, presented by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, left; with Chief Warrant Officer Dean Parsons.



Corporal Mark King, centre, was recently presented a certificate recognizing achievement of a Lockheed 1,000-hour flying milestone, presented by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, left; with Chief Warrant Officer Dean Parsons.



Aviator Michael Biggin, centre, was promoted January 24 to aviator (trained) by 14 Air Maintenance Squadron Lieutenant-Colonel Cory Marchand, left, with Chief Warrant Officer Kevin Wezenbeek, right.



Master Corporal Joannie Corriveau, right, was recently presented the Canadian Forces Decoration Medal by Major Rodney Chongva, officer in command of 14 MSS Replenishment Flight.

Submitted



Captain Nicolas Fortin, centre, recently received the General Campaign Star – Expedition, presented by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, left; with Chief Warrant Officer Dean Parsons.



Captain Marouan Goosen, centre, recently received the Canadian Forces Decoration for 12 years of service, presented by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, left; with Chief Warrant Officer Dean Parsons.



Sergeant Jordan Cuming, centre, was named Eagle Of The Quarter for October 1 to December 31, presented by 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Luc Vachon, left; with Chief Warrant Officer Dean Parsons.



Aviator Braidon Sheldrick, centre, was promoted January 24 to aviator (trained) by 14 Air Maintenance Squadron Lieutenant-Colonel Cory Marchand, left, with Chief Warrant Officer Kevin Wezenbeek, right.



Home team win

February 1 and 2, the Greenwood Flyers hosted an Under 14 girls’ tournament. Teams played four games in a round robin-style tournament, which led to some nail biting scores – and a three-way tie, putting the St. Margaret’s Bay Slam on the top of the pile with 140 points, the Flyers with 122 points, edging out the Halifax Hurricanes with 120 points. The match for third and fourth was played between the Hurricanes and the Fall River Rebels, with the Hurricanes taking a hard fought match 44-22. In the gold medal game, the Flyers came back with something to prove, winning 41-32 over the amazingly talented Slam and securing the tournament’s banner, which will proudly hang in the 14 Wing Greenwood Community Centre. Congratulations to the team, and good luck as athletes and coaches work towards provincials in March. From left, in the back row, are Coach Justin Veinot, Faith Hatt-Theoret, Lauren Laxamana, Tess Bezanson, Marissa Smith, Chloe Palmer, Hallie Blatch, Lauren Adams and assistant coaches Gilbert Laxamana and Rob Smith. In the front row are Gilliane Laxamana, Amelia Blatch, Carmen Glavine and Abby Veinot.

Submitted

February 11: start your quit-smoking plan with Butt Out

Quit smoking for good and butt out!

If you are tired of trying to beat the habit all on your own, Strengthening the Forces is offering a seven-session, progressive program designed to help Canadian Armed Forces and defence team members quit smoking. Each session is approximately an hour-and-a-half long, held Tuesdays (8:30 a.m. to 10 a.m.) from February 11 at the 14 Wing Greenwood Fitness and Sports Centre.

Butt Out is a self-managed change program based on adult learning principles. Quitting strategies are introduced progressively over the course of the seven sessions, based on principles known to be effective for self-managed change.

Social support is an important part of the program. The Butt Out group is one source of small group, “intra treatment” support. Other sources of intra-treatment support include the facilitator, doctor and pharmacist.

Butt Out also encourages participants to look for “extra treatment” support, often from friends, family and co-workers.

Free smoking cessation medications are available for CAF members (working 180 days or more). To obtain medication, visit the 26 Canadian Forces Health Services pharmacy at the clinic on base. Staff will discuss a plan with you, and prescribe smoking cessation

medications.

For additional support while in the Butt Out program, join the “Ultimate Break it Off Challenge” for a chance to win cash! Visit breakitoff.ca for challenge details.

Quit as a group. Discuss strategies together, and get support to overcome any challenges. For information and to register, contact Edith Tremblay at the Health Promotion office, 902-765-1494 local 5388 or edith.tremblay@forces.gc.ca. ➔

Medevac work, support keeps SAR crews busy

January 18, the Halifax Joint Rescue Coordination Centre tasked a 14 Wing Greenwood-based Hercules, Rescue 332 with 413 (Transport and Rescue) Squadron, just after 10 p.m. to Gander, Newfoundland and Labrador. The aircraft and crew returned January 20, around 6 p.m., to take on search and rescue stand-by duties.

January 27, 14 Wing personnel were tasked to provide a medevac of an approximately 50-year-old man from a 150-foot fishing vessel, about 120 nautical miles southwest of Yarmouth. A Cormorant was en route just before 9 p.m., and a PAL aircraft assisted with top cover. The medevac was successfully conducted, and the patient delivered to hospital in Yarmouth. The helicopter returned to Greenwood January 28, around 1 a.m.

January 28, Hercules R332 was tasked and airborne just before 8 a.m. to provide top cover for R905 from Gander, conducting a medevac of a 49-year-old man with a hematoma and high blood pressure from a 50-metre fishing vessel approximately 150 nautical miles east of St. John’s. The patient was successfully transferred, and R332 returned to Greenwood around 5:30 p.m.

January 28, Cormorant R912 left 14 Wing just after 6 p.m., headed to Pictou Island to pick up an injured hunter.

January 29, a Hercules was tasked around 4:30 p.m. to provide top cover for a Gander-based Cormorant assisting a fishing vessel on 75 miles east of Labrador. The boat had 29 people reportedly on board. The vessel was able to get the fire under control and was escorted to land, so aircraft were stood down. ➔

RCMP tracking Kings copper thefts

Kings District RCMP is investigating several thefts of copper and is asking for public assistance.

In one case, a chicken barn on Chute Road. in Weston was heavily damaged, including the barn, its electrical panels and heating systems; between December 14 and January 31.

RCMP are aware of several other thefts of copper recently, with incidents on North Bishop Road in Kingston and several in the Windsor area.

Kings District RCMP suggest the use of security lighting, alarm systems and video surveillance for buildings or locations that may be of interest to thieves. Any suspicious activity may be reported to the RCMP anywhere in Nova Scotia by calling 1-800-803-RCMP (7267). Should you wish to remain anonymous, call Nova Scotia Crime Stoppers toll-free at 1-800-222-TIPS (8477), submit a secure web tip at crimestoppers.ns.ca, or use the P3 Tips App. Use File #202039182/ 2020143551. ➔

Bookmobile schedule - February

Wednesday, February 12	
Aylesford, Beehive Centre	9:15 a.m. to 10:15 a.m.
Springfield Fire Hall	11:15 a.m. to 12:15 p.m.
East Dalhousie, Convenience in the Woods Store	1:30 p.m. to 2:30 p.m.
Thursday, February 13	
Coldbrook, PeopleWorx	2 p.m. to 3 p.m.
Wednesday, February 19	
Maitland Bridge Community Hall	10:15 a.m. to 11:15 a.m.
Bear River Grocery	2 p.m. to 4:30 p.m.
Thursday, February 20	
Torbrook Mines, Charity Baptist Church	1:30 p.m. to 3 p.m.
Tuesday, February 25	
Coldbrook Centre	3:15 p.m. to 4:15 p.m.



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Girls attending the 14 Wing Greenwood Community Centre’s weekly Girls Club put paint to canvas recently, working on a winter scene during a paint night activity.

Submitted

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Rec fun for all ages, interests

14 Wing Greenwood Community Recreation offers a range of programs and services inside the centre, and through a network of community partners. Find out more here, or drop in to the centre at Building 110, Church Street, on weekdays.

Take advantage of winter with Ski Martock passes. Community Recreation is excited to offer Ski Martock lift tickets for just \$10 for defense team members and regular Community Recreation Card holders, and \$20 for ordinary and associate card holders. Get an adult lift and rental ticket for \$20 (defense team members and regular card holders) or \$30 (ordinary and associate card holders). A youth lift and rental pass is \$15 (defense team members and regular card holders) or \$25 (ordinary and associate card holders).

Tuesdays and Thursdays, between noon and 2 p.m., drop in or join the pickleball co-ed/ all ages/ all abilities league. The program is free if you have a Community Recreation Card, or \$2 as a drop-in fee without a card.

For daily programming: **Boys Club** - Mondays, 6 p.m. to 7:30 p.m., ages six to 12. If you love sports and being active, meeting new people and trying new things, this is where you should be! February 10: spongee polo

Community Rec Night - Tuesdays, 6 p.m. to 7p.m. This is your chance to try a new sport each week with the family! Free with a valid recreation card or \$5 drop in.

Adult drop-in (19+) – 7 p.m. to 8:30 p.m. Tuesdays. Drop in and get active with friends with a different sport every week. Free with a valid recreation card, or \$5 drop in.

Crazy Creators – Wednesdays, 6 p.m. to 7:30 p.m. For youth age six to 12 every Wednesday is a different creative activity! Use your imagination to make masterpieces through arts, crafts, building, cooking and more! February 12: bake night \$3 -homemade chocolate chip cookies.

Girls Club - Thursdays, 6 p.m. to 7:30 p.m. Ages six to 12. Sports, spa fun, seasonal activities, recreational games, arts and crafts – it’s never

ending! A safe and fun place to hang out with friends, use your imagination, meet new people and make memories! February 13: snowflake lanterns

YTGIF - Fridays, 5:30 p.m. to 7:30 p.m. Pre-registration \$5, day of registration \$8. Youth ages six to 12, come kick off your weekend enjoying supper, exciting games and activities with your peers. February 14: pizza and glow bowling. ➔

Nominate Village of Kingston’s Volunteer of the Year!

Deadline to nominate is Friday, March 6, 2020

Nomination forms available at the new Village Office
655 Main St. (former CIBC bank)
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902-765-2800

DOOLY’S

Dooly’s Greenwood hosted several fundraisers through 2019, committed to raising \$2,000 for the Kingston & District Elementary School breakfast program. At the January 29 presentation, school representatives were **very** surprised to receive **\$7,452**.

Dooly’s thanks all customers and friends for their support.

Courtney Woodason, vice-president, Kingston Home & School

Vera-Mae Robertson, manager, Dooly’s Greenwood

Bernice Jackson, principal, Kingston & District Elementary School

In a competitive marketplace, GTO is helping businesses like ours take the next step in growing their business.

MARGARET BRIGLEY,
CEO & PARTNER, NARRATIVE RESEARCH

The Graduate to Opportunity (GTO) program provides salary contributions to small businesses, start-up companies, social enterprises, and non-profit organizations to help hire a recent grad. To breathe new life into your workforce, visit NOVASCOTIA.CA/GTO

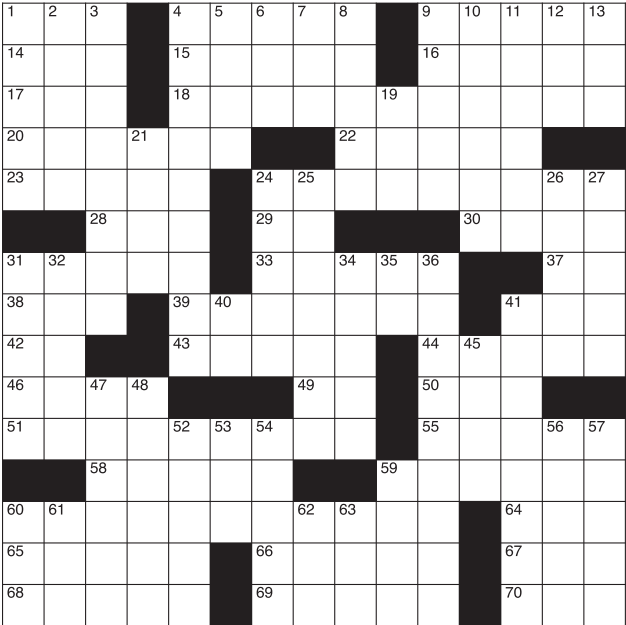
Aqsa Zaidi
Research Analyst,
Narrative Research



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.alianzinc.ca. Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Wednesday, 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.alianzinc.ca. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le mercredi précédant la publication, à moins d'avis contraire.

metro crossword



- ACROSS**
- Small deer
 - Khokhoi peoples
 - South African statesman
 - Keyboard key
 - Remove
 - A conspicuous constellation
 - Data executive
 - Tightens
 - OFI hop trio
 - A picture of the Virgin Mary
 - 'The Mission' actor
 - Jeremy
 - Confidently
 - More (Spanish)
 - Sports highlight show (abbr.)
 - Hand out cards
 - Distinctive Asian antelope
 - Arabic greeting
 - OFI hop trio
 - Meat roll
 - One's mother (Brit.)
 - GYN
 - Belgian city
 - Plucks
 - Leak slowly
 - Denotes a particular
- region**
- General's assistant (abbr.)
 - Kid
 - Inland Empire Expanded Learning Symposium
 - Engaged in conflict
 - Former CBS sportscaster
 - Characterized by unity
 - Working-class
 - Corners
 - de plume
 - Influential French artist
 - 'Very' in musical terms
 - Financial account
- DOWN**
- Long, flat abdominal muscles
 - Small Eurasian willow
 - Justified in terms of profitability
 - Required
 - River that starts in Turkey
 - Disfigure
 - A way of communicating (abbr.)
 - Leaks slowly
 - Shady place under trees
 - Made a speech
 - Long, angry speech
 - Mortar trough
- 13. Autonomic nervous system**
- Southern India island
 - Grab quickly!
 - Ancient Mesopotamian city
 - With three uneven sides
 - Football visionary Hunt
 - Primordial matters
 - Facing towards the flow of a glacier
 - 'A Delicate Balance' writer
 - Emits coherent radiation
 - Commercial
 - Groups of foot bones
 - Out of print
 - Partner to cheese
 - German river
 - Concluding speech
 - Spanish dish
 - Prominent California cape
 - Point
 - Any high mountain
 - Ethiopian lake
 - Mr.
 - Excessive fluid accumulation in tissues
 - Large, flightless bird
 - Oil industry term (abbr.)
 - Something one can draw
 - Officers in charge
 - Greek island
- crossword brought to you compliments of

954 Central Avenue
Greenwood
902-765-6381

chat. The program is free and all materials are supplied. Register at 902-665-2758.

Luncheon

February 11, noon to 1 p.m., the Kingston Lions host their monthly community luncheon, 1482 Veterans Lane. \$10 at the door, \$11 delivery to Kingston/ Greenwood (for delivery, call 902-765-2128 by 10:30 a.m.).

African drumming workshop

February 12, 1 p.m. to 2 p.m., the Annapolis Royal Library invites those 18+ to learn the basics of African drum with Kadijah. Drums provided, no experience necessary! Registration required.

Habitation Rug Hookers

February 13, 12:30 p.m. to 3:30 p.m., the Annapolis Royal Library hosts the Habitation Rug Hookers, meeting at the library for the winter season. Beginners to expert rug hookers are welcome.

Building with LEGO

February 13, 3:30 p.m. to 4:30 p.m., the Bridgetown & Area Library invites youth ages four to 10 to play, build and create with LEGO. Registration is required.

Knitting by the book

February 14, 6 p.m. to 7:30 p.m., the Berwick and District Library invites crafters to come and knit, crochet, rug hook, spin, weave. Bring your own project and meet new friends.

Indoor lacrosse

February 14, Valley Thunder Lacrosse winter program at Pine Ridge gym, Kingston. New/experienced athletes welcome. Head coach Lisa Holloway, with VTL's older athletes as assistants. 6 p.m. to 7 p.m.: ages seven to 10 (younger athletes with experience), 7 p.m. to 8 p.m.: ages 11-plus. \$5 drop-in. Registration, waiver at valleylacrosse.ca, VTL Facebook or at gym. Bring: hockey helmet with cage, hockey gloves (optional), sneakers and a water bottle. The club has loaner sticks.

Valentine's Day at the library

February 14, noon to 8 p.m., the Berwick and District Library hosts "date night at the library." Card making, refreshments, scavenger hunt.

Valentine's Day celebration

February 14, 1 p.m. to 2 p.m., the Rosa M. Harvey Middleton & Area Library is having a party to celebrate special friends! Join us for snacks, crafting and lots of fun. For children ages six to 10. Registration is required.

Dance

February 14, 8 p.m., the Berwick Legion, 232 Main Street, hosts a Valentine's Day dance with Wayne Parker and Tammy Adams. Tickets are on sale at the bar for \$8, ages 19-plus. Prizes and the canteen will be open. 902-538-9340 for information.

Adult craft fun: paper flowers

February 14, 10:30 a.m. to noon, the Rosa M. Harvey Middleton & Area Library hosts a free adult craft session: This adorable paper flower craft is perfect for chasing away the winter blues. Make a few and have a lovely bouquet! Registration required.

Breakfast

February 15, 8 a.m. to 11 a.m. Breakfast at the Aylesford United Church. Freewill offering. Wheelchair accessible. Sponsored by the Committee of Stewards for church expenses. Come and bring a friend.

Fake news: how to identify it, how to deal with it

February 15, 2 p.m. to 3:30 p.m., the Annapolis Royal Library Speaker Series hosts the AVR'L's Charlotte Janes on this timely topic. All welcome. A freewill offering to the Friends of the Library will be gratefully accepted.

Chase the Ace

February 15, 1 p.m. to 3 p.m., the Kingston Legion holds its Chase the Ace draw. Tickets are available at Brown's Auto, Pharmasave Kingston, Needs,

JOY-EL Investments, Aylesford, and at the Legion during bar hours. Tickets are \$1 each (ages 19-plus). The draw takes place at 3:30 p.m. (you do not have to be present to win). We are supporting Kingston Scouts Canada programs.

Cancer support group

February 17, 2 p.m. to 4 p.m., the Canadian Cancer Society's Kingston/ Greenwood Living with Cancer Support Group will hold its monthly gathering. Jacinta Harvey, an experienced, recently retired nurse practitioner, will speak on how to be/ stay healthy with reliable health information. Cancer patients, family and friends or anyone seeking information and support is encouraged attend. Call Lloyd (902-375-2138) or Lynda (902-765-3055) for further information.

Library Book Club

February 18, 2 p.m. to 3 p.m., the Bridgetown & Area Library adult book club meets (third Thursday of the month) to share views and ideas about selected books, usually fiction. For information: 902-665-2758.

I Read Canadian Day

February 19, 10 a.m. to 5 p.m., the Berwick and District Library celebrates amazing Canadian authors. Pop in to meet up with your neighbours, enjoy refreshments and choose some great books by Canadian authors. Activities will include blind date with a book and a scavenger hunt.

Building with KEVA Planks

February 20, 3:30 p.m. to 4:30 p.m., the Bridgetown & Area Library invites youth ages four to 10 to play, build and create with KEVA Planks. Registration is required.

Understanding digestion

February 20, 6:30 p.m. to 7:30 p.m., the Rosa M. Harvey Middleton & Area Library talks: good digestion is an all encompassing part of good health. This program

is the second of a four-part series of multidisciplinary approaches to healthcare. Various practitioners associated with the Mid Valley Health Centre will be sharing information at each program. (Storm date February 27.) March 26: osteoarthritis, April 23: balance and exercise.

James Stevenson - house concert

February 20, 2 p.m. to 3 p.m., the Annapolis Royal Library celebrates African Heritage Month, as local legend and bluesman James Stevenson, accompanied by Caleb Miles, will be live at the library for a house concert. Short reception to follow. Registration requested.

Kidz Book Club

February 20, 7 p.m. to 8 p.m., the Berwick and District Library youth (ages nine to 14) book club meets. Pick up a copy at the library or read your copy from home. Come for snacks, fun discussion and suggestions of what we should read next.

Habitation Rug Hookers

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African drumming workshop

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Indoor lacrosse

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Karaoke

February 21, 7:30 p.m., the Berwick Legion, 232 Main Street; presents Friday night karaoke with Denny Myles. Admission: pass the hat. Non-members are welcome, however you will be required to be signed in. Ages 19-plus. For more info call: 902-538-9340.

African drumming workshop

February 21, 3:30 p.m. to 4:30 p.m., the Bridgetown & Area Library invites families (ages 7+) to learn the basics of African drum with Kadijah. Drums provided, no experience necessary! Registration required.

Button art workshop

February 25, 7 p.m. to 8 p.m., the Bridgetown & Area Library hosts Joanne, and invites adults to create a free button art masterpiece. All materials are supplied. Register at 902-665-2758.

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Shrove Tuesday pancake supper

February 25, 4:30 p.m. to 6:30 p.m., there will be a Shrove Tuesday supper at the Waterville & District fire hall, County Home Road. Pancakes, ham, baked beans, syrup, dessert, coffee and tea. Freewill offering much appreciated. Hosted by Hardwood Lake Girl Guide Camp. Storm date: Wednesday, February 26.

Game day

February 22, 1 p.m. to 3 p.m., the Berwick and District Library invites all ages to bring a favourite game to share.

Chase the Ace

February 22, 1 p.m. to 3 p.m.,



14 Wing Pipes and Drums band members - from left Anne Scott, Cindy MacLeod, Captian James Bezanson, Gary Spinney and Kim Gordon - sing along to "Auld Lang Syne."

Music, food, friends mark Burns night

Ashley Bird

January 25, the 14 Wing Pipes and Drums was one of three bands invited to join festivities hosted by the End of the Line Pub in Bridgewater to celebrate Robbie Burns Night. It was a wonderful time filled with Scottish tradition and food to celebrate the poet and lyricist who died in 1796. The night started with the long standing tradition, "The



Corporal Brett Ross addresses the haggis.

Address of The Haggis," performed by Corporal Brett Ross, a member of the 14 Wing band. The event was sold out, and customers enjoyed a four-course meal while two bands entertained with a line-up of foot stomping, kilt-shaking music. The night finished off with a performance by the 14 Wing Pipes and Drums, as well as a more intimate, Scottish set performed by a trio of band members. The trio finished Robbie Burns night as anyone would expect, with "Auld Lang Syne." As guests held hands and belted out the lyrics to Robbie Burns' most famous song, everyone was appreciative of such a memorable night. ➔

services & trades

Call 902-765-1494 local 5833 for info

horoscopes

February 9 to February 15

LIBRA - Sept 23/Oct 23

An important relationship is on the cusp of reaching a milestone, Libra. Enjoy this special time and make every effort to commemorate it in a unique way.

SCORPIO - Oct 24/Nov 22

Find a way to cool your jets for the time being, Scorpio. Extra pressure may have you feeling the stress, and you may not be putting your best self forward.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, a passing comment rings true to you this week and commands your immediate attention. You do not want to let any opportunities pass over the next few days.

CAPRICORN - Dec 22/Jan 20

Learn how to count the small blessings in your life, Capricorn. Doing so will help you overcome a challenging issue that may pop up shortly.

AQUARIUS - Jan 21/Feb 18

You may need to look inward and make changes before you start suggesting others make their own modifications, Aquarius. Be honest in your personal assessment.

PISCES - Feb 19/Mar 20

There are a few things you are still trying to uncover about a new person in your life, Pisces. Keep digging because the reveal is worth it.

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Three easy ways to enter.
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:
4 p.m., February 12, 2020

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's having a flex pass sale? _____
2. Whose cell number is 902-309-0292? _____
3. Who has a Veteran Ambassador Program? _____
4. How much did Dooly's help raise? _____
5. Who's looking for a Returning Officer? _____

Congratulations to last week's winner: VERA-MAE ROBERTSON

AYLESFORD & DISTRICT LIONS CLUB
2160 Hwy 1, Aylesford
Starts 7:15pm Friday's
902-847-9374

Kings Mutual Century Centre, Berwick
February 21 vs Yarmouth | 7 pm
February 22 vs Pictou County | 7 pm
February 23 vs Summerside | 7 pm
March 7 vs Truro | 7 pm
any of the above remaining 2019-20 home games
Special Offer | Flex Pass Sale
26 tickets \$175 prior to April 1, 2020
26 tickets \$200 after to April 1, 2020
Sign up now and pay in August!
Sign up at any remaining home games.
Email: brianleehirtle@valleywildcats.com
or call 902-698-0060

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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. Wednesday 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 auroraproduction@ns.aliantzinc.ca or fax 902-765-1717.

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

Les annonces classées, 35 mots ou moins, sont vendues au prix de 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 mercredi 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 auroraproduction@ns.aliantzinc.ca ou nous transmettre un fax au 902-765-1717.

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

crossword solution

R	O	E		N	A	M	A	S		B	O	T	H	A
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D	E	G	A	S		A	S	S	A	I		T	I	R

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The Village of Kingston

Notice

CHANGE IN MEETING DATE

Due to Commissioner absence, our February Commission meeting will be held on

Thursday, February 20, 2020.

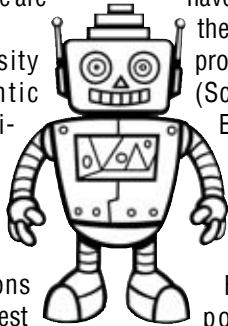
All Commission meetings are at 7:00 pm at the Kingston Village office - 655 Main Street, Kingston, NS.

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

Recruiting volunteers for Robofest '20

14 Wing Greenwood personnel interested in volunteering at the February 16 Robofest in Wolfville are being recruited

Acadia University hosts the Atlantic Robofest Championships for high school students in grades 9 to 12, with the top teams receiving invitations to the World Robofest Championships. The competition sees teams of students building and programming robots to do spe-



cific, autonomous tasks with teacher/ adult mentorship - but no direct aid. The students have to figure it out for themselves. Robofest promotes the STEM+C (Science Technology Engineering Math + Computer Science) skill sets in a friendly competition atmosphere.

Following his appointment as 415 (Long Range Patrol Force Development) Squadron honorary colonel in 2013, Acadia's Dr. Danny Silver struck up an informal tradition of military personnel helping university staff as referees at Robofest. Since then, the military member participation has grown: 14 Wing volunteers last year - to the great surprise and appreciation of organizers and participants – made up the entire referee staff.

Any personnel who wish to volunteer, or would like more information, should contact Warrant Officer Andrew Elliott, andrew.elliott@forces.gc.ca. Former volunteers may have been contacted already by Acadia Robotics. There is no robotics, computer, or even general science experience required. This is an open call to all ranks and trades, and training on responsibilities will be provided prior to the event. Information regarding the competition and the Robofest program may be found at robofest.net. ➔

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14 Wing Greenwood Information Guide 2020

This full colour publication provides information on all activities, squadrons and units on the wing and is distributed to all new arrivals.

Advertising sizes & rates:

- 1/4 page \$440 plus tax
- 1/2 page \$765 plus tax
- Full page \$1,125 plus tax
- Inside full page cover \$1,225 plus tax
- Inside half page cover \$830 plus tax
- Back cover \$1,325 plus tax

Deadline Feb. 18

Call 902-765-1494 local 5833 or email auroramarketing@ns.aliantzinc.ca
Visit our website to view last year's guide www.auroranewspaper.com

Food for Thought from the Upper Room

Captain Robert Albert, 404 Squadron

The Upper Room Food Bank continues in its efforts to keep the local community informed about its activities by sharing information about the regular activities at the facility.

During the month of December, the Upper Room Food Bank served 172 families, consisting of 182 adults and 92 children, with 21,807 pounds of product going out

and 17,516 pounds coming in. The incoming total includes 1,415 pounds provided by the Feed Nova Scotia network and 1,128 pounds purchased with local cash donations. The remainder is from local donations, including several local businesses.

Outgoing product numbers were up, while the total families served was down this month. This was due to the Christmas hamper program and our reduced

hours, as we closed shop over the holidays. Since we were closed from 19 December and re-opened in the New Year, this meant we missed 3 days we would normally be open. To make up for this period, we distributed 138 hampers totalling 7,314 pounds of food, including turkeys or hams and all the fixings for a Christmas dinner.

Several food drives produced a huge amount of donations leading up to Christ-

mas. We would like to thank all of the many businesses in the area who raised food and donations to help us with our day to day operations. Thanks also to the 14 Wing Christmas concert, the Lions and Sonlight concert and the 517 Flight Lieutenant Graham Air Cadets. Thank you to those who donated the product used in our hampers and to those who stored it for us until volunteers were ready to put them together for

distribution. Thanks to your generosity, we were also able to pass along a few turkeys to Twelve Baskets Food Bank (Middleton) to cover its loss due to theft over the holidays.

A huge thank you to the volunteers who manned the wrapping booth at the Greenwood Mall for the food bank during the Christmas season. Thank you also to all who had their gifts wrapped and left a donation. All funds raised go towards our daily operations

Now that the cold is here with the usual January drop in temperature, don't forget about other campaigns running this time of year. There will be an even greater need for warmer clothes and winter coats in the months ahead.

Regular hours for the Upper Room Food Bank are Monday mornings from 10 a.m. to noon and Thursday evenings from 7 p.m. to 8:45 p.m. ➔



Parker Lambert, second from right, was the first pick overall in the January 25 East Coast Junior Lacrosse League's 2020 draft; followed by Darian Oliver as the fourth pick, second from left. Lambert started the sport with Valley Thunder Lacrosse before moving to a city club and provincial team, while Oliver has been a Valley member for 10-plus years. Both were selected by the Truro Mi'kmaq Warriors.

Submitted

COUNTY of ANNAPOLIS
NATURALLY ROOTED

Employment Opportunity
RETURNING OFFICER
(Eight Month Term Position)

The Municipality of the County of Annapolis is inviting applications for the position of Returning Officer.

Duties: Municipal Returning Officer (RO) is responsible for the delivery, administration and control of municipal electoral events within the County of Annapolis.

Qualifications: Grade 12 or equivalent; demonstrated project management skills; knowledge of MS Office (Word, Excel, and Outlook); previous election experience would be an asset.

Job description available on website: www.AnnapolisCounty.ca

Deadline for submissions: **Feb. 24, 2020 at 4:30 p.m. to:**

Carolyn Young, Municipal Clerk
902.532.3136 (t); 902.532.2096 (f)
Email: cyoung@annapoliscounty.ca
Municipality of the County of Annapolis
752 St. George St PO Box 100
Annapolis Royal, NS B0S 1A0

Applications will not be accepted via Social Media (Facebook)
The County of Annapolis thanks all those for applying but only candidates selected for an interview will be contacted.

www.AnnapolisCounty.ca

COUNTY of ANNAPOLIS
NATURALLY ROOTED

2020 Student Employment Opportunity
(2) Recreation Program Counsellors
2020 March Break Day Camp

The Village of Kingston is seeking (2) individuals for the position of March Break Day Camp Program Counsellors. Under the direction of the Recreation Coordinator & Village Clerk/ Treasurer, the successful applicants will be responsible for the implementation of the Kingston March Break Day Camp for children ages 5-12. This temporary, full time position is expected to start Monday March 16, 2020 and run until Friday March 20, 2020. Hours for the week will be 7:30 am – 4:30 pm daily.

Job Description & Duties

- Supervise day camp participants
- Instruct groups and individuals in arts and crafts
- Lead groups and individuals in recreational or leisure programs
- Plan and carry out recreational activities
- Enforce safety rules and regulations
- Understand principles of group dynamics

Education & Credentials

- First Aid Certificate
- Criminal Record Check
- Vulnerable Sectors Check
- Child Abuse Registry
- Valid Driver's Licence (optional)

The successful applicant will have excellent oral communication skills, able to work well with others, and have problem solving and decision making skills. The rate for this position will be between \$11.55 - \$12 per hour. Applications will be accepted up to Friday February 14 by 4:00 pm. We thank all applicants for their interest; **however only those under consideration will be contacted.**

Please submit resumes in person to the Village of Kingston Office at 655 Main St., Kingston or by:
Email – recreation@kingstonnovascotia.ca
Fax – 902-765-0807

Please visit the Kingston website (www.kingstonnovascotia.ca) for more details.

Village of Kingston | 655 Main Street, PO Box 254, Kingston, NS B0P 1R0 | t : 902-765-2800 | f : 902-765-0807

Lucas Hardie leads a hands-on, all-skills powerlifting clinic February 19 in Greenwood. Submitted



Learn to lift at powerlifting clinic February 19

The 14 Wing Greenwood Fitness and Sports Centre will host a powerlifting clinic 8 a.m. to noon, Wednesday, February 19.

Instructor Lucas Hardie brings over 12 years of devoted service to the powerlifting community in both coaching and competition at a regional, national and world

level. He has been employed by Canadian Forces Morale and Welfare Services for the past 10 years and is currently the fitness coordinator for CFB Halifax. Hardie aims to bring the best of all physical disciplines to the sport with an “outside the box” way of thinking.

Don't miss this opportunity

to dive deeper than ever before into the world of strength sports! Learn the components and techniques of the squat, deadlift and bench. This will be an informative and hands-on clinic, open to all skill levels.

Spots are limited. To register, contact morgann.davis@forces.gc.ca. ➔



Annapolis Valley
Regional Centre for Education

Primary & Pre-Primary Registration

AVRCE schools host registration and orientation sessions for new Primary students and Pre-Primary children from January to May.

If your child will be 4 or 5 years old by December 31, 2020, contact your local school as soon as possible to make sure your family can take part!

- All schools with elementary grades will offer Pre-Primary starting in September 2020. Transportation will be available for eligible children at all Pre-Primary locations.

To register:

- New Primary students must turn 5 years old on or before December 31, 2020.
- New Pre-Primary children must turn 4 years old on/before December 31, 2020, and must not have attended a Pre-Primary Program before.
- Bring your child's birth certificate or passport.

To find your school:

Use the “Catchment Search” button at www.avrce.ca/our-schools or call our Transportation Division at 902-538-4641 (toll-free 1-800-850-3887).



Visit www.avrce.ca/our-schools for school contact information

CannaConnect

You're invited to our

Greenwood Pop-Up Clinic

Interested in becoming a medical cannabis patient?

Come by our pop-up clinic to learn about CannaConnect and VAC coverage for cannabis.

Patient sign-ups available on the spot!

Looking to get involved? Ask us about our Veteran Ambassador Program

Details:

Thursday, February 20th

Royal Canadian Air Force Association

904 Central Ave, Greenwood, NS, B0P 1N0

17:00 to 19:00

Refreshments will be served



www.cannaconnect.ca