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14 WING • ESCADRE 14 GREENWOOD, NS

the **Aurora**

Vol. 33 No. 18 APRIL 30, 2012 NO CHARGE www.auroranewspaper.com



Ordinary Seaman Brett Ross says his first involvement in Relay for Life is deeply rooted in his own family's cancer experience. S.Keddy

Brotherly burden

Relay effort helping man ease life-long impact of cancer on his family

Sara Keddy,
Managing editor

"Pretty well everyone has a cancer story," Ordinary Seaman Brett Ross says of his Relay for Life team members. His starts before birth.

The 14 Wing Greenwood supply technician, 32, is a member of the "Resourceful Replenishers," a team of Wing Logistics and Engineering military and family members preparing for the Middleton relay June 8. He's never done the relay himself and, when he thinks about cancer, he realizes the disease is not something that was every really talked about in his family,

despite its toll.

"When I was born, it was a chaotic life," he says.

His family, living in Stratford, Ontario, had just learned his next oldest brother, Brandon, age five, wasn't just under the weather: he had a large brain tumour.

"To avoid panic and stress for my mom, they delivered me two weeks early. There were three boys already, and they had their hands full. Five days later, Brandon had his first brain surgery."

Ross stayed at the hospital himself for a few extra days, until an aunt and uncle took him in for a few months, as

his family helped in Brandon's care. Over the next 12 years, Brandon suffered complications – the recurring tumour rested on his pituitary gland, affecting his growth; there were six surgeries, trials of experimental human growth hormone and cancer treatments, he lost the sight in one eye and his sense of smell.

"Our family unit – coping with a major sickness..." Ross hesitates in his remembrances. It's hard for him to remember dates, the course of Brandon's illness and even what should have been a highlight of his

Continued on page 3...

Aurora takes top-three spot as best CF newspaper

Sara Keddy,
Managing editor

The Aurora Newspaper is the third-best Canadian Forces newspaper in the country.

Newspapers Canada recognized the editorial achievements of community newspaper members with its annual

Canadian Community Newspaper Awards. This year, 342 newspapers submitted 2,494 entries from works published in 2011. Entries were reviewed by 72 peer judges. The presentation gala took place in Toronto April 26.

The Lookout Newspaper and Creative Services, CFB

Esquimalt, BC, won the class. The Trident Newspaper, CFB Halifax - Maritime Forces Atlantic finished second.

"14 Wing is very proud The Aurora Newspaper has placed third out of 16 Canadian Forces Newspapers. This is a very notable achievement with the high level of compe-

tion across the country. Of note, this is based on papers submitted in 2011 and, since then, The Aurora Newspaper has made significant changes in format and content that will allow us to be a contender for the top spot in the coming years," says Wing Administration Officer Lieutenant-Colonel

Heber Gillam.

"With the new look and spotlight placed on both military units and community activities, including greater bilingualism, to inform our personnel and their families, I am confident The Aurora will continue to be amongst the premier newspaper of the

Canadian Forces."

The Aurora Newspaper team includes managing editor Sara Keddy, production coordinator Brian Graves, marketing representative Anne Kempton and front desk staffer John Steeves. Staffers Stephen Boates and Candace Timmins are on leave at this time.

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Aurora Block 3 testing continues

**Flight Lieutenant Keith Bissett,
Maritime Proving and
Evaluation Unit**

The operational testing of the Block 3 Aurora has recently passed some major milestones.

After evaluation of anti-submarine warfare capabilities in Exercise Grampus in Lorient, France in November, the Maritime Proving and Evaluation Unit (MPEU) continued testing back home at 14 Wing Greenwood, with flight tests for the overwater surveillance mission and the overland support of the army mission. MPEU deployed to Comox in January to test the Block 3 weapon system's performance when dropping torpedoes. Two flights were conducted in the Canadian

Forces' Maritime Experimental Test Range in Nanoose, Vancouver Island using a submerged test target. Both flights had very successful attacks, using a live torpedo with its warhead removed.

Following this activity, the crew deployed to Yellowknife to evaluate the performance of the aircraft's computer systems when exposed to extreme cold. These tests included having the crew inside the aircraft at -38°C while completing their pre-flight checks, and all aircraft systems had to be up and running within 30 minutes of switch-on at -25°C. This test was very successful. Indeed, the electronics seemed better adapted to the cold than the humans on board the aircraft. In February, the Block 3

aircraft supported an exercise conducted by the Armoured School in Galetown, assisting in the training of armoured reconnaissance troop leaders using the new capabilities and sensors the Block 3 brings to the fight.

In April, an MPEU crew will deploy to RAF Lossiemouth, Scotland for the two-week Exercise Joint Warrior and test the aircraft's performance in anti-submarine, anti-surface and overland operations in a busy littoral environment. This exercise will include aircraft, ships and submarines from the United Kingdom, the United States, Norway, Germany and France.

Future tests and deployments include participation in Exercise RIMPAC 2012, in Hawaii, in late summer. The "Rim of the Pacific" exercise is a large scale, international exercise with over 30 participating countries from South East



Testing in Comox checked the Block 3 weapon system's performance when dropping torpedoes.

Corporal P. Evans, 14_AMS, Wing Imaging

Asia, Australia, New Zealand, South Korea and Japan. The exercise will put the Aurora

Block 3 systems to the test in a very busy military environment.

This promises to be an exciting year for MPEU and Block 3 testing.



Northern testing of the Block 3 computer systems in the cold seemed to affect the crew more than the equipment.

Flight Lieutenant K. Bissett, Maritime Proving and Evaluation Unit



the Aurora

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

Community Gateway Site
Site du portail communautaire des Forces canadiennes
www.cfcommunitygateway.com

14 Wing Greenwood Site
Site de la 14^e Escadre Greenwood
www.airforce.forces.gc.ca/14w-14e

Personnel Family Support Services
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www.forces.ca

Military Family Resource Centre
Centre des ressources pour les familles des militaires
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VPI | VPI
www.vpinternational.ca

Brotherly burden...

...cover

young life: a 1990 family trip to Disney World, granted to Brandon by the Make a Wish Foundation.

"Brandon's last tumour was in 1986, about age 15 or 16, and he had another type of operation – laser surgery. He's been in remission ever since."

Ross acknowledges "all kind of lucky" in Brandon's experience as, through the mid-1990s, a handful of new and experimental treatments were introduced – and made a difference for Brandon, now 36 years old. His brother finished high school, but is still coping with the impact of his illness on his

childhood. Young friends made during hospital stays often died, and he missed so much school, normal friendships were harder to keep. He doesn't work, and lives with community services support.

"I will say he's eclectic and very personable, he loves laughing and socializing," Ross says. "He's said a few times, he's one of the few people you can hold upside down and still see a smile – all the scars on his head."

As for Ross, he left home at a young age: his parents' marriage ended, and the siblings were not close.

"I was always on the outside of the family, the youngest, and

I watched lots of people close off," he says. "I think, the more stuff you lift, the easier it is."

Having just joined the Canadian Forces two years ago, Ross' life is settling Greenwood. He is married with a few kids of his own, and is taking advantage of military security to develop himself.

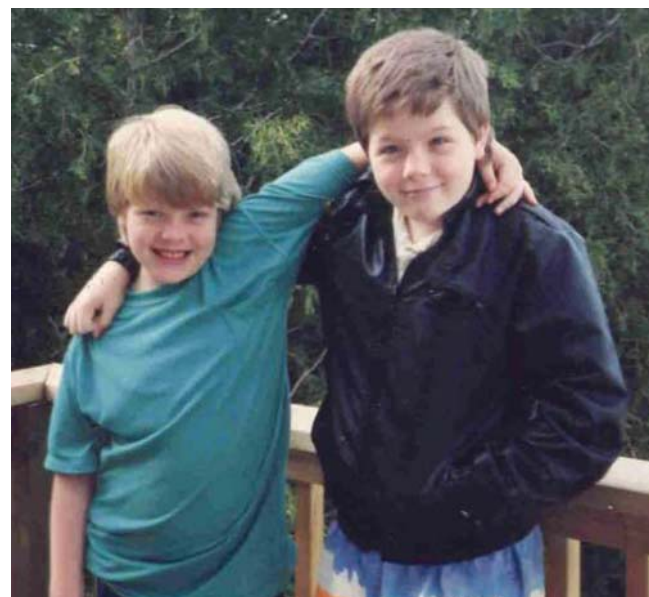
"I guess I am seen as a keener," he says: his commanding officer delegated him to attend the Relay for Life orientation meeting on base in March.

"I thought, sure, it's a great opportunity to learn something. I wasn't thinking a thing else of it – but the moment I heard the talk about the relay, and the money raised going

for research and support for programs, and the presenter mentioned kids with tumours – that really clicked for me.

"I had to have a team."

Right now, the 10-member Resourceful Replenishers are leading a delegation of base teams with a major raffle of \$2,500 in gas gift cards: a single \$500 prize, a \$300 prize, a \$200 prize and the final \$1,500 in \$25 gift cards. The draw will be done June 1 at the Annapolis Mess, and tickets (\$5 each, or three for \$10) are available at the Flight Line Café in the CANEX Mall, 14 Wing's clothing stores, Second Lieutenant Patrick Dornan at 11 Hangar and from Ross himself.



Brothers Brett and Brandon Ross 25 years ago, between Brandon's bouts with brain tumours. Submitted

Veteran of the month

Allan MacDonald began his service career in 1978, when he enrolled in the infantry. During his tour, MacDonald was posted to Baden, Germany, returned to Winnipeg and also completed a tour in Cyprus. He re-mustered to the Air Force and trained as a firefighter, and was then posted to CFB Summerside. He also did a tour in Ottawa. In 1995, MacDonald was posted to CFB Greenwood, where he retired in 2000. In 2001, MacDonald enrolled in the Primary Reserve as 14 Wing's fire department inspector/ supply rep. He still serves in this position. Kingston Legion Br.098 is proud to present MacDonald as its veteran of the month.

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Great gas management Don't forget propane safety

**Sara Keddy,
Managing editor**

Ahhh, spring - time to fire up the BBQ.

Hopefully, what you smell is sizzling steak – and not leaking propane.

14 Wing Greenwood's hazardous materials officer, Allan Pearson, says this is the time of year to take stock of your propane tanks – their condition, how they're stored and how you use them. Pearson says the same safety practices

apply to your backyard BBQ tank, the squadron grill stored out behind the hanger and the tanks used to keep base forklifts and other equipment moving.

"You need to look at the safety issues with propane," Pearson says. "Propane is a safe gas – as long as you handle it properly."

Pearson regularly tours the base, looking for safety concerns.

"We go around and look for BBQ tanks stored loose, whether in the Private Mar-

ried Quarters area or behind a squadron – you can't do that. Don't store them inside a garage or building, or your basement. If they are forklift tanks, they're the only ones that can be stored on their sides in racks, with the pressure relief valve at 12 o'clock. Contractors often use tanks to run their equipment: check how they are being stored and used."

Pearson says there is a "sweet spot" where you can run into problems with propane: old tanks with leak-

ing or expired fittings, static discharges or sparks in the surrounding area where there may be trapped propane, a filled tank rolling around a back seat or trunk as you return from the store. Transport a filled tank upright and secured, with the plug installed in the service valve. Make sure the tank is in a ventilated space: if it's in the trunk, block it open; if it's inside the vehicle, open the vehicle's windows.

"People do get complacent," he says.

Digging BBQ tanks out this time of year, Pearson advises, always check the lines and fittings with soapy water: if the water bubbles, there's a leak to be aware of.

Old tanks – there is a 10-year lifespan on standard white tanks – can be taken to Valley Waste regional management sites in Coldbrook or Lawrencetown and dropped off for free. The same goes for the smaller, green camp-style cylinders. Don't put them out with your curb side trash.



Les bonnes pratiques de gestion du gaz N'oubliez pas les mesures de sécurité relatives au gaz propane

**Sara Keddy,
Directrice de la rédaction**

Le printemps est arrivé. C'est le temps d'allumer le barbecue!

Espérons que l'odeur que vous sentez est celle d'un bifteck grésillant et non pas du gaz propane qui fuit.

Allan Pearson, officier des matières dangereuses de la 14^e Escadre Greenwood, dit que c'est le temps de l'année pour vérifier l'état de vos bouteilles

de propane, leur entreposage et leur utilisation. Il affirme que les mêmes pratiques en matière de sécurité s'appliquent à la bouteille de propane de votre barbecue de jardin, au gril de l'escadron entreposé derrière le hangar et aux bouteilles utilisées pour faire fonctionner les chariots élévateurs à fourche et autres équipements.

Vous devez respecter les considérations de sécurité avec le propane », dit Allan Pearson. Le propane est un

gaz sécuritaire tant et aussi longtemps qu'il est manipulé correctement. »

Allan Pearson inspecte régulièrement la base à la recherche de problèmes de sécurité.

« Nous regardons un peu partout à la recherche de bouteilles de propane pour barbecue entreposées en vrac, que ce soit dans le secteur des logements familiaux ou derrière un escadron – il ne faut jamais faire ça! Ne jamais

les entreposer dans un garage, un bâtiment ou dans votre sous-sol. Seules les bouteilles pour les chariots élévateurs à fourche peuvent être entreposées sur des supports latéraux avec la soupape de surpression en bonne position. Les entrepreneurs utilisent souvent des bouteilles pour faire fonctionner leur équipement : vérifiez comment elles sont entreposées et utilisées. »



Allan Pearson indique que certaines situations peuvent s'avérer problématiques : les vieilles bouteilles avec des raccords qui fuient ou sont expirés; les décharges d'électricité statique ou les

étincelles aux alentours de poches de gaz propane; une bouteille remplie qui roule sur le siège arrière ou dans le coffre de votre voiture quand vous revenez du magasin. Il faut transporter des bouteilles remplies à la verticale et bien arrimées, avec un bouchon installé sur le robinet de service. Assurez-vous que la bouteille est dans un endroit bien ventilé : si c'est dans le coffre arrière, laissez-le partiellement ouvert; si c'est à l'intérieur du véhicule, laissez les fenêtres ouvertes.

« Les gens finissent par manquer de vigilance », dit-il. Allan Pearson conseille

ceci : lorsque vous sortez les bouteilles de propane pour les barbecues à cette période de l'année, il faut toujours vérifier les tubes flexibles et les raccords avec de l'eau savonneuse : si l'eau fait des bulles, il y a sans doute une fuite.

Les bouteilles blanches standards ont une durée de vie de 10 ans. Les vieilles bouteilles peuvent être déposées gratuitement aux sites de Valley Waste Regional Management à Coldbrook ou Lawrencetown. La même chose vaut pour les petites bouteilles vertes format camping. Ne les jetez pas avec vos ordures ménagères.

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<p>Happy Mother's Day on the 13th!</p>		1 BINGO 7:30	2	3 CRIB	4 No T.G.I.F Food DANCE: 'Jokers Right'	5 Breakfast NO DANCE
6 BINGO 1:45 Battle of the Atlantic at St. Marks	7 EUCHRE	8 BINGO 7:30 V-E Day Parade at S.M.H.	9	10 CRIB	11 T.G.I.F Pub Nite Food Sr's Assoc. DANCE: 'Route 12'	12 CRIB
13 BINGO 1:45 Mother's Day	14 EUCHRE EXECUTIVE MEETING	15 BINGO 7:30 Service Office Round Table Br. 069	16	17 CRIB	18 T.G.I.F BBQ on the Patio	19 DANCE: 'Keepin' Country Band
20 BINGO 1:45	21 EUCHRE Victoria Day	22 BINGO 7:30	23	24 CRIB	25 T.G.I.F Fish 'n' Chips Sr's Assoc.	26 DANCE: 'Big Deal' RCAFA 107 Valley Wing Parade 11 am
27 BINGO 1:45	28 GENERAL MEETING	29 BINGO 7:30	30 EUCHRE	31 CRIB	<p>Notes: Special Event! Hal Bruce, Friday, June 1. 9:00 p.m. \$10 - Tickets at bar</p>	

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Brushing up on the DAK

Malcolm Uhlman,
Greenwood Military Aviation Society

have already begun taping and masking the windows, leading edges, propellers and engines in preparation for the first coat of primer.

The Greenwood Military Aviation Museum's Dakota Restoration Crew has finished!

After almost five years of work, the venerable bird is now being prepped for a new coat of paint. She has been towed from the work site in 10 Hangar to 9 Hangar, where Sergeant Trimmer and his crew of volunteers from 14 Air Maintenance Squadron

As Royal Canadian Air Force 103 Rescue Unit flew this aircraft from Greenwood, the colours and markings of that 1950s period have been chosen for the application. The lower fuselage will be gray and the upper fuselage will be white, with the two colours separated by a red lightning bolt – itself separated by the words "Royal Canadian



The restored Dakota is getting its final paint job before moving to its permanent home at the Greenwood Military Aviation Museum.

D. McKeil

Air Force." Other markings include RCAF roundels and search and rescue stripes.

Cement pads will be placed in the museum's Air Park to accommodate this large and

important addition to Greenwood's historical aircraft display. Plans are to detach the

wings, tow the aircraft through the main gate and reassemble the Dakota in the park June 1.

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Major Aleem Sajan on the Kabul airfield, with Afghanistan's air force behind him.

Submitted 14 AM

14 AMS major teaches, trains, crosses cultural divide

Sara Keddy,
Managing editor

Afghan air force members look at Aleem Sajan and wonder, "How did you get here?"

Sajan, a Royal Canadian Air Force major, has a family background in India, was born in Tanzania, moved to Canada at 14, added French to his handful of languages and is now in Kabul advising the director of education in Afghanistan's air force training school at Pohantoon-e-Hawayee,

one of 50 Canadian, American, Jordanian and Portuguese professionals.

"I look around at our team here in Afghanistan and a lot of the positive things I see have to do with how Canada values diversity," Sajan says.

"There is so much diversity in Canada, and we can really benefit from that overseas."

Sajan, an aircraft maintenance servicing officer with 14 Air Maintenance Squadron here at 14 Wing Greenwood, volunteered for this tour. He

was posted to Greenwood in July; he arrived in Kabul March 5.

"I wanted to get involved," he says.

What he's seen so far has been "phenomenal."

The university is just a year old, in place to train aviation technicians for the native air force. Sajan says there is Afghan air force history dating back to British involvement in the country in the 1920s, and the later Russian presence, but in more recent Taliban years,

much of the force and its capability has been dismantled.

"We are in early stages but, as far as geography, infrastructure and access to all parts of the country, the future for the air force here is critical."

Students at the school are coming out of the Afghan army, recruited and tested using a Grade 3 literacy equivalence. Once accepted, the student spends an intensive three months developing his literacy to be ready for everything from firefighting training

to engine and body courses to security work.

"I was walking the line in the schoolyard and saw some Afghan techs all over the MI35, putting in 100 hours – and there wasn't one chat on the side. There must have been 20 guys on it. It was moving along, very impressive.

"I don't think some nations give people here the credit for what they are capable of. We're here to nurture that."

Key to that relationship, Sajan says, is working with the cultural differences that influence Afghan life and business.

"It starts with building a trust and establishing a rapport. We in North America like to get down to business; but that's probably not the best attitude for the environment we're in."

Once that relationship is shaped, though, Sajan says the Afghan students he's seen are serious.

"I've been impressed so far with the amount of work we've been able to accomplish. They understand we're not here forever, and this is an opportunity to interact with international support and take advantage of that."

One of the highlights has been getting a year-long course schedule set for the school: that means Afghan military units know when different trainings are happening and can make plans to send their students.

"That makes sense, but it took a year to develop the school and the courses to be able to do that."

A month on the ground, Sajan is settling into his own routine: he's up and on the road by 7 a.m., heading with a three-vehicle convoy from

camp to the school – all inside the wire at the Kabul airport compound of NATO and coalition forces.

"We're living in hard-built shelters, the size of a sea container, doubled up with a roommate. The food? It's not bad – three square meals a day. I usually get in two because I'm not an early riser."

His interaction with daily Afghan life has been limited to date, other than conversations – "the niceties" – with students at the school.

"We don't talk about home too much, it's more the 'how-tos' in the work environment.

"Do I feel like I'm in Afghanistan? Yes – there's the dust."

As he progresses through his nine-month tour, he expects to have some travel opportunities, heading out into the countryside to meet Afghan military units and get their feedback on the courses being offered at the Kabul school.

"That depends on the security situation, and we'll take all the precautions to be safe."

Sajan is also looking ahead to a leave: "The beach is not my personality.

"I'll be at the governor general's leadership conference in Halifax, then we'll be in the Northwest Territories. It's an incredible opportunity for me to teach other leaders and advise them about what we're doing in Afghanistan. A lot of Canadians don't know, 'Aren't we leaving Afghanistan?'"

"I'm quick to remind them we're an integral part of training."

Sajan reinforces that role regularly, signing his email with NATO's three-language motto: "Shoulder to Shoulder."

"I couldn't be more proud to be here."



Afghan air force students sit on the tarmac below their MI-17 for the daily shura, a breakfast gathering where they talk about the day's flight plan.

Submitted

From the desk of Mu

Anne Kempton

14 Wing Greenwood Fire and Emergency Services Corporal Steve McNeil is an enthusiastic firefighter, and graciously hosted sisters of Mu Chapter Beta Sigma Phi at the base station.

The recent two-hour tour started at the main entrance, where glass cases displaying historical photos and equipment tell of the history of firefighting.

Further on, the tour included the main level's computer rooms and office areas, the

physical fitness centre, lockers rooms, research and resource library and sleeping quarters. Wing firefighters provide 24-hour-a-day, seven-day-a-week protection, with the day shift working nine hours and the night shift completing a 15-hour tour. All of the firefighters work a minimum of 42 hours per week and, unlike most of us, stay at work the entire time, making their meals, exercising and generally "living" in the building while on shift.

The group entered the alarm room, located on the second floor, and speak to the dispatcher on duty. McNeil and the dispatcher explained their roles and the response process

once a call comes in. While the dispatcher eats, sleeps and exercises in the confines of this one small room, it doesn't hurt the alarm room probably has one of the best views of the base's operations area.

McNeil led the group back down to the main area, where the fire trucks are housed, ready to respond at a moment's notice. As it turned out, this visit ended prematurely when, in the middle of a talk on which truck was used for which specific call, the alarm went off. Mindful of the women's safety, McNeil ensured all were in a secure area while firefighters gathered, dressed and loaded into the trucks within a one- to two-

minute time frame. The team's quick reaction was something not too many people get to see firsthand, and Mu Chapter members had the distinct opportunity to see fire service personnel in action. Their commitment and dedication to providing superior service was truly humbling to witness.

Thank you to Wing Fire Chief Captain Bruce Paradis and McNeil for allowing visitors to become better acquainted with the wide range of services their unit provides personnel at 14 Wing. McNeil said is honoured to be part of a dynamic team of hardworking men and women, who do their job with the support of a great fire chief.



14 Wing Greenwood Fire and Emergency Services Corporal Steve McNeil shows off the department's firefighting equipment to visiting members of Mu Chapter Beta Sigma Phi. A.Kempton

business spotlight of the week

Topline Equipment & Tool Servicing

Why head out of the Valley when you can buy locally and save?

For the past 10 years owner Greg Brydon of Topline Equipment & Tool Services located on Bridge Street in Kingston has been offering outstanding customer service to both homeowners and contractors who purchase tools and equipment at prices they can afford for every reason or season.

The prices of equipment, at Topline are comparable to Box Stores, we also offer sales and service. Greg performs all warranty work and maintenance on site for every piece of equipment sold at his shop. He is familiar with every piece of equipment in store; he knows how to operate them, how to repair and perform any maintenance required.

From the age of 10, Greg has always been fascinated with maintenance and repair of equipment. At 16, he was repairing farm equipment. While serving in the Military, Greg worked at aircraft maintenance and aircraft equipment. Greg started his own business called Mountain Valley Excavation after retiring from the Military.

A few years later, he closed that business and opened Topline Equipment & Tool Servicing. His passion in tools and equipment was the motivational reason he changed direction to a career that is both challenging and rewarding.

Topline Equipment offers sales and services on all of the best brand power tools, lawn, and garden products, plate temps, compressors, paint sprayers, grinding wheels, wood blades, pressure washers, compaction jumpers and electric breakers as well as air supply tools and hoses. Air filters, recoils, and construction equipment,

cement mixers are all in stock. We also have sales and service on electric motors, hot tubs and pool pumps.

Knowledge, quality, and consistency in a job well done are high on Greg's list of priorities. If you are looking for a particular product chances are it can be found at Topline Equipment located right here in your own area.

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404 (Long Range Patrol & Training) Squadron holds annual Mess Dinner

Recently 404 Squadron held its annual Mess Dinner at the Annapolis Mess. The squadron was honoured to be joined for the event by 14 Wing Commander Colonel Jim Irvine and Wing Chief Warrant Officer Jim Jardine. Other invited guests included 404 Squadron Honorary Colonel Lloyd Graham, Major (retired) Eric Wood, and Major (retired) Don Jones, all of whom entertained and educated with tales from their flying experiences.

In true Thundering Herd style, the event included a menu that paid "homage" to fellow Aurora squadrons, with such dishes as "BIF'ed angry tern soup" (Spicy Thai soup with chicken

and shrimp), "Popeye Bald Eagle a la nos sequi" (spinach stuffed chicken breast with béarnaise sauce) and mock swordfish with Ham (prosciutto wrapped salmon with maple glaze).

Lieutenant Colonel Pat Thauberger, 404 Squadron's commanding officer, addressed the squadron and made several presentations to outstanding individuals. The event also included a skit by the members of the 404 Squadron Orderly Room, which provided insight into the perceived goings-on of a squadron executive meeting. The evening was concluded with several complete games of crud.



Members of the 404 Squadron Orderly Room present a skit, starring as members of the squadron executive, during the Mess Dinner.



Lieutenant Colonel Pat Thauberger, 404 Squadron's commanding officer, presents Corporal Lori Hillier, a 404 Squadron Orderly Room clerk, with a Commanding Officer's Professionalism Award.



Lieutenant Colonel Pat Thauberger, 404 Squadron's commanding officer, presents Sergeant Dave Cameron, a 404 Squadron instructor, with a Commanding Officer's Flight Safety Award.



Lieutenant Colonel Pat Thauberger, 404 Squadron's commanding officer, presents Master Warrant Officer Serge Fiola, a 404 Squadron flight engineer instructor, with a Commanding Officer's Flight Safety Award.



Lieutenant Colonel Pat Thauberger, 404 Squadron's commanding officer, presents Sergeant Dave McDowell, a 404 Squadron tac cell instructor, with a Commanding Officer's Commendation.



Lieutenant Colonel Pat Thauberger, 404 Squadron's commanding officer, presents Captain Russ Payne, 404 Squadron's navcom standards officer, with a Commanding Officer's Commendation.



Squadron Chief Warrant Officer Ron Kinsman and Lieutenant Colonel Pat Thauberger, 404 Squadron's commanding officer, present Master Seaman Kim Smith, a 404 Squadron Orderly Room clerk, with the Squadron Chief Warrant Officer's Award.



Lieutenant Colonel Pat Thauberger, 404 Squadron's commanding officer, presents Captain Todd Simms, a 404 Squadron pilot instructor, with the Commanding Officer's Leadership Award.

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Regimental ball a sea of South Shore uniforms

Sergeant Trevor Jessome, 14 Construction Engineering Squadron

After months of planning, the Bridgewater Regimental Ball March 29 was a complete success.

Themed “Bridging the Forces,” the event is the culmination of tremendous effort from the organizing committee, including Sergeant Trevor Jessome, 14 Construction Engineering Squadron headquarters; Master Warrant Officer Tim Ramsay, 14 Construction Engineering Flight; Master Warrant Officer Kevin Clayton, 14 CES, Corporal Rob Lewis, RCMP; Corporal George Wootem, RCMP; Donna Kelly, RCMP; and Sergeant Ward Beck, Bridge-

water Police. Years ago, the ball was a way of celebrating the uniformed forces in and around the Bridgewater area, and that holds true today. The event also includes fundraising for the Sergeant Derek Burkholder Trust Fund. Burkholder was an RCMP member in Bridgewater killed in the line of duty. This year’s ball raised over \$2,000 through ticket proceeds as well as a silent auction.

The event was held at the Bridgewater Best Western Plus and Convention Centre, and the ballroom was filled almost to capacity. Being one of the only black tie events on the South Shore, tickets are a hot commodity.

Dinner music was provided by the Canadian Navy’s Stadacona Band, entertain-

ment throughout dinner was provided by 14 Wing Greenwood’s Pipes and Drums, led by Pipe Major Andrew Bruce, and a real highlight was the Highland dance troop, Celtic Sole, from Halifax, which normally showcases at the Royal Nova Scotia International Tattoo. Guest speaker Mike Power kept everybody laughing, explaining many of the traditions during the dinner unfamiliar to some. The night was capped off with local rock band, Time Machine, which kept everyone on the dance floor late into the night.

It was an amazing spectacle to see the room filled with uniforms from all the forces throughout the community, and of the local veterans also in attendance.

Special thanks for the eve-

ning’s success go to the organizing committee, PO2 Bjornson (Stadacona Band), Sergeant Andrew Bruce (14 Wing Pipes and Drums), Alexandra Smith (Celtic Sole), and the band Time Machine. A heartfelt thank you to Lorne Caborn from the Bridgewater Best Western Plus for the professional service throughout the night, as well as to all who attended. Everyone is already looking forward to 2013’s ball.

Major Sarah House, commanding officer of 14 CES, “volunteered” to pipe in the Port.
Submitted



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Is Plotnik dead, is Bunny really that dumb, and will Donald save the day? From left are Players Brandon Green, Paul Dill and Alaina Hicks. Submitted

A year in the life of family murder - maybe

Crawford Van Horne,
Greenwood Players

The Greenwood Players is set to stage "A Little Murder Never Hurt Anybody," a play about murder and mayhem, under the direction of veteran member, Chantal Murphy.

It's New Year's Eve, and Matthew has resolved to murder his wife by the end of the year. His wife, Julia, has resolved to live to see the next year, as their ditzzy daughter, Bunny, has just become engaged to Donald. Then there's Buttram, the butler: did he do

it? Will flatfoot Detective Plotnik solve the case in time to prevent Julia's demise?

Follow the cast from New Year's Eve to New Year's Eve, as they prepare for a wedding and endure multiple deaths. Who has committed all these murders, who is related to whom, and will those left alive live happily ever after?

The murder and mayhem will take place on the Greenwood Players' stage in the A.V.M. Morfee Centre, Greenwood, May 9 to 12. The performance will start at 7:30 p.m., and admission is \$8.

First annual health, fitness, safety fair

It is spring, a good time for growth and new beginnings. Want to know more about how you can improve your health and fitness? How about safety, too?

May 10, from 9 a.m. to 1:30 p.m. at the 14 Wing Greenwood Fitness and Sports Centre, in partnership with 14 Wing Safety, Fitness and Sports and Health Promotion; over 40 health, fitness and safety personnel and professionals will set up displays and provide resources and takeaway gifts for people who

attend the fair. Some of the displays include a blood pressure clinic, 14 Wing Physiotherapy, Canadian Red Cross, N.S. Brain Injury Prevention Association, N.S. Environment & Labour, Levitt-Safety, 14 Wing Mental Health - and many more!

Along with the displays and exhibits, a variety of seminars and activities will be offered. A NAOSH brochure will be handed out at the door with a complete and up-to-date list of all the displays, activities and seminars for the

day. Everyone will receive a signature card upon entry to the fair and, by visiting the various displays and getting an initial from the display person, be eligible to win door prizes. A light snack will be available mid-morning. Best of all, there is no cost.

Seats are limited so, if you would like to pre-register for the seminars, contact the Health Promotion office at 765-1494 ext 5388.

Classroom seminars

9:30 a.m. to 10:30 a.m.

- DND 663 Report & Administration: what your ultimate goal should be!

10:30 a.m. to 11:30 a.m.
- Being active: get help to achieve your fitness goals.

12:30 p.m. to 13:30 p.m.
- Mental Health for All: cope with stress, and what to know to improve your mental health

PSP fitness

11:45 a.m. to 12:30 p.m.
- Total body Resistance eXercise (TRX) fitness class, for beginners and up

Premier Salon annuel de la santé, du conditionnement physique et de la sécurité

C'est le printemps, le temps de la croissance et des nouveaux départs. Voulez-vous en savoir plus sur la façon dont vous pouvez améliorer votre santé et votre condition physique, ainsi que votre sécurité?

Le 10 mai de 9 h à 13 h 30 au Centre de conditionnement physique et de sports, en partenariat avec les équipes de la sécurité, du conditionnement physique et des sports et de la promotion de la santé, plus de 40 membres du personnel et professionnels de santé, de conditionnement physique et de sécurité offriront des

ressources et des cadeaux aux participants au salon annuel. Parmi les 40 présentoirs présents une clinique de dépistage de l'hypertension, le Service de physiothérapie de la 14e Escadre, la Croix-Rouge canadienne, l'Association pour la prévention des traumatismes cérébraux de la Nouvelle-Écosse, Environnement et Travail Nouvelle-Écosse, Levitt-Sécurité, Santé mentale de la 14e Escadre et bien plus encore!

Parallèlement aux présentoirs et expositions, divers séminaires et activités seront offerts à tous les participants. Les

visiteurs recevront à l'entrée un dépliant de la SNASST contenant la liste complète et à jour de tous les présentoirs, activités et séminaires du jour. Tous les participants recevront une carte de signature à leur entrée au Salon en visitant les divers kiosques, obtiendront les initiales de l'animateur du kiosque et seront admissibles au tirage des prix de présence. Une collation légère sera servie milieu de matinée. Mieux encore, tout ce qui est là est gratuit.

Le nombre de places étant limité, nous vous encourageons à vous inscrire plus tôt aux séminaires ci-dessous, en communiquant avec le bureau de promotion de la santé au 765-1494, poste 5388.

Séminaires en salle de classe

9 h 30 - 10 h 30 - DND 663 - Rapport et administration: Quel devrait être votre but ultime!

10 h 30 - 11 h 30 - Être actif: De l'aide pour atteindre vos objectifs en matière de condition physique

12 h 30 - 13 h 30 - « Santé mentale pour tous »: Faire face au stress pour améliorer sa santé mentale - Ce qu'il faut savoir.

Activité de conditionnement physique du PSP

11 h 45 - 12 h 30 - Cours de conditionnement physique « Total body Resistance eXercise (TRX) », pour les débutants et les autres



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TENDER 12-09

Lift Station Retrofits - CG3, GW3, WE4 & AD5

The Municipality of the County of Kings, Engineering and Public Works invites tenders for construction services to retrofit four lift stations located in Kings County, NS.

Specifications and tender forms may be viewed and picked up beginning May 3, 2012 upon receipt of a non refundable deposit of \$50.00 at the Municipal Complex, located at 87 Cornwallis Street, Kentville NS. Office hours are Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at the Nova Scotia Construction Association, located at 260 Brownlow Avenue - Unit 3, Dartmouth, NS.

Specific inquiries pertaining to this tender may be directed to Bill MacLellan, Operations Supervisor, bmaclellan@county.kings.ns.ca (678-1807), or Tim Bouter, P. Eng., Supervisor of Engineering Services, tbouter@county.kings.ns.ca (690-2219).

**SEALED TENDERS WILL BE ACCEPTED UNTIL
2:00PM THURSDAY, MAY 24, 2011**

The Municipality reserves the right to reject any or all tenders, not necessarily accept the lowest tender, or to accept any which it may consider to be in its best interest. The Municipality also reserves the right to waive formality, informality or technicality in any tender.

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Tech teaching all about women, work and science

Seven female students and two teachers from Middleton Regional High School visited 12 Wing Shearwater April 17, exploring Canadian Forces' trades and career opportunities within science and technology-related occupations.

"The goal of Techsploration is to increase the number of women working in science- and technology-related occupations by assisting young women from diverse backgrounds to explore a wide range of career options in these fields," says Arylene Reycraft, Techsploration program manager. "We're very excited to have this group of young women visiting 12 Wing today and seeing what the Canadian Forces can offer them."

The group began with a tour of the Shearwater Aviation Museum, given by curator Christine Hines, who highlighted the rich and colourful history 12 Wing shares with Canadian naval aviation dating back to the First World War. The

students also had the opportunity to view vintage aircraft displays and try their hand at a flight simulator. Participants then proceeded to 12 Wing's Maritime Helicopter Operational Support Centre, where they met with a number of servicemen and women in varying technical occupations. The group was fitted with flight gear and briefed prior to a trip on the CH124 Sea King helicopter. For some, this was the first time they have ever defied gravity in a demo flight 3,000 feet in the air.

"As an equal opportunities employer, 12 Wing and the Canadian Forces are pleased to support initiatives like this one, which provide young women from our local communities the opportunity to see firsthand the great work our members do on a day-to-day basis," says Colonel Ian Lightbody, 12 Wing commander.

"This day was a tremendous success, and 12 Wing is proud to support the Techsploration organization."



Captain Ashley Harris of 423 Squadron shows the safety equipment worn during flights in a Sea King. Students, from left, are Nicole Verstichelen, Lauren Wentzell, Allyson Evans and Emma Gillespie.

Corporal T. McCarthy, 12 Wing Imaging Services



Allyson Evans and Eden Burke, two Middleton students, are fitted with proper flight safety gear in preparation for a flight in a Sea King Helicopter.

Corporal T. McCarthy, 12 Wing Imaging Services

Pegasus

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Greenwood Community Centre

Admission: \$15

Karl West Retirement

The family would like to honour Karl West as he prepares for retirement from a full and gratifying career of teaching.

We are hosting a barbecue at the **Annapolis Mess, 14 Wing Greenwood on May 31st** and you are invited to come enjoy a burger and extend your good wishes to Karl.

A website has been established where one can learn details of the celebration and RSVP:
www.eventelephant.com/karlwestretirement

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Spring Fling

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(EN) - Certains aliments posent des risques plus élevés pour les personnes ayant un système immunitaire affaibli. Suivez les conseils suivants que vous prodigue Santé Canada sur la préparation et la consommation d'aliments plus salubres :

- Faites cuire les saucisses à hot dog à une température interne sécuritaire. Le centre de la saucisse doit être très chaud ou atteindre 74 °C (165 °F)
- Choisissez des viandes de charcuterie séchées et salées

comme le salami et le pepperoni plutôt que des viandes de charcuterie non séchées qui doivent être chauffées jusqu'à ce qu'elles soient très chaudes

- Faites cuire les œufs jusqu'à ce que le jaune soit ferme

- Choisissez des produits au lait pasteurisé et des fromages à pâte ferme comme le colby, le cheddar, le suisse et le parmesan plutôt que des produits au lait cru ou non pasteurisé, y compris les fromages à pâte molle ou demi-dure comme le

brie, le camembert et le bleu

Santé Canada affiche un tableau pratique des aliments à éviter et des substituts plus sûrs sur son site Web. Il suffit de trouver la brochure intitulée « Guide sur la salubrité des aliments pour les personnes ayant un système immunitaire affaibli » sur le site www.canadiensensante.gc.ca. Vous pouvez également commander la brochure par téléphone en composant le 1-800-O-CANADA.



Pain in golf shouldn't be par for the course

(NC) - Considering the number of times a swing is repeated during a game of golf, it's not surprising the season often ends early for those not physically prepared.

Below are a few simple stretching techniques that can help prevent or reduce the impact of injuries:

Side bending stretch:

1. Stand with feet shoulder-width apart.
2. Hold the golf club above your head with your arms straight.
3. Slowly bend to one side, without rotating, until you feel a stretch in the

side of your back.

4. Hold for 15 seconds and repeat twice for each side.

Shoulder stretch:

1. Hold the shaft of a golf club vertically behind your back.
2. Gently pull the club up with your top hand until you feel a slight stretch in the shoulder of your lower arm. Hold for 15 seconds.
3. Gently pull the club down with your bottom hand until you feel a stretch in the top shoulder and arm
4. Hold for 15 seconds.
5. Reverse hand positions and repeat.

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Golf's great gifts for Dad

(NC) - Father's Day and golf have always been an ideal pair. There's nothing like modern technology to enhance the experience

Take a look at six hot items to improve Dad's course of play.

Choose the right club, every time

If there's a single piece of golf gear guaranteed to intrigue kids of all ages, it's a SkyCaddie SGX-W rangefinder. Yes, it helps speed up your round and improve your performance by enabling you to pick the right club every time. And it's preloaded with detailed information of up to 30,000 courses. But it's the intuitive nature and brilliant LCD display of the sleek, durable design that really catches attention.



Walking is back in vogue

Golf continues to return to its classic roots, with more golfers experiencing the course on foot. But that doesn't mean you have to carry your bag. Among the

game's new generation of push-carts is the Clicgear 3.0. The full-sized, three-wheel cart folds up to a convenient 13" x 15" x 24", which means easy storage in your trunk and garage.

More speed, greater distance

The tour-inspired Nike VR_S features a bigger club-head, a deeper face and exclusive NexCOR face technology, all promising more speed at impact for greater distance. A longer, lighter shaft and the adjustable, customizable STR8-Fit launch angle system further optimize performance

Whiteout on the PGA Tour

The weapon of choice for Justin Rose and Dustin Johnson, the RocketBallz (RBZ) fairway woods, feature TaylorMade's advanced Speed Pocket to increase ball speed and yardage, as well

as stability through impact. Its matte-white finish and larger head are easy to align.

Ready to roll

The latest chapter in Odyssey's history of game-changing innovations, the Metal-X putter features a dual-layered insert that combines the feedback of metal with a soft feel and a unique face pattern that "generates the truest roll in golf."

Go the distance

It might be a popular ball among the world's elite professionals, but Callaway's new Hex Black Tour provides players of varied handicaps with the game's two most essential elements in a single ball: feel and distance.





A picture of spring

March 31, Greenwood Camera Club photographers visited spring at Den Haan's Garden World, Wilmot. Enjoy the indoor colour, and anticipate what's to come outdoors!



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*Offer valid until May 21, 2012. Limit of one trade-in per customer. Devices will be valued by eRecyclingCorps at its sole discretion. In-store trade-in credits have no cash value, are non-transferable and can only be used in the TELUS store where the devices were traded in at the time of the trade-in. Products purchased using in-store trade-in credits cannot be returned for full cash value. All trade-ins are final. The trade-in transfers all rights in the device to eRecyclingCorps and waives any claim against TELUS or eRecyclingCorps with respect to the device or the trade-in program. The eRecycling trade-in program is available in Canada only and may be cancelled at any time without notice. †\$3 donation is for \$0 value recycled devices only. TELUS and the TELUS logo are trademarks of TELUS Corporation, used under license. All rights reserved. All other trademarks are the property of their respective owners. © 2012 TELUS.

Spring Fling

'Go green' laundry tips

(NC) - Washing machines use a lot of water and energy each month, and laundry is one household chore that can't be avoided.

Here are four simple tips to save your family money while taking a more environmentally responsible approach:

1. Wash your clothes in cold water. This will help pro-

long the life of your clothes by keeping the delicate fibres intact while reducing colour fading and shrinkage.

2. Use an ultra-concentrated single-dose laundry detergent: there is no added water and a single-dose can tackle a large load.

3. Wash full loads where pos-

sible. Reducing the number of loads you do is more energy efficient and will save you money.

4. Give your dryer a break. With the warm weather upon us, save on energy costs by using a clothesline or, if it's rainy, set-up a drying rack in the laundry room.

Motorcycle spring awakening

(NC) - Motorcyclists are getting revved up for what they've been waiting for all winter: the first ride of the season.

There are certain steps motorcyclists should take before hitting the open roads to stay safe and avoid any unwanted mishaps this season:

• Time for a tune-up

Your bike has been in storage for a few months, so make sure to check the lights, controls, battery, fluid levels and especially tires. With temperature changes, rubber and metal expand at different rates, so be sure to inspect your tires for cracks, any foreign objects and ensure your tires are properly inflated in accordance with your owner's manual.

• Review your insurance

Perhaps you've decided to use your bike to commute to work every day, or maybe you've made some modifications to the bike over the winter. Now is the time to check with your insurance provider to ensure your policy still provides adequate coverage.

• Practice makes perfect

Riding in the rain can be challenging for even the most experienced motorcyclist. Although you're eager to ride, keep in mind it's been a while since your last ride, so practice maneuvering on quiet roads first. A few easy techniques - using both front and back brakes with a little less pressure than on dry roads, reacquainting yourself with the clutch and shifting or staying out of the middle of a lane where cars tend to kick debris and leave drippings - can help you stay safe on wet roads.



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Bring the steakhouse home

(NC) - Re-create those steakhouse savoury steaks at home with this easy recipe and grilling guide.

freshly ground pepper
2 teaspoons Dijon mustard
2 tablespoons soy sauce
2 tablespoons olive oil

The Perfect Steak

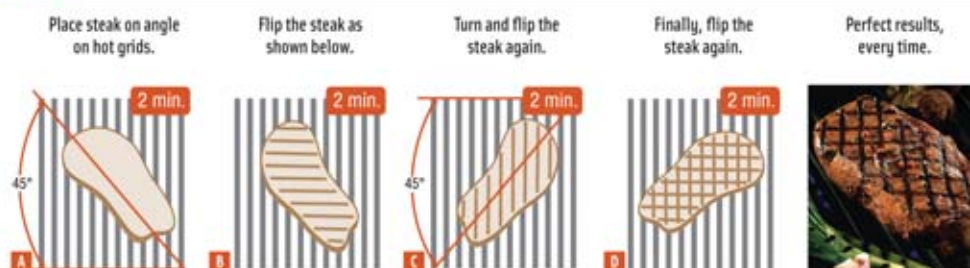
Serves: 4
Preparation time: 0:05
Per serving: 534 calories; 43.3g fat (74.1% calories from fat); 32.8g protein; 1.3g carbohydrate; 127mg cholesterol; 355mg sodium
4 steaks (preferably New York strip), 1" thick
2 cloves garlic minced or pressed
2 tablespoons Worcestershire sauce
2 tablespoons balsamic vinegar

- Trim excess fat from the steaks. In a glass dish or heavy plastic bag, combine the remaining ingredients.
- Marinate the steaks for one hour at room temperature or up to 24 hours in the refrigerator. If refrigerating, bring steaks close to room temperature half-an-hour before grilling for more even cooking.
- Preheat the barbecue on high. Brush grids with olive oil. Proceed as directed in the Perfect Steak Grilling Guide.

THE PERFECT STEAK GRILLING GUIDE

For that perfect steak-house diamond pattern, follow the diagram below.

- Preheat barbecue on HIGH
- Brush grids with olive oil
- Proceed as directed
- Test for doneness
- Use tender cuts of meat for this method (rib-eye, T-bone, sirloin, tenderloin, porterhouse).



STEAK GRILLING GUIDE

CUTS OF MEAT	MEAT THICKNESS			HEAT SETTING	TIME PER SIDE				TOTAL TIME
	1 1/2"	1"	3/4"		A	B	C	D	
STEAKS			Rare	Medium/High	1 1/2	1 1/2	1 1/2	1 1/2	6 Minutes
		Rare	Medium/Rare	Medium/High	1 3/4	1 3/4	1 3/4	1 3/4	7 Minutes
	Rare	Medium/Rare	Medium	Medium/High	2	2	2	2	8 Minutes
	Medium/Rare	Medium	Well	Medium/High	2 1/4	2 1/4	2 1/4	2 1/4	9 Minutes
	Medium	Well		Medium	2 1/2	2 1/2	2 1/2	2 1/2	10 Minutes
	Well			Medium	3	3	3	3	12 Minutes

NOTE: Bone in cuts take slightly longer. Times may be affected by wind, outdoor temperature, and thickness or temperature of meat prior to cooking.

* Times may be affected by wind, outdoor temperature, and thickness or temperature of meat prior to cooking.

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USED INVENTORY

STOCK #	YEAR	MAKE	COLOUR	M	T	OPTIONS	KMS	PRICE
11-337B	1973	Mercedes 450SL	Red	8	A	Hardtop Conv't	92,000	16,500
U1377	1992	Mustang LX Con	Green	8	A	Supercharged	237,000 ^M	18,500
11-371A *	2007	Camry Hybrid	Green	4	A	AC,PW,PDL,Cru	74,000	16,995
12-17A	2007	Yaris 3Dr H/B	Red	4	A	CE,CD	51,000	9,995
11-395A	2008	Corolla CE CA	Silver	4	A	AC,Pw,Pdl,Cru	116,000	11,995
12-15A	2008	Camry LE BA	Green	4	A	AC,PW,PDL,Cru	50,000	16,995
11-424A *	2008	Matrix BA	Dark Blue	4	A	AC,PDL,CD	83,000	12,995
U1860	2008	Yaris Sedan BA	Grey	4	A	AC,PW,PDL,CD	52,000	10,995
BROWN	2008	Highlander BA	Grey	6	A	4WD,Leather	95,000	24,995
11-400A *	2009	C Matrix XR AA	Silver	4	5	AC,PW,PDL,Cru	67,000	14,995
11-319A	2009	Matrix Touring	Red	4	A	AC,PW,PDL,Cru	88,000	13,995
11-430A	2009	BMW 335i	Grey	6	A	XDrive,Loaded	99,000	33,995
12-59A *	2009	Corolla CE BA	Grey	4	A	AC,PDL,CD	76,000	12,995
12-92A	2009	Matrix XR AA	Black	4	A	AC,PW,PDL,Cru	55,000	14,995
11-370A *	2010	Tacoma Acc Cab	Red	4	A	2WD,SR5,AC,PW	34,000	20,995
11-384A	2010	C Matrix Touring	Sundance	4	A	AC,PW,PDL,Cru	70,000	15,995
12-163A *	2010	C Corolla CE CA	Grey	4	A	AC,PW,PDL,Cru	42,000	14,995
12-144A	2010	Camry LE BA	Black	4	A	AC,PW,PDL,Cru	31,000	18,995
12-191A	2010	Camry SE AA	Silver	4	A	AC,PW,PDL,Cru	35,000	20,995
12-101A *	2010	Venza V6 AWD C	Green	6	A	Leather,S/Roof	22,000	30,995

Vehicles have the following ECP/EXT Warranty Coverage:

- * 11-370A 4 YR—100,000 Ext.Warr/ In-Service: Mar. 09/10
- * 11-371A 7 YR—120,000 Ext.Warr/ In-Service: Jun. 20/07
- * 11-400A 5 YR—100,000 Ext.Warr/ In-Service: Jan. 21/09
- * 11-424A 5 YR—120,000 Ext.Warr/ In-Service: Nov. 07/07
- * 12-59A 6 YR—120,000 Ext.Warr/ In-Service: Jul. 14/08
- * 12-163A 6 YR—160,000 Ext.Warr/ In-Service: Oct. 08/10
- * 12-101A 7 YR—120,000 Ext.Warr/ In-Service: Apr. 20/10

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Spring Fling

Des conseils pour les jeunes « pros » du soccer

(EN) - Reprise de volée, feinte, dribble, piège du hors-jeu : un match de soccer est fait de tant de choses! Et comme il est passionné de soccer, votre enfant voudra les maîtriser toutes.

BMO — la banque du soccer au Canada — offre quelques conseils que vos joueurs étoiles en herbe peuvent mettre en pratique sur le terrain, à l'instar des icônes canadiennes du soccer que

sont Christine Sinclair et Julian De Guzman.

Levez les yeux - La précision est essentielle à toute bonne passe et à tout bon tir au but. Pour être précis, levez toujours les yeux avant de tirer. Regardez votre cible et visez-la.

Donnez de la puissance à vos remises en touche - Assurez-vous que vos deux pieds sont plantés fermement sur le sol et orientés en direction du jeu. Cambrez légè-



ment votre dos, utilisez vos jambes comme points d'appui et lancez le ballon en utilisant toute la partie supérieure de votre corps, en relâchant le ballon au-dessus de votre tête, vos bras en pleine extension.

Restez près du but - En défense, placez-vous entre le

joueur offensif et votre but et défendez cette partie du terrain.

En mettant ces quelques conseils en pratique, votre enfant sera un « pro » en un rien de temps. Pour d'autres conseils, visitez le site BMO-soccer.com. Vous y trouverez

aussi des renseignements sur le concours L'équipe de la semaine BMO, qui permet aux entraîneurs de soccer et aux parents d'inscrire leur équipe pour qu'elle ait la chance de remporter une somme de 125 000 \$ à utiliser pour aménager un terrain de soccer, une

somme de 5 000 \$ à donner à l'organisme caritatif préféré de l'équipe et un voyage en auto pour assister à un match du Toronto FC, du Vancouver Whitecaps FC ou de l'Impact de Montréal, ou à un match local de l'équipe nationale canadienne.

Kingston Greenwood Minor Baseball Registration 2012



The 14 Wing Community Centre will be holding registration for the Kingston Greenwood Minor Baseball Association on May 1, 2, and 3 from 8:00 am to 4:30 pm in the Main Office of the Community Centre, which is located at 110 Church Street. We will also be holding registration at the Greenwood Mall on Wed May 2 from 6:00 pm to 8:00 pm and on Sat May 5 from 1:00 pm to 4:00 pm.

Below is a list of leagues and costs available this season:

~ Pre-Rookie • ages 4-6 • Wed & Sun ~
\$40.00 without Rec Card \$30.00 with Rec Card
~ Rookie • ages 7-8 • Wed & Sun ~
\$50.00 without Rec Card \$40.00 with Rec Card
~ Mosquito • ages 9-11 • Mon & Wed ~
\$85.00 without Rec Card \$75.00 with Rec Card
~ Peewee • ages 12-13 • Mon & Wed ~
\$95.00 without Rec Card \$85.00 with Rec Card
~ Bantam • ages 14-15 • Tues & Thurs ~
\$105.00 without Rec Card \$95.00 with Rec Card

Please remember to bring the following when registering; Health Card for each participant, Uniform deposit cheque (post dated) of \$50.00 per player which is refundable upon return of Uniform; and a valid Rec Card (if you have one) for a discount price.

Also, any player who is from the Kingston/Greenwood Area who has already registered in either Aylesford or Middleton Minor Baseball may get a refund and register with their local league in Kingston/Greenwood.

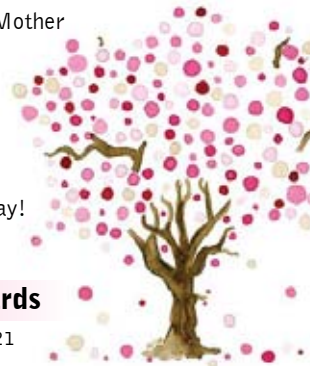
*For further information, or anyone interested in volunteering, please contact Brandon or Stephanie Gould at 902 242 2361 or kgminorball@gmail.com

• Like a horrible dinner guest, Mother Nature has shown up early...
THREE WEEKS EARLY!

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Mother's Day Buffet

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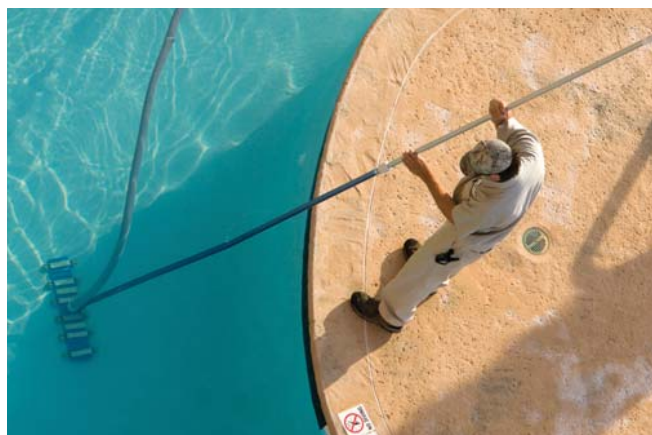
Sunday, May 13th
11:30am 'til close

\$17.95 plus tax per person

~ **Chicken Alfredo** ~
~ **Roast Hip of Beef** ~

Boston Brown Potatoes
Roasted Vegetables
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Summer ready pool

(NC) - After a long, cold winter, Canadians can't wait to get the covers off their outdoor swimming pools in preparation for the summer.

Experts tell us proper maintenance will ensure your pool delivers maximum enjoyment without much effort.

The big reveal: remove the pool cover and prepare it for

storage by cleaning and drying it thoroughly.

Get connected: Reconnect the pump and filter and raise the water levels.

Kick the tires: Inspect ladders, diving boards, stair rails and other parts for damage.

Fun with science: Blast away contaminants that have

built up over the winter when chlorine levels were reduced by adding three to five times the normal dose of chlorine to your water.

On the level: Frequently test your pool's water to ensure chlorine and pH levels meet the minimum require-

ments to keep equipment working smoothly and pool waters friendly to sensitive skin.

Say goodnight: Tuck your pool in at night with a thermal blanket to retain heat and keep water clean when it's not in use.

A recipe for lawn care success

(NC) - Watering alone will not provide your lawn with the sufficient nutrients needed to grow a sturdy, healthy root system. Nitrogen, phosphorus and potassium are the primary nutrients that enhance plant development. They are also the three main components of most fertilizers.

Nitrogen is a key element in protein and, like the human body, plants require it to grow. Phosphorus is the plant world's equivalent of carbohydrates - it provides energy for plants to

prosper. Potassium is a mineral that helps plants fight stress and disease. It aids with strong stalks, in the same way calcium gives people strong bones. When

properly applied, all fertilizers are beneficial to lawns and gardens. To ensure proper usage, just read the bag and follow some basic steps: apply the right source of fertilizer at the right rate, rate time, and in the right place.

Always use a good quality fertilizer spreader and follow the application directions on the packaging. Avoid allowing fertilizer to runoff into sewers and waterways by sweeping any stray product back onto the lawn where it can do its job.



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Closes: 8 October 2012

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Cabin Rental Rates for 2012		
Cabin Rentals	Non-Rec Card Holders	Rec Card Holders
Day	\$50.00	\$40.00
Cabin #8 & #9	\$55.00	\$45.00
• plus HST	Damage Deposit for All Rentals \$50.00 per Cabin	

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Spring Fling

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Firm foundation back under Multi Addiction Centre

The Multi Addiction Centre (MAC) in North Kingston is the old community schoolhouse. Over the last 20 years, MAC has worked hard renovating the building and paying for upkeep so there would be a building available for 12 step program groups to meet in, with a comfortable environment.

Volunteers were in crisis mode last spring, when told the building's foundation had to be repaired or the building would have to be closed. Contractors estimated over \$12,000 for the necessary repairs. Through Service Nova

Scotia, MAC received a grant for half. Wayne Atwater, the district Kings County councillor, was able to support MAC with a municipal grant of \$2,700. Reverend Leon Langille, Kingston United Baptist Church, offered his congregation's support. At a fundraiser in January, with Graham Moorehead and his group as entertainment, the church raised over \$800.

Alan Bent of A.J. Construction was the contractor for the work, well-known to MAC volunteers for many years' worth of renovations – often doing more than the job called

for. With this project, Bent not only did his usual great job, but, when the project went over estimate, he donated the amount necessary to cover the extra costs.

It is people like all of those listed here - and those people who made personal donations toward the project - who make you glad you live in such a great community. With furnace oil prices being 20 cents a litre higher than last year, and power bills increasing, MAC would never have been able to continue operating its building. Thank you, everyone.

MAC's main fundraiser this year, as in past years, will be the ticket auction and yard sale July 15 at the MAC building, 2080 Bishop Mountain Rd. The yard sale will start at 8 a.m., with Dale Veinot, Norma Hall and Doris Glavine looking after sales. The tickets for the auction will be available from 10 a.m. to 2 p.m., with the draw at 2 p.m. Kay Veinot, Anita VanEmber and their committee will be running this. If you have any donations for the sale or ticket auction, please call Dale or Kay, 765-8709. Proceeds from this event will help pay next year's oil bill.

From left are MAC supporters Dale Veinot, agent; Roy Wight, president; Kay Veinot, director; Wayne Atwater, Kings County Councillor and Kings West MLA Leo Glavine, representing Service Nova Scotia. Submitted

Friends appreciate help

Muriel Craig,
Friends of the Villages

thanks to those who supported February's dinner and auction benefitting the Western Kings Arena.

The Friends of the Villages would like to express heartfelt

The dinner was a huge suc-

cess, in part due to the generous donations of auction items from local businesses and services. We can not believe the incredible support from such a small community. We

would also like to thank those who attended, for your presence and big-hearted contributions. Thank you to those who could not attend but still gave liberal monetary gifts. All

funds raised have already gone to good use, taking a good chunk off the arena's debt.

Realizing The Friends of the Village have outgrown their original mandate of supporting the Village of Kingston, we have changed our name to the Friends of the Villages. This

change more accurately reflects the fact the Friends support a much wider community.

Please look forward to attending our next event - a dessert evening benefitting the McMaster Mill Historic Park in Rocknotch in late spring in Harmony.



THE MUNICIPALITY OF THE COUNTY OF KINGS
87 Cornwallis Street PO Box 100
Kentville, NS B4N 3W3

TENDER 12-02

Waterville STP Infiltration Ditch

The Municipality of the County of Kings, Engineering and Public Works invites tenders for the construction of an infiltration drainage channel at the Waterville Sewage Treatment Plant (STP), located at 1305 County Home Road, Waterville, NS. The work includes, but is not limited to, the following:

- Excavation of new infiltration drainage channel at the Waterville STP;
- Modifications to the existing outfall;
- Installation of a flow regulation manhole;
- Modifications to existing driveway;
- Fencing; and
- Miscellaneous site work.

Specifications and tender forms may be viewed and picked up beginning May 3, 2012 upon receipt of a non refundable deposit of \$50.00, at the Municipal Complex, located at 87 Cornwallis Street, Kentville NS. Office hours are Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at the Nova Scotia Construction Association, located at 260 Brownlow Avenue – Unit 3, Dartmouth, NS.

Specific inquiries pertaining to this tender may be directed to Tim Bouter, P. Eng.; Supervisor of Engineering Services, tbouter@county.kings.ns.ca (690-2219).

SEALED TENDERS WILL BE ACCEPTED UNTIL 2:00PM THURSDAY, MAY 24, 2012

The Municipality reserves the right to reject any or all tenders, not necessarily accept the lowest tender, or to accept any which it may consider to be in its best interest. The Municipality also reserves the right to waive formality, informality or technicality in any tender.

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www.county.kings.ns.ca



THE MUNICIPALITY OF THE COUNTY OF KINGS
87 Cornwallis Street PO Box 100
Kentville, NS B4N 3W3

TENDER 12-16

Larry Drive Paving

The Municipality of the County of Kings, Engineering and Public Works invites tenders for the paving of Larry Drive, located in Cambridge, NS. The work includes, but is not limited to, the following items:

- Supply and placement of Type 1 and 1S gravels;
- Supply and placement of Type B and Type C concrete asphalt;
- Asphalt patching.

Specifications and tender forms may be viewed and picked up beginning May 3, 2012 upon receipt of a non refundable deposit of \$50.00, at the Municipal Complex, located at 87 Cornwallis Street, Kentville NS. Office hours are Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at the Nova Scotia Construction Association, located at 260 Brownlow Avenue – Unit 3, Dartmouth, NS.

There is a mandatory meeting at 10:00 am on Thursday, May 17, 2012 at the project site.

Specific inquiries pertaining to this tender may be directed to Tim Bouter, P. Eng.; Supervisor of Engineering Services, tbouter@county.kings.ns.ca (690-2219), or Tammie Bezanson, CET; Engineering Technologist, tbezanson@county.kings.ns.ca (690-6113).

SEALED TENDERS WILL BE ACCEPTED UNTIL 2:00PM THURSDAY, MAY 24, 2012

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TENDER 12-12

Waterline Replacement — Neptune Lane

The Municipality of the County of Kings, Engineering and Public Works invites tenders for the supply and replacement of the existing watermain along Neptune Lane in Greenwood, N.S. with new 200mm PVC DR-18 watermain and appurtenances.

Specifications and tender forms may be viewed and picked up beginning May 3, 2012 upon receipt of a \$50.00 non refundable deposit at the Municipal Complex, located at 87 Cornwallis Street, Kentville NS. Office hours are Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at Nova Scotia Construction Association, located at 260 Brownlow Avenue – Unit 3, Dartmouth, NS.

Specific inquiries pertaining to this tender may be directed to Jack Henman, P. Eng., CBCL Ltd: (902) 421-7241 or e-mail: jackh@cbcl.ca

SEALED TENDERS WILL BE ACCEPTED UNTIL 2:00PM THURSDAY, MAY 24, 2012

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Tel: (902) 678-6141 Fax: (902) 679-0911
Toll Free: 1-888-337-2999
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Safety call

Greenwood Military Police Corporal Genevieve Sorel gives nursery school students a quick quiz on stop signs, street-smart play and bicycle helmet safety.



Wyatt Boyd had a special greeting for the visiting Lester the Lion, as Kingston Lions and Greenwood Military Police visited the Greenwood Nursery School April 18 to pass out child identification kits. The Lions were delivering 130 of the packages around community daycares, part of their efforts every couple of years to keep younger kids safe as they play.

S.Keddy



Blood donor clinic on

Canadian Blood Services will hold its regular blood collection clinic at the 14 Wing Greenwood Community Centre April 30 and May 1, both days between 1 p.m. and 3 p.m. and 5 p.m. and 8 p.m. New donors are welcome. If you are interested in giving blood, bring identification with your full name and

signature or full name and photograph. Call 1-888-236-6283 to book an appointment, or walk in. Canadian Blood Services is aiming to collect 260 units in Greenwood – that means 440 donors have to donate.

Department of National Defence personnel are Canadian Blood Services' first national

Partner for Life, and 14 Wing Greenwood has a goal of 100 donors involved in 2012. All DND and defence team members are encouraged to sign up during the clinics, and CBS can then track how many times you donate on behalf of 14 Wing, and what percentage of the collective goal has been achieved.

Campbell's school, student skills recognized

Education Minister Ramona Jennex joined educators, representatives from school boards and education partners to celebrate the 2012 Education Week Awards April 23 in Halifax.

Among the award recipients is Annapolis Valley Regional School Board staffer Stephen Campbell, Annapolis East

Elementary School.

Campbell is a guidance counsellor in the elementary school, and his influence on the lives of students is profound. The citation says he finds time to offer support or create programs that benefit students, from private counselling to group support to

acting as the school's behaviour intervention specialist. Through his leadership, Annapolis East has offered grief support, BullySMART, "Check and Connect" and many other programs that help students cope with difficult situations. His work is a true example of "educating for life."

Youth Happenings

**Megan LeMoine,
Recreation Youth Worker**

Pick up your May 14 Wing Community Centre recreation calendar today so you don't miss out on any of our great events. If you have any questions, call 765-8165. Here's what's happening this week.

Boys' Club

April 30, 4:30 p.m. to 6 p.m.
Boys, come make your own mini-pizza: homemade crust and then choose your favourite toppings. Please pre-register, \$2.

Teen Council

May 1, 4 p.m. to 5 p.m.
Teens, let's discuss the upcoming Yogi Bear trip, car wash and the June dance.

Teen Games Night

May 1, 6 p.m. to 7:30 p.m.
Teens, tonight we can go out-to play badminton, croquet or tennis. If the weather is not cooperating, we'll play board games inside.

Active Chicks

May 2, 6 p.m. to 7:30 p.m.
Girls meet at the Kingston duck pond where we'll walk to DQ enjoy an ice cream and then walk back to enjoy the fitness trail. Please bring money (\$4) for your treat at DQ.

Teen Activity

May 3, 6 p.m. to 7:30 p.m.
Tonight we'll hit the Fitness & Sports Centre gym for a work out and then cool off in the pool. Please bring your swimming gear and sneakers.

Pre-Teen Art Club

May 4, 6 p.m. to 7:30 p.m.
Bring your creativity to Art Club, where we'll make egg cup insects and a fabric flower garden.

Walking Club

May 8, 5 p.m. to 6 p.m.
Pre-teens and teens, join the Walking Club. We'll meet every other Tuesday to walk, jog or bike around our community. If the weather doesn't cooperate,

we'll use the walking track at the F&S Centre. Please wear appropriate footwear and bring a water bottle.

Pre-Teen Dance

May 11, 6 p.m. to 8 p.m.
Come dance the night away, listen to great music, win a dance contest and hang out with your friends! Admission \$3.

Taco Time

May 12
Teen: 5 p.m. to 6 p.m.
Pre-teen: 6 p.m. to 7 p.m.
It's Taco Time! We'll make beef tacos with your favourite toppings. Please pre-register for this event with \$2, and let us know of any allergies.

Yogi Bear Campground

May 18, 6p.m. to 9 p.m.
Pre-teens and teens, meet at the Yogi Bear Campground in North Kingston, where we'll play games, have a bonfire, roast hotdogs and marshmallows, use the jumping pillow and have fun. Cost – TBA.

Greenwood

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familyforce.ca
forcedelafamille.ca

Facebook.com/GMFRC

<p>JEWELLERY MAKING Tuesday, May 1 5:30 – 8:30 p.m. \$10.00 at the GMFRC Register by: Thursday, April 26</p> <p>FABRICATION DE BIJOUX Le mardi 1er mai, 17 h 30 à 20 h 30. 10 \$. CRFMG Date limite d'inscription : le jeudi 26 avril</p> <p>DEPLOYED PAMPER ME DAY Saturday, May 5 1:00 – 4:00 p.m. St. Mark's Chapel Annex FREE. Register by: Tuesday, May 1. <i>**Respite Childcare is available from 10:00 a.m. - 5:00 p.m. at the GMFRC.</i></p> <p>JOURNÉE DORLOTONS-NOUS POUR LES FAMILLES DÉPLOYÉES Le samedi 5 mai, 13 h à 16 h Annexe de la Chapelle St. Mark GRATUIT. Date limite d'inscription : le mardi 1er mai <i>**La garde de relève sera offerte de 10 h à 17 h au CRFMG</i></p>	<p>DEFENSIVE DRIVING COURSE Monday, May 14 & Tuesday, May 15. 5:30 – 8:30 p.m. FREE at the GMFRC Register by: Wednesday, May 9</p> <p>COURS DE CONDUITE PRÉVENTIVE Le lundi et mardi 14 et 15 mai 17 h 30 à 20 h 30. GRATUIT au CRFMG. Date limite d'inscription : le mercredi 9 mai</p> <p>PARENTING SYMPOSIUM Tuesday, May 22 6:00 – 8:00 p.m. FREE at the GMFRC. Parents/Caregivers of children of all ages. Register by: Thursday, May 17</p> <p>COLLOQUE SUR L'ART D'ÊTRE PARENT Le mardi 22 mai, 18 h à 20 h Gratuit au CRFMG. Parents et gardiens d'enfants de tous âges. Date limite d'inscription : le jeudi 17 mai</p> <p>RED FRIDAY WALK Friday, May 25 BBQ at 11:45 a.m. Free at the GMFRC. Walk starts at 12:30 p.m.</p>	<p>LA MARCHÉ DU VENDREDI EN ROUGE Le vendredi 25 mai, Barbecue à 11 h 45. Gratuit au CRFMG. La marche débutera à 12 h 30.</p> <p>FRANCOPHONE ZOO TOUR Saturday, May 26 10:00 a.m. to 12:00 p.m. Oaklawn Farm Zoo Discount admission rate Register by: Thursday, May 24</p> <p>VISITE AU ZOO POUR LES FRANCOPHONES Le samedi 26 mai, 10 h à midi Oaklawn Farm Zoo. Admission à prix spécial. Date limite d'inscription : le jeudi 24 mai</p> <p>BALANCING LIFE & THE PURSUIT OF HAPPINESS Monday, May 28 6:00 – 8:00 p.m. FREE at the GMFRC Register by: Thursday, May 24</p> <p>L'ÉQUILIBRE ENTRE LA VIE ET LA POURSUITE DU BONHEUR Le lundi 28 mai, 18 h à 20 h GRATUIT au CRFMG Date limite d'inscription : le jeudi 24 mai</p>
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To register, or for more information, call 765-5611 or drop-in to the GMFRC located at the AVM Morfee Centre on School Road, Greenwood. Methods of payment accepted are cash or cheque.

Pour s'inscrire ou pour plus d'informations, appelez au 765-5611 ou vous présenter au CRFMG situé au Centre AVM Morfee sur la rue School à Greenwood. Nous acceptons les paiements en argent ou par chèque.

Junior curlers wrap it up

The 2011/ 2012 14 Wing Greenwood Junior Curling season has come to an end.

This was a fun and exciting year for curlers, especially with two new curlers in the program. With the help of returning youth, all quickly began to show tremendous signs of improvement and always had fun. As a result of their dedication to the program, Alexandra Rousseau and Christopher Watters show signs of a promising future in the game. Angus Anthony, who returned for his second season, as well as Braeden Patey and Wesley Hickey, who returned for their

third season, learned new responsibilities and roles.

In March, a team participated in the Berwick 15-and-under fun spiel, and each curler demonstrated he or she was able to apply what they had learned in practice. All improved their performance and understanding of the game.

To end the season, junior curlers challenged their parents or an older sibling to a game. Out of respect for the adult team, we won't mention the final score (let's just say the juniors scored points in all ends, and completely shut out the adults).

The 14 Wing Junior Curling program thanks the president of the 14 Wing Greenwood Curling Club, Brian Campbell, for his support, kindness and assistance. Bill Cox and the entire PSP arena staff put in hard work all season and always had the ice ready.

If you are interested in joining the junior curling program in the fall, and will be between the ages of 11 and 18, organizers would love to see the program grow, and have new things planned for the 2012/2013 season. For information, contact Eric MacKenzie at 765-1494 ext. 5337.



Parents and older siblings – in the back – challenged Greenwood junior curlers – from left, Alexandra Rousseau, Wesley Hickey, Braeden Patey, Angus Anthony and Christopher Watters – to a season-ending battle of the rocks. Submitted

Valley hosts four coaching certification workshops

Coaches benefit our community, they are passionate and dedicated volunteers, essential to athlete development. They promote physi-

cal activity and influence participants' enjoyment of sport. It is important to support the ongoing professional development of

coaches. The Valley Region will host four scheduled NCCP workshops over the next few months.

The cost for the NCCP workshop is \$20/module or \$50 for the weekend. Coaches need to be a minimum of 16 years old to register for these courses. In addition to scheduled NCCP workshops, there is an on demand option for classroom study. If a coach is interested in taking a course,

but is not available on the scheduled date, contact the Valley Region NCCP administrator Melissa Newton.

Coaches are now able to register online for NCCP workshops at the newly launched website: www.coachingns.ca. Coaching Nova Scotia is a new website that is dedicated to providing information about training, education and resources throughout the province.

2012 NCCP Valley Region schedule

- Part B - May 4 to 6 at 14 Wing Greenwood
 - Designing a Basic Sport Program (Friday, 6 p.m. to 10 p.m.)
 - Teaching and Learning (Saturday, 8:30 a.m. to 4:30 p.m.)
 - Basic Mental Skills (Sunday, 9 am. to noon)
- Part A - May 8 in Kentville, Kings County Municipal Building
 - Making Ethical Decisions (Tuesday, 6 p.m. to 10 p.m.)
- Part A - June 22 to 23 at the New Minas Civic Centre
 - Making Ethical Decisions (Friday, 6 p.m. to 10 p.m.)
 - Planning a Practice (Saturday, 8:30 a.m. to 3:30 p.m.)
 - Nutrition (Saturday, 3:30 p.m. to 4:30 p.m.)
- Part A and B - September 18 in Kentville at the community centre
 - Nutrition (Tuesday, 6 p.m. to 7 p.m.)
 - Basic Mental Skills (Tuesday, 7 p.m. to 10 p.m.)



The Village of Kingston

NOTICE OF BUDGET MEETINGS

The Kingston Village Commission will be releasing its proposed 2012/13 Operating and Capital Budgets and has scheduled budget meetings for the following dates:

- Thursday, April 12, 2012 at 7:00pm
- Thursday, April 26, 2012 at 7:00pm
- Thursday, May 10, 2012 at 7:00pm

Residents are invited to provide input into the budget by attending these meetings, by contacting the Village Office or Village Commissioner.

The proposed budget will be presented at the April 12th meeting, and will be available at the Village Office or on the village website after this date. Any comments or queries regarding the budget may be directed to the Village Office at (902) 765-2800 or at info@kingstonnovascotia.ca.

All meetings are open to the public and are held at the Kingston Village office - 671 Main Street, Kingston, NS.

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

MAY/MAI 2012

Sun	Mon	Tues	Wed	Thu	Fri	Sat
INFO Spousal cards available at the Mess. See Pat Robar 5470 or Brenda Gaudreault at 5078.	INFO Non alcoholic beverages available	WLEO Honours & Awards 1400-1600		WOPS Mess Dinner 1800-0100 WCOMD Honours & Awards Ceremony	TGIF JR RK Hosts NEWFIE NIGHT W/DJ 1630-2300	DWD Marvin Williams Dinner & Dance 1700-2400
6	7	Visit of the DCOMD 1 Can Air Div 1100-1300	9	10	TGIF • OM Hosts Chicken Pot Pie W/Steamed Veg DWD - WO Max Pennell 1300-1600 Back Bar	INFO Darts & Pool Balls are available from the bar.
OM Hosts Mother's Day 1000-1300	Ladies Bridge 1900-2130	15	WOSM Coffee 0945-1045	17	TGIF WOSM Hosts FISH, CHIPS, SHRIMP & SCALLOPS	19
INFO Back Bar Daily Newspaper for your enjoyment	Victoria Day CLOSED	INFO Wireless High Speed Internet available in TV Lounge/Mess	23	DWD - MWO Bill Sproul 1300-1500	TGIF WOSM Assoc. Members Hosts LASAGNA, GARLIC BREAD & CAESAR SALAD	OM Candlelight Dinner 1830 - 2100 WOSM Wine Tour (more info to follow)
INFO TGIF's and TGIF's start at 1630 each week	Ladies Bridge 1900-2130	29	30	Karl West Retirement 1800-2400	OPEN MIC NIGHT/ DJ MP&EU SPRING DINNER 1800-0100	

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Men throw stones in 56th curling spiel

Wendy Richardson,
Greenwood Curling Club

The weekend of April 13-14, 2012 saw 24 teams from around the province curl in the 56th Greenwood Men's Closing Bonsel.

The "A" event winners were Scott Saunders, Curt Palmer, Luke Saunders, Ben Palmer and Glenn Josephson. We're not sure how many times Curt and Glenn have their names on the main event trophy, but this was Scott's first year at the spiel, and Curt and Scott had their sons curling with them this year. Runner up in the "A" event was the Doug Carpenter team of Tom Litsas, Jerry Moulton and Brian Walker. Third and fourth prizes went to the Rob Moore team (Rob, Tony Moore, Nelson Rice and Chris Knox) and the Grant Romkey team (Grant, Dave Dingwall, Gus Claveau and Gary Vigneault).

The winners of the "A" con-



Winners of the 56th Greenwood Men's closing bonsel were, from left, Luke Saunders, Curt Palmer, Scott Saunders, Ben Palmer and Glenn Josephson.

solation were Dave Ronaldson, Dale King, Roger Brooks and Bill Laird and the runner up team was Scott Reid, Peter Evans, Chuck Daborn and Terry Peters - an all Greenwood final.

The "B" event winners were Dana Seward, Jesse Atfield, Logan Ward and Ian Wilson; defeating the Berwick team of Andrew Willsley, Brad Schurman, Matt Hiltz and Kevin Ferguson. The 3rd and 4th

winners were the Lou White foursome (Lou, Brian Gordon, Joe Gullens and Bob Nogler) and Greenwood's Colin Drolet foursome (Colin, Stan Olejnik, Norm Wredenhagen and Ike Reid; also the winners of the team buy back - for a mere \$5 each, they did very well).

The "C" event winners were Doug MacKenzie's team of Luke Evans, Peter Ross and Bill Zarubiak. They defeated

Martin Duhme, John Clahane, Mike Strang and Tim Winters. The 3rd and 4th winners were the Bruce Johnson foursome (Bruce, Eldon Keddy, Winston Dominie and Paul Stone) and Trevor Nemish (a new skip in the Greenwood club), along with Jim Leaman, Cody Spiddle and Dan Praught.

Planning this year's bonsel certainly was a challenge, but perseverance held it together.



Winners of the "B" event: Ian Wilson, Logan Ward, Jesse Atfield and Mark Robar. Submitted

Thanks to all the volunteers who helped make the bonsel a success: Kathy, Mary, Carolyn, Robin, Debbie, Sandra and Hazel and Wendy. Thanks to Doug for doing the draw and Dave Ronaldson for doing the prizes. Special thanks to Dwight for being a duty driver for the spiel. Thanks to Ernie Hatfield (Labatts/ Keiths) for

mugs, glasses and ball caps. Meadowbrook Meat Market prepared the roast beef dinner, with veggies prepared by Scott Tyne from the curling club's Hogline Cafe. The guys raved about the meal.

Next year will be the 57th year for the tournament, and organizers hope to see everyone back again.

Annapolis Valley lacrosse for kids

Come try lacrosse!

Valley Thunder Lacrosse is a local lacrosse initiative to bring the sport back to the Annapolis Valley for kids ages six to 16 yrs of age.

As well as players, the association is looking for adult volunteers to fill coaching, refereeing and executive positions. The association will extend from Kentville

to Bridgetown, but it will be based out of Western Kings Arena beginning the first week of May and will run until the last weekend of June.

If you have played the game as a youth or if you are simply interested in contributing to the development of a new sporting option for the kids in your local area, please email vtlacrosse@eastlink.ca

or contact Troy Pellerine at 341-2203. Registration will initially be done by emailing vtLacrosse@eastlink.ca.

There are 15 sessions planned and the cost is \$65 per player. Please leave an email address and contact number with the player's name and date of birth and you will be contacted with dates and times for the first practice time. Required

gear is lacrosse or hockey (shoulder, elbow, gloves and helmet). Some sticks may be provided on a loan basis to begin the season until a group order can be arranged.

obituaries

The Aurora Newspaper offers obituary notices to the community. Families may record their loved one's life as they wish, and work with our staff to design borders, add photos and proofread the final notice.

Obituaries are priced at 55 cents per line (black and white) or 65 cents per line (colour).

Obituaries for serving Canadian Forces Regular, Reserve members and Canadian Forces veterans are complimentary to an eighth of a page space (2 columns x 67 lines), black and white only. Regular line rates apply on space over this size.

Payment is required before publication (cash, cheque or VISA, MasterCard, AMEX).

Contact Anne Kempton, 765-1494 x 5833, marketing@auroranewspaper.com, for details.



Lacrosse de la vallée d'Annapolis pour enfants

Venez jouer à la crosse!

Valley Thunder Lacrosse est une initiative locale visant à ramener ce sport dans la vallée de l'Annapolis pour les enfants de six à 16 ans.

L'association est à la recherche de joueurs mais aussi d'adultes bénévoles pour des postes d'entraîneurs, d'arbitres et de membres de l'exécutif. L'association est composée de membres provenant de Kentville à Bridgetown et elle s'installera au centre Western Kings Arena dès la première semaine de mai et y

mènera ses activités jusqu'à la dernière fin de semaine de juin. Si vous avez déjà joué à la crosse quand vous étiez jeunes ou si vous voulez contribuer au développement de ce nouveau sport pour les enfants de la région, veuillez nous faire parvenir un courriel à

vtlacrosse@eastlink.ca ou communiquer avec Troy Pellerine au 341-2203. Les inscriptions se feront d'abord par un courriel envoyé à vtLacrosse@eastlink.ca. On prévoit donc 15 séances

au coût de 65 \$ par joueur. Veuillez nous donner une adresse courriel et le numéro de téléphone du joueur, son nom et sa date de naissance, et nous communiquerons avec vous pour préciser la date et l'heure de la première pratique. L'équipement à porter est celui de la crosse ou du hockey (protection pour épaules et coudes, gants, casque). Il se peut qu'on vous prête des bâtons pour commencer la saison, jusqu'à ce que nous passions une commande de groupe.

~ Obituary ~

PILON, Cpl. Richard James "Rick"
Greenwood, NS

PILON, Cpl. Richard James "Rick" - 48, of Greenwood, NS passed away after a courageous battle with a rare form of liver cancer on Thursday, April 19, 2012 in Valley Regional Hospital, Kentville, surrounded by his family. Born in Marville, France on 27 March 1964, he was a son of the late Maurice and Edith (Wilson) Pilon. Rick served with the Canadian Armed Forces for over 24 years, working as an MSEOP.



His postings included Gagetown NB, Ottawa ON, Greenwood NS, Shilo MB, and finally returning to Greenwood. Rick loved sports, especially hockey, baseball, golf and fishing, as well as working with Special Olympics which he did for several years. He is survived by his loving wife the former Tina Anderson; son, Michael Pilon (Tessa Vandenberghe), Red Deer AB; daughter, Britney Pilon (Yannick Gagnon), Kingston NS; brother, Greg (Nancy) Pilon BC; sisters, Gayle Boudreau, Greenwood NS; Patty (Al) Erickson, Ottawa ON; mother and father-in-law, Donald and Sharon Anderson, Kingston NS; brother-in-law, Brian Anderson (Sherry Saulnier) AB; and several nieces and nephews. A special apple in his eye was his only grandson, Blake Richard Albert Gagnon born on February 17, 2012. Cremation has taken place. A memorial service will be held 2:00 PM Friday, April 27, 2012 in the Middleton Funeral Home, 398 Main Street, (902) 825-3448 with Rev. Leon Langille officiating. A reception for family and friends will follow the service. Donations in Rick's memory may be made to the Canadian Cancer Society, Canadian Liver Foundation or to charity of choice. Online Guest Book may be signed by visiting: www.middletonfuneralhome.com

classifieds

Classified advertisements, 35 words or less, are \$7 tax included. Additional words are 10 cents each, plus tax. Bolded text \$8, tax included. If you require a receipt and/or invoice via Canada Post a surcharge of \$1 including tax will be added.

Classified advertising must be booked and prepaid by noon 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 765-1494 local 5440, visit the office, 83A School Road, Morfee Annex, Greenwood; email frontdesk@auroranewspaper.com or fax 765-1717.

To place a boxed, display ad, contact 765-1494 local 5833; email marketing@auroranewspaper.com.

Les annonces classées, 35 mots ou moins, sont vendues au prix de 7 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 8 \$, taxes incluses. Si vous voulez recevoir un reçu et/ou d'une facture par l'entremise de Postes Canada, un supplément de 1 \$, taxes incluses, sera ajouté. Les annonces classées doivent être réservées et payées à l'avance avant midi, 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 5440, visiter notre bureau au 83A, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à frontdesk@auroranewspaper.com 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 marketing@auroranewspaper.com.

FOR RENT

FOR RENT - 852sq ft, 2 bedroom duplex apartment located at 628 Aldred Dr, Greenwood. The apartment is in an adult only building. No pets. Fridge and stove provided and a washer/dryer hook-up is available. \$725/month - utilities included. Call 765-4132. (3307-ufn)

FOR RENT - 1 bedroom apartment located in Middleton area in a private and quiet location. Furnished or not as needed. Rent \$725/month with heat and all utilities included no disappointments. Ideal for IR or student. Available May 2012. View pictures at www.middletonapt.weebly.com. Email: rocket650@eastlink.ca or telephone 902-844-0331. (3312-ufn)

FOR RENT - 1 bedroom apartment located at 517 Pleasant St. Kingston. Rent is \$650/month including utilities (heat and lights). Kitchen, living room on main level with bath and bedroom upstairs. Call 250-0181. (3316-4tpb)

FOR RENT - 1 bedroom apartment in Kingston close to all amenities. Fridge and stove included. Non-smoking and no pets. Available May 1. Call 765-3664 (3315-4tp)

FOR RENT - 5 bedroom house located in Margaretsville, Fridge and stove provided. Rent is \$725/month plus utilities. Call 765-0790. (3315-4tpb)

FOR RENT - fully furnished vacation house with a view of beautiful Mavillette Beach. One and a half hour drive from Greenwood. Rent is \$800/week. For more information and pictures see www.mavillettebeachhouse.com or call 1-519-506-6200. (3315-4tp)

flyers

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Call Anne at 765-1494 ext. 5833



FOR RENT - Posted to Greenwood? House with garage in quiet residential area 12 minutes from 14 Wing. Fully furnished and equipped. Rent includes utilities, Wi-Fi, lawn care and maintenance. No smoking or pets. Phone 825-5800. (3315-4tpb)

FOR RENT - 2 bedroom apartment close to downtown Middleton. Clean and renovated. Fridge and stove provided. Rent is \$675/month plus power. Call 363-2079. (3317-2tpb)

FOR RENT - Large semi-detached home in Plains View Subdivision, just minutes from 14 Wing, Sobey's, schools and golf courses. 2 bedrooms with appliances, new floors (ceramic & wood), electric heat and more... Ideal for IR or seniors, no smoking or pets. Available July. Rent is \$900/month plus heat and lights or IR rate (everything included). Call Patrick at 765-6170 or 765-1494 #3125. (3317-2tp)

FOR RENT - 2 bedroom duplex in Nictaux. Fridge and stove provided with a washer and dryer hook-up available. Unit has a patio. No pets and reference required. Rent is \$450/month plus utilities. Call after 6pm 473-9804. (3317-2tp)

FOR RENT - large clean 2 bedroom apartment. A duplex located in Greenwood with fridge and stove provided and washer/dryer hook-up. The unit has a rear deck and storage shed. Rent is \$550/month plus utilities. Available June 1st. Call Kevin at 847-0111. (3318-2tp)

FOR RENT - Newly renovated 2 bedroom apartment located beside NSCC campus in Middleton. Includes fridge and stove. Rent is \$450/month plus utilities. Reference required. Call 825-7411. (3318-1tp)

FOR SALE

FOR SALE: Computer desk, beige in colour. Heavy duty and durable; half inch plywood. Like new condition. Have adjustable shelves, pull out drawer for keyboard. 5 ft long & 4 ft high. \$125. Revlon Manicure/Pedicure System with Nail Dryer. Self contained centre, conveniently stores hand held

unit, nail dryer and AC adapter. There are 7 styling attachments to file, clean and shine nails on hands and feet. Great for natural or acrylic nails. Price: \$25.00. EXCEL Crunchboard in excellent condition. Crunch board tones, trims and firms abs, stomach, thighs calves and lower back. Measures 30" long, 13" wide and 5" tall. \$30. Call 765-0277 Leave a message. (3313-ufnStaff)

FOR SALE - Fire wood for sale. Seasoned wood was cut last fall. Cut, split and delivered on time. Call 584-3064. (3318-1tpb)

SERVICES

SERVICE - Bilingual handyman carpenter available, 25 years of experience with finish work, flooring, stairs, tile work and more. Reasonable rates - flexible hours. Call Mike at 242-2465 or 840-0529. Greenwood/Kingston (3024-ufn)

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crossword solution

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

sudoku solution

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

patrick's puzzle

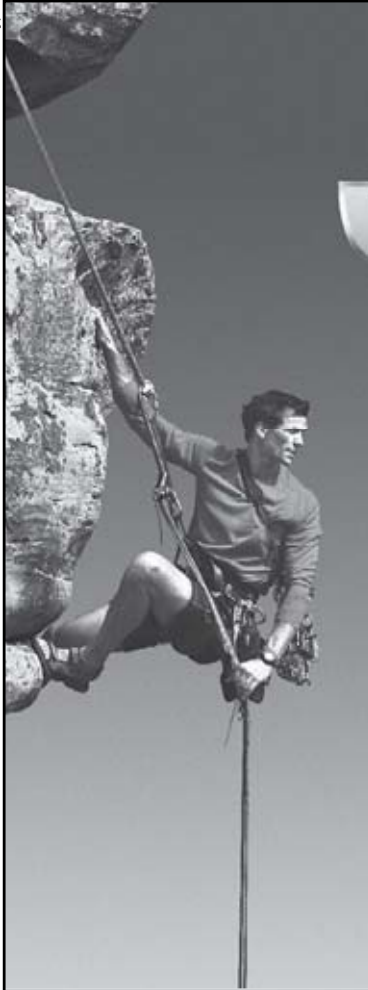
R T T V V D F A H S Z L S S
K E M C O I L E R V E R I C
O X T Y A L S E B M P T S T
O S Q I E R T A F I C O B
U V N R N A A C O V S O M B
B A G E O O U T I N C R E J
C E L L L L F T A U L N H Q
N T F E A C C A E C E E C J
W E C M N N O W T F R A E F
P H K M U F T N X H A Z M N
R M N J T H G I S E Y E S F
R Z N A S T I G M A T I S M
L O B I F O C A L I P U P Y
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\$111 @ 4.99%

BI-WEEKLY FINANCING†

FOR 96 MONTHS WITH \$0 DOWN

2012 JEEP COMPASS SPORT 4X2 STARTING FROM

\$17,245*

INCLUDES \$1,750 CONSUMER CASH.*

OR CHOOSE

\$101 @ 4.99%

BI-WEEKLY FINANCING†

FOR 96 MONTHS WITH \$0 DOWN



STEP UP TO THE 2012 JEEP COMPASS NORTH 4X4

- Available Trail Rated® Freedom Drive II® Off-Road Group
- 60/40 rear-seat with recline
- Power heated fold away mirrors
- Deep-tint sunscreen glass

\$39

MORE BI-WEEKLY

2012 JEEP PATRIOT SPORT 4X2 STARTING FROM

\$16,245*

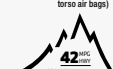
INCLUDES \$1,750 CONSUMER CASH.*

OR CHOOSE

\$95 @ 4.99%

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STEP UP TO THE 2012 JEEP PATRIOT NORTH 4X4

- Available Trail Rated® Freedom Drive II® Off-Road Group
- 60/40 rear-seat with recline
- Power heated fold away mirrors
- Deep-tint sunscreen glass

\$42

MORE BI-WEEKLY



2012 Jeep Wrangler 2-door Sport shown.



2012 Jeep Compass Sport 4x2 shown.



2012 Jeep Patriot Limited 4x4 with optional Freedom Drive II® Off-Road Group shown.‡

Jeep.ca/Offers

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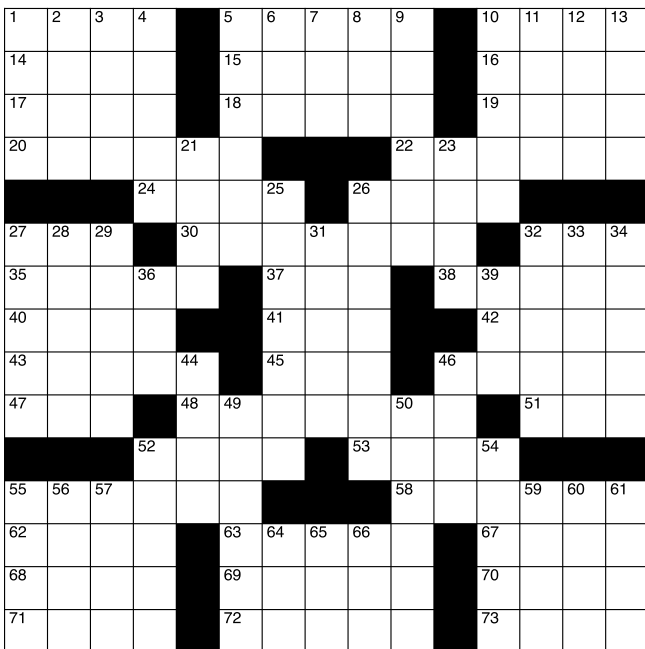


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, (902)765-1717; or email editor@auroranewspaper.com. Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Thursday, 9:30 a.m., previous to publication unless otherwise notified.

Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 83A, School Road, (annexe Morfee), 14^e Escadre Greenwood, par fax au (902) 765-1717 ou par courriel à l'adresse editor@auroranewspaper.com. 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

solution page 22



- ACROSS**
- Exploiter
 - Gaultheria shallon
 - Having a slanted direction
 - Capital of Elam
 - Japanese mushroom
 - Lake in Estonia
 - Walk heavily
 - Moroccan capital
 - Arabian gulf
 - The act of pillage
 - Bad-tempered
 - Capital of Yemen
 - A unit of illumination
 - Tell on
 - Half woman and half fish
 - An arbitrator
 - Having winglike extensions or parts
 - Auto
 - Big eyed scad genus
 - Ringlet
 - Brew
 - Roam at random
 - Select by vote
 - Coney
 - Actress Zellweger
 - Father
 - United States of
 - The last part of anything
 - Watering places
 - Adventure story
 - Animal disease
 - Unintelligible talking
 - Stout beating stick
 - Italian opera set
 - Hungarian Violinist Leopold
 - Cheremis language
 - 55120 MN
 - County in Northern Ireland
 - So. American nation
 - Pores in a leaf
 - Swiss river
 - Fishing sticks
 - Shopping passageways
 - A slight or partial paralysis
 - Sped
 - Bastard wing
 - ___ and feathered
 - Of cheekbone
 - Unaccompanied
 - Black bird
 - To bear offspring
 - Educational cable channel
 - Before
 - Adhesive, ticker or duct
 - Sanskrit for color, melody
 - The common people
 - Dressing room by the sea
 - City on the Cibun River
 - Manila hemp
 - Canadian law enforcers
 - Winglike structures
 - Jefferson's V.P.
 - Daughter of Ion
 - Jet or King
 - Sea eagle
 - Nine knotted cord whip
 - Consciousness of your own identity
 - 60's veterans battleground
 - Entity designation

Senior fitness

Tuesdays & Thursdays, there will be older adult fitness classes at the Kingston Legion, 10 a.m. to 11 a.m. Cost \$2/ visit or \$20 until program ends. Call 765-2800 or email recreation@kingstonno-vascotia.ca.

Walking club

Kingston Walking Club meets Fridays at 9:30 a.m. at the Kingston village office. Call 765-2800 for details, or just come and enjoy a healthy, active, social time. All welcome.

At CentreStage

CentreStage presents Mr. Pim Passes By. Set in the 1920s drawing room of an English country home, the simple plot has to do with whether the mistress of the house's second marriage is a bigamous one: her first husband may not be dead. This intelligence is delivered by the nervous, cuddly Mr. Pim, who periodically returns to add to the chaos he began. The foibles and personalities will keep the audience in suspense, but laughing and chuckling all the way. There is nothing in the show that is offensive to children, but it is most appropriate for those nine and older. Mr. Pim Passes By continues Friday and Saturdays at 8 p.m. until May 26. There will be 2 p.m. matinees May 6 and 20. Reservations: 678-8040. Info: www.centrestagetheatre.ca. CentreStage Theatre, 61 River Street, Kentville.

Meeting

April 30, the Greenwood Skating Club will hold its annual meeting, 6 p.m., in the Bomber Room at the Greenwood Gardens Arena.

All members are encouraged to attend. For information, contact Carol Breckon at cjbreckon@ns.sympatico.ca.

Cards

April 30, "Funds for Fuel" bridge party at the Macdonald Museum, 1 p.m. Cost is \$4 per person. Light refreshments served. Come out for a fun afternoon and support your community museum. Call 825-6116 for information.

Blood donor clinics

April 30 & May 1, Canadian Blood Services will hold a collection clinic at the 14 Wing Greenwood Community Centre, 1 p.m. to 3 p.m. or 5 p.m. to 8 p.m. both dates. Bring identification with your full name and signature or full name and photograph. New donors are welcome! Walk in, or call 1-888-236-6283 to book an appointment.

Meeting

May 1, the monthly meeting of the Kingston and District Health Auxiliary will be held at the Paragon golf club, 11:30a.m. This is a luncheon meeting, and our closing meeting all in one. Everyone welcome.

Family fun fair

May 4, Dwight Ross Elementary School holds its 3rd Family Fun Fair, 6 p.m. to 8 p.m., at the school. This event is open to the public, an evening of fun, games for the whole family, a ticket auction, hot dogs and bouncer. "Fun cards" (in lieu of cash) may be purchased for \$5. There is no admission fee for those who wish to partake in the ticket auction only. All children must be supervised by an adult for the duration of the



Church tradition

Queen of Heaven Chapel religious education students in Grades 4, 5 and 6 presented the Stations of the Cross in mime Good Friday, April 6. From left, top row, are David Gibson, Christian Gale, Liam McCann, Jessica Gaudette and MacKenzie Cross. Left along the front are MacKenzie Letourneau, Abigail Buckle, Victoria Frowen and Valerie Chouinard. The solemn observance depicts Jesus carrying the cross to his crucifixion in the final hours before his death. Traditionally, the Stations of the Cross are presented during the Season of Lent.

E.Gale

event. If you would like further information, contact the school at 765-7510.

Concert

May 4, join the Booty Boppin Brass Band at the Evergreen Theatre, 8 p.m., 1941 Stronach Mtn. Rd., East Margaretsville. Cost \$20, reservations at www.evergreentheatre.ca or 902-825-6834. Looking for a solid injection of blues with a funky New Orleans groove, Halifax-style? The Booty Boppin' Brass Band is your cure, with tunes from the Dirty Dozen Brass Band, James Brown, Tito

Puente, Prince, a few original tunes - and more. We won't be needing a sound system for this one!

Meeting

May 4, 6 p.m., Dalhousie's College of Continuing Education, in cooperation with Service Nova Scotia, is providing a free municipal recruitment and engagement workshop at the Berwick and District Lions Club, 250 Veterans Drive. If you're interested in learning how municipal elections work, how your vote matters or how you can get involved, these workshops are for you. Visit www.ns-municipal-elections.ca for information.

Concert

May 5, the Middleton Choral Society, directed by Maureen MacLean and accompanied by Elizabeth Harwood, presents its annual spring concert, based on the easy-listening theme of home, featuring a medley of songs from "O Brother, Where Art Thou?" Guest soloist will be Shannon (Patterson) Young. St. John's United Church, Middleton, 8 p.m. Freewill offering. For information, call Maureen MacLean, 825-3387.

Ticket auction

May 5 at Grand View Manor, Berwick. 11 a.m. to 1 p.m., draws start at 1:15 p.m. Tickets 20 for \$1, canteen available. Proceeds to residents' activities.

Find & Win

Three easy ways to enter.

- Through our website: www.auroranewspaper.com
- Fax: 765-1717
- Drop into our office located on 83A School Road (Morfee Annex)

Entry deadline: Noon, May 3, 2012.

Full name	Phone number
Complete the following questions from ads in this week's issue and win a large 2-topping pizza from Pizza Delight, Greenwood . Coupon valid for 30 days.	
1. What's not just for kids? _____	_____
2. What is too beautiful to keep to themselves? _____	_____
3. "Trade in, trade up" and plant a what? _____	_____
4. Where should you be Thursdays between noon and 4 p.m.? _____	_____
5. Who is ordering nematodes? _____	_____

Limited to one win per family in a TWO MONTH PERIOD.
The winner will be drawn randomly from all correct entries. Only one entry per family per week.

Pizza Delight, Greenwood

765-4477

Congratulations to last week's winner: WAYNE FERRIS

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Dance
May 5, Valley Pride is having a gay/ lesbian dance, 19-plus, at the Middleton Lions Club in Nictaux, 8921 Hwy 10. \$5 at the door. 9 p.m. to 1 a.m. Cash bar, 50/50 tickets, door prizes. Contact David at 902-825-3197 or men-embracingmen@hotmail.com or facebook valley pride for details.

Yard sale
May 5, All Saints' A.C.W. annual yard sale, All Saints' Church Hall, Pleasant Street, Kingston. 8 a.m. to noon. Anything we can sell!

Sale
May 5, there is an indoor yard, bake and plant sale at the Aylesford United Church hall, 8 a.m. to-1 p.m. BBQ hot dogs and refreshments. Sponsored by the Committee of Stewards.

Supper
May 5, "Swim in for Supper," a fundraiser for the Lawrencetown swimming pool. 4:30 p.m. to 6 p.m., Lawrencetown fire hall. Beans, ham, potato scallop,

brown bread. Adults \$8, children under 12 \$4. Advance tickets available (Wanda, 584-2285), take-out delivery available in Lawrencetown area.

Ball registration
May 5, Middleton Minor Baseball will hold registration at town hall, 10 a.m. to 2 p.m.; and again May 9, 6 p.m. to 8 p.m.; and May 12, 10 a.m. to 2 p.m.

Children's party
May 6, the Berwick & District Nursery School hosts its second annual Princess & Pirate Tea, 2 p.m. to 4 p.m., at the Aylesford United Baptist Church. \$5 per person, tickets at Scotiabank in Greenwood, Spoil me Rotten in Berwick or contact Deanne Corkum at 847-0644. Come dressed in your finest dress or pirate suit! Cupcakes, juice, crafts, face painting, nail painting, tattoos, entertainment, professional photographer available.

Supper
May 8, 5:30 p.m., prime rib dinner



In the mail

A big thank you to the staff of the Kingston post office for recently welcoming Ms. McAlpine's Primary and Grade 1 Kingston students, visiting the business to mail postcards they had worked on during a letter writing unit.
Submitted

and trimmings at the Aylesford United Church hall. Please contact Marilyn Wilson at 847-9774 or Jeanette Herbert 847-9526 for tickets. \$15 per person. Space is limited and all tickets will be

pre-sold. Please call 847-9382 or 847-9526 to arrange your ticket. Presented by the Aylesford United Church Women.

Meeting
May 9, 6 p.m., Dalhousie's Col-

lege of Continuing Education, in cooperation with Service Nova Scotia, is providing a free municipal recruitment and engagement workshop at the Bridgetown Volunteer Fire Hall, 31 Bay Road. If

you're interested in learning how municipal elections work, how your vote matters or how you can get involved, these workshops are for you. Visit www.ns-municipal-elections.ca for information.

sudoku

solution page 22

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

Level: Beginner

Fun By The Numbers

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

sudoku brought to you compliments of

patrick's puzzle

solution page 22

Word Search — Vision Awareness

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

- Allergen
- Cataract
- Cornea
- Floater
- Pupil
- Astigmatism
- Chemosi
- Episclera
- Lens
- Retinopathy
- Bifocal
- Conjunctivitis
- Eyesight
- Macula
- Vision

patrick's puzzle brought to you compliments of

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horoscopes

April 29 - May 5

ARIES - Mar 21/Apr 20

Aries, assess a situation before acting. Only then will you have a clear view and map out the steps that you must take. Pisces may help you with your plan.

TAURUS - Apr 21/May 21

Taurus, it can sometimes feel impossible to find that perfect someone for a loving relationship. If you're single, let a friend set you up this week.

GEMINI - May 22/June 21

Gemini, with so many momentous things going on it can be hard to keep track of all the things you need to get done. A few tips on organization will go a long way.

CANCER - June 22/July 22

Cancer, you just may find that when you stop thinking so intently about something, all of the answers become clear. This could be the solution you were seeking.

LEO - July 23/Aug 23

Leo, you may find it puzzling that so many people keep turning to you for words of wisdom. If you have the advice to offer, go ahead. You can also politely decline.

VIRGO - Aug 24/Sept 22

Virgo, look internally for help this week. Though there are plenty of reasons to avoid an activity, there are many excellent reasons why you should engage yourself.

LIBRA - Sept 23/Oct 23

Happy times are on the horizon, Libra. You just have to make it through a few more obstacles and tasks before you get there. The finish line is in sight.

SCORPIO - Oct 24/Nov 22

Scorpio, when it rains it pours, and this week you'll find out the true meaning of that expression. But being a fighter means you'll find the silver lining.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, although you may want to help when a friend comes to you, there is not much you can offer in this particular situation besides support and encouragement.

CAPRICORN - Dec 22/Jan 20

Things are completely out of your hands, Capricorn. While you thought you would feel helpless, this experience can actually prove liberating for you.

AQUARIUS - Jan 21/Feb 18

Aquarius, the beginning of the "fun-in-the-sun" season is starting and you are very excited about all of the outdoor recreation prospects. Make your to-do list now.

PISCES - Feb 19/Mar 20

It could take a helping hand to pull you up from a tricky situation, Pisces. You just may be lucky to have this person on your side.

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6" Cheese & Egg flatbread with a coffee

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www.frasers.ca

ATV fun, fundraiser at Fox Mountain

Four regional ATV clubs are teaming up for a Relay for Life cancer fundraiser June 15 to 17 at Fox Mountain Camping Park, south of Aylesford.

ATV enthusiasts, club members of the Kings County ATV Club, the Mid Valley ATV Club, the Digby County ATV Club and the Sou'West Nova ATV Club; and visitors are welcome to take part.

Family camping is available for tents or serviced lots (book with Fox Mountain Camping Park, 847-3747 or www.foxmountaincamping-park.com). Fox Mountain also has several rental trailers available.

Daily admission for the fun run is \$10 a day per ATV (second rider no charge). A pressure washer will be available at the end of the day for a small fee (\$3 to \$5). There will be more than one fun run available, with long and short routes. Prizes will be available

for draws throughout the weekend.

Breakfast will be available at the canteen Saturday and Sunday mornings, 7:30 a.m. to 10 a.m.. Supper will be available from 4 p.m. to 7 p.m. The stage will be available for those who want to bring along their instruments and have a jam session in the evening. The only fire pit permitted will be by the stage area.

All money raised through freewill offerings at the runs and 50/ 50 draws each day will support the search for a cure for cancer, and will be presented June 22 in Kentville during the Relay for Life event.

If you would like more information, contact Scott MacInnis, president, Kings County ATV Club, 847-0236; or Barry Mitchell, president, Mid Valley ATV Club, 825-1382.



Pride in pink

Staff at the Municipality of the County of Kings wore their favourite pink clothing to the office April 11, marking International Day of Pink, a day against bullying, discrimination, homophobia and transphobia in schools and communities. The International Day of Pink started in Kings County when students at Central Kings stood up for a student being bullied for wearing a pink shirt. Dozens of students wore pink shirts the next day and handed out more to students, encouraging them all to take a stand against bullying.

Submitted

Toepics

Cheryle Gaston, Greenwood Figure Skating Club

The Greenwood Skating Club is excited to announce one of its own has become the youngest skater in Nova Scotia to achieve quadruple Gold test level, an accolade reserved for skaters who have committed to training for many years.

Jenna Breckon, 13, has accomplished what it takes most until they have finished high school to do. In addition, she was one of the youngest skaters in Canada to achieve Gold level in Skills when she was only eight years old. Last year, she added her Dance medal to

the list and, last month, she finished her Gold Freeskate and Interpretive tests.

Jenna began skating at age three and was quickly fast-tracked into the junior development program in the Greenwood club.

"She was always quick to learn and wanted to do everything her big sister did," says coach Cheryle Gaston. "She was fearless and tried anything."

It soon became apparent Jenna was going to make a mark in the sport. Training in summer in Ontario and giving up hours of social time to honing her skills is all paying off and, last year, she attended

her first national championship. As she continues to gain physical strength, she has her eye on making it to the nationals again.

"Once I add the double axel to my program, it will make all the difference," says Jenna.

She recently skated a clean short program at an event in New Brunswick and had solid performances in both her programs. She is now looking forward to attending a seminar with Manon Perron, coach of Olympian Joannie Rochette.



Jenna Breckon

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ZX runners bring it in

14 Wing Greenwood hosted its 33rd Royal Canadian Air Force ZX 5k and 10k running races April 22, part of the 2012 Run Nova Scotia series calendar.

Awards were presented in male and female categories: Open Class (all ages), Juniors (19 and under), Masters (40 to 49), Senior Masters (50 to 59), Golden Masters (60 to 69), Platinum Masters (70+) and Military.

Thirty-three runners entered the 5k event, won by Greg Young of Hampton in 20:55. The first female across the line was Michelle Guertin of Kingston, in 24:35.

In the 82-member 10k field, Solomon Tsewameske of Halifax won in 37:09. Emily Hamilton of Dartmouth was the first female in at 39:27.

10k results

Solomon Tsewameske Halifax, 37:09; Marco Albright, Yarmouth, 37:43; Dale Block, Windsor, 37:50; Steve Morley, Halifax, 38:35; Greg Lummis, Halifax, 39:26; Emily Hamilton, Dartmouth, 39:27; Steven Murray, Yarmouth, 39:45; Alan Miner, Falmouth, 40:15; David Keef, Halifax, 40:43; Michael French, Halifax, 41:36; Dennis Campbell, Bridgetown, 42:18; Adam Pearce, Windsor, 42:42; Robin Meister, New Ross, 42:59; Edie Baxter, Halifax, 43:13; Micheline McWhirter, Halifax, 43:31; Cindy Marcotte, Bear River, 43:35; Iron MacDougall, Halifax, 43:35; Heather Campbell, Bridgetown, 43:46; Gayland Goodwin, Yarmouth, 44:01; Nick Woods, Greenwood, 44:03; Robert Clark, Greenwood, 44:15; Kathleen Gallagher, Halifax, 44:42; Melissa Jordan, Greenwood, 44:44; Ian Sinski, Greenwood, 45:22; Darrell Crouse, Pinegrove, 45:52; Nathan Robar, Nictaux, 46:05; Tim Pitre, Aylesford, 46:17; Chris Anderson, Baport, 46:20; Gary Manning, Coldbrook, 46:28; Scott Mason, Annapolis Royal, 46:33; Jared Smith, Coldbrook, 46:37; Phil Reid, Halifax, 47:42; Nancy Neatt, Hammonds Plains, 47:45; Derek Bouwman, Hantsport, 48:00; Keith Brannen, Halifax, 48:08; Louise Leduc, Tupperville, 48:42; Luc Godin, Waverley, 48:45; Brigitte Sabourin, Halifax, 49:10; Scott Saunders, Paradise, 49:35; Pat Kennedy, Urbania, 49:41; Ron Stevenson, Middleton, 50:13; Kelly Matthews, Greenwood, 51:09; Shawna Murdock-Moor, Halifax, 51:15; Stephanie Ricard, Waverley, 51:21; Monica Lloyd, Bridgetown, 51:58; Andreane Vidal, Berwick, 52:11; Eric MacKenzie, Greenwood, 52:24; Chris Surette, Yarmouth, 52:36. Arnie Goodwin, Yarmouth, 53:08; Stephanie Kurikka, Halifax, 53:26; Jack-E Goodwin, Yarmouth, 53:59; Rock Beaulieu, Kingston, 54:11; Bob Brake, Halifax, 54:13; Connie Meister, New Ross, 54:15; Scot Austin, Wilmot, 54:49; Catherine Cabot, Greenwood, 55:44; Krissy



10K Run



14 AMS Wing Imaging

Brewer, Halifax, 56:39; Jim Arsenault, Wilmot, 56:45; Terry Moore, Halifax, 57:27; Dave Arthur, Yarmouth, 58:18; Wendy Connors, Liverpool, 58:30; Melvin Hart, New Minas, 58:40; Janice Beaver, Middleton, 58:55; Robin Kennedy, Centreville, 59:11; Ken Kennedy, Centreville, 59:11; Shirley Robichaud, Bayport, 59:47; Richard Chipman, Truro, 1:00:41; Blair Goulden, Lower Sackville, 1:00:57; Tracy Burgess, Windsor, 1:01:04; Janet Mooney, Port Williams, 1:01:11; Megan Saunders, Paradise, 1:01:17; Karen Dooks, Kingston, 1:01:30; Daphne Arsenault, W. Porter's Lake, 1:01:59; Darrell Hill, Dartmouth, 1:01:59; Mike Gushue, Annapolis Royal, 1:02:45; Andrea Bartheaux, Bridgetown, 1:02:46; Nancy Knickle,

Lunenburg, 1:03:16; Rebecca Harrison, Halifax, 1:03:18; Dave Robertson, Hantsport, 1:04:28; Laura Roblee, Lunenburg, 1:05:49; Arnold Robertson, Hantsport, 1:15:34; June Marsden, Dartmouth, 1:26:54.

5k results

Greg Young, Hampton, 20:55; Jp Boudreau, Kentville, 21:10; Derek Salley, Wilmot, 21:20; Paul Oliver, Lakeside, 22:10; Michelle Guertin, Kingston, 24:35; Jennifer Coolen, Middleton, 26:13; Hugo Couet, Greenwood, 26:21; Kate Curtis, Greenwood, 27:10; Debra-Dawn Megeney, Deepbrook, 27:45; Mike Miller, Kentville, 27:56; Mollie Symons, Kingston, 27:58; Ashley Stevenson, Greenwood, 29:35; Krissy Sole, Kingston,

29:37; Carrie Colquitt, Kingston, 29:46; Shannon Westerby, Middleton, 29:48; Suzanne Height, Middleton, 29:48; Genevieve Dussault, Greenwood, 29:59; Zoe Morgan, Truro, 30:29; Christine Frenette, Halifax, 30:56; Robert Archibald, Greenwood, 31:15; Susanne Bouwman, Hantsport, 31:40; Maddie Reeves, Middleton, 33:14; Daphne London, Kentville, 34:19; Lisa Ford, Coldbrook, 34:53; Jessica Duncan, Digby, 37:21; Karen Hannam, Kingston, 39:18; Kimberley Smolenaar, Kentville, 40:13; Sherryl Trask, Yarmouth, 45:30; Ann Taylor, Saint John, 47:09; Rose Oickle, Springfield, 47:09; Tanya Olscamp, Middleton, 47:09; April Beaulieu, Kingston, 51:34; Tracy Beaulieu, Kingston, 51:37.

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