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the Aurora

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MFRC staffer Kim Dixon chalks one up in support of Red Friday May 25, with the help of Claire Featherstone, right, and Ivy Nisbet. The centre hosted a BBQ and community walk in support of 14 Wing Greenwood personnel and their families.

S.Keddy

MFRC team 'excited to be at work' Program services, success recognized at AGM

Sara Keddy,
Managing editor

of a symphony, the Greenwood Military Family Resource Centre calls the last year a success.

Comparing the orchestration of its people, programs and all the emotions that go along with serving the tight-knit Canadian Forces family to the sweet sounds

The MFRC held its annual meeting May 23, presenting reports and adding new members to its volunteer board. About 30 people attended the session, which was followed by a family BBQ.

Continued on page 2...

Check it out Charlie moves into new checkpoint June 9

Sara Keddy,
Managing editor

In a quick drive by, there doesn't appear to be too many bells and whistles in the new Checkpoint Charlie at 14 Wing Greenwood.

The new stand is a big improvement, though, on what Commissionaires work in and with 24 hours a day, seven days a week, 365 days a year.

May 26, months of driving in and around a construction site to reach the operations side of the base ended, as the road re-opened around the new checkpoint structure.

June 9, the checkpoint east of the new health centre will close, and people heading to the operations side of the base will have clear sailing – until they arrive at the new station.

14 Wing engineer Joey Long has monitored the project since before the first shovel went into the ground last July. He says work went well along the way: the new building, a new paved parking area, a septic field and communications and servicing installation, a well, fencing and other related details will come in under \$1 million.

"The building itself is nothing – about six feet longer than what the Commissionaires had, with just the

addition of a washroom, a bit of storage space and a counter for a kitchenette," Long says.

What added up was the servicing, with all electrical and communications links coming hundreds of metres across the way from operations side facilities. Contractors ran into clay soil as they levelled the site and approaches, and that had its own challenges.

And, there was the detouring.

"The detour was a nightmare," Long says, making no bones about the dust, potholes and delays experienced at least twice a day by the hundreds of base staff who needed to go through the construction site at the reduced speed of 35 kilometres an hour.

"The conditions – we tried our best. The contractor repaired the road twice a week – he was very accommodating. We know this was a high profile project – everyone watches it and sees what's happening, and many people had to drive through it."

The good news is the checkpoint is done; the bad news – for now – is the 35 kilometres and hour speed limit continues while the last site work is wrapped up.

So what's inside the new building?

Continued on page 2...



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Bob Sealby, a retired major, lends a hand at the MFRC's family BBQ May 23.

S.Keddy

MFRC success...

...cover

"We are a musical symphony, an orchestra that works together and compliments each other," board member and incoming board chairwoman Megan Venner said, matching the essential contributions of individual instruments to the work of MFRC staff. Fitting, as each was presented with a CD collection of Canadian artists' musical tributes to military members as thanks for their contributions.

"We work here so closely with the staff," Venner said of her board peers, "and we recognize the work they do is so valuable. This is a pretty emotional place to work – tears, laughs, separations..."

14 Wing Greenwood Commander Colonel Jim Irvine said he understands that roller coaster, having depended on MFRCs across the country as his career moves from base to base.

"My job is easier than my wife's: we move, unpack, I get my feet on the ground and get going. My wife – the chief of staff in our household – has to find where milk is cheapest, get our kid in school. The MFRC is where she leans, and hats off to everyone here.

"There is a lot of heartache and extra work to get programs to fly, and you do that."

MFRC executive director Margaret Reid said, looking back year over year, it surprises even herself the numbers of people who come to the MFRC for its programs and supports.

"God knows what we're going to listen to when they come, but there is always someone who will listen, share stories or give a hug," Reid said.

It could be complimenting a little girl's necklace, or meeting a spouse waiting for a burned out shell of a moving van to be sorted with all her family's belongings on board: "You'd

think, after 26 years, we'd be tired, but we're always moving forward, and always have a reason to be excited to be at work," Reid said. She credited her core team of co-ordinators, and their support staff and over 100 volunteers who "make it all happen every day."

She also had strong words on appreciation for the partnership between the MFRC and base leaders.

"People envy the relationship we have," she said. "The leadership supports us to do the work we want to do – and listens to us as the voice of the community."

Four board members are departing: Judy Tromp, Dawna White, Nancy Lewis and Kim McMahon. New members for two-year terms are Tressa Haney and Nadia Gelinas-Galais. Megan Venner re-offered for another two-year term. With one year left are Leanne Denison, Justin Kubis, Annie Lavoie and Annette Davidson.

The MFRC reported 2011/2012 revenues of \$1,126,250, including \$681,780 in funding from Director Military Family Services. Expenditures included \$831,146 in salaries and benefits, \$15,702 in professional development and \$20,992 in professional fees.

Treasurer Dawna White reported the 2010/2011 financial statements were reviewed and accepted at an extraordinary MFRC board meeting in November. The audit accounts for a loss to which a legal settlement has been reached to recover the funds.

Checkpoint...

...cover

On your approach, the road widens and turns: a traffic slowing initiative. Step up to the building's sliding doors that won't catch in the wind out of a Commissionaire's hand: you're also standing on a heated concrete walkway, which will eliminate ice and snow build-up. There's a small roof. Inside, the hut is air conditioned and heated, has great windows for a good view of the airfield, and features new gate controls, light alerts and other safety and security features. Commissionaires will have an orientation before they start their first day on the job here.

Coming soon is an upgraded access control system for the entire base, especially important for the operations side: visitors will swipe their ID card as they drive through the checkpoint, meaning the base will know who is where, when. If you don't swipe back out as you leave, you won't be able to get back across the checkpoint on your next visit.

The third phase of the checkpoint change involves moving pass control – now just west of the main entrance to the base – to sit beside the new checkpoint. Contractors and visitors will come as far into the base as this to pick up their passes. An empty double-wide trailer will replace the X area trailer at the



14 Wing Greenwood engineer Joey Long has supervised the year-long construction of a new home for the base's Checkpoint Charlie. The check opens June 9.

S.Keddy

ammunitions compound: that single trailer will be moved to house pass control. Long says that's likely on the list this year. The old checkpoint and entrance will be demolished in the near future.

Within the next two or three years, the back gate to the Ward Road will close, and operations side traffic will all funnel through the checkpoint. A new base exit and entrance will be extended from the checkpoint through the old Greenwood Road.



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Useful links | Liens utiles

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
Services de soutien au personnel et aux familles des Forces canadiennes
www.cfpsa.com

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

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

Recruiting | Recrutement
www.forces.ca

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

VPI | VPI
www.vpiinternational.ca

Aurora Block 3 testing continues in Scotland

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

The operational testing of the Block 3 CP140 Aurora has recently passed some major milestones.

In April, an MPEU crew deployed to RAF Lossiemouth, Scotland, for Exercise Joint Warrior, where the aircraft's performance was tested in busy near shore waters. Exercise Joint Warrior is a two-week exercise held twice a year by the Royal Navy and Royal Air Force, and included participants from the United Kingdom, the United States, Norway, Germany and France. Canada was represented by 405 Long Range Patrol Squadron, 14 Wing Greenwood, and 407 Long Range Patrol Squadron, 17 Wing Comox, along with 14 Wing's Maritime Proving & Evaluation Unit.

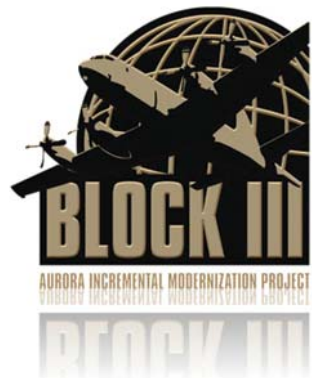
The Block 3 aircraft was tested in three main roles: anti-submarine, anti-surface and overland operations. During six exercise flights, the crew was able to fly against various real world targets, including three submarines,

which provided invaluable test and evaluation data. The lessons learned on Joint Warrior will help develop new Block 3 operating procedures and provide valuable feedback to the equipment contractors.

While in the United Kingdom, the MPEU crew also attended the TRINATS Symposium, an annual event for long range patrol maritime test

and evaluation squadrons from the five participating nations (United Kingdom, United States, Australia, New Zealand and Canada). This year's symposium was held in RAF Waddington, England, and provided an excellent opportunity to learn from the other nations. This was especially true this year, as the US is bringing the Boeing 737-800 P8 into service to replace the P-3C and the New Zealand Air Force is modernizing its P3 fleet with the P3-K2 upgrade.

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



The MPEU crew say goodbye to the very friendly staff of the Ramnee Hotel, Forres.

Major P.Ouellet, MPEU



Master Warrant Officer MacLeod performs his pre-flight inspections at RAF Lossiemouth.

Flight Lieutenant K.Bissett, MPEU

ing South East Asian countries, Australia, New Zealand, South Korea and Japan. The exercise will put the Aurora Block 3 sys-

tems to the test, in a very busy military environment, prior to the aircraft being handed over to 404 Squadron to commence

aircrew conversion training.

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

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ANNUAL GENERAL MEETING**

June 12, 2012

The Chairman of the Village Commissioners of Greenwood gives notice that the village commissioners have called for the **ANNUAL GENERAL MEETING OF THE ELECTORS** to be held at the New Beginning Center, 1151 Bridge Street, Greenwood on **Tuesday the 12th day of June, 2012 at 7pm.**

- Chairman's Report
- Audited Financial Statements for 2011-2012
- Village Budget for 2012-2013
- Election of Commissioners
- Temporary Borrowing Resolution Re; LED Streetlights

Don MacDonald, Chair

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14 SES mess dinner a 'hoot'

**Captain Pete Dietert,
14 Software Engineering
Squadron**

You may think 14 Software Engineering Squadron members are only interested in hanging out in cubicles, diligently working towards organizing ones and zeroes into neat little lines. You'd be wrong.

A small, dedicated committee of volunteers brought about an exceptional squadron mess dinner April 26, and the squadron's "owls" responded with an awesome turn out. Although the squadron's past accomplishments and day-to-day business is not work easily explained, as members of a specialty unit, we take pride in our uniqueness.

At any squadron mess dinner, there is great food, a drink or two, a motivational speaker, the sound of bagpipes to stir up one's sense of pomp and circumstance and the obliga-



Jonathan Tweedie receives the Spirit of the Owl Award from guest of honour Colonel Scott Howden.

tory crud. Did your mess dinner include a guest of international stature, flying in from Washington, DC? Okay, in the end, we didn't have President Barack Obama, but we did get a long-time Aurora fleet representative, Colonel Scott Howden, currently serving the Canadian Forces at Canadian Defence Liaison Staff in the United States.

Our dinner also included a stirring display of fancy

drumming, with the ensemble working under black lights reminiscent of the Blue Man Group. Thanks to Captain Blaine Losier and the drumming team for flinging those drumsticks in a way many of us will remember for a long time. This was unique, and a first for the wing, and we encourage other units to seek out this display for their own events.

Impromptu skits demon-



Captain Rob Anderson receives his promotion from 14 SES Commanding Officer Lieutenant-Colonel Terry Flynn.

strated awesome acting talents - not that the squadron is going to encourage anyone to move on to pursue an acting career, but it is cool the talent is here!

Special thanks to Colonel Scott Howden for his kind and motivational words: we cannot guarantee that absolutely everyone will remain a Leafs fan any longer than it takes to digest an average sized beverage. Also, congratulations to

Jon Tweedie on nabbing the Spirit of the Owl Award.

Big thanks from the squadron to Captain Craig Lewis, event OPI and president of the mess committee, and volunteers who helped coordinate, set up and shop for the "commercial In a bag" event. From one participating Owl to those Owls supporting the dinner, it was a genuine hoot.

Oh, I shouldn't forget to mention our fairly recently

formed squadron rock band, "The Hooters." Band members were so smooth and professional, we knew it would be an enjoyable set list.

These type of events are about building camaraderie and squadron spirit. This most recent dinner can only be seen as a smashing success. These traditions remind us we can take pride in our past, while remaining focused on the future.



Captain Blaine Losier receives his promotion from 14 SES Commanding Officer Lieutenant-Colonel Terry Flynn.

Hansen appointed JPSU honorary colonel

Minister of National Defence Peter MacKay announced May 22 the appointment of Rick Hansen as honorary colo-

nel of the Canadian Forces' Joint Personnel Support Unit (JPSU), an organization that offers dedicated programs

and services to serving and retired ill and injured military personnel, as well as their families, and the families of

those who lost their lives while serving.

"We are truly honoured to have such a remarkable per-

son as Rick Hansen join our military family by accepting this important appointment," said MacKay. "I have no doubt that he will continue to be an inspiration to all our men and women in uniform and their families who find the strength to face the tremendous challenges that come with their situation and for their desire to recover and live accomplished lives in the face of adversity."

Hansen, a renowned Canadian athlete and founder of the Rick Hansen Foundation and the Rick Hansen Institute, grew up in small-town British Columbia with a single dream: to one day represent Canada at the Olympics. At 15, he was thrown from the back of a pick-up truck, paralyzing him from the waist down. Unwilling to give up on his love for sport and fortified with a new dream, Hansen became the first person with a disability to graduate from the University of British Columbia with a degree in physical education. Ten years later, he set off on his Man In Motion World

Tour, travelling 40,000 kilometres through 34 countries and raising \$26 million for spinal cord research. The Rick Hansen Foundation has raised more than \$252 million to help find a cure for spinal cord injury and to build an accessible, inclusive society for all Canadians. Hansen was made a Companion of the Order of Canada in 1987. He is also a member of the Order of British Columbia, a recipient of the Diamond Jubilee Medal and one of Canada's most decorated Paralympic athletes.

"I am absolutely thrilled and humbled," said Hansen. "I look forward to sharing my own experiences with all JPSU members, their families and the families of our men and women who lost their lives in service of Canada."

"My goal in accepting this honour is to provide some encouragement to those faced with life-changing challenges. We each have the power within in us to take small steps to overcome extreme obstacles. When we have hope, we have possibility."



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New Canadian commander in Afghanistan

Command of the Canadian Contribution Training Mission - Afghanistan (CCTM-A) was transferred from Major-General Michael Day to Major-General Jim Ferron during a small ceremony held May 24 at Camp Phoenix, Kabul. Ferron will also be assuming the responsibility of the deputy commanding general of the NATO Training Mission - Afghanistan (NTM-A) from Day.

"Clearly the mission in Afghanistan has made great strides under the leadership

of Major-General Day," Ferron said. "He is to be commended for his dedication to mission success. It is a privilege for me to continue the great work that Canadians, our NATO allies, and Afghans themselves have done in Afghanistan."

The Canadian Forces members that make up CCTM-A are concentrated in Kabul, with a satellite team at the Regional Training Centre - North in Mazar-e-Sharif. Most of these members serve with the Training Advisory Groups as-

signed to the Afghan National Army, Afghan Air Force and Afghan National Police training establishments to assist the Afghan leadership and instructor cadre with tasks such as curriculum design and development of teaching skills. The task force also includes senior officers who are integrated into the NATO Training Mission - Afghanistan command team, and a significant contingent of experienced staff personnel who serve at NTM-A headquarters.

Joint services offered under new roof for CF personnel

Minister of National Defence Peter MacKay officially opened a \$4.2 million facility May 28, now home to the combined Regional Joint Personnel Support Unit (JPSU) and the Integrated Personnel Support Centre (IPSC) at CFB Halifax.

The facility will provide direct support and care to ill and injured Canadian Forces personnel and their families through the stages of recovery, rehabilitation, and reintegration into military or civilian life, all under one roof.

Located at Windsor Park,

this building addresses accessibility issues encountered at the previous IPSC location and meets the Universal Design and Barrier Free Access Guidelines, making it more conducive to providing the services required for ill or injured personnel.

Under this new roof, the IPSC Halifax will be better positioned to continue their work and provide a CF and Veterans Affairs Canada integrated "one-stop service facility" for ill and injured CF personnel, veterans, and their families. Like all 24 IPSCs located across Canada,

the IPSC Halifax currently supports serving personnel, CF personnel preparing to release from the CF, both Regular Force and Reserve Force, as well as their families. It offers a range of programs and services, such as casualty support, the Return to Work program, liaison with the Military Family Resource Centre, Veterans Affairs Canada client and transitional services, Canadian Forces Health Services Case Management, Operational Stress Injury Social Support as well as pastoral support.

business spotlight of the week

Cindy MacDonald

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Government accepts decision on long-term disability benefits for veterans

Peter MacKay, Minister of National Defence, and Steven Blaney, Minister of Veterans Affairs, announced May 29 the Government of Canada will not appeal the federal court's May 1 decision regarding the offset of Pension Act disability benefits from the Service Income Security Insurance Plan (SISIP).

The government is taking ac-

tion to harmonize disability benefits at Veterans Affairs to reflect the planned changes to SISIP. With these changes, Veterans Affairs' disability pension will no longer be deducted from the Earnings Loss Benefit, as will be the case with the War Veterans Allowance and the Canadian Forces Income Support Benefit.

The CF Long Term Disability

Income Replacement program is a disability group insurance plan administered by SISIP Financial Services that provides CF members with replacement income protection and vocational rehabilitation if they are released from the CF for medical reasons or take a voluntary release but qualify as being totally disabled.

Le gouvernement accepte la décision concernant les prestations d'invalidité de longue durée versées aux vétérans

Peter MacKay, ministre de la Défense nationale, et Steven Blaney, ministre des Anciens Combattants, ont annoncé le 29 mai que le gouvernement n'en appellera pas de la décision rendue le 1er mai 2012 par la cour fédérale concernant la déduction des prestations d'invalidité de longue durée des prestations du Régime d'assurance-revenu militaire (RARM), comme le prévoit la

Loi sur les pensions.

Ce régime s'est avéré très profitable pour les vétérans aux prises avec une invalidité de longue durée grâce au versement d'une prestation équivalente à 75 % de la solde qu'ils touchaient avant leur libération.

Le gouvernement prend des mesures en vue d'harmoniser les prestations d'invalidité à Anciens Combattants pour refléter les modifications prévues au

RARM. Grâce à ces modifications, les pensions d'invalidité d'Anciens Combattants ne seront plus déduites de l'allocation pour perte de revenus, comme ce sera le cas pour l'allocation d'ancien combattant et l'allocation de soutien du revenu des Forces canadiennes.

Le programme de prestations de remplacement du revenu d'invalidité de longue durée des FC est un régime d'assurance-invalidité collectif administré par les Services financiers du RARM, qui offre aux militaires des FC une protection qui leur procure un revenu de remplacement s'ils sont libérés des FC pour des raisons médicales ou s'ils procèdent à une libération volontaire, mais sont jugés comme étant totalement invalides.



Relay work

TEME team members Master Corporal Jeff Carpenter, foreground; Leslie Stoddart and Corporal Earl Hynes pitch in, as the Transportation and Electrical and Mechanical Squadron's Wings, Wheels and Wrenches Relay for Life team hosted a BBQ and car wash May 25 at Hanger 5.

S.Keddy

Master Corporal Ben Burke was pressed into BBQ duty by the Relay for Life team, serving up hot dogs and drinks to customers, including Marc Britney.



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Village of Kingston

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the Electors of the Village of Kingston will be held on Thursday, June 7, 2012 at 7:00 at the Kingston Fire Hall, 570 Sparky Street.

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



THE MUNICIPALITY OF THE COUNTY OF KINGS

87 Cornwallis Street PO Box 100
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Invitation to Bid

911/Emergency and Fire Dispatch

The Municipality of the County of Kings, Protective and Emergency Services is seeking to identify interested and qualified bidders to enter into a five (5) year contract with the Municipality to provide fire and emergency dispatch services for the Municipality of Kings.

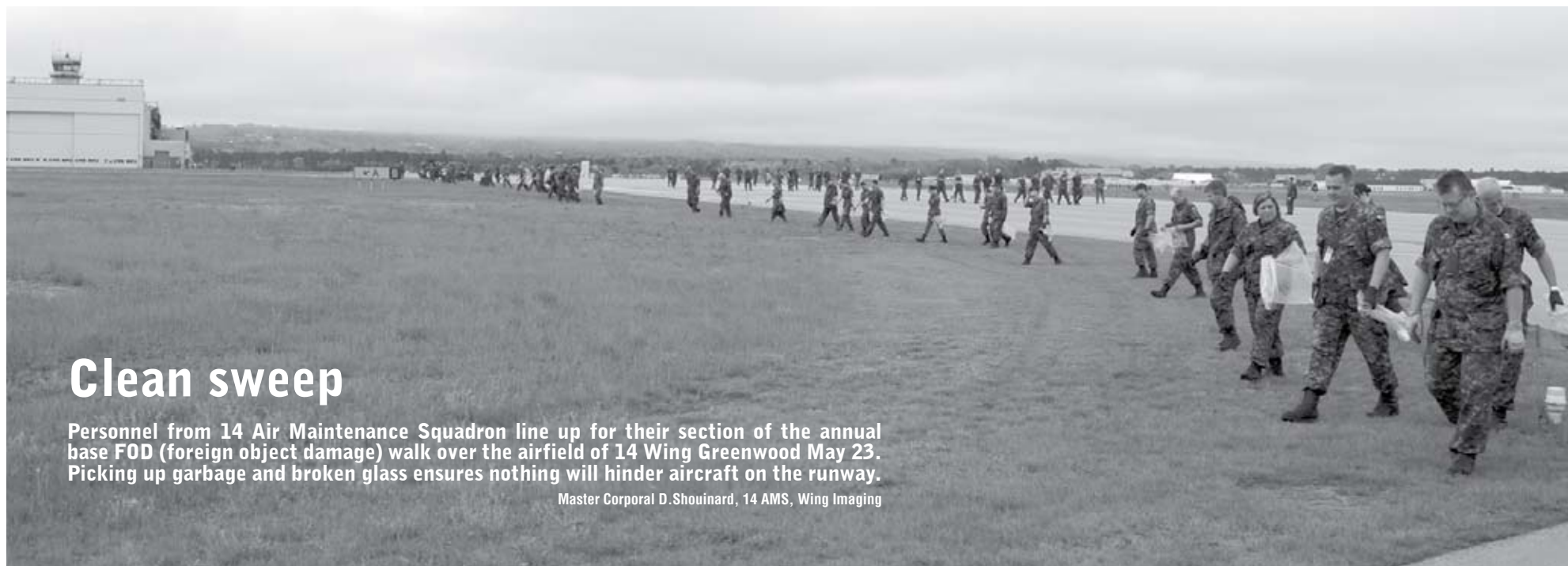
Specifications may be viewed and picked up beginning May 31, 2012 at the Municipal Complex, located at 87 Cornwallis Street, Kentville NS. Office hours are Monday to Friday from 8:30 am to 4:30 pm.

Specific inquiries pertaining to this RFQ may be directed to Gary Smith, Manager of Protective Services, gsmith@county.kings.ns.ca (690-6117).

SEALED PROPOSALS WILL BE ACCEPTED UNTIL 2:00PM THURSDAY, JUNE 21, 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.

Tel: (902) 678-6141 Fax: (902) 678-9279
Toll Free: 1-888-337-2999
www.county.kings.ns.ca



Clean sweep

Personnel from 14 Air Maintenance Squadron line up for their section of the annual base FOD (foreign object damage) walk over the airfield of 14 Wing Greenwood May 23. Picking up garbage and broken glass ensures nothing will hinder aircraft on the runway.

Master Corporal D. Shouinard, 14 AMS, Wing Imaging

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9th June at noon



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RHU residents: put on a summer show

**Major Mike Peters,
14 Wing Greenwood
Community Council**

Summer is just around the corner, and so is the 14 Wing Greenwood Community Council's Residential Housing Unit (RHU) summer beautification contest.

This is the chance for residents of the RHUs to display

their community pride and landscaping talents. Residents who show great care and upkeep in their lawn and gardens, along with some originality, have a chance to win \$250, \$150 or \$100. Judging will take place the first week of August.

Registration is not required. OPI: Major Mike Peters, 765-1494 ext 3560.



Kick back, relax – and read!

The 14 Wing Greenwood library, at the AVM Morfee Centre on School Street, offers a large selection of new publications, DVDs, videos and reference material.

Internet-ready computers are available, along with a large selection of children's and adult French fiction and nonfiction books.

Two pedometers have been added to the resource collection, available for a three-week loan. To learn CPR; sign out a "mini" Annie CPR learning manikin, complete with a latex-free "mini Annie," a CPR skills practice DVD and instruction book in both English and French. This kit is available on a one week loan period.

In co-ordination with the Greenwood Military Family Resource Centre on School Street, there is a wide selection of French books, and the French book exchange is a great way to pass along your favourites. Please contact Danielle Brochu at 765-1494 ext 5276 for information.

14 Wing Library is very fortunate to have the support of the Friends of Greenwood Library Society, which has purchased over 250 new books since 2010. Their funds are raised through various events and donations. A new "friend" is like a new book: always welcome! If you wish to join the group, contact Joyce Hazelwood at 765-3143.

Résidents des Unités d'hébergement résidentiel : montez un spectacle d'été

**Major Peters,
le Conseil communautaire**

La saison estivale approche à grand pas ainsi que le Concours d'aménagement paysager pour les unités de

logement résidentiel (ULR) organisé par le Conseil communautaire.

Ceci est la chance pour les résidents des ULR à faire preuve de leur fierté communautaire et à démontrer leur

talent d'aménagement. Les résidents sont invités à rafraîchir leur aménagement paysager et à fleurir davantage leur jardin en illustrant de l'originalité. Ils auront la chance de gagner \$250, \$150 et \$100. Les

gagnants seront sélectionnés durant la première semaine d'août.

Pour participer à ce concours, aucune inscription n'est nécessaire. BPR: Major Mike Peters, 765-1494 poste 3560.

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Demandez-la aujourd'hui! bmo.com/obtenirmacarte/fr/sot



1. Bonus offer is limited to new accounts and is awarded after your first BMO AIR MILES MasterCard purchase. Applications must be received by August 31, 2012. Limit one Bonus offer per Account. The Bonus reward miles will be applied to your Collector account within 45 days after your first card purchase. If you cancel your card within 30 days of opening your account and your annual fee is rebated, the Bonus AIR MILES will be cancelled. 2. A short-haul flight is a return flight with origin and destination within the same province having a departure date during low season of Jan. 8-Feb. 28; Apr. 1-May 31; Sept. 16-Dec. 15. All Rewards offered are subject to the Terms and Conditions of the AIR MILES Reward Program, are subject to change and may be withdrawn without notice. Some restrictions apply. To redeem for Travel Rewards, you must have accumulated sufficient AIR MILES reward miles in your Dream Balance. Collectors must pay taxes, fuel surcharges and other applicable charges and fees on air travel Rewards. Travel Rewards may be subject to a minimum advance booking and availability from participating Suppliers. For complete details, see current Program Terms and Conditions available at airmiles.ca or call the AIR MILES Customer Care Centre at 1-888-AIR MILES. 3. Merchandise Rewards include all taxes, shipping and handling costs. All Rewards offered are subject to the Terms and Conditions of the AIR MILES Reward Program, are subject to change and may be withdrawn without notice. Quantities may be limited and some restrictions may apply. No cancellations, exchanges or refunds for tickets, certificates or merchandise once booked or ordered. See www.airmiles.ca for details. Manufacturers warranties apply to merchandise Rewards.

1. L'offre de prime est valable à l'ouverture d'un nouveau compte de carte MasterCard BMO AIR MILES seulement et la prime est accordée après le premier achat réglé avec la carte. Votre demande doit être reçue au plus tard le 31 août 2012. Limite d'une prime par compte. Les milles de récompense en prime seront portés à votre compte d'adhérent dans les 45 jours suivant le premier achat réglé avec la carte. Si vous annulez votre carte dans les 30 jours suivant l'ouverture de votre compte et que vous obtenez le remboursement des frais annuels qui s'y rapportent, les milles de récompense AIR MILES offerts en prime seront annulés. 2. Dans les présentes, on appelle « vol de courte distance » un vol aller-retour dont le lieu d'origine et la destination sont situés à l'intérieur d'une même province et dont le départ s'effectue en basse saison, soit du 8 janvier au 28 février, du 1er avril au 31 mai ou du 16 septembre au 15 décembre. Toutes les récompenses sont offertes sous réserve des modalités du Programme de récompense AIR MILES; elles peuvent varier et être retirées sans préavis. Certaines restrictions s'appliquent. Pour obtenir des billets d'avion, vous devez accumuler suffisamment de milles de récompense AIR MILES dans votre solde Rêves. Les adhérents doivent payer les taxes, les suppléments de carburant et les autres frais applicables aux voyages par avion obtenus en échange de milles de récompense AIR MILES. Pour les récompenses liées aux voyages, il est possible que les réservations doivent être faites à l'avance et qu'elles soient assujetties à la disponibilité des produits et services des fournisseurs participants. Consultez les modalités du Programme à airmiles.ca pour en savoir plus ou communiquez avec le Service à la clientèle d'AIR MILES, au 1-888-AIR-MILES (1-888-247-6453). 3. Les produits offerts en récompense comprennent les taxes applicables ainsi que les frais de port et manutention. Toutes les récompenses sont offertes sous réserve des modalités du Programme de récompense AIR MILES. Elles peuvent varier et être retirées sans préavis. Certaines restrictions peuvent s'appliquer et les quantités peuvent être limitées. Il n'est pas possible d'annuler, d'échanger ou de se faire rembourser un billet, un chèque-cadeau ou un produit une fois qu'une réservation a été effectuée ou qu'une commande a été passée. Tous les détails sur airmiles.ca. La garantie du fabricant s'applique aux produits offerts en récompense.

Get set to play

Sara Keddy,
Managing editor

Ready, set, play!
The final touches are being completed to ensure 14 Wing Greenwood's new community centre playground is ready for all the anxious girls and boys who have been watching the site since April.
The old playground equipment came out this winter, and construction of the all-new, super bright, accessible, creative and FUN playground has been attracting attention all spring.
"This project started in 2010, when we applied to

the Canadian Air Division for funding support," says Jill Jackson, director of community recreation. "What you see now is the end result of the wing commander's and base focus over the last few years on family and community."
Jackson credits the partnership between her centre, 14 Wing Construction and Engineering's section members and engineers and the community council for seeing the project through.

The community is welcome to attend a ribbon cutting event at the Church Street playground June 15.

At 9:30 a.m., 36 graduates of the Morfee Annex preschool program will slide down the equipment, ready for the Primary school year ahead in the fall. Their family will watch them sing, look at their wall of artwork and congratulate them on their preschool success. The group will be the first special guests at the new playground, holding their very special event.

At 10 a.m., base VIPs and project partners will officially open the playground, and then the community is invited to play, enjoy face-painting and cake. The opening party wraps

up around 11 a.m.
"There may be some minor things after June 15 our crews will still be working on – landscaping, for example – so families should keep that in mind when they are playing," says Jackson. Any delays in full use of the grounds or equipment will be posted.

Jackson is looking forward to seeing the community explore the new equipment, and sees great potential for Greenwood children, playgroups and day camps, and visitors to spend lots of time there. Once open, the playground is open from dawn to dusk.



The Greenwood Community Centre invites everyone to check out Greenwood's newest playspace: the playground re-opens – new and improved – June 15 E.MacKenzie

Apprêtez-vous à jouer

Sara Keddy, rédactrice-directrice en chef

À vos marques. Prêts? Jouez!
Les dernières touches sont en train d'être mises afin que le nouveau terrain de jeu du Centre communautaire de la 14^e Escadre Greenwood soit prêt pour toutes ces filles et tous ces garçons qui suivent impatiemment l'évolution des travaux depuis avril.
L'ancien équipement de terrain de jeu a été démantelé en hiver et la construction d'un

tout nouveau terrain de jeu très reluisant, accessible, innovant et agréable a attiré l'attention pendant tout le printemps.
« Le projet a débuté en 2010, lorsque nous avons introduit une demande de financement auprès de la Division aérienne du Canada. Ce que vous voyez maintenant est le résultat des initiatives axées sur les familles et la collectivité, entreprises par commandant de l'Escadre et la base au cours des dernières années », affirme Jill Jackson, directrice des Loisirs communautaires.

Pour Jackson, le projet a été mené à bien grâce au partenariat entre son centre, les membres et les ingénieurs de la section du Génie construction de la 14^e Escadre et le Conseil communautaire.
La collectivité est invitée à assister à une cérémonie d'inauguration au terrain de jeu de la rue Church, le 15 juin.
À 9 h 30, 36 diplômés du programme préscolaire de l'Annexe Morfee glisseront

sur l'équipement, prêts pour l'école primaire à l'automne prochain. Leurs familles viendront les voir chanter, regarder leur mur de dessins et les encourager pour leur succès préscolaire. Le groupe sera le premier invité spécial au nouveau terrain de jeu à tenir son activité très spéciale.
À 10 h, les dignitaires de la base et les partenaires du projet marqueront l'ouverture officielle du terrain de jeu,

puis la collectivité sera invitée à jouer, à participer à une séance de grimage et à partager un gâteau. La cérémonie d'inauguration prendra fin à environ 11 h.
« De petits travaux se poursuivront après le 15 juin et nos équipes travailleront toujours – certains travaux d'aménagement, par exemple – les familles devront donc en tenir compte en jouant », prévient Jackson. Tous les

retards concernant l'utilisation complète des terrains et de l'équipement seront affichés.
Jackson a hâte de voir la collectivité découvrir le nouvel équipement et voit les nombreuses possibilités que présente le nouveau terrain de jeu pour les enfants, les groupes de jeux, les camps de jour et les visiteurs, qui y passeront beaucoup de temps. Une fois terminé, le terrain de jeu sera ouvert du matin au soir.

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3^e ÉDITION ANNUELLE DE L'ACTIVITÉ-BÉNÉFICE ORGANISÉE AU PROFIT DE LA BANQUE ALIMENTAIRE DE KINGSTON
Le 22 juin 2012 de 11 h à 14 h
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John.pereira@forces.gc.ca
- ✓ Apporter vos propres gants et votre meilleure humeur !

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John.pereira@forces.gc.ca
- ✓ Bring your own gloves & bring your best game face !!!



Spend summer at community day camps

Every summer, the 14 Wing Greenwood Community Centre offers camps filled with great activities, events and cool field trips.

Eight weeks of day, French and sports camp programs, with a different theme each week, are available. Day and French camps are designed for campers between the ages of

six and 12 and sports camp is for campers between nine and 14 years of age.

14 Wing camps are all structured in accordance with HIGH FIVE principles, with all staff certified through HIGH FIVE training. HIGH FIVE is Canada's only comprehensive quality standard for organizations providing recreation and

sport programs to children aged six to 12.

Camps start July 3 and run until August 23 (there will be no camp July 2, August 6 or August 24). All camps are Monday to Friday, from 9 a.m. to 3 p.m. A before care service is available from 7:30 a.m. to 9 a.m., and an after care service from 3 p.m. to 4:30 p.m. at an

extra cost per day, per camper.

Camp fees are discounted for 14 Wing Greenwood Community Recreation Card holders. Any camp weeks, of five full days, are \$70 for rec card holders and \$80 for others. All weeks that include a field trip by bus will be an additional \$10. Any weeks of four camp days will be \$10 less. Before

and after care is \$10 per service, or \$20 for the week. HST is extra on all fees.

Rec card holders may register for any community centre programs from home on-line at <http://bk.cfpsa.com/greenwoodpub/index.asp>, starting June 18. If you would like to register on-line, contact the 14 Wing Community Centre

at 765-1494, ext. 5341, 5337 or 5331; to set up your account and password. On-site registration will be offered at the community centre, starting at 9 a.m. June 20.

For information, call the community centre at 765-1494 ext. 5341, 5337 or 5331 or visit www.cfcommunitygateway.com.

Passez l'été dans les camps de jour communautaires

Chaque été, le Centre communautaire de la 14^e Escadre Greenwood offre des camps remplis d'activités, d'événements et d'excursions agréables.

Des programmes de camps de jour d'une durée de 8 se-

maines, axés sur le français et les sports, avec un thème différent chaque semaine, sont disponibles. Les camps de jour et d'apprentissage du français sont destinés aux enfants de 6 à 12 ans, et le camp sportif pour les enfants de 9 à 14 ans.

Les camps de la 14^e Escadre sont tous structurés selon les principes HIGH FIVE, et tous les membres du personnel sont certifiés HIGH FIVE. HIGH FIVE est la seule norme de qualité détaillée destinée aux organisations qui offrent des activités récréatives et sportives aux enfants de 6 à 12 ans.

Les camps débutent le 3 juillet et se poursuivent jusqu'au 23 août (il n'y aura pas de camp le 2 juillet, le 6 août et le 24 août). Tous les camps se déroulent du lundi au vendredi de 9 h à 15 h. Des services de garderie avant les activités (de

7 h 30 à 9 h) et après les activités (de 15 h à 16 h 30) sont offerts à un coût supplémentaire par jour, par campeur.

Les frais de participation au camp sont réduits pour les personnes détentrices d'une carte des loisirs du Centre communautaire de la 14^e Escadre Greenwood. Les frais d'inscription pour une semaine de cinq jours complets s'élèvent à 70 \$ pour les personnes détentrices de la carte de loisirs, et à 80 \$ pour les autres. Des frais supplémentaires de 10 \$ seront exigés pour toute semaine

comportant une excursion en autobus. Les frais d'inscription pour toute semaine de quatre jours de camp seront réduits de 10 \$. Les services de garderie avant et après les activités sont de 10 \$ par service, et de 20 \$ pour la semaine. La taxe de vente harmonisée (TVH) est appliquée sur tous les frais.

À compter du 18 juin, les personnes détentrices d'une carte de loisirs peuvent s'inscrire, en ligne, à partir de chez elles, à tous les programmes du centre communautaire, à : <http://bk.cfpsa.com/greenwoodpub/>

index.asp. Si vous désirez vous inscrire en ligne, veuillez communiquer avec le Centre communautaire de la 14^e Escadre au 765-1494, poste 5341, 5337 ou 5331, afin d'établir un compte et un mot de passe. Les inscriptions en ligne seront offertes au centre communautaire, à partir du 20 juin à 9 h.

Pour de plus amples renseignements, téléphonez au centre communautaire au 765-1494, poste 5341, 5337 ou 5331, ou consultez le site Web suivant à : www.cfcommunitygateway.com.



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2012 SUMMER BIKE RODEOS IN KINGSTON

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recreation@kingstonnovascotia.ca

> **CHILDREN'S BIKE RODEO**
Wednesday June 27th 9am – 4pm at the Kingston Rink
• Cost \$10/youth (7 hrs) Full day of cycling related activities. Participants will learn about cycling safety including rules of the road, proper helmet fitting and hand signals. Recommended for ages: 6-12.

> **YOUTH MOUNTAIN BIKE CLINIC**
Saturday July 21st 9am – 12noon at Kingston Ravenwood Park • Cost \$5/youth ½ day (3 hrs)
Clinic includes: bike handling skills & technical riding, bike safety & etiquette, simple bike maintenance and sports nutrition & fitness. Recommended for ages: 9-14

> **ADULT BIKING CLINIC**
Tuesday Aug 14th 6-9pm ½ day (3 hrs) at Kingston Rink
• Cost \$5/youth Become a more confident rider through progressing your cornering, braking, and climbing techniques. Bicycle maintenance, repairs, inspections, road safety and helmet fitting will also be covered. Recommended for ages: 15 to adult.

2012 SUMMER KINGSTON EVENTS

> **KINGSTON MOM'S & DAUGHTER'S SELF DEFENCE COURSE**
Monday June 25th 6:30 – 8:30pm at the Kingston Rink
• Cost \$10/per person, Ages 12 to adult, maximum 20 spots. (2 hrs) Course offers; basic self-defense skills that anyone can learn, awareness principles, realistic applications on our Redman Suit, and more! Instructors fully certified and insured. www.shokendefense.ca

> **JUMP 2Q DOG AGILITY SANCTIONED TRIALS**
Saturday June 17th & Sunday June 18th – Ravenwood Park in Kingston. Be sure to bring your puppy! Come compete or enjoy the competition. Contact Bridgette at <http://www.jump2q.com> for details.



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Closes: 8 October 2012



Bookings for 2012 Season start 2 April 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 | |

Summer swing for kids

The Greenwood Bowling Centre invites youth to keep in the swing of things over the summer, with a casual, multi-week tournament. SoGo Active has backed the program, meaning players pay just \$1 per game.

The tournament starts June 8 and runs Fridays from 6 p.m. to 10 p.m. until August 24, aimed at youth between the ages of nine and 16. The centre will be in black light with music and disco lights, snacks at the concession and pizza by the slice.

Each person will be expected to play three games during their visit (a minimum of seven visits to score 21 games). Scores will be tracked to show standings throughout. Prizes include pizzas, bowling coupons and more.

Call 765-1494 ext 5631 or email gbcbowling@eastlink.ca for information.

June is Recreation Month



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|--|---|
| <p>Need space?</p> <p>The 14 Wing Greenwood Community Centre has a number of facilities available for community bookings, from business meetings to courses, tournaments, birthday parties and more.</p> <p>Rental space includes a conference room, two multi-purpose rooms, a gym floor and bowling alley (licensed for serving alcohol).</p> <p>Birthday parties are a popular booking: each year, dozens of children celebrate with their friends and family at the community centre. Most parties take place in the gym, where there is lots of room for activities and loads of equipment to sign out. To help make your party easier, the centre has tables and chairs on hand. The upper multi-purpose room is perfect for movie parties. Rental rates are \$20 per hour, plus HST for Community Recreation Card holders and \$30 per hour plus HST for others. Contact 765-1494 ext. 5341.</p> | <p>Teen Council barbecue at Sobeyes, 11 a.m. to 3 p.m., 765-8165</p> | <p>Walking Club (ages 8½ - 18), 5 p.m. to 6 p.m. 765-8165</p> | <p>Active Chicks, Clairmont Provincial Park (ages 8½ - 12) 6 p.m. to 7:30 p.m. 765-8165</p> | <p>Teen Activity Improvisation (ages 13-18), 6 p.m. to 7:30 p.m. 765-8165</p> | <p>Kick-off 2.5 km walk with prizes. Meet at the 14 Wing Greenwood Community Centre, noon, 765-1494 ext 5331</p> <p>Bingo pizza party (for ages 8½ to 12), 6 p.m. to 7:30 p.m. (\$2). 765-8165</p> | <p>Tennis (\$15 for ages six to 12), 9:30 a.m. to 11 a.m., 765-1494 ext 5341</p> |
| <p>3</p> <p>Teen Council barbecue at Sobeyes, 11 a.m. to 3 p.m., 765-8165</p> | <p>4</p> <p>Wing Administration golf, 765-1494 ext 5871</p> | <p>5</p> <p>Walking Club (ages 8½ - 18), 5 p.m. to 6 p.m. 765-8165</p> | <p>6</p> <p>Active Chicks, Clairmont Provincial Park (ages 8½ - 12) 6 p.m. to 7:30 p.m. 765-8165</p> | <p>7</p> <p>Teen Activity Improvisation (ages 13-18), 6 p.m. to 7:30 p.m. 765-8165</p> | <p>8</p> <p>Ceramic Club late night pour, 5:30 p.m., 765-8305</p> <p>Pre-teen dance (ages 8½ to 12) 6 p.m. to 8 p.m. \$3 765-8165</p> | <p>9</p> <p>Tennis (\$15 for ages six to 12), 9:30 a.m. to 11 a.m., 765-1494 ext 5341</p> |
| <p>10</p> <p>Boy's Club cooking (ages 8½ to 12), 4:30 p.m. to 6 p.m. \$2</p> | <p>11</p> <p>Boy's Club cooking (ages 8½ to 12), 4:30 p.m. to 6 p.m. \$2</p> | <p>12</p> <p>Book Buddy event (for ages 8½ to 12), 4 p.m. to 5 p.m. 765-8165</p> | <p>13</p> <p>Motorcycle club meeting in left side of Hangar 4, 7 p.m., 765-1494 ext 3801</p> <p>Active Chicks walk/ bike to Avery's (ages 8½ to 12), 6 p.m. to 7:30 p.m. 765-8165</p> | <p>14</p> <p>Skate Park Union meeting with Reed Power-Grimm, 6 p.m. to 7:30 p.m. 765-8165</p> | <p>15</p> <p>Community playground opening and Morfee Annex Nursery School graduation. 9:30 a.m., Church Street, 765-1494 ext 5331</p> <p>Scrapbooking (ages 8½ to 12), 6 p.m. to 8 p.m. 765-8165</p> | <p>16</p> <p>Tennis (\$15 ages six to 12), 9:30 a.m. to 11 a.m., 765-1494 ext 5341</p> |
| <p>17</p> <p>RCAF ZX Triathlon (sprint course), Fitness and Sports Centre, 840-0835</p> | <p>18</p> <p>Summer camp registration begins on-line, 765-1494 ext 5337</p> | <p>19</p> <p>Walking Club (ages 8½ - 18), 5 p.m. to 6 p.m. 765-8165</p> | <p>20</p> <p>Summer camp registration begins in person, 9 a.m., 14 Wing Community Centre, 765-1494 ext 5337</p> | <p>21</p> <p>Teen Activity walk/ bike to Avery's (ages 13 to 18), 6 p.m. to 7:30 p.m.</p> | <p>22</p> <p>Pull the Pumper food bank challenge, CANEX Mall, 11 a.m.</p> <p>Carnival dance, 6 p.m. to 8 p.m. Pre-teen (ages 8½ to 12), \$4; 8:30 p.m. to 10:30 p.m. Teen (ages 13 to 18), \$5, 765-8165</p> | <p>23</p> <p>Tennis (\$15 ages six to 12), 9:30 a.m. to 11 a.m., 765-1494 ext 5341</p> <p>14 Wing Greenwood bike rodeo, 765-1494 ext 5162</p> <p>Amateur Radio Club RRL Field Day, CANEX Mall, 3 p.m., 765-4468</p> <p>Movie night for pre-teens (ages 8½ to 12) 6 p.m. to 8 p.m. \$2; teens (ages 13 to 18) 8 p.m. to 10 p.m. \$3 765-8165</p> |
| <p>24</p> <p>Amateur Radio Club RRL Field Day, CANEX Mall to 3 p.m. 765-4468</p> | <p>25</p> <p>Summer camp registration begins on-line, 765-1494 ext 5337</p> | <p>26</p> <p>Boy's Club/ Active Chicks swimming (ages 8½ to 12) 6:30 p.m. to 7:45 p.m. 765-8165</p> | <p>27</p> <p>Boy's Club/ Active Chicks swimming (ages 8½ to 12) 6:30 p.m. to 7:45 p.m. 765-8165</p> | <p>28</p> <p>Teen Activity Croquet (ages 13 to 18) 6 p.m. to 7:30 p.m. 765-8165</p> | <p>29</p> <p>Run the Runway, 10 a.m. registration at AMU, 765-1494 ext 5498</p> <p>Welcome to summer camp kick-off party, 1 p.m. to 3 p.m., 765-1494 ext 5341</p> <p>Summer fun games for pre-teens (6 p.m. to 7 p.m.) and teens (4 p.m. to 5 p.m.) 765-8165</p> | <p>30</p> |

Recreation Director Jill Jackson
e-mail Jill.Jackson@forces.gc.ca
phone 765-1494 ext. 5331

Recreation Coordinator Eric MacKenzie
e-mail Eric.MacKenzie@forces.gc.ca
phone 765-1494 ext. 5337

Administration Terri Abbott and Michelle Smith
e-mail Terri.Abbott@forces.gc.ca
e-mail Michelle.Smith@forces.gc.ca
phone 765-1494 ext. 5341
fax 765-1255

Recreation Youth Worker and Facility Attendants
e-mail youthcentre@eastlink.ca
phone 765-8165



Recreation: the sky's the limit!

Jen Seipp,
CFPFSS communications
advisor

Whether you want to fly a kite, play a sport or learn to play an instrument, when it comes to recreation, the sky truly is the limit.

This month, celebrate June is Recreation Month by spending your free time enjoying your favourite recreational activities with friends and family. From arts and

crafts to family bike rides and soccer games, there is a wide variety of options to help you have fun, learn new things, and stay active. Personnel Support Programs (PSP) Recreation currently offers over 500 activities in communities across the country.

“June is Recreation Month is all about promoting the benefits of recreation,” says Ryan Cane, PSP senior manager recreation and programs. “Regardless of age

or ability, military communities offer fun activities that encourage us to get off the couch, meet new people and try something new.”

To help ensure the activities offered match your interests and build your leadership skills, PSP also encourages you to take on an active role in planning and promoting activities and clubs. Major Brent Henry, a board game lover from CFB Edmonton, recently started a

recreational games club with the help of his PSP community recreation department.

“If you want to see something in your community, take the lead and help get it started. It has been such an interesting and rewarding experience,” Henry says. “Everything moved pretty quickly – I sent my first email asking questions at the end of July and, by early September, we had had our first meeting and were approved

as an official club.”

Though activities like board games may seem like simple fun, spending quality leisure time with friends and families goes a long way towards encouraging good physical and mental health, and building community bonds. The experience of leading a recreational club has been a very rewarding one for Henry; not only has he played games he loves, but he's also met new friends

who share similar interests.

“I think it is important to help create something that contributes positively to the community,” he says. “The best way you can contribute is by giving what the community needs the most – your time, interest and expertise.”

To learn more about community recreation and to enter the June is Recreation Month contest, visit www.cf-rec.ca.

Les loisirs... tout est possible!

Jen Seipp,
Conseillère en
communications, SSPFFC

Que vous vouliez faire voler un cerf-volant, pratiquer un sport ou apprendre à jouer un instrument... lorsqu'on parle de loisirs, tout est réellement possible.

Ce mois-ci, célébrez « Juin est le mois des loisirs » en passant vos temps libres à faire vos activités de loisirs préférées en compagnie d'amis et de famille. De l'artisanat aux randonnées

familiales à bicyclette en passant par les matchs de soccer, vous avez une grande gamme d'options pour vous amuser, vous épanouir et demeurer actif. À l'heure actuelle, les Programmes de soutien du personnel (PSP) offrent environ 500 activités dans des communautés aux quatre coins du pays.

Selon Ryan Cane, gestionnaire supérieur des programmes de loisirs des PSP, « [la campagne] Juin est le mois des loisirs nous permet de promouvoir les bienfaits des

loisirs. Peu importe leur âge ou leurs aptitudes, les gens des communautés militaires ont accès à des activités amusantes qui les incitent à se lever du divan, à rencontrer des gens et à essayer de nouvelles choses ».

Pour veiller à ce que les activités offertes répondent à vos intérêts et vous permettent d'améliorer vos aptitudes en leadership, les PSP vous encouragent à jouer un rôle actif dans la planification et la promotion des activités et des clubs. Le major Brent

Henry, un amateur de jeux de société de la BFC Edmonton, a récemment mis sur pied un club de jeux récréatifs avec l'aide du personnel des services de loisirs communautaires des PSP.

Selon Henry, « Si vous aimeriez voir de nouvelles activités de loisirs dans la communauté, prenez l'initiative en aidant à les organiser. Cela a été pour moi une expérience intéressante et enrichissante. Tout s'est déroulé rapidement. J'ai posé une question dans un premier courriel à la fin juillet,

et avant le début septembre, j'assistais à une première rencontre pour faire approuver mon club de manière officielle. »

Bien que des activités comme les jeux de société puissent paraître comme un simple divertissement, passer du temps de qualité à exercer des loisirs avec des amis ou des membres de la famille contribue énormément à favoriser la santé physique et mentale et à créer des liens communautaires. Diriger un club de loisirs a été une belle expérience pour le major Henry; non seulement il a pu s'adonner à des jeux

qu'il adore, mais il s'est aussi lié d'amitié avec des gens qui partagent ses intérêts.

« Je crois qu'il est important d'aider à créer quelque chose qui contribue favorablement à la communauté, » dit-il. « La meilleure façon d'aider la communauté est d'offrir votre temps, de démontrer un intérêt et de mettre à profit votre expertise, voilà ce dont la communauté a le plus besoin. »

Pour en connaître davantage sur les loisirs communautaires et vous inscrire au concours « Juin est le mois des loisirs », rendez-vous au www.loisirs-fc.ca.

**Recreation...
The Sky's the Limit**

WIN A HOT AIR BALLOON VACATION PACKAGE!
Enter For Your Chance to Win: www.cf-rec.ca

**Les loisirs...
tout est possible**

GAGNEZ UN FORFAIT VACANCES ET UN VOL EN MONTGOLFIÈRE!
Inscrivez-vous et courez la chance de gagner : www.loisirs-fc.ca

ADULT HEALTHY LIVING EXPO

WHEN : Saturday June 16th
Time – 10am to 1pm

WHERE : Centennial Park – Across from the Kingston Rink

WHO : All adults interested in maintaining and improving personal health and well-being through physical activity.

WHAT : Instructor led sessions including:
10 – 10:30AM Aerobics / 10:45 – 11:15AM Zumba Gold
11:30AM – 12NOON Nordic Walking, & a Healthy Snack.
Come out and have some fun!! Information tables from NS Heart & Stroke, BIANs, Healthy Eating & more.

PRE REGISTER AT : recreation@kingstonnovascotia.ca
CALL :765-2800 – NO COST TO REGISTER



KINGSTON RECREATION
671 Main St. Kingston NS B0P 1R0
902-765-2800 • recreation@kingstonnovascotia.ca



Enjoy benefits of a 14 Wing Community Recreation Card

Summer is almost here, and that means the start of 14 Wing Greenwood Community Centre summer programs, and many other benefits you can take advantage of with your 14 Wing Community Recreation Card.

A rec card allows you to access the 14 Wing Fitness and Sports Centre's cardio and weight room equipment, the indoor pool, walking track and gymnasium; and the outdoor pool.



It also includes membership opportunities for nearly 30 clubs, and discounts for 14 Wing Community Centre sum-

mer camps, the Greenwood Bowling Centre, minor sports, Greenwood Golf Club passes,

Brier Island Whale Watching, Falls Lake Cabin use, hockey school registration and free membership for pre-teen and teen programs at the community centre.

Our three memberships are broken into three categories. Prices are effective until September 1, 2012.

Regular members (members of the Canadian Forces, Reserves and their families)

Single \$84/ year
Family \$168/ year
One activity \$28/ year

Ordinary members (DND and NPF employees and their families, retired military with 20 years' service, RCMP members)

Single \$124/ year
Family \$248/ year
One activity \$28/ year

Associated members (public)

Single \$190/ year
Family \$380/ year
One activity \$60/ adult or \$30/ youth

We also offer one month memberships (single \$32, family \$64).

To learn more about the ben-

efits of having a 14 Wing Community Recreation Card, call the community centre at 765-1494, ext 5341, 5337 or 5331.

Fun for kids and teens

The 14 Wing Greenwood Community Centre offers a wide variety of activities for youth to keep them both entertained and active.

Pre-teens, ages nine to 12, and teens, ages 13 to 18, may join in a selection of programs and activities. The annual membership is \$10 for pre-teens and \$20 for teens. We also have daily drop-in hours: pre-teens (\$1 per visit) and teens (\$2 per visit).

The centre boasts two pool tables, air-hockey and ping-pong tables, fooseball computers, televisions, a Wii and a PS2 console. In the gym, there is an endless supply of gym equipment for soccer, basketball, tennis, badminton, hockey, etc. In summer, enjoy the outdoor pool, skate park and a brand new playground opens June 15.

To learn more about weekly programs and monthly special

events for youth (Boys Club, Active Chicks, Teen Activity, Teen Council, movie nights, dances, family trips, etc), visit www.cfcommunitygateway.com, or call 765-8165.



Club fun

A wide array of over 25 sports, recreation and hobby clubs for all ages and interests exists at 14 Wing Greenwood, under the direction of Personnel Support Program's Community Recreation staff and a team of volunteer club presidents.

Clubs are always looking for new members and volunteers. To see a full list of clubs, visit www.cfcommunitygateway.com.

GREENWOOD BOWLING CENTRE

THE MIMIE'S PIZZA YOUTH SUMMER TOURNAMENT

EVERY FRIDAY - 6PM UNTIL 10PM
JUNE 8 TO AUGUST 24

\$3 FOR 3 GAMES
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FREE PIZZA PRIZES FOR HIGH SINGLE, HIGH TRIPLE, HIGH AVERAGE AND MOST IMPROVED.
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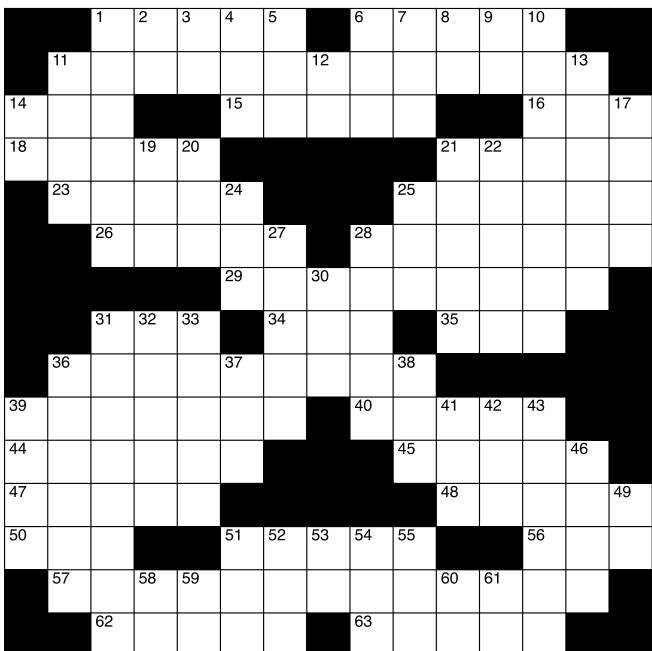


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, (902)765-1717; or email editor@auroranewspaper.com. Dated 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 16



- ACROSS**
1. Lots of crocus
 6. Keep up
 11. Green concern
 14. Actress Farrow
 15. Yemeni capital
 16. Angry
 18. Direct to a source for help
 21. Area where Hobbits live
 23. Decorative sticker
 25. ___ d', seats you
 26. City dwelling ranch vacationers
 28. Set out
 29. Reduplicate
 31. Actress Zadora
 34. Behave in a certain manner
 35. Manuscripts, abbr.
 36. Venetian waterman
 39. Forgivenesses
 40. Lowest layer of earth's crust (pl)
 44. Cease to work at 65
 45. ___ Castell, makers of pens
 47. ___ Walker, "The Color Purple"
 48. Took to the limit
 50. Habitual twitching in
- DOWN**
1. Sore from rubbing
 2. Prefix for do again
 3. Old English
 4. The brain and spinal cord (abbr.)
 5. Marsh elder genus
 6. Macaws
 7. Authority to sign for
 8. Morning
 9. Atomic #58
 10. Deep-seated hatreds
 11. Fastened with a cord
 12. Not out
 13. ___ and feathered
 14. Mister
 17. Transfer property
 19. European money
 20. Radioactivity unit
 21. Arabian greeting
 22. Sword handles
 24. Lower extremity
 25. Adult male human
 27. Airtight closures
 28. Lots
 30. Defunct phone company
 31. Covered walkways
 32. Relating to India
 33. Love intensely
 36. A language of the Celts
 37. A single unit
 38. Moroccan mountain range
 39. Foolish person
 41. Mayan of SW Guatemala
 42. Goat and camel hair fabric
 43. Discriminatory based on gender
 46. Give advice, counsel
 49. Ducktail haircut
 51. Pull vigorously
 52. Fed
 53. 17th Hebrew letter
 54. Mainland China
 55. Doctors' group
 58. Of I
 59. Palladium
 60. Not under
 61. We

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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@kingstonnovascotia.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.

Choir auditions

June 5, 6 and 7, the Annapolis Valley Honour Choir auditions for new choir members! All students in Grades 7 to 12 during the 2012/ 13 academic year are invited. Regarded as one of the provinces best youth choirs, this choir is comprised of students from throughout the Annapolis Valley Region. Auditions will be taking place June 5 at the Horton High School, June 6 at New Minas Elementary School and June 7 at Pine Ridge Middle School. For information and to register for an audition, visit www.avhc.ca.

Relay for Life

June 8, celebrate 10 years of

fun, friendship and fundraising in support of the Canadian Cancer Society at the Middleton Relay for Life event. Calling new and past volunteers and survivors: help us celebrate, remember and fight back at Middleton's 10th annual relay. Starts 7 p.m. June 8 at Rotary Park.

At CentreStage

Opening June 8, CentreStage presents: Evelyn Strange, film noir brought to the stage. Nina Ferrer and Perry Spangler are settling in their box for the opera. In wanders Evelyn Strange - or, at least, she thinks she's Evelyn Strange. Possessing only a case of amnesia and a mysterious notebook, it's up to Strange and Spangler to find out just who she is. Set in 1950s New York, Evelyn Strange is a dark and mysterious comedy, full of romance, tragedy and hope - with a healthy dose of humour and razor sharp dialogue. Most appropriate for audience members at least in their late teens. Continues Friday and Saturday nights, 8 p.m., until July 14. There will be Sunday, 2 p.m. matinees June 17, June 24 and July 8. No show June 23. For reservations, phone 678-8040. www.centrestagetheatre.ca.

At CentreStage

Who ever heard of a vegetarian

wolf? Using the same storyline, CentreStage's version of Little Red Riding Hood, Little Red, uses wholesome, yet realistic, characters. It is full of toe-tapping music, active and short enough with plenty of wiggle and giggle space. Appropriate for kids aged three and older. The show runs June 9 (11 a.m., 2 p.m.), June 10 (2 p.m.), June 16 (11 a.m., 2 p.m.), June 23 (11 a.m., 2 p.m.), and June 24 (2 p.m.). All seats \$5. Reservations 678-8040. www.centrestagetheatre.ca. CentreStage Theatre, 61 River Street, Kentville.

Hymn sing

June 10, there will be a hymn sing at 7 p.m. at the Wilmot Christian Fellowship Centre, corner of Hwy 1 and Dodge Road. Special guests: Shepherd's Joy. Fellowship time to follow, all welcome.

Praise service

June 10, 7 p.m., praise service at Kingston Baptist Church, Main St., featuring music by the Paul and Joan Marshall, Bob Lyle, Greg White and other artists. All are welcome. There will be a time of fellowship and refreshments following the service.

Fundraiser

June 10, KFROG - the 5th annual family fun day at Look Off, Hwy

358, Canning; 9 a.m. to 5 p.m. with 5 km/ 10k m walk/ run, food, games, bouncy castle, face painting, auctions, BBQ, beer tent, yoga, live entertainment, memorial and more. Proceeds support youth on volunteer missions globally. WEblink: www.kfrog.ca.

Meeting

June 12. Annual meeting and recognition event for Valley Restorative Justice Society, serving Kings, Annapolis and West Hants counties. 7 p.m., Waterville & District Fire Hall, County Home Road, Waterville. James Nickerson, special guest, on using restorative practices at the Nova Scotia Youth Facility. Light refreshments. RSVP wendy.robinson@ns.aliantzinc.ca.

Luncheon

June 12, Kingston Lions' noon luncheon, 11:30 a.m. to 1 p.m., at the Kingston Lions' hall. Turkey, potatoes, carrots, turnip, cole slaw, dessert: \$8, \$8.50 delivered. Musical entertainment with Bob and Friends. All proceeds support Lions' work in the community.

Coffee party

June 15, the Kingston and District Health Auxiliary will be holding a coffee party at the Kingston fire hall, 9:30 a.m. to 11:30 a.m. Proceeds to the VON. Please join us to help support our community.

765-8848

Battleship

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Rated PG

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Kingston Legion

BINGO

Sunday, 1:45 p.m.
Tuesday, 7:30 p.m.

Regular Games - \$100

- 1 Early bird - 60/40
- 2 - 60/40
- Letter H - 80/20
- 1 Lucky 7 - Progressive
- 1 Bonanza - Progressive
- Jackpot - 3 Chances
- Double Action

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|---|--|--|--|

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

Entry deadline: Noon, June 7, 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. Who has a 16' cube van? _____
2. Who is hiring air vehicle operators? _____
3. Who do you call for information on the Bodytalk System? _____
4. Where is the adult healthy living expo being held? _____
5. Who does Cindy MacDonald present? _____

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: RYAN WALKER

C&E hosts 10th golf invitational

14 Wing Greenwood's Wing Telecommunications and Information Services will host the 10th Atlantic Region C&E Golf Invitational June 28 and 29.

Last year's event attracted 20 teams of military and civilian personnel involved in telecommunications and IT work, as well as local industry representatives.

Current and retired members of the C&E branch are welcome to join this year's four-person scramble, two days of golf at the Greenwood Golf Club, an evening event June 28 at the Annapolis Mess' Copri Lounge and an awards ceremony June 29 at the clubhouse.

Additional information and registration details may be found at www.wtis.ca.



Who's in the news?

Aurora Newspaper managing editor Sara Keddy spent the evening May 23 with members of 1st Berwick Girl Guides, sharing what her work as a journalist and editor includes, and what role media plays in the community. The girls learned practicalities, including the different parts of a newspaper, but also had the chance to interview each other on the five Ws – real or imagined – for some fun group storytelling. The session earned all their Reporting Badge.

Submitted

sudoku

solution page 16

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

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 16

Word Search — Month of June

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

- Beach
- Dairy
- Graduation
- June
- Roses
- Birthday
- Father
- Hot
- Month
- Summer
- Cancer
- Gift
- Hurricanes
- Pool
- Sunshine

patrick's puzzle brought to you compliments of

CF recruiting to visit the GMFRC

Have you wondered about a career in the Canadian Forces? The Greenwood Military Family Resource Centre is hosting Canadian Forces Recruiting Centre Halifax June 4, from 11 a.m. to 2 p.m. This is your opportunity to speak with a recruiter in person. They can discuss the application process, trades, training and career options or answer any other question you may have. Perhaps you are looking at attending the Royal Military College of Canada, or want to start a new and exciting career with the CF. This session is meant to assist you with all these types of inquiries.

Le recrutement des FC en visite au CRFMG

Avez-vous déjà pensé à une carrière dans les Forces canadiennes ? Le Centre de ressources de Greenwood accueillera le Centre de recrutement des Forces canadiennes d'Halifax, le 4 juin de 11 h à 14 h. Ceci est votre opportunité de parler avec un recruteur en personne. Ils peuvent vous informer au sujet du processus d'embauche, des métiers, de la formation et des options de carrières ou à propos de n'importe quelles autres questions que vous avez. Peut-être désirez-vous aller au Collège militaire royal du Canada ou commencer une nouvelle carrière avec les Forces canadiennes. Cette rencontre a pour but de vous assister afin de répondre à toutes ces questions.

horoscopes

June 3 - June 9

- ARIES - Mar 21/Apr 20**
An agreement will be nullified before you even get started, Aries. It is time to come up with a different plan of action if you want better results.
- TAURUS - Apr 21/May 21**
Relationship woes have slowed you down, Taurus. It could take a few days before you return to full speed. Delegate some of your responsibilities, if necessary.
- GEMINI - May 22/June 21**
Gemini, you're giving off so much creative energy that people may flock to your side for the next several days. This newfound celebrity could be an asset.
- CANCER - Jun 22/Jul 22**
Cancer, there is no easy way around something you need to get done at work. Being scatterbrained this week may add to the pressure of getting things done.
- LEO - Jul 23/Aug 23**
Leo, you have to ask a lot of questions to get to the root of a problem that's been bothering you. You have the personality to get to the answers easily.
- VIRGO - Aug 24/Sept 22**
Virgo, an unexpected partnership could arise this week. While it may be bumpy at the start, after a few days, the two of you will have worked out all of the kinks.
- LIBRA - Sept 23/Oct 23**
Libra, after some busy months, you are ready for a vacation. This well-deserved respite could be an elaborate trip to some place exotic, if you should so choose.
- SCORPIO - Oct 24/Nov 22**
Scorpio, with so many creative ideas constantly whirling in your head, it can sometimes be difficult zeroing in on one. Luckily this week you will get things in order.
- SAGITTARIUS - Nov 23/Dec 21**
Sagittarius, avoid passing judgement on someone else close to you. Listen to their problems and work with them to find a good solution.
- CAPRICORN - Dec 22/Jan 20**
There's no use procrastinating on something that needs to get done this week, Capricorn. It will only prolong the amount of time you have to worry about it.
- AQUARIUS - Jan 21/Feb 18**
Aquarius, patience and motivation is all you need to start tackling that to-do list. Finding a partner to help will make the work go twice as fast.
- PISCES - Feb 19/Mar 20**
Pisces, others often look to you for inspiration. You will not disappoint this week when you offer some unique ideas.

horoscopes brought to you compliments of

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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 – 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 in Kingston close to all amenities. Fridge and stove included. Non-smoking and no pets. This unit can be furnished if necessary. Call 765-3664 (3320-4tp)

FOR RENT – Completely renovated 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. No Pets. Mature person discount. Call 250-0181. (3321-4tpb)

FOR RENT – Nice 2 bedroom mobile home in Airways Sub-division behind Greenwood Mall. Separate lot, fridge/stove included and washer/dryer hookup. Lawn care and snow

removal provided. Oil heat. \$600/month plus utilities. Call to view: Sue 765-4206 (3322-ufn)

FOR RENT – Modern 2 bedroom adult apartment near Greenwood Mall. Lawn care, paved parking, snow removal, water and fridge/stove provided. Non smokers and no pets. Available 1st Jun. Rent is \$600/month plus utilities. Call 765-8203. (3322-4tp)

FOR RENT – One or two box stalls for horses. Lots of pasture, riding ring and trails. Partial board or full board starting at \$100 up per stall. Located on Ward Road

by The Farmer's Family Diner in Aylesford. For more details (902) 341-2079. (3323-1tp)

FOR RENT – Large bachelor suite available immediately. No pets, non-smoker. Heat and lights included. Located in Kingston. Phone: 242-2685. (3323-2tpb)

FOR RENT – Greenwood - July. Two bedroom, adult apartment. Fridge, stove, lawn care, snow removal provided. No pets, please. Rent \$530, utilities extra. Call 765-8203. (3323-4tp)

FOR RENT – The little guest house located centrally between

Kingston & Greenwood. Ideal for IR and HHT Personal looking to relocate in the area. Within walking distance to all amenities. 2 bedroom house, new kitchen & bathroom, laundry room and dining room and den on main level with detached one car garage. Internet, heat and cable TV included as well as being fully furnished including 5 appliances with bedding, towels, etc. Driveway and lawn care and snow removal are included. Easy 10 minute access to golf courses at Paragon and 14 Wing Greenwood. Call Arthur at 765-4795 and leave a message. Available July 1st, 2012. (3323-2tp)

FOR RENT – Large one bedroom apartment in Greenwood on bus route. Includes fridge, stove, washer, dryer, storage shed, kitchen, dining room/office, living room and 4 piece bath. Utilities extra. References needed, damage deposit required. \$450 per month. Call: 765-6238 (3323-4tpb)

FOR SALE

FOR SALE – 4 Bridgestone All-Season tires. Size P205/56/R16. Driven for 2 years. Asking \$100. Please call 765-6875. (3321-ufn)

FOR SALE: 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. \$20 or best offer. Call 765-0277 Leave a message. (3313-ufn)

EMPLOYMENT

Employment Opportunity – Kingston area strawberry

napolis Valley Health.

Blood collection will continue at Valley Regional Hospital in Kentville Monday through Friday, 7 a.m. to 10:30 a.m.; at Soldiers' Memorial Hospital in Middleton Monday through Friday, 7 a.m. to 10:30 a.m.; and the Annapolis Community Health Centre Monday through Friday, 8 a.m. to 9:30 a.m.

grower requires pickers for the 2012 season beginning approximately June 10th. Call 765-9444. (3322-2tpb)

EMPLOYMENT OPPORTUNITY – Cathy & Company Hair Studio Day Spa & Shop is looking to hire an experienced hair stylist. For more information call 242-288 or drop a resume off at the salon located on Bridge Street, Kingston or email cathyturner@eastlink.ca (3323-1tpb)

SERVICES

SERVICE – Local Lawn Care: lawn mowing; hedge & tree trimming; flower bed weeding; fertilizing & liming; gutter cleaning; spring & fall cleanup. I will maintain your property when you are away. I am a retired serviceman. Please contact Lenny at 848-6669 (3320-7tpb)

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)

SERVICE – Residential Window Cleaning Service for customers in the Kingston/Greenwood area, from Monday to Friday. Call 765-0444 for more information. (3323-2tp)

HELP WANTED

HELP WANTED – Two part time short order cooks for evenings and weekends. One part time waitress for day shifts. Apply with resume at the Kingston Diner, 463 Main Street, Kingston. (3323-1tp)

WANTED STRAWBERRY PICKERS Starting approximately June 15th, 2012. Please phone 847-9456 E.O. Randall Vegetable Farm

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crossword solution

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

sudoku solution

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

patrick's puzzle

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

Youth Happenings

Megan LeMoine,
Recreation youth worker

June is Recreation Month, celebrate it by attending some of our great programs and events offered at the 14 Wing Greenwood Community Centre. Recreation is not just physical sports; it is anything you do that stimulates your mind, body and soul. Whether you enjoy reading, star gazing, doing puzzles, playing board games or reminiscing about how much fun you had last summer, find time to do something you enjoy! If you would like more information about any programs or events, please call 765-8165. Here's what's happening this week.

Boys Club

June 4, 4:30 p.m. to 6 p.m.
Meet at the centre and, depending on the weather, we'll go out-side to play croquet and other fun summer sports.

Teen Council

June 5, 4 p.m. to 5 p.m.
Teens, we'll discuss a new date for a car wash, the upcoming carnival-themed dance and plans for the summer.

Walking Club

June 5, 5 p.m. to 6 p.m.
Bring your sneakers and a water bottle to the centre, where we'll do some stretches and then walk around the community.

Active Chicks

June 6, 6 p.m. to 7:30 p.m.
Girls, meet at the Clairmont Provincial Park where we'll go on a hike and have a picnic. Please bring sneakers and a water bottle.

Teen activity

June 7, 6 p.m. to 7:30 p.m.
Charles will be facilitating this program on improvisation - bring your creativity.

Pre-teen dance

June 8, 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.

June is Recreation Month

June 12, 4 p.m. to 5 p.m.
Meet at the centre, and we'll walk to the 14 Wing Greenwood Library. You can become a member if you are not already and borrow a book to enjoy.

Scrapbooking

June 15, 6 p.m. to 8 p.m.
Rosalynd Kelly from Close to My Heart will lend her skills of scrapbooking. Tonight, we will make a scrapbook bag. Please bring in a picture of a specific event such as father/daughter, birthday party, Canada Day. This program costs \$3 and you need to pre-register.

Veteran of the month

Comrade Raymond West joined the Air Force in January 1954 and was in the service for 25 years as an air frame tech "rigger." He travelled the country and the world: starting in St. Jean QC, he went to Camp Borden, then Sea Island, BC, 4 Wing Germany, 1 Wing Marville, France on Sabre Jets for two years; returned to St. Hubert QC in 1957 to work on the CF 100s and, in 1959, joined the Golden Hawks for four years. He spent six years on Yukons in Trenton and then trained for the CF 104s. West spent his last years of service at CFB Greenwood, and retired in 1979. He lives with his wife, Anne, whom he met in 1960. Royal Canadian Legion Branch 098 Kingston is pleased to present West as its veteran of the month for June.



Tell us what
**Nova Scotia's
Provincial Parks**
mean to you

A goal of Nova Scotia's natural resource strategy is to create a sustainable park system for 2020 and beyond. What are the priorities to consider?

Plan to attend a public meeting near you and share your ideas.

| | |
|---|-----------------|
| Bridgewater, Days Inn & Convention Centre | Tuesday June 5 |
| Yarmouth, Rodd Grand Hotel | Tuesday June 5 |
| Kentville, Fire Hall | Tuesday June 5 |
| Shelburne, Royal Canadian Legion | Thursday June 7 |
| Digby, Royal Canadian Legion | Thursday June 7 |

French Sessions

| | |
|---|-----------------|
| Halifax, Universite Sainte-Anne (Walnut St. Campus) | Thursday June 7 |
| Pointe-de-l'Église (via video conference) | Thursday June 7 |
| Petit-de-Grat (via video conference) | Thursday June 7 |
| Tusket (via video conference) | Thursday June 7 |
| Grand-Etang (via video conference) | Thursday June 7 |

All sessions run 7:00 pm to 9:00 pm

For details about the sessions and background about the park system: www.gov.ns.ca/natr

Your input will help to create a sustainable park system.
Department of Natural Resources | (902) 662-3030

Middleton's Antique Show & Shine

June 16th 2012
Commercial Street Middleton
10:00am - 3:00pm
Car Registration 9:00am

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The Legion's professional service officers are mandated by legislation to provide representation, advocacy and financial assistance **FREE OF CHARGE**, Legion member or not.

Call Toll Free at 1-877-534-4666

Image: Department of National Defence

WE CARE FOR ALL VETERANS OF ALL AGES AND THEIR FAMILIES



From left are Heather MacDonald, Rotary Club president; Carol Ward, coordinator of community supports and volunteer services for VON Annapolis Valley; Carol Anne Cowan, RN Faculty Continuing Care, NCSC Annapolis Campus; Karen Bennett, OT-Seniors LINC, Annapolis Valley Health and Valerie White, chief executive officer of the Department of Seniors.

Submitted

Great intergenerational work in Middleton

The province recognized seniors and youth May 22 for making life better in their communities with the presentation of Intergenerational Awards.

"Together we are stronger and, when younger and older people develop a relationship, it creates better understanding of each other," said Seniors' Minister Denise Peterson-Rafuse.

The Middleton Adult Day Program is the recipient of the Outstanding Volunteer Service Community Group Award for its contributions to seniors, children and students. The program is aimed at seniors living at home and provides a safe and supportive environment for adults 65 years and older who are frail, have chronic conditions or cognitive

impairments. The program runs three days a week, providing opportunities for people to socialize and maintain and improve intellectual and physical skills through exercise, memory stimulating activities, musical entertainment and discussions. In addition, it affords respite care for caregivers to help delay long-term care placement.

MHFA workshops held recently

Two workshops in mental health first aid, coordinated by the Kingston/ Greenwood Mental Health coalition/ Coalition Santé Mentale de Kingston/ Greenwood, were run concurrently in English and French at école Rose-des-Vents, Greenwood, May 5 and 6. Both were filled to capacity and highly rated by the participants. Facilitators were Dawn Scott and Nicole Thimot-Gennette.

Mental health first aid is designed for the general public, as well as professionals. Everyone can benefit from the training. With one person in three experiencing a mental health problem in their lifetime, the training is highly rated as a beneficial tool for our citizens to possess, so early interventions can be implemented when immediate help is needed. The MHFA Canada training shares the same overall purpose as traditional first aid: to save lives. The Canadian leadership for the training is

the Mental Health Commission of Canada.

The Kingston/ Greenwood Mental Health coalition/ Coalition Santé Mentale de Kingston/ Greenwood is a partnership between the Kingston/ Greenwood Community Health Board, L'Association francophone de la Vallée d'Annapolis, Canadian Mental Health Association, Annapolis Valley Health Mental Health and école Rose-des-Vents. The coalition's goal is to host sessions in our community to increase knowledge and understanding of mental health issues and reduce stigma. The program does not teach people how to be therapists; rather, it teaches people how to recognize the signs and symptoms of mental health problems, to provide initial help when needed and guide a person towards appropriate professional help.

Participants from various backgrounds travelled from as far as Truro to attend the

weekend training. With early interventions recognized as beneficial to better mental health outcomes, the training can go a long way towards building healthier communities.

The following programs are planned for fall: September 29 and 30, mental health first aid for adults who work with youth; and October 25 and 26, changing minds. Additional information about upcoming courses or the coalition may be obtained by calling AFVA (French), 765-1078, or KGCHB (English) 825-6160 ext 357.

The Kingston/ Greenwood Mental Health Coalition is also offering a logo design contest. We are looking for a logo that depicts our focus of providing mental health information to our community. Please send any submissions/ inquiries to afv@scolaire.ednet.ns.ca. Contest closes June 15. Winning entry prize is a \$25 VISA gift card.

Des ateliers PSSM ont récemment été tenus

Deux ateliers sur les premiers soins en santé mentale, coordonnés par la Coalition Santé Mentale de Kingston/ Greenwood, ont été donnés simultanément en français et en anglais à l'école Rose-des-Vents, à Greenwood, les 5 et 6 mai. Les deux ateliers ont fait salle comble et ont été très appréciés des participants. Les facilitatrices étaient Dawn Scott et Nicole Thimot-Gennette.

Les premiers soins en santé mentale sont conçus pour le grand public que pour les professionnels. Tout le monde peut bénéficier de cette formation. Une personne sur trois connaissant un problème de santé mentale au cours de sa vie, la formation est un outil bénéfique que nos citoyens devraient posséder, afin que des interventions précoces puissent se faire quand de l'aide immédiate est nécessaire. Le programme PSSM poursuit le même dessein, dans son ensemble, que les premiers soins en santé physique, soit sauver des vies. Au Canada, le leadership dans ce domaine provient de

la Commission de la santé mentale du Canada.

La Coalition Santé Mentale de Kingston/ Greenwood est un partenariat entre le Kingston/ Greenwood Community Health Board, l'Association francophone de la vallée d'Annapolis, l'Association canadienne pour la santé mentale, Annapolis Valley Health Mental Health et l'école Rose-des-Vents. Le but de la coalition est d'organiser des sessions dans notre communauté afin d'accroître la connaissance et la compréhension des problèmes de santé mentale. Le programme n'est pas une formation pour devenir thérapeute. Il enseigne plutôt comment reconnaître les signes et symptômes des problèmes de santé mentale, comment offrir une aide initiale et comment guider la personne atteinte vers une aide professionnelle lui convenant.

Des participants provenant de milieux divers ont voyagé d'aussi loin que Truro pour assister à la formation. Comme il est admis que les interventions précoces contribuent à l'amélioration

de la santé mentale, cette formation peut aider à créer des communautés en santé.

Les programmes suivants sont prévus pour l'automne : les 29 et 30 septembre – PSSM pour adultes interagissant avec les jeunes, et les 25 et 26 octobre – changeons les mentalités. Les inscriptions seront reçues premier venus, premier servi. De plus amples renseignements sur nos prochains cours ou sur la coalition peuvent être obtenus en appelant l'AFVA (français) au 765-1078, en visitant le www.annapolisvalleyhealth.ca/chb/kgchb ou en appelant le KGCHB au 825-6160 poste 357.

La Coalition santé mentale de Kingston / Greenwood offre un concours de conception de Logo. Nous recherchons un logo qui représente notre objectif de fournir des informations sur la santé mentale dans notre communauté. S'il vous plaît envoyer vos soumissions et demandes de renseignements à afv@scolaire.ednet.ns.ca. Le concours se termine le 15 Juin. Le prix est le 25 \$ carte de cadeau Visa.



FRONTLINE UAV SUPPORT ROLES

MDA has a number of challenging, exciting overseas opportunities in the growing field of Unmanned Aerial Vehicles (UAVs)

Successful applicants will receive extensive training abroad. Personnel deployed overseas on a rotating basis will receive substantial time off in Canada, and a comprehensive compensation package.

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AVO/Operations Managers will oversee mission planning tasks, operate the UAV system and installed sensors, conduct post-flight debriefings, and serve as MDA's on-site manager when assigned that role.

Avionics Technicians (Electronics - ET) and Mechanical Technicians (MT)

Avionics (Electronics) and Mechanical Technician roles will provide critical daily support for all aspects of the UAV systems, including the aircraft, sensors, payloads, and ground systems.

For more information, please contact David Stephenson, Senior Recruiter, dstephenson@mdacorporation.com. Or apply online at www.mdacorporation.com/careers/current_openings.cfm.

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Besoin de BPR pour feu de camp de la St-Jean Baptiste

L'escadre a besoin d' un BPR pour coordonner le feu de camp pour la St-Jean Baptiste en juin. C'est la première année pour cette activité, mais nous aimerions qu' elle fasse partie des activités

annuelles de l 'escadre vu qu' elle est fêtee par une grande portion de notre population. Si vous vous intéressez à prendre la charge de cette activité, SVP contactez Ludmilla Tremblay (5671) le plus tôt

possible pour qu' elle puisse faire parvenir votre nom au Comité de la communauté. Si vous avez des questions, SVP contactez CLO Ere Ludmilla Tremblay au poste 5671.

OPI needed for St-Jean Baptiste fire

14 Wing Greenwood is in need of an OPI to coordinate the campfire for La St-Jean Baptiste. It is the first year for this activity, but we hope it becomes part of the yearly

activities held on the Wing since it is celebrated by a large number of our population. If you are interested in taking charge of this activity please let Ludmilla Tremblay (5671)

know as soon as possible so she can submit your name to the Community Committee. If you have any questions please call WCOL Ludmilla Tremblay at ext 5671.

Find out how to be a school board rep

Nova Scotians considering seeking office in October's school board elections will be better informed about the role of elected members by attending information sessions.

In order to run for school board office, a candidate must

be 18 years of age at the time of nomination, a Canadian citizen and be a resident of the school district in which they are seeking office for six months before nomination day.

Regional school boards also include an elected at-large mem-

ber from the African Nova Scotian community and a Mi'kmaq representative appointed by the Education Minister.

June 11, a session will be held at 6:30 p.m. in the Annapolis Valley Regional School Board office, 121 Orchard St., Berwick.

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