

Office 902 765 3505
Cell 902 840 1600
Fax 902 765 2438
Toll Free 1 866 514 3948
Email valc@ns.sympatico.ca
www.valj.com
www.dnd-hht.com

Val Connell
Broker / Owner

EXIT
EXIT Realty Town and Country
Independently Owned & Operated

f t in YouTube



Dave's Collision Works Ltd.
FRAME & COLLISION REPAIR SPECIALISTS
765-8161

OU PONT
CERTIFIED

NAPA
CERTIFIED BODYSHOP

Your Choice for Collision Repairs



CONNELL
CHRYSLER DODGE JEEP RAM

EXIT 18, HWY 101
MIDDLETON, N.S.
825-3471

www.connellchryslerdodge.com



14 WING • ESCADRE 14 GREENWOOD, NS

the Aurora

Vol. 34 No. 10 MARCH 11, 2013 NO CHARGE www.auroranewspaper.com



Turning a house into a home

Check out Ivy Street RHU reno during March 15 open house

Sara Keddy,
Managing editor

Get set for the big reveal at 26 Ivy Street.

If you're a fan of cable TV home renovation shows – and know what Residential Housing Units are like for Canadian Forces personnel across Canada, you'll want to check out the work done on this 1950s "742" model RHU.

14 Wing Greenwood's Canadian Forces Housing Agency is pleased to show off the remodel at an open house March 15, between 10 a.m. and 2 p.m.

"It's hard to imagine what it was like before," says local CFHA manager Wanda Munro.

The home had a simple first floor: kitchen, living room, dining room, bedroom and bathroom; with two small bedrooms under the eaves on the second floor.

"This was a typical build back then – for families sometimes with a number of kids!" Munro

says. "It's very nice now, and better reflects today's contemporary styles."

In the remodel, the roof was lifted and an entire second storey added – room now for three bedrooms and a second full bathroom. Walls on the first floor were knocked out, creating an open kitchen, dining and living space. A front porch across the home's exterior gives the home new curb appeal.

Munro points to increased storage throughout, new kitchen cupboards and a breakfast bar, flooring and finishing upgrades; but there are also unseen improvements. The oil heat system was replaced with electric, and a heat pump – which means air conditioning in warmer months! – installed. There are smoke detectors in every bedroom to meet new fire codes.

She had the chance to give the CFHA Eastern housing portfolio manager, Eric Perrault, a recent sneak peek of the house, as this redesign could be one

Continued on page 3...



As PSP Fitness researchers observe, a Canadian Forces volunteer performs the sandbag lift during the extensive development phase of the FORCE Evaluation, the new CF fitness test.

CFPFSS Imaging Services

New CF minimum physical fitness standard

Out with the old, and in with the new.

April 1, the Canadian Armed Forces will be implementing the updated approach to military fitness: the FORCE Program.

The new program has two key components: the new fitness test, called the FORCE Evaluation; and the FORCE Ex-

ercise Prescription, the operational fitness training system available at www.DFit.ca.

Replacing the 30-year-old Canadian Forces EXPRES Test, the FORCE Evaluation has been scientifically validated and developed specifically for the CF by the Personnel Support Programs (PSP) Di-

rectorate of Fitness. Rather than testing fitness with the traditional push-ups, sit-ups, grip tests and endurance runs, the FORCE Program evaluates members' ability to execute tasks directly linked to true-to-life physical challenges faced on operations.

In a comprehensive analysis

of military operational fitness, PSP human performance scientists and fitness experts have looked at more than 400 physical tasks performed by Canadian military personnel in all environments over the past 20 years.

The four FORCE Evaluation components have been

Continued on page 2...

CANEX www.canex.ca

No Interest Credit Plan **Plus** **NO MONEY DOWN**

Your choice of **12 • 24 • 36** Month terms

NOT EVEN THE TAXES!
14 Wing Greenwood O.A.C.
765-6994

HEAVY TOWING
STEVE MORSE
LIGHT ROADSIDE

• Light Roadside • Heavy Towing • Wheel Lift & Flatbed •
24 HOUR TOWING
ONLY INDEPENDENT TOWING COMPANY IN OUR AREA

SPECIALISTS IN:
• Accidents • Lock Outs • Boosts • Breakdowns •
• Cars • Heavy Haulage • Tractors • Trucks •
• Buses • Baby Buses • RV's • Motor Homes •

www.morsetowing.ca
Middleton Cell (902): **825-7026**



2012 Ford Focus SE
Hatchback, Auto, A/C, Tilt, Cruise, Stock #G13168A.

\$12,965

BRUCE
auto group

Paul Tidman 765-0806 (h) ptidman@bruceautogroup.com
Garth Rafuse 765-4960 (h) grafuse@bruceautogroup.com

994 Central Ave., Greenwood **765-1305**



Fitness test...

...COVER

designed to accurately test CF members' ability to complete the six common military tasks encountered on routine, domestic and expeditionary operations: escape to cover, picket and wire carry, sandbag fortification, picking and digging, vehicle extrication, and a stretcher carry.

All CF members will be tested annually and will be required to achieve one common minimum standard, regardless of age and gender.

Starting March 11, PSP fitness staff and local chains of command will schedule FORCE Evaluation familiarization sessions to introduce the new minimum physical fitness standard to local CAF personnel. Throughout the 2013/2014 fiscal year, Army, Navy and Air Force personnel will have the opportunity attempt the new FORCE Evaluation as their fitness test on a trial basis. As of April 2014, the FORCE Evaluation will fully replace the CF EXPRES Test.

Visit www.cfpsa.com/FORCEprogram for complete program information.

The FORCE Evaluation consists of four test components, each designed to measure different physical capabilities:

Sandbag lift: 30 consecutive lifts of a 20 kilogram sandbag above a height of 91.5 centimetres, alternating between left and right sandbags separated by 1.25 metres. Standard: three minutes 30 seconds

Intermittent loaded shuttles: Using the 20 metre lines, complete 10 20 metre shuttles alternating between a loaded shuttle with a 20 kilogram sand bag and unloaded shuttles, for a total of 400 metres. Standard: five minutes 21 seconds

20-metre rushes: Starting from prone, complete two 20 metres shuttle sprints dropping to a prone position every 10 metres, for a total of 80 metres. Standard: 51 seconds

Sandbag drag: Carry one 20 kilogram sandbag and pull four on the floor over 20 metres without stopping. Standard: Complete without stopping

Nouvelle norme minimale de la condition physique des FC

C'est le début d'une ère nouvelle. Le 1er avril, les Forces canadiennes (FC) adopteront une nouvelle approche relative au conditionnement physique des militaires : le programme FORCE.

Ce nouveau programme comporte deux principaux volets : le nouveau test de la condition physique, l'évaluation FORCE, et le programme d'entraînement FORCE disponible au www.cphysd.ca.

L'évaluation FORCE, qui remplacera le test EXPRES FC adopté il y a 30 ans, a été validée scientifiquement et élaborée à l'intention des FC par la Direction du conditionnement physique des Programmes de soutien du personnel (PSP). Plutôt que d'évaluer la condition physique à l'aide d'exercices traditionnels comme les extensions des bras, les redressements assis, les tests de la force de préhension des bras et les courses d'endurance, le programme FORCE mesure la capacité des militaires à exécuter des tâches directement liées aux défis physiques qu'ils affrontent pendant les opérations réelles.

Dans le cadre d'une analyse approfondie de la condition physique opérationnelle des militaires, les chercheurs en performance humaine et les experts en condition physique des PSP ont examiné plus de 400 tâches physiques exécutées par les militaires canadiens dans tous les environnements au cours des 20 dernières années.

Les quatre épreuves de l'évaluation FORCE (voir l'encadré) ont pour but d'évaluer avec exactitude la capacité des membres des FC à exécuter les six tâches militaires communes exigées dans le cadre des opérations de routine, en sol canadien et à l'étranger : se mettre à l'abri, transporter des piquets et du fil de fer, ériger une fortification de sable, piocher et creuser, effectuer une extraction d'un véhicule, et transporter une civière.

Tous les membres des FC seront évalués une fois l'an et devront atteindre une norme minimale commune, peu importe leur sexe et âge.

À compter du 11 mars, le personnel du conditionnement physique des PSP et les chaînes de commandement des bases et escadres organiseront des séances de familiarisation sur l'évaluation FORCE pour présenter la nouvelle norme minimale de la condition physique aux membres des FC. Tout au long de l'exercice 2013-2014, les membres de l'Armée, de la Marine et de la Force aérienne auront l'occasion de mettre à l'essai la nouvelle évaluation FORCE afin d'évaluer leur condition physique.

L'évaluation FORCE est composée de 4 épreuves, chacune conçue pour mesurer une différente capacité physique :

Soulever des sacs de sable : Soulever des sacs de sable de 20 kilogrammes à une hauteur de plus de 91,5 centimètres du sol, 30 fois, en alternant de gauche à droite, avec 1,25 mètres de distance entre chaque sac. Norme : trois minutes 30 seconds

Course-navette intermittente avec charge : Effectuer 10 courses-navettes consécutives de 20 mètres en alternant une fois avec charge (sac de sable de 20 kilogrammes), une fois à vide, sur une distance totale de 400 mètres. Norme : cinq minutes 21 seconds

Course précipitée sur 20 m : Départ en position couchée au sol; effectuer 2 sprints de 20 mètres, adopter la position couchée au sol tous les 10 mètres, sur une distance totale de 80 mètres. Norme : 51 seconds

Traction de sacs de sable : Transporter 1 sac de sable de 20 kilogrammes tout en traînant quatre sacs de sable de 20 kilogrammes sur le sol sur une distance de 20 mètres, sans interruption. Norme : Exécuter l'épreuve sans interruption

En avril 2014, l'évaluation FORCE remplacera intégralement le test EXPRES FC.

« Les membres des Forces armées canadiennes qui ont de la difficulté à atteindre la nouvelle norme minimale de condition physique pendant une séance de familiarisation pourront compter sur le personnel des Programmes de soutien du personnel, qui les aidera à effectuer, par l'entremise du site Web.cphysd.ca, des exercices d'entraînement correspondant aux tâches définies dans le cadre de notre recherche, déclare Daryl Allard, directeur du conditionnement physique. Ceci leur permettra de se préparer aux rigueurs physiques des environnements opérationnels complexes et exigeants d'aujourd'hui. »

Visitez le www.aspfc.com/programmeFORCE pour des renseignements complets sur ce programme.



Managing Editor | Directeur de rédaction
Stephen R. Boates • 902-765-1494 local/poste 5441

Interim Managing Editor | Directrice de rédaction par intérim
Sara Keddy • 902-765-1494 local/poste 5441
editor@auroranewspaper.com

Business & Advertising | Affaires commerciales et publicité
Anne Kempton • 902-765-1494 local/poste 5833
marketing@auroranewspaper.com

Production Coordinator | Coordonnateur de production
Brian Graves • 902-765-1494 local/poste 5699
production@auroranewspaper.com

Administrative Clerk | Commis à l'administration
Candace May Timmins • 902-765-1494 local/poste 5440
frontdesk@auroranewspaper.com

Editorial Advisor | Conseiller à la rédaction
Lieutenant (Navy) Sylvain Rousseau
• 902-765-1494 local/poste 5101
sylvain.rousseau@forces.gc.ca

Circulation | Circulation: **5,900 Mondays** | Lundis
Agreement No. | Numéro de contrat : **462268**

Fax: 902-765-1717

Website | Site Web : www.auroranewspaper.com

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

Location | Emplacement : **83A School Road, Morfee Annex** | Annexe Morfee

The Editorial Board reserves the right to edit, condense or reject copy or advertising to suit the aims of a service newspaper as specified in the Interim Canadian Forces Newspapers Policy and/or by the Editorial Board. Opinions and advertisements appearing in The Aurora Newspaper are those of the individual contributor or advertiser and do not necessarily reflect the opinions of 14 Wing, Greenwood or the printers. Published each Monday by 14 Wing under the authority of Colonel J.A. Irvine, M.S.M., C.D., Wing Commander.

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



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

Une bâtisse transformée en foyer

Portes ouvertes le 15 mars à l'ULR de la rue Ivy pour un coup d'œil sur les rénos

Sara Keddy,
Rédactrice en chef

À votre prochain passage au numéro 26, rue Ivy, attendez-vous à un choc!

Si vous êtes accro aux émissions de rénovation domiciliaire des postes de câblodiffusion et familiers avec les conditions des unités de logement résidentiel où vivent les membres des Forces canadiennes un peu partout au Canada, vous voudrez admirer le travail accompli sur cette ULR de modèle 742, construite durant les années 1950.

L'Agence de logement des Forces canadiennes (ALFC) de la 14^e Escadre de Greenwood est ravie d'ouvrir à tous les portes de l'unité remaniée le 15 mars prochain, entre 10 h et 14 h.

« On a du mal à imaginer ce que c'était avant », s'exclame Wanda Munro, gestionnaire à l'ALFC.

Le plan du rez-de-chaussée

de la maison était simple : cuisine, salon, salle à dîner, chambre et salle de bain; il y avait aussi deux chambres à coucher sous les avant-toit au premier étage.

« C'était un plan assez typique de l'époque, qui convenait à des familles qui avaient parfois beaucoup d'enfants! », raconte Munro. « La rénovation est très réussie, et reflète mieux les styles contemporains. »

Dans la version remaniée, le toit a été relevé pour ajouter un premier étage complet, créant de l'espace pour trois chambres à coucher et une salle de bains complète. Au rez-de-chaussée, on a fait disparaître des murs afin d'aménager une aire ouverte pour la cuisine, les repas et la détente. À l'avant, une galerie extérieure rehausse l'apparence de la maison vue de la rue.

Munro mentionne aussi l'ajout d'espaces de rangement dans toute la maison,

de nouvelles armoires et d'un comptoir-petit déjeuner dans la cuisine, ainsi que la modernisation des planchers et des finitions. Ceci dit, certaines améliorations ne sautent pas aux yeux. Le chauffage au mazout a été remplacé par un système électrique et une thermopompe a été installée, ce qui signifie l'air climatisé durant les mois d'été! Pour satisfaire aux nouvelles disposition du *Code de prévention des incendies*, des avertisseurs de fumée ont été installés dans toutes les chambres à coucher.

Munro a eu l'occasion de faire visiter la maison à Eric Perreault, gestionnaire du portefeuille de logements de l'ALFC dans l'Est, étant donné que cette forme de rénovation des modèles 742 a le potentiel d'être adaptée à des bâtiments similaires partout au Canada.

« Après chaque réfection, nous tenons une réunion post-



Une réfection de fond en comble a transformé la maison du 26, rue Ivy, de ceci à cela : les travaux de réfection se poursuivront dans une demi-douzaine d'autres unités de logement résidentiel de Greenwood. À l'opération portes ouvertes du 15 mars, vous pourrez visiter l'intérieur.

S. Keddy

mortem pour parler de ce qui s'est bien déroulé et des points à améliorer pour le prochain projet », a commenté Perreault le 20 février dernier. « Nous allons nous inspirer d'une expérience pour avoir le meilleur projet de tous. La maison visée par le présent projet est bonne pour 20 à 30 années de plus... Je pourrais très bien vivre ici! »

Le projet de la rue Ivy est le premier d'une demi-douzaine de réfections similaires sur la planche de travail de Munro pour

cette année. Il s'agit ici d'un plan ambitieux qui entend faire davantage que le modèle traditionnel d'entretien du « cycle de vie » (remplacement des vieux réservoirs de mazout, installation de nouvelles fenêtres ou de revêtement mural, peinture régulière), dans un contexte où les réparations domiciliaires sont toujours dispendieuses. Dans le cas de l'ALFC, on peut imaginer le budget annuel d'une seule maison unifamiliale pour les mêmes réparations, et le multiplier

par les quelque 600 maisons entretenues à Greenwood!

« Le portefeuille de logements de Greenwood est en bonne santé, mais il y a toujours lieu de faire plus », a ajouté Perreault. « Nous essayons de mettre l'accent sur ce que nous appelons le confortement, mais il y a toujours les travaux de cycle de vie qu'il faut effectuer. Nous essayons de transformer nos bâtisses en foyers, et celle-ci (26, rue Ivy) sera un très beau foyer! »



Greenwood Canadian Forces Housing Agency manager Wanda Munro and Eastern housing portfolio manager Eric Perrault in 26 Ivy Street's contemporary kitchen.

S. Keddy

Ivy Street...

...cover

picked up and adapted to similar 742 models across Canada.

“For every re-cap done, we do an after-the-fact meeting and discuss what went well and what didn't for future projects,” he said February 20. “We'll borrow from one place to have the best of all the projects. This project, this home is good for another 20 or 30 years – I could live here!”

The Ivy Street project is the first of a half-dozen similar re-

caps Munro has on the docket this year. It's an ambitious plan to do more in the RHUs than the day-to-day “life cycle” work – replacing oil tanks, installing new windows or siding, regular painting, for example – but budgeting for home repairs is always a challenge. In CFHA's case, imagine a single family home's annual budget for the same work, and multiple it by nearly 600 homes maintained in Greenwood!

“Greenwood's housing port-

folio is in good shape, and there is always work to be done,” Perrault said. “We try and focus on what we call betterment, but there are always the lifecycle

projects that you need to do.

“We try and turn our houses into homes, and this one (26 Ivy Street) will be a very nice home.”

BUYING OR SELLING

Sue Hersey, CD1
REALTOR® | DND-IRP APPROVED AGENT
Cell: 902-309-0344 | Office: 902-765-3505
Helping make your move stress free
28 years military experience
www.suehersey.com
768 Central Ave,
Greenwood

EXIT
EXIT Realty Town & Country
Independent Member/Broker

Buying or Selling?

RE/MAX
BANNER REAL ESTATE • GREENWOOD

Reg White CD1
cell: (902) 760-1298
www.regwhite.com
26 Years Military Experience

NOT INTENDED TO SOLICIT LISTED PROPERTIES

Healthy Bodies
Personal Training Services

Middleton • Greenwood • Bridgetown
www.healthybodies.ca

Cathy Bruce-West cathy@healthybodies.ca
Personal Trainer Specialist, CPT
825-4544

RE/MAX
Banner Real Estate • Greenwood

Buying or Selling
Sois pour l'achat ou la vente service en français.
Over 20 years experience in this market place.

Ghyslaine Roy
Your Bilingual REALTOR® in the Valley
1-902-825-9469
ghyslaineroy@hotmail.com • www.groy21.com
Not intended to solicit listed properties

Proud Supporters of the Children's Miracle Network and the Breast Cancer Foundation

bravo zulu | promotions & presentations

14 AMS, Wing Imaging unless otherwise indicated.



Master Corporal Sandra Leaman (left) receives her promotion to current rank from Major Heather Ewing, Officer in Command of Wing Replenishment Squadron (right). Submitted.



Corporal Chris Martin receives his promotion to current rank from Major Heather Ewing, Officer in Command of Wing Replenishment Squadron. Submitted.



Private Chad Goodman receives his first chevron from Major Heather Ewing, Officer in Command of Wing Replenishment Squadron. Submitted.



Major S.M. House Commanding Officer 14 Construction Engineering Squadron Bridgewater, left, promoting Master Warrant Officer J.T. Gracie to his current rank effective 29 January 2013.



Sergeant Milne and Master Corporal Rideout receive the Tusker of the quarter award from 413 (Transport & Rescue) Squadron Commanding Officer Lieutenant-Colonel Leblanc. N.B. Missing in this picture is Master Corporal Connors who also received the award. Sergeant Milne, Master Corporal Rideout and Master Corporal Connors are awarded "Tuskers of the Quarter" for their outstanding dedication and superior leadership during the restoration of the three 413 Squadron memorials. Their meticulous attention to the care and preservation of these significant monuments was clearly first-rate.



Lieutenant Colonel Scott Latter (left), Commanding Officer of Wing Operations, presents Captain Jack Simpson (center) with the Canadian Decoration 1, accompanied by his wife (right) and son (foreground), 22 February 2013.



February 22, Wing Administration Officer Lieutenant-Colonel Heber Gillam recognized two 14 Wing Greenwood personnel for recent achievements. Wing Administration Chief Warrant Officer Lise Ward, centre, was presented with a Commander's Group Achievement Award for her role in developing a Batch Upload System and Bar Code Reader system in support of materiel production line teams while part of the Management Information System section of 3 Canadian Support Unit at Garrison Montreal. Captain Dianne Godfrey-White recently completed her Officer Professional Military Education Program. S.Keddy

AVON is more than makeup!

Gifts, jewellery, fashion, home decor & more

Sharon Anscomb 309-9379
anscomb@eastlink.ca

AVON Independent Sales Representative

TOP HAT TAVERN

Available for Special Events or Private Functions

Under new owner & management

Great daily specials

Thursday • **Karaoke** • 9:30 pm
Friday • **All Request DJ** • 10 pm
Saturday • **Trivia** • 8 pm
Sunday • **Texas Holdem Poker** • 7:30 pm
Saturday & Sunday • **Breakfast** • 9 am
Thursday to Sunday
Steak Special • 3-8 pm • \$8.95

Located behind the Greenwood Mall
For more info call 765-8933

Painting Services

Interior & Exterior

Brian Sturney

Lawrencetown, NS

584-3211 or 825-9970 Cell

Make Your Home's First Impression A Lasting One

The Village of Kingston is seeking Princess and Child Attendant candidates for the

81st Apple Blossom Festival



Princess candidates must be between the ages of 19 and 23 (by December 31, 2013) and be from the Kingston Fire District area.

Candidates for Child Attendant must be between the ages of 8 and 9.

Applications available at the Village Office, 671 Main Street.

Deadline is March 22 by 4:00pm.

For further information call 765-2800 or email info@kingstonnovascotia.ca



Kyla Stanick
(902) 844-0987

EXIT Realty Town & Country
768 Central Avenue
Greenwood, NS B0P 1N0
Tel: (902) 765-3505
Kylastanick@eastlink.ca



Wags & Wiggles

Dog Grooming & Deluxe Boarding Kennels

All Sizes & Breeds Welcome

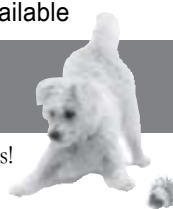
Doggie Daycare & Airport Services Available

(902) 847-0871

312 Crocker Road, Harmony

Our goal is happy dogs and satisfied customers!
www.wagsandwigglesns.ca

Betty Wiswell Tellington T Touch Practitioner Apprentice
Now offering T Touch trg for your companion animals.



Min Order
\$200

\$10.00 off
450 Litres
with card



Waterville, N.S.

1-888-338-0331 (Oil delivery 6 days a week)





Lieutenant Colonel Scott Latter (left), Wing Operations Commanding Officer of Wing Operations, and Chief Warrant Officer Robert Viel (right), promote Nicholas Woods (center) from Second Lieutenant to Lieutenant, during his promotion ceremony, 22 February 2013.



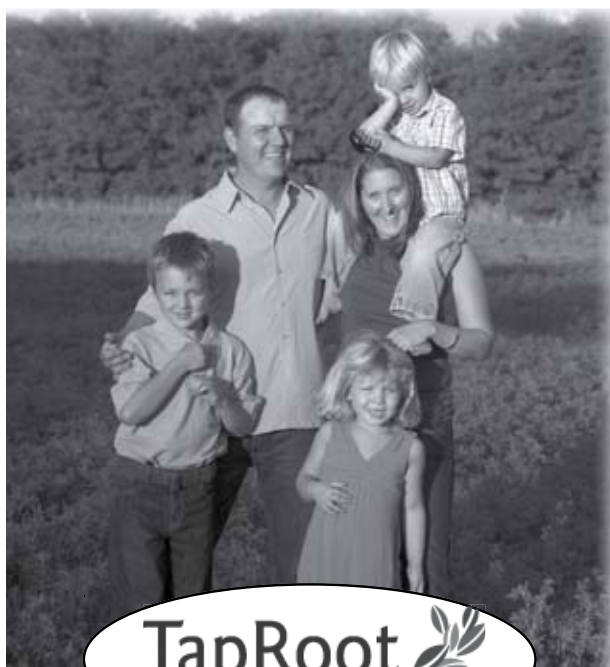
Lieutenant Colonel Scott Latter (left), Wing Operations Commanding Officer of Wing Operations, and Chief Warrant Officer Robert Viel (right), present Corporal Kenneth Johnson (center) with the 14 Wing Operations "Person of the Year" award, 22 February 2013.



Lieutenant Colonel Scott Latter (left), Wing Operations Commanding Officer of Wing Operations, and Chief Warrant Officer Robert Viel (right), present Corporal Kenneth Johnson (center) with the 14 Wing Operations "Person of the Year" award, 22 February 2013.

business of the week

TapRoot Farms CSA delivers in your area!



Community Shared Agriculture (CSA) is a local food option that enables shareholders to participate in a mutually beneficial relationship with farmers. In a CSA, share-holders purchase annual shares of the vegetables, fruit, meat or eggs grown or raised on the farm. Members or share-holders commit in advance of the growing season and then receive a weekly allocation of seasonal produce.

Our family farm is located in Port Williams, Nova Scotia and provides year-round weekly shares to members from the Annapolis Valley to Halifax. Registration is open now for our new season: visit taprootfarms.ca for more information.

Thanks from all of us at TapRoot!

www.taprootfarms.ca

Join a CSA!

Reason #3: Taste a diverse variety of seasonally ripe produce.

To learn about CSA farms in your area go to acornorganic.org



www.taprootfarms.ca Community Shared Agriculture

Income TAX Time

10 years experience, 3 years with H&R Block
Basic returns \$30, \$50 couples & \$20 children
Small business returns on a case by case basis.

Cost effective, no tax on prices.

All personal tax returns require a \$20 deposit, balance due before filing. Small returns require a \$50 deposit, balance is due before filing.

For more information call Erica Schofield at 538-0542 or email ericas@glinx.com

Feel Good Vibrational Tuning



Sound Therapy Techniques using the 'power' of Ancient Solfeggio Frequencies!

BOOK your TUNING Today
By Appointment only (30-45 minutes)
www.feelgoodtuning.com

Kingston, NS • (902) 765-8705



Beth Bourassa
REALTOR®



752 Central Ave, PO Box 1773
Greenwood, Nova Scotia, B0P 1N0

Cell 902 844-2000
Fax 902 765-6311
Toll Free 800 565-9994
beth@bethbourassa.ca
www.bethbourassa.ca

*Independently Owned and Operated. ©TM Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne Inc. and Century 21 Canada Limited Partnership.

ABCDE Painting & Construction
Services Free Estimates
Interior and Exterior Painting
Drywalling, Spray Painting
Tiling, Laminate and Hardwood
Floor Installations

Nova Scotia Construction Safety Association Member
E-mail: abcde.painting.construction@gmail.com
Robert Comeau Ph#:(902) 760-0264



Golf The Way It Should Be... *Golf For You*

Looking to join a Club?

Our Adult Rates start at \$660.00 tax included
We offer Adult, Spousal, Senior & Weekday Rates

Office open March 11
765-5800

Visit our web site at www.greenwoodgolfclub.ca
for a complete list of rates.





Taking Action for Veterans



Did you know the Veterans Transition Action Plan is here to help Veterans and family members make the best possible transition to civilian life? Veterans Affairs Canada is making programs and services easier to access where and when you need them.

- Explore the **Veterans Benefits Browser**
- Sign up for your online **My VAC Account**
- Build your own **My VAC Book**
- Ask us about **civilian career opportunities**
 - Take advantage of **Career Transition Services**
 - Learn more about the **Jobs-Emplois** initiative
 - Access construction jobs through the **Helmets to Hardhats** program
- Register for **direct deposit** for your benefit payments
- Access programs and services at over **600 points** across the country, through our Service Canada partnership

You can learn more about services and benefits at **veterans.gc.ca/services**



Scan this code to learn more

Greenwood recipients of Order of Military Merit

His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada, presided over an Order of Military Merit investiture ceremony at Rideau Hall, March 5. The governor general bestowed the honour on three Commanders, 10 Officers and 37 Members.

Created in 1972, the Order of Military Merit recognizes meritorious service and devotion to duty by members of the Canadian Forces. The Order honours them for their commitment to Canada, according to the following three levels of membership: Commander (C.M.M.), Officer (O.M.M.) and Member (M.M.M.). A commanding officer or a military advisory committee (for ranks of colonel and above) recommends to the chief of the Defence

Staff the names of those serving members of the Canadian Forces, both Regular and Reserve, they consider eligible. The Chief of the defence staff then submits the names to the governor general for approval. The number of appointments per year is limited to one-tenth of one per cent of the average number of persons who were members of the Canadian Forces during the previous year. Recipients may be promoted within the Order.

Recipients included 14 Wing Greenwood personnel, at the Officer level, Master Warrant Officer Darrell Ellis, M.M.M., C.D.; and, at the Member level, Major Elizabeth van Oostrum, M.M.M., C.D., Canadian Forces School of Military Engineering, Oromocto (Logistics and Engineering); and Warrant Officer Darcy St-Laurent, M.M.M., S.C., M.B., C.D., Canadian Forces School of Survival and Aeromedical Training, Winnipeg (413 Squadron).

Kingston Legion

BiNGO

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

Regular Games - \$100

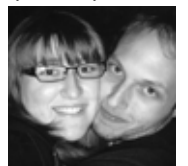
- 1 Early bird - 60/40
 - 2 - 60/40
 - Letter H - 80/20
 - 1 Lucky 7 - Progressive
 - 1 Bonanza - Progressive
 - Jackpot - 3 Chances
 - **Consolation \$300**
 - Double Action
- Lic.# 115910-08

Wedding Engagement

Rocky and Brenda Pearce of Kingston, Nova Scotia are pleased to announce the engagement of their daughter Melanie Dawn to Stephen Daniel son of Stephen and Darlene Weiss of Coldbrook, Nova Scotia.

The wedding date will be announced later.

Congratulations to both of you from all your family and friends.



Discover Driving

Certified Driving Instruction

**Driver Education • Defensive Driving
Seniors' Safety • Private Lessons**

(902) 665-2831

DRIVER EDUCATION CLASSES

• Middleton at NSCC March 11-14

Special Discount • April Greenwood Course
Call or email for details

Accepting students 15 1/2 years and older

Visit our web page for more information • www.discoverdriving.com
e-mail: discoverdriving@eastlink.ca • Serving the Annapolis Valley

the Aurora obituaries

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

Obituaries are priced at 57 cents per line (black and white) or 67 cents per line (colour).

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

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

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



Government of Canada

Gouvernement du Canada

Canada



His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada, presented the Order of Military Merit Member (Officer) to Master Warrant Officer Darrell Ellis March 5. Corporal R.Shewchuk, Rideau Hall, OSGG



His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada, presents the Order of Military Merit (Member) to Major Elizabeth van Oostrum.



His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada, presents the Order of Military Merit (Member) to Warrant Officer Darcy St-Laurent.

business spotlight of the week

ScotiaMcLeod

Experience The Power of Dividends.

Improve your Returns and Increase your Income

For your complimentary copy of The Power of Dividends Report and a free no obligation second opinion, please contact us today.



Naomi Isner
Senior Wealth Advisor

902-825-4861
naomi.isner@scotiamcleod.com



Kim Connell BBA
Wealth Advisor

902-825-4861
kim.connell@scotiamcleod.com

Contact us today and find out how you can receive 10 Free Movie Passes.

 **ScotiaMcLeod®** 90 Commercial St., Middleton, N.S. B0S 1P0

* Conditions apply. Meet with us before March 31, 2013 for a complete review of your existing investments (minimum portfolio of \$250,000 required) and you will receive 10 free movie passes. ScotiaMcLeod is a division of Scotia Capital Inc. Scotia Capital Inc. is a member of the Investment Industry Regulatory Organization of Canada and the Canadian Investor Protection Fund. © Registered trademark of The Bank of Nova Scotia. Used under license.



90 Commercial St., Middleton, N.S. B0S 1P0
(902) 825-4861

Naomi Isner
Senior Wealth Advisor
naomi.isner@scotiamcleod.com

Kim Connell BBA
Wealth Advisor
kim.connell@scotiamcleod.com

© Registered trademark of The Bank of Nova Scotia, used by ScotiaMcLeod under license. ScotiaMcLeod is a division of Scotia Capital Inc. Scotia Capital Inc. is a member of the Canadian Investor Protection Fund.

**PET CENTRAL**
Grooming, Food and Supplies

P: 1-902-242-3066
F: 1-902-242-3069
Find us on Facebook
Email: petcentral@eastlink.ca
619 Central Avenue, Greenwood



**TALK DIRTY, LIVE CLEAN**
MaidPro®

Call our local office at 902-242-2706
or visit our web site at www.maidpro.com/annapolisvalley

Ask us about our PMQ move out special **STARTING AT \$99.99**

 VAC Approved (Direct Billing)

**BRIAN WILKINS**
Mortgage Advisor

P (902) 765-6064
F (902) 242-3038
E brian@teamclinton.ca
W teamclinton.ca

489 Main Street, Kingston, NS



“No Better Time to Buy”

Ph: 242-7355
1-855-242-7359
805 Central Ave
Greenwood

**People's Choice Realty**

www.peopleschoicerealty.ca
Military Relocation Approved Agents

www.windshieldreplacements.ca
Future Glass and Mirror Ltd.

617 Sampson Drive, Greenwood, NS
765-2105

Automotive/Residential/Commercial Glass
\$100 off your deductible
for a windshield replacement through insurance!

Easter Coloring Contest • Concours de coloriage de Pâques



Name | Nom : _____ Grade | Grade _____
 Age | Âge : _____ Number | Nombre : _____
 Address | Adresse : _____

~ HAPPY EASTER ~ PROUDLY BROUGHT TO YOU BY



Mimie's 765-6888
PIZZA 765-2232

683 Central Ave, Greenwood

16" Pizza
 3 toppings
 ~ Plus ~
 12" Garlic
 fingers



2 -12"
 Pizzas
 with 5
 Toppings

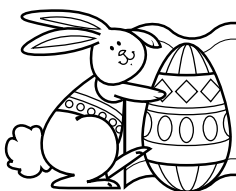


16" Pizza up to 5 Toppings \$17.99 plus tax

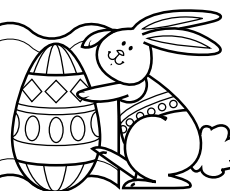
Come in & try our Shawarma!



Debit at Your Door • Delivery in Local Area



One \$15 coupon for each age group: 1-3, 4-6, 7-9
 Drop ballots off to Mimie's Pizza.
 Contest closes Tuesday March 26, 2013



Legion awards

Royal Canadian Legion Branch 098 awards chairwoman Linda Desmond made several presentations at the branch's general meeting February 25. Kelly West, bottom photo, received her Sergeant-at-Arms Bar, while Leo Jenkins received his Executive Member Bar. Submitted

Paragon
 GOLF & COUNTRY CLUB
 Kingston, Nova Scotia

2013 Membership Rates

* Adult New Member (36 years of age and over) • \$600 tax included

Adult 2nd Year Member • \$700 tax included

Intermediate (19-35 years of age) • \$600 tax included

Super Senior (80+ years of age) • \$600 tax included

Junior (18 years and under) • \$125 tax included

Twilight (play after 5 pm adjusted to daylight) • \$425 tax included

Payment Plan Available - for more info call 902-765-3211

* Rate applies to adults who have not been
 Paragon member for last 5 years
www.paragongolf.ca



Warrant Officer Alf Fagan speaks with two Berwick students about their project.



Major Andea MacRae thoughtfully awarding points.



Corporal Francis Mallot takes time to ask questions of a Berwick student about her project.



Members of 14 Wing Greenwood's Wing Logistics and Engineering organization served as guest judges for the Berwick & District School science fair February 28.

Corporal G.Cormier, 14 AMS Wing Imaging

Science test WLE reps check out student science

Master Corporal Beth Cromwell

Berwick & District School hosted its annual science fair February 28. Acting principal and 14 Mission Support Squadron Honorary Colonel Karl West asked Lieutenant-Colonel Brian Richardson, 14 Wing Greenwood Logistics and Engineering commanding officer, for branch volunteers to act as judges for this educational event. I was very excited to be one of the 14 WLE members selected for the opportunity to support the youth of our local community.

Susan Duggan, a teacher at the school, was the science fair coordinator. Her students had 150 displays to be judged, ranging from Primary to Grade nine. The children presented their projects and many were inspiring and imaginative: a wonderful learning experience for the judges and children alike! Although only a few may move on, it was the opinion of the judges all of the children who participated are winners. The winners of the fair will move on to the regional science fair March 25 to 28, hosted by Kingstec Campus, Nova Scotia Community College in Kentville; with hopes of making it to the nationals - good luck!

Judges were Major MacRae,

Captain Armstrong, Master Warrant Officer Willis, Master Warrant Officer Wilson, Warrant Officer Fagan, Sergeant Miller, Master Corporal Cromwell, Corporal Dykens, Cor-

poral Lucas, Corporal Mailhot and Corporal Burgess. Congratulations to all the students, and to Berwick school, for hosting such a successful event.



Janie Gagnon

IS THERE A MILITARY MOVE TO COMOX IN YOUR FUTURE?
I specialize in military transfers. So your next move, is to call me.
Êtes-vous transféré à Comox?
Je me spécialise dans les tranferts militaires, appelez-moi.
Cell: 250-898-9002
Office: 250-334-3124
gagnonjanie@shaw.ca
www.janiegagnon.ca
ROYAL LEPAGE
100 YEARS
In the Comox Valley

FINANCIAL PROBLEMS? WE CAN HELP

www.debtandcreditsolutions.ca



OPTIONS:
Debt/ Credit Counselling
Proposals to Creditors
Bankruptcy
BENEFITS:
• Provide Debt Relief
• Stop collection calls
• Regain Financial Stability

GOLDING & ASSOCIATES LIMITED

Trustee in Bankruptcy

15 ABERDEEN ST, KENTVILLE NS
1-855-733-3032 • dawn@goldingandassociates.ca

FREE MEETING • EVENING & WEEKEND APPOINTMENTS AVAILABLE



Great Food!
Great Beer!
Great Place!

333 Main Street
(HWY 1)
Middleton NS
902-825-2742

www.capitolpub.ca

CUSTOMER APPRECIATION
RENO PARTY
Saturday March 9
Jokers Right on stage at 10pm

Find us on Facebook

MIDDLETON

Home furniture

— AND APPLIANCES —

HURRY!
SALE ENDS
MARCH 17TH

12 DAYS ONLY
MARCH 6-17

SCRATCH & SAVE SALE

SOFA \$599⁹⁹
4845-365

SOFA \$799⁹⁹
4845-398

ACCENT CHAIR \$499⁹⁹
4830-381

ACCENT CHAIR \$399⁹⁹
AVAILABLE IN 3 COLOURS 4830-376

QUEEN BED \$999⁹⁹
4814-646

QUEEN BED \$1299
4813-452

UP TO
50% OFF
SELECT FURNITURE & ACCENTS

NO PAYMENTS OR INTEREST FOR 16 MONTHS
OR **24 EQUAL MONTHLY PAYMENTS**
On Home Credit Card purchases over \$250. O.A.C. See Details in Store.

Middleton Home Furniture
47 Commercial St., Middleton, N.S.
(902) 825-3444
Mon-Wed 9 to 5:30 | Thurs-Fri 9 to 9
Sat 9 to 5 | Sun 12 to 4

Visit us online at www.homefurniture.ca

facebook.com/storename

EARN
AEROPLAN MILES ON EVERYTHING*

Le Carnaval d’hiver 2013 : une tournée mondiale réussie

Capitaine Catherine Cabot et Capitaine Chris Shute, Comité du Carnaval d’hiver

Les membres de la 14^e Escadre de Greenwood attendent tous les ans avec impatience leur Carnaval d’hiver : trois jours remplis de concurrence amicale, de bons moments avec des collègues, de spectacles en soirée et d’activités familiales. Les activités de cette année, sous le thème *Villes célèbres*, se sont déroulées du 28 février au 2 mars.

L’équipe de l’Administration de l’escadre, grande gagnante de l’an dernier, a entamé la compétition déterminée à défendre son titre. On l’a constaté dès jeudi soir au concours de « lip sync », avec son interprétation imbattable du style Gangnam de Psy. Toutes les équipes avaient chorégraphié des pièces fabuleuses, allant de Lady Gaga aux Beach Boys, pour marquer le début du Carnaval d’hiver.

Le vendredi a débuté au mess Annapolis par des parties de fléchettes, d’euchre, de crud et de blowball. Pour déjeuner, les commandants et les adjudants-chefs ont montré tous leurs talents pour les grillades en préparant et en servant des hamburgers et des hot dogs durant le barbecue « ours polaires ». En après-midi, il y a eu des événements à la piscine, notamment la Revanche du commandant de l’Escadre, une épreuve de relais et d’endurance. Cette année, nous avons fait l’essai d’une nouvelle épreuve, l’Incroyable course, au cours de laquelle des équipes de sept membres se poussent sur un traîneau dans un champ enneigé, tout en complétant diverses tâches. L’épreuve a été bien accueillie et il est à espérer qu’elle sera reprise dans le futur.

Au cours de la cérémonie de clôture, vendredi soir, le comité a présenté des trophées aux équipes suivantes : le 413^e Escadron est le grand lauréat du Carnaval; l’équipe de l’Administration de l’escadre a remporté le concours de lip sync, et celle du Service de logistique et d’ingénierie de l’Escadre, l’épreuve Escapades; l’équipe St. John’s Trio a rafilé un trophée en peinture sur glace; et l’équipe LRP Luau a décroché la palme dans la catégorie Esprit d’équipe.

Les activités du samedi ont visé les membres et leurs familles, et spécialement les tout-petits. La matinée a débuté au mess Annapolis par un petit déjeuner aux crêpes et aux gaufres, suivi de patinage, de quilles et de deux représentations du film *Rise of the Guardians*, au cinéma Zedex.

Nous avons aussi remis les prix suivants : un bon-voyage d’une valeur de 1 150 \$ au n° 122 (M. Dumoulin); le téléviseur de 60 po Samsung HD au n° 402 (capt avn Jones); l’iPad Apple de

16 Go à l’adjum Donovan; une horloge au n° 784 (Michael York); un certificat-cadeau de 10 \$ pour le Green Elephant Cafe au n° 67 (Icol Richardson); et une trousse de soins de beauté de Shoppers Drug

Mart au n° 433 (Dom Carrol). Tous ceux qui n’ont pas encore pris leur prix sont invités à entrer en contact avec le Capitaine Shute au numéro 765-1494 (poste 5268).

Merci à ceux et celles qui ont con-

tribué à faire un succès de ce Carnaval d’hiver, y compris à tous les membres du comité, aux représentants d’équipes et à tous nos amis dans la communauté et dans toute l’escadre. À l’an prochain!

Winter Carnival 2013: successful world tour

Captain Catherine Cabot & Captain Chris Shute, Winter Carnival committee

Members of 14 Wing Greenwood look forward to Winter Carnival every year: three days

filled with friendly competition, a good time with coworkers, nightly entertainment and family activities. This year’s theme was “Famous Cities,” with events taking place February

28 through March 2. Wing Administration, last year’s overall winner, walked into the competition determined to defend their title. This was obvious during their

winning performance of Psy’s Gangnam Style at the lip sync competition on the Thursday night. All teams choreographed incredible performances, from Lady Gaga to

the Beach Boys, marking the beginning of Winter Carnival.

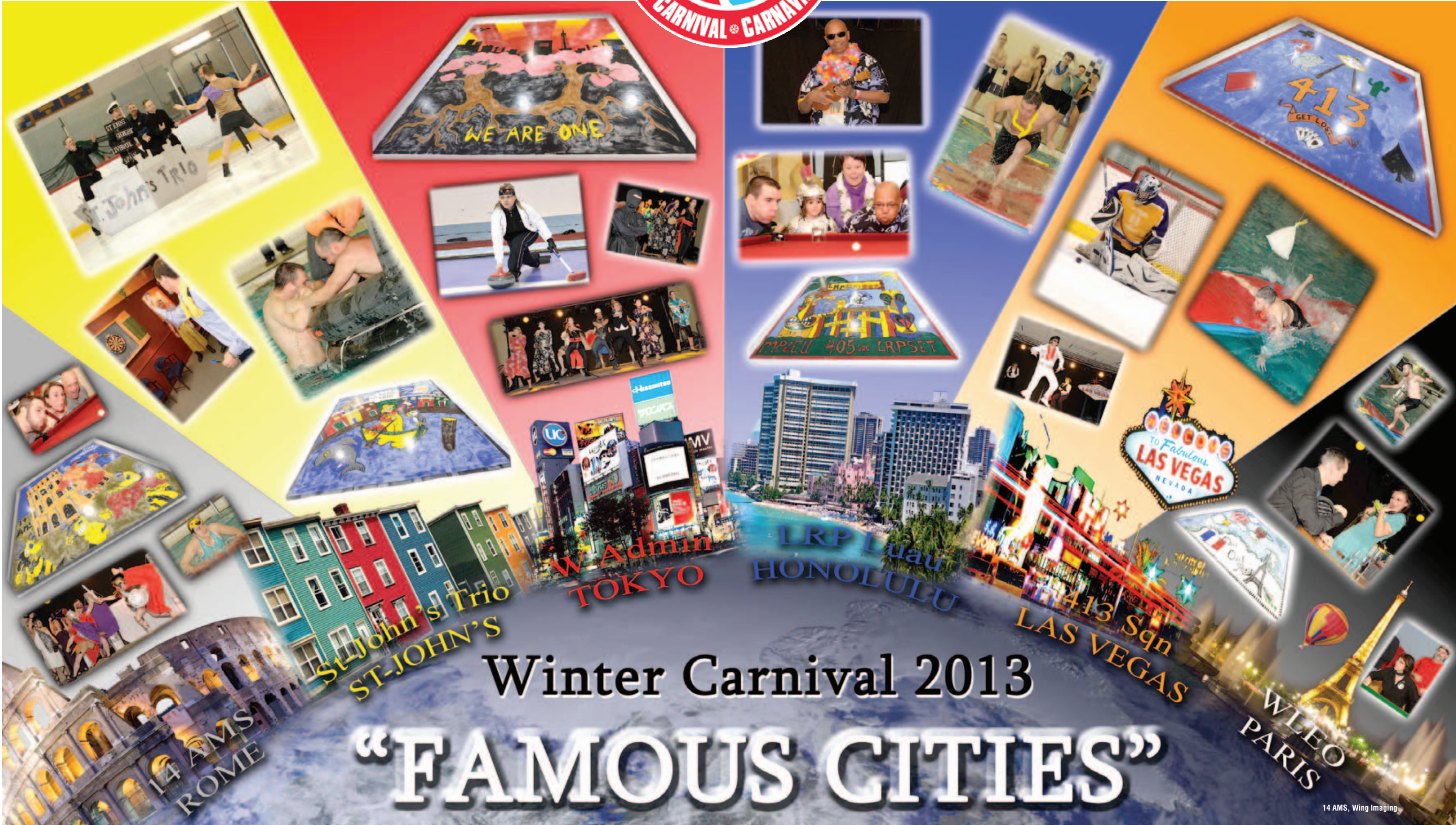
Friday started off at the Annapolis Mess with darts, euchre, crud and blowball. For lunch, the commanding officers and the chief warrant officers showed off their talents on the grill, as they cooked and served hamburgers and hot dogs during the Polar Bear BBQ. The afternoon consisted of events at the pool, including the Wing Commander’s Revenge, pool relay and survival race. This year we welcomed a new event, the Amazing Race, consisting of a team of seven members pushing each other on a sled across a field in the snow and completing different tasks. The event was well received, and we will hopefully see it again.

During the closing ceremonies Friday night, the committee presented trophies to the following teams: overall Winter Carnival winner – 413 Squadron, lip sync – Wing Administration, escapades – Wing Logistics & Engineering, ice painting – St. John’s Trio, team spirit – LRP Luau.

Saturday centered on members and their families, especially the younger children. The morning started at the Annapolis Mess with a pancake and waffle breakfast, followed by skating, bowling and two showings of *Rise of the Guardians* at the Zedex Theatre.

We also gave out the following prizes: the \$1,150 travel voucher to #122 – Mr Dumoulin, the 60" Samsung HD TV to #402 – FLT Jones, an Apple iPad 16 GB to MWO Donovan, a clock to # 784 - Michael York, a \$10 gift certificate to the Green Elephant Cafe to #67 - LCol Richardson, a Shoppers Drug Mart beauty care package to #433 - Dom Carrol. For those who have not yet picked up their prize, please contact Captain Shute at 765-1494 local 5268.

We would like to thank everyone involved with making Winter Carnival a success, including all of the committee members, team reps and all of our supporters in the community and across the wing. See you next year!



14 AMS, Wing Imaging

CF exceeds expectations at Squash Canada men's event

Squash Canada hosted its 2013 men's team championship at the Club Sportif MAA in Montreal January 4 to 6, inviting representative teams from all Canadian provinces and territories to compete.

Based on its status as an associate member of Squash Canada, the Canadian Forces was also invited to participate. Used as an incentive to promote excellence in the sport of squash Forces-wide, the individuals who represented

the CF were selected from the CF national squash rankings (numbers one, two and three).

The competition was attended by some of the best players in Canada and the world. World ranked #38 Shawn Delierre was the number one player representing Quebec. Two others in the top 100 - Andrew Schnell (#85) and Dane Sharpe (#93) - were also present. It is all relative, but can you imagine the CF national hockey team being invited to a

competition regrouping some NHL players?

Without lofty expectations, as the tournament's 11th-seeded team, the CF team met Nova Scotia in the competition's first round. Master Corporal Brian Reid (423 Squadron Shearwater, CF #1), Major Gilles Couture (404 Squadron, 14 Wing Greenwood, CF #2) and Major Luc Leveille (D Mil C Ottawa, CF #4) comprised the CF team. Captain Greg Myers (425 Squadron Bagotville, CF

#3) was unable to participate due to illness. After a tough battle, with the result ending in Nova Scotia's favour, the team played Quebec's second team - a team with professional players on its roster. Once again, the CF players left everything on the court but came up short against this very skilled adversary.

Following the two losses, things started to get fun - and interesting! The CF team next played the Northwest Territories to see who would sit for the rest of the tourney, finishing in 11th place. After three tough matches, the CF team swept Northwest Territories 3-0. With that win, players earned the right to meet New Brunswick and fight for ninth position. An epic squash battle ensued and, to the delight of all team members, a 2-1 score in favour of the CF resulted.



From left are Canadian Forces squash team members, competing at the Squash Canada 2013 men's team championship: Major Luc Leveille, Major Gilles Couture and Master Corporal Brian Reid.

V.Thoo

Finishing ninth at this tournament was an amazing accomplishment for a small squash community, a very positive indication of the quality of players the CF produces from its grass-roots program. The team would like to thank their respective sports directors and chains of command for outstanding support in making players' participation possible.

Squash season ending with a bang

Don Lacroix,
Greenwood ZX Squash Club

The Greenwood ZX Squash Club has had a fantastic year so far but, sadly like all good things, it will soon come to an end.

However, unlike in other years, when the squash season slowly gave way to spring, Greenwood is going

out in style and will be the place to go for squash in the Maritimes in March. Its 14 Wing's turn to host the Canadian Forces regional squash championships March 18 through 22 and, for the first time ever, the Nova Scotia Open will be held outside Halifax Regional Municipality here March 21 to 24. With overlapping events, the club

will be very busy, but players are looking forward to meeting their squash community friends at this gathering.

Several military and civilian club members will compete in these tournaments. This is your chance to come out and cheer them on, and watch some of the best squash players in Atlantic Canada.

See you on the courts.

Energize at the WOW! Conference La conférence WOW! Toute une joie de vivre!



You'll be WOWED and INSPIRED the moment you walk in the room!

DATE: **Saturday March 23, 2013** TIME: 9am-4pm

LOCATION: Annapolis Mess, Greenwood, NS

Sponsored and organized by the **Greenwood MFRC** for **military members, their families, and volunteers**

L'ÉNERGIE et L'INSPIRATION à son meilleur!

DATE: **Samedi le 23 mars 2013** HEURE: 9 hrs - 16 hrs

LIEU: Annapolis Mess, Greenwood, NS

Organisée et commanditée par **Greenwood MFRC** pour **les membres des militaires, leur famille et les bénévoles**

GUEST SPEAKER :
INVITÉE : JANICE BUTLER

Mrs. Butler is an internationally renowned speaker who entertains the audience by her amazing energy, enthusiasm, and ability to tell stories that will keep you on the edge of your seat! She has been referred by her audience as a mixture of Ellen DeGeneres and Anthony Robbins!



Janice Butler est une conférencière de renommée internationale, qui se démarque par son énergie et sa joie de vivre. Son style dynamique est reconnu par son public comme étant un heureux mélange d'Ellen Degeneres et d'Anthony Robbins!

www.CreativeBreezeTraining.com

For more information or to register please call (902) 765-5611
Pour plus d'information ou pour s'inscrire, veuillez communiquer au (902) 765-5611

Seeing is believing.

Bring your prescription to Vogue Optical and let our Licensed Opticians help ensure you get the perfect fit.

Licensed Opticians take a balanced view of your vision care – they not only ensure you see well, but are also trained on what colors, styles and sizes suit your facial features, personality and prescription.

HELIUM Paris Ray-Ban D&G DKNY



1065 Central Avenue, Greenwood
765-1123

Vogue Optical 2nd PAIR FREE POLICY



DODGE
CARAVAN KIDS
PROUD SPONSOR OF AMATEUR HOCKEY ACROSS CANADA

Less Fuel. More Power. Great Value is a comparison between the 2013 and the 2012 Chrysler Canada product lineups. 40 MPG or greater claim (7.0 L/100 km) based on 2013 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. See retailer for additional EnerGuide details. 2013 Dodge Dart AERO (Late availability) - Hwy: 4.8 L/100 km (59 MPG) and City: 7.3 L/100 km (39 MPG). Wise customers read the fine print: • †, ‡ 2013 Dodge Dart offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after March 1, 2013. Offers subject to change and may be extended without notice. All pricing excludes freight (\$1,595), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. • \$15,995 Purchase Price applies to the new 2013 Dodge Dart SE (25A) only. • 4.99% lease financing through WS Leasing Ltd. (a wholly owned subsidiary of Westminster Savings Credit Union) to qualified customers on new 2012, 2013 and 2014 Jeep Grand Cherokee and Dodge Dart models at participating retailers in Ontario, New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island. 4.99% lease financing for up to 60 months available on the new 2013 Dodge Dart SE (25A) model to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, and TD Auto Finance. Retailer order/trade may be necessary. Retailer may sell for less. See your retailer for complete details. Example: 2013 Dodge Dart SE (25A) with a Purchase Price of \$15,995 leased at 4.99% over 60 months with \$499 down payment, equals 130 bi-weekly payments of \$99 with a cost of borrowing of \$3,018.80 and a total obligation of \$14,869.40. 22,000 kilometre/year allowance. Charge of \$0.18 per excess kilometre. Some conditions apply. †0% purchase financing for up to 96 months available on the new 2013 Dodge Dart SE (25A) model to qualified customers on approved credit through Royal Bank of Canada, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Retailer may sell for less. See your retailer for complete details. Example: 2013 Dodge Dart SE (25A) with a Purchase Price of \$15,995 financed at 0% over 36 months with \$0 down payment, equals 78 bi-weekly payments of \$205.06 with a cost of borrowing of \$0 and a total obligation of \$15,995. ‡2013 Dodge Dart GT shown. Late availability. 2013 Dodge Dart Rallye shown. Price: \$19,495. **Based on 2013 Ward's upper small sedan costing under \$25,000. ††The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. ‡Jeep is a registered trademark of Chrysler Group LLC.

SCAN HERE
FOR MORE GREAT OFFERS



2013 Dodge Dart GT shown.[§]

2013 Dodge Dart Rallye shown.[§]

DODGE
ALL-NEW **Dart** //

*DODGE PERFORMANCE. ALFA ROMEO FLAIR.
OUT-OF-THIS-WORLD FUEL ECONOMY.*

LEASING IS BACK!

2013 DODGE DART SE
THE MOST TECHNOLOGICALLY ADVANCED COMPACT CAR**



LEASE FOR **\$99** BI-WEEKLY* @ **4.99%** FOR 60 MONTHS WITH \$499 DOWN

OR

PURCHASE FOR **\$15,995** AND GET **0%** FINANCING† FOR 36 MONTHS



TECHNOLOGY

- 8.4-INCH TOUCH-SCREEN DISPLAY
- 7-INCH RECONFIGURABLE TFT DISPLAY



SAFETY

- 10 AIR BAGS, 4-WHEEL ABS DISC BRAKES
- ELECTRONIC STABILITY CONTROL

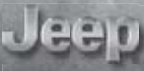


EFFICIENCY

- EXCELLENT FUEL ECONOMY – UP TO 59 MPG HWY (4.8 L/100 KM[§])
- POWERFUL, FUEL-EFFICIENT 2.0 L 160 HP TIGERSHARK™ ENGINE

Dodge.ca/dart

LESS FUEL. MORE POWER. GREAT VALUE.
10 VEHICLES WITH 40 MPG HWY OR BETTER.





Corporal Guillaume Tessier, Captain Robbie Hindle, Captain Joe Antle, Corporal Chris Cole, Warrant Officer Chuck Rice, Corporal Arthur White, Sergeant Johnny Woods, Master Corporal Johnathan Bedard-Theoret.

Submitted



Back – Warrant Officer Cheryl Doyle, Nicole Peppard, Warrant Officer Roxanne Clowe, Private Chelsea Doyle, Captain Angie Thomas, Corporal Savannah Ward. Across the front are Captain Jamie MacDonald, Master Corporal Sonia Boucher, Captain Andreanne Vidal, Captain Jen Finateri

Submitted

Halifax sweeps titles at Atlantic Region volleyball

Laura Armstrong,
Trident staff

It took battling in a tense championship game for For-

mation Halifax's men's volleyball team to secure the 2013 Canadian Forces Atlantic Region Volleyball title, defeating 12 Wing Shearwater in five sets.

Seven teams competed

overall during the co-ed tournament, held at CFB Halifax's Stadplex February 18 to 22. Halifax, 14 Wing Greenwood and CFB Gagetown had entries in both the male and female contingent, while 12 Wing

was represented solely in the men's division.

Results on the men's side were consistently close. A head-to-head tiebreaker put 12 Wing in first after round robin play, setting up a semi-final match between second seeded Halifax and third place Gagetown.

Halifax's women's team made easy work of the five-day tournament, dominating their competition with a three-game unbeaten run. As defending champions, Halifax began its tournament with round robin wins against 14 Wing and Gagetown; a three-set championship match saw Halifax defeat Gagetown by at least four points per game.

The 2013 CF Men's and Women's Volleyball Nationals will be held April 27 to May 1 at CFB Borden.



765-8848

Escape From Planet Earth

10 - 14 Mar 13
(EARLY SHOW)
Sun - Thurs 7 PM
Sun 2 PM Matinee
Rated PG

A Good Day To Die Hard

10 - 14 Mar 13
(LATE SHOW)
Sun - Thurs 9 PM
Rated 14A

See you at the Movies

www.zedex.ca

Posted to PETAWAWA?

You'll need to change your License & Registration

Visit our **Chatroom @ MurphyFord.com** for more information.

Call us to book your FREE safety inspections.



613-735-6861 • 1341 Pembroke St. W., Pembroke
www.murphyford.com

Valley Denture Services



Kentville

381-B Main Street
678-2521

Mon - Thurs 8:30-4:30
Fri 8:30-3:00

Windsor

173 Gerrish Street
798-4412

Mon 1:00-4:30
Wed 8:30-12:00

Kingston

1351 Marshall Road
765-6999

Tues 9:00-4:30, Wed 9:00-4:00
Thurs 8:45-4:30

New Minas

9362 Commercial Street
681-6774

Mon 8:45-4:30, Wed 8:45-4:30
Friday 8:45-3:00

services & trades



Contact Anne at 765-1494 local 5833 for rates and other advertising inquiries.

Paul Uhlman Construction Ltd. CONTRACTOR



New Homes & Renovations
Over 38 Years Experience
Quality Workmanship
Guaranteed

T: 902-825-0581 | F: 902-825-4344 | E: uhlman.peu@ns.sympatico.ca



RALPH FREEMAN MOTORS LTD.



YOUR LOCAL USED CAR DEALER

Licensed Mechanic Available on Site

U-Haul Dealer call 765-0158

www.freemansautosales.com

820 Main Street, Kingston • 765-2555



FREE! FREE! INSIDE HEATED INDIVIDUAL Self-Storage Units

Units 6'x6'x10' up to 13'x16'x10'
Units Start From Only \$65.00 and Up

Easy INSIDE loading and unloading

847-0490 • 847-5074

Pay two months rent & Your 3rd month rental FREE!

Taking Care of People. It's What We Do.



MACDONALD
CHISHOLM
TRASK Insurance

Sandra Zwicker, CAIB (Hons)
7 School Street
Middleton, NS

902-825-3510
sandra.zwicker@mcti.ca
www.mcti.ca

JASON BEZANSON ROOFING & CONSTRUCTION

9594 South Farmington
RR1 Wilmot, NS B0P 1W0
840-0552

Specializing in Roofing • Free Estimates

Ready to relay?

Base teams coming together for cancer

Relay for Life is the Canadian Cancer Society's signature fundraising event - however, it is more than just a fundraiser.

The June 14 event brings family, friends and community together at Rotary Raceway Park in Middleton to celebrate life and fight cancer. 14 Wing Greenwood has been instrumental in making this event

a local success in past years. This is an opportunity for you to become involved in a worthwhile cause.

An information session will be held at 1 p.m. Friday, March 15 in the Officers' Games Room at the Annapolis Mess. Military, civilian and family members of 14 Wing are all welcome. Come find out more about the event,

how to register your team (there are no minimum numbers set for team sizes) and how to become involved.

For more information, contact wing event OPI Captain Mathieu Kuhn at Mathieu.Kuhn@forces.gc.ca or 765-1494 local 3568.



Canadian
Cancer
Society

Société
canadienne
du cancer



WELCOME
Mike Landry
& the staff welcome
Justin & Tom
to Kentville Mazda



Tom Ruggles
Justin Bishop
Come see us for great customer service



MAZDA 3
0% FINANCING
SELECTED MODELS

FOR 84 MONTHS



KENTVILLE mazda
971 Park St., Kentville, N.S. • www.kentvillemazda.com
678-3323 • Toll Free 1-877-817-8880

spotlight of the week

- Six businesses run a business card ad for six weeks
- Each week one of the businesses will be featured
- Feature may include an article & photos

Only
\$199.00
plus tax
per business

Call **Anne Kempton**
Marketing Consultant
765-1494 local 5833
marketing@auroranewspaper.com



Photo Credit: DND

En action pour les vétérans



Saviez-VOUS que le Plan d'action de transition des vétérans vise à aider les vétérans et leurs familles à réussir leur transition vers la vie civile? Les programmes et les services d'Anciens Combattants Canada sont maintenant plus faciles d'accès.

- Parcourez le **Navigateur de bénéfices des vétérans**
- Allez en ligne et inscrivez-vous à **Mon dossier ACC**
- Créez votre propre **Mon cahier ACC**
- Renseignez-vous sur les **perspectives de carrière au civil**
 - Inscrivez-vous aux **Services de transition de carrière**
 - Découvrez le programme **Jobs-Emplois**
 - Obtenez un emploi dans la construction grâce au programme **Du régiment aux bâtiments**
- Recevez le paiement de vos prestations par **dépôt direct**.
- Obtenez de l'information sur les services et les programmes dans plus de **600 points** de service au pays, grâce à notre partenariat avec Service Canada.

Pour en savoir plus sur les services et les programmes, consultez

veterans.gc.ca/outils



ou balayez
ce code

the **Aurora**



Gouvernement
du Canada

Government
of Canada

Canada

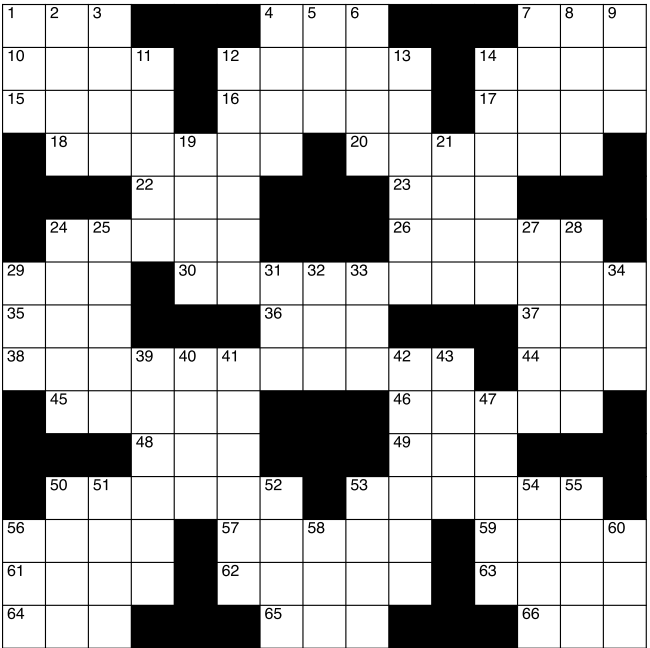


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, (902)765-1717; or email editor@auroranewspaper.com. Dated 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 18



CLUES ACROSS

- 1. Something curved in shape
- 4. Tattoo (slang)
- 7. Therapeutic resort
- 10. His ark
- 12. Organized crime heads
- 14. Actor Connery
- 15. Free from danger
- 16. Honey badger
- 17. Part of a deck
- 18. Cause to run off the tracks
- 20. Classical music form
- 22. Defensive nuclear weapon
- 23. Volt-ampere
- 24. "Socrate" composer Erik
- 26. Keep up
- 29. Foot raced
- 30. The 44th President
- 35. Aboriginal (abbr.)
- 36. Wedding vow
- 37. 21st Hebrew letter
- 38. "Little Man Tate" director
- 44. Teletype (Computers)
- 45. Discovered alternating current
- 46. Tears down (alt. sp.)
- 48. Resinlike substance in shellac
- 49. Military mailbox

- 50. Smoothed wood
- 53. Old Testament book
- 56. Japanese lake with marimo
- 57. Card, dining or coffee
- 59. Checks
- 61. Telephone exchange (abbr.)
- 62. Greek covered walks or colonnades
- 63. Pigmented eye membrane
- 64. No. French river
- 65. Airborne (abbr.)
- 66. Shock therapy

CLUES DOWN

- 1. Autonomic nervous system
- 2. Highway
- 3. Eating house
- 4. Afrikaans
- 5. Likely
- 6. Foot digits
- 7. Place to sit
- 8. For in Spanish
- 9. Also or including
- 11. N W Afghan city
- 12. Black Sea peninsula
- 13. Language of Slovakia
- 14. Divine Egyptian beetle
- 19. What a baby wears to eat
- 21. River of NE Ecuador
- 24. European wooden shoe
- 25. Positive pole
- 27. Hereditary social class (Hindu)
- 28. Utters
- 29. British rule over India
- 31. ___ de Janeiro
- 32. Promotional materials
- 33. Narrow collapsible bed
- 34. Whatsoever
- 39. Land surrounded by water
- 40. Ardor
- 41. Aspects
- 42. Removes writing
- 43. ___ Nui, Easter Island
- 47. Conductor Sir Georg
- 50. Landscaped road (abbr.)
- 51. Research workplaces
- 52. Organized factual information
- 53. A scheme or program
- 54. Female horse or zebra
- 55. Invests in little enterprises
- 56. Signing
- 58. Robert's nickname
- 60. Very fast airplane

metro crossword brought to you compliments of



BEST TOYOTA

840 Park St., Kentville
(902) 678-6000
Toll-free 1-888-466-2702
www.besttoyotasales.com

At CentreStage

CentreStage Theatre Presents The Dixie Swim Club, about five very different Southern women who met on their college swim team and continue to share long weekends at the same beach house. This hilarious and poignant play is about the friendships that last forever. It is best suited for adults and teens. Dixie Swim Club plays March 15, 16, 17 (2 p.m. matinee), 22, 23, 24 (2 p.m. matinee), April 5, 6. Showtime 8 p.m./ 2 p.m. matinee). Tickets \$12/\$10. Call 678-8040 for reservations. www.centrestagetheatre.ca.

Teen group

To May 28, a social group for teenagers with autism will meet Tuesday evenings, 6:30 p.m. to 8:30 p.m., at the Sobeys community room, Greenwood. For information, contact Karen at 765-3502.

Meeting

March 11, 7 p.m., Mid Valley Palliative Care Services will hold its annual meeting in the Founder's Room, Soldiers' Memorial Hospital (storm date March 18).

Autism program

To March 12 (Tuesdays), the Annapolis Valley Chapter of Autism Nova Scotia is pleased to offer an after school arts and crafts program for children between the ages of six and 10 with Autism Spectrum Disorder. There are spaces for seven children. There will be one group leader and one support person to supervise children. Aldershot Elementary School, 6:30 p.m. to 7:30 p.m. Free. Registration: Denise, 678-6709 or 670-8294.

Luncheon

March 12, join friends at the Kingston Lions' hall for a delicious meal of chicken supreme, mashed potatoes, vegetables and dessert. Cost: \$8, \$8.50 delivered. For take-out orders, call 765-2128.

March break

March 12 and 13, a March break day camp takes place at Middleton Baptist Church. This free camp, offered to children age three to Grade 5, runs from 9:30 a.m. to noon each morning. Registration online at www.middletonbaptist.com, or by phoning 825-3537. The theme is Mexican Fiesta. Wednesday, all children and parents/guardians are invited to stay for tacos and a children's clothing and toy swap (noon to 1 p.m.).

Comedy fundraiser

March 16, support the Rainbow Riders Gymnastics & Trampoline Club, Middleton, at a comedy night, featuring Sugar Free Leonard from the Yuk Yuks Tour; at the Capitol Pub, Middleton, 8:30 p.m. Only 100 tickets, now available at the Capitol Pub or Middleton Pharmasave; \$10 each. Door prizes, 50/ 50 draw.

Breakfast

March 16, enjoy breakfast at the Aylesford United Church, 8 a.m. to 11 a.m. Freewill offering. Sponsored by the Committee of Stewards for church expenses. Everyone is welcome.

Variety show

March 16, the Kingston Lions present a variety music night at the Kingston Lions' hall, 7 p.m. Cost \$5. Featuring performances by Just For Fun, Hughie McDonell and Wendy Lynn.

Supper

March 16, All Saints' Church, Kingston, will be holding a St. Patrick's Day dinner, 4:30 p.m. to 6 p.m., at the church on Pleasant Street (turn west off Bridge Street). Menu: stuffed pork loin, mashed potatoes, turnip, carrots, peas, gravy and dessert. Price: \$12, tickets available from Gordie Skanes (825-6118). All are welcome!

Meeting

March 18, the Canadian Cancer Society's Kingston/ Greenwood Living With Cancer Support Group will hold its regular monthly meeting in the St. Mark's Protestant Chapel Annex, Greenwood, 7 p.m. to 9 p.m. The CEO of the CCS NS Division, Barbara Stead-Coyle, will be guest speaker, on "Reflecting On the Last 75 Years and the Future of the Canadian Cancer Society." Cancer patients, family and friends or anyone seeking information on cancer is invited to attend. For information: Lloyd Graham (765-6133) or Lynda Pierce (765-3055).

Spring celebration

March 19, 7 p.m., enjoy a recipe for an early spring at the Rosa M. Harvey Library: a town crier, live bunnies, two-week old lambs, tips on spring fashions and flower arrangement plus sampling of homemade ice cream. Spring formally comes a few hours early, with a celebration of the new season and something special for all ages.

Ticket auction

March 23, there will be a ticket auction at West Kings High, 10 a.m. to 3 p.m. Twenty tickets for

\$1. Lots of great prizes, including passes to Oaklawn Zoo and Upper Clements Park. All proceeds will help a West Kings teacher raise \$6,000 for the Diabetes Association. There will also be baked goods and a hot dog sale occurring throughout the day.

Supper

March 23, 4:30 p.m. to 6:30 p.m., "Meat" the spring at a meatloaf supper, hosted by the Paradise United Baptist Church. Menu: potato scallop, meatloaf, coleslaw, roll; pie for dessert. Come join us at the Paradise Hall. Adults, \$10; children under 12, \$7; under four, \$4.

Meeting

March 25 is the annual meeting for the Melvern Square & Area Community Association, 7 p.m., in the community hall, 165 Bridge Street, Melvern Square. Everyone welcome.

Dessert, card party

March 25, the Kingston and District Health Auxiliary will be holding a dessert and card party, 12:30 p.m. for 1 p.m., at the Kingston Lions' hall. Tickets are \$7, available at the door. There will be various card games and lots of prizes. Everyone is welcome. Please come out and help support our community and health auxiliary. For information, call 765-3094.

Luncheon

March 26, enjoy a home-made meal at a reasonable price: attend the Middleton Fireflies' luncheon, 11 a.m. to 1 p.m., at the Middleton fire hall. Lobster chowder (\$8), corn chowder (\$7) or hamburger soup (\$7), followed by your choice of upside-down cake or rhubarb crisp, tea or coffee. If you prefer to have the meal (minus the beverage) delivered to your Middleton home or work place, call Bonnie, 825-3062, by March 25.

Theatre

April 3 through 6, check out West Kings' production of Guys and Dolls, a 1950s-era musical that paints a colourful picture of big-city life and its characters of gamblers, night-club entertainers and do-gooders in a rollicking quest for luck and love. Featuring unforgettable songs that include "Luck Be a Lady", "A Bushel and Peck" and "I've Never Been In Love Before", the show runs at 7:30 p.m. April 3-6 and at 2 p.m. on April 7. Tickets are now on sale. Reserve seating may



Find & Win

Three easy ways to enter.

1. Through our website: www.auroranewspaper.com

2. Fax: 765-1717

3. Drop into our office located on 83A School Road (Morfee Annex)

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 DKNY frames? _____

2. Where is Ford Murphy located? _____

3. Who do you call if you are moving to Comox? _____

4. Who is giving away free movie passes? _____

5. What is the email address to apply for Princess Kingston? _____

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: DARRELL FREEMAN

be purchased in advance at the school or at Pharmasave outlets in Kingston and Berwick.

Men's basketball

Tuesdays, 7:30 p.m. to 9:30 p.m., men's basketball at Pine Ridge Middle School. Cost \$10/ person until December (or \$3/night). Enter by door in the back of the building. Info: Glen, 844-0156 or recreation@kingstonnovascotia.ca.

Volunteers needed

Valley Community Learning Association is recruiting volunteers to tutor ESL learners in Kings and Annapolis counties. If you can speak and write English, you can volunteer! For information, email lori.noseworthy@gmail.com or phone/ text (902) 692-8042.

Roller derby

Thursdays, Riptide Roller Derby will host open house sessions, for women ages 19 and up, at NSCC Middleton, 6 p.m. to 8 p.m. Sundays, learn to roller skate at the AV Morfee Centre, Greenwood, 6 p.m. to 8 p.m. Check us out on facebook.

Single parent support

Wednesdays - "Just Me & the Kids," a group supporting single parent families in our region, will be offered at Emmanuel Church, Middleton. Contact Deb, 825-6909, for information.

Dancing

Fridays, join us for an evening of square dancing, 8 p.m. to 10 p.m., at the Melvern Square Hall. Phone 765-8145 for information.

Donations accepted

The Greenwood Health Auxiliary's Opportunity Shop (in the Greenwood Mall, next to The Inside Story), is accepting donations of good used clothing, purses, shoes, linens, and small appliances. All proceeds go back to health care in our area.

Toastmasters

Tuesdays – join Toastmasters – where leaders are made - 6:15 p.m. to 8 p.m., at the Air Commodore Birchall Training Centre, Bldg 221, Greenwood. Everyone welcome. For information contact

edwardwedler@gmail.com or Edie Murray, 665-2397.

Horse back riding

Public horse back riding and lessons, 471 Vault Road, Melvern Square. Non-profit, registered charity; all funds support abused women and children. (902)824-2329.

Community luncheon

Community lunch every Wednesday at New Beginnings Centre, 1151 Bridge St., Greenwood. No charge. 11:30 a.m. to 2 p.m. There are also free clothes. Sponsored by Open Hand.

Middleton Skate Park

Committee meetings

Every 1st and 3rd Monday of each month, from 6 p.m. to 8 p.m. in the MRHS library. If you are interested in having a skate park in Middleton, these meetings are for you! New members always welcome. For info, call Brooke at 824-1069.

Youth bowling

14 Wing Greenwood Community

Centre youth bowling programs are underway for youth ages five to 19. Call the Greenwood Bowling Centre to register, 765-1494 local 5631.

Greenwood AA Group

Greenwood Group of Alcohol Anonymous, Tuesdays at St. Mark's Church Annex, 8 p.m. Meetings are open to those who have a desire to stop drinking.

Jam session

Wednesdays, come out to Brickton (12062 Hwy 1) jam sessions at 7 p.m. Great country and bluegrass music. Come to play, sing or listen. Refreshments. \$2 admission.

Kingston Area Seniors

Association

Kingston Area Seniors Association meets the second Wednesday of each month at 10 a.m. at Kingston Branch No 98 Royal Canadian Legion. Fun day (cards and games) every second and fourth Friday of the month, 1 p.m. For information, contact Pat Coakley, 765-2175.



Heart help

The Greenwood Health Auxiliary recently donated \$1,000 to the Valley Cardiac Rehab Society, presented at the annual Hearts on Ice fundraiser. From left are Judy DeWolfe RN, Mary Osmond, auxiliary vice-president; and Dr. Howard Wightman.

Submitted

sudoku

solution page 18

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

Fun By The Numbers

Level: Beginner

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



Soup Combo
6" classic sub
& soup

Think fresh. Eat fresh.™

Middleton - 902-825-5525 • Greenwood - 902-765-2267

patrick's puzzle

solution page 18

CRAFTY WORD SEARCH

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

WORDS

ACRYLIC
ARTISTIC
BAKING
BEADING
BRUSHES
CARDBOARD
CARRYING
CASE
CLAY

CRAFT
CREATE
DESIGN
DESK
HOBBY
HOOK
JEWELRY
KNITTING
MARKERS

MOLDING
PAINTS
PAPER
SCRAPBOOK
SEALANT
SEWING
SHELLAC
SPRAY
STICKERS

STRING
STYLE
SUPPLIES
TABLE
VELLUM
WOODWORKING
YARN

patrick's puzzle brought to you compliments of



Feeling confined by your data plan?
Our **worry-free Flex Data** plans automatically adjust to your changing needs.

Greenwood Mall | 765-2415

 **TELUS**
authorized dealer

horoscopes

March 10 - March 16

ARIES - Mar 21/Apr 20

Sorting through feelings may not come easy to you, Aries. At some point it becomes necessary to voice your opinions and you may need to show a vulnerable side.

TAURUS - Apr 21/May 21

Taurus, a few complications could arise this week and how you react to them will be telling of how the rest of the month may proceed. Think about this before you act.

GEMINI - May 22/Jun 21

Gemini, this week is likely to be a wash because there is something that came up that has the potential to dominate all of your time for the next several days.

CANCER - Jun 22/Jul 22

Cancer, though you may be anxious to help a friend out, you need to seriously consider whether you have the time to spare at this point in time. Putting yourself first is priority.

LEO - Jul 23/Aug 23

Leo, someone is going to open up to you emotionally and you may get caught off guard by the level of intimacy. This could turn out to be the start of a long-lasting friendship.

VIRGO - Aug 24/Sept 22

Virgo, let a particular situation cool down instead of adding extra fuel to the fire. Step away from a heated discussion if you feel like things may get out of control.

LIBRA - Sept 23/Oct 23

Libra, your heart may beat a little faster this week because of the excitement involved in meeting someone that has been on your mind. Be patient.

SCORPIO - Oct 24/Nov 22

Scorpio, continue to discuss a financial situation with your significant other. Even if the discussion grows tiresome, talking it out is the best way to resolve the issue.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, you have an uncanny way of turning something that would normally be disastrous into enjoyable chaos. Think about a side career in party planning.

CAPRICORN - Dec 22/Jan 20

Capricorn, big changes are in store for your family and there are nerves to accompany these changes. Set aside a day this week where you can have peace, quiet and time to reflect.

AQUARIUS - Jan 21/Feb 18

Aquarius, your words are being heard but their meaning is simply not sinking in. Try rephrasing or approach the situation from another direction.

PISCES - Feb 19/Mar 20

Pisces, your social schedule is jam-packed and you wouldn't have it any other way. There may be a pocket of time for more fun.

horoscopes brought to you compliments of

FRASER'S PRO Home Centre



BERWICK • 1-800-959-3727
KINGSTON • 1-902-765-3111
KENTVILLE • 1-902-678-8044
BRIDGETOWN • 1-902-665-4449
www.frasers.ca



classifieds

Classified advertisements, 35 words or less, are \$7 tax included. Additional words are 10 cents each, plus tax. Bold 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 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 on second floor in quiet rural area for single person. Rent includes all utilities, cable, Wi-Fi. Fully furnished and equipped with fridge, stove, washer and dryer. No smoking, no pets. Perfect for person on IR. Rent is \$900/month. Call Joe 765-1898. (3331-ufnb)

FOR RENT – 2 bedroom upstairs apartment located in Kingston. Close to Legion. Fridge and stove provided. Rent is \$550/month plus utilities. Available immediately. Call 825-3607. (3401-ufnb)

FOR RENT – Clean 3 bedroom apartment located in Nictaux. \$850/month with heat and lights included. Fridge, stove and dishwasher provided with washer/dryer hook-up available. Located

in a quiet subdivision. No dogs. Reference required. Call Ross at 840-0534. (3402-ufn)

FOR RENT – 1 bedroom apartment located in Middleton. Ground floor furnished. All utilities including WiFi and cable are included. References required. Rent is \$700/month. Call 902-844-0331 or rock-et650@eastlink.ca. (3403-ufn)

FOR RENT – small 2 bedroom house located in the Kingston area. Rent is \$725/month including heat and lights. Fridge and stove provided. Call 847-5046. (3403-ufn)

FOR RENT - One bedroom apartment in Middleton - \$450.00. Secure Building with On-site Superintendent. Utilities paid by Tenant. Pet friendly. On-site Laundry Facilities. Available Feb 1, 2013. Lease and References Required. Call 765-2421 for information. (3407-ufnb)

FOR RENT - Two Bedroom Apartment in Middleton - \$495.00. Secure Building with On-site Superintendent. Utilities paid by Tenant. Pet Friendly. On-site

Laundry Facilities. Available Feb 1, 2013. Lease and References Required. Call 765-2421 for information. (3407-ufnb)

For Rent - 2 bedroom house located near West Kings High School in Auburn, newly renovated. Available now. Hardwood floors, fridge/stove, including washer/dryer. Snow removal and lawn care provided. \$600.00 per month plus utilities. Call 844-0432. (3407-ufn)

FOR RENT – 4 Bedroom house with garage and 2 bathrooms in Kingston Subdivision. \$1100.00 per month, utilities extra. No pets & no smoking. References required. Phone 1-403-795-6430. Available Immediately. (3408-3tp)

FOR RENT – One Bedroom Apartment. \$650.00 a month, utilities included. Located in Tremont on Meadowvale Road, Nictaux. Fridge & Stove is available. Ready now. Call for more info. 765-8019 or 760-0496. (3409-2tpb)

FOR RENT – April 1st, 2013 Duplex located in central Middleton.

2 levels, adult suitable, lawn care & snow removal provided. \$685.00 per month, utilities not included. No smoking & no pets. Phone 825-4521. (3209-2tpb)

FOR RENT – Fully furnished/unfurnished 5 bedroom 140 year old Victorian home. Renovated, insulated and beautiful. Located in the middle of a working fruit farm. References required. Rent is \$900/month. Available April 1st. Call 847-1297. (3409-2tpb)

FOR RENT – Two bedroom apartment located at 677 Central Ave, Apt B, Greenwood. Available immediately. No pets. Rent is \$500/month plus utilities. Located on bus route. Call Kathy at 765-2938. (3410-3tp)

FOR RENT – Two bedroom apartment in adult building. 1486 Magee Drive, Kingston. In floor heat, ground level. \$690.00 a month. Available April 1st, 2013. Free lawn care and snow removal. Phone 309-0573. (3410-3tpb)

FOR SALE

QUAIL EGGS FOR SALE: You would be surprised to know that for such small eggs, with regular consumption, the health benefits



Dolls (and guys) on WK stage

Rosalyn Bevis, who portrays night club singer Adelaide Adams in West Kings' production of *Guys and Dolls*, is surrounded by her club dancers - from left, Brianna Northcutt, Laura Richardson, Sam Skipton, Meghan Breckon, Marissa McNeil, Sarah Mofford and Chloe Clark - in a scene from the musical, which comes to the stage in the West Kings AV room April 3 through 7. Reserve seating tickets are now on sale at the school and Pharmasave locations in Berwick and Kingston.

Submitted

C. HANSON DOWELL, Q.C.
250 Main St., Middleton
825-3059

DAN'S FIREWOOD
Hardwood, \$210 a cord
Softwood, \$170 a cord
Cut, Split, Delivered
Ph: 825-6424

AV SELF STORAGE
January special – 10% off
Call: 847-0003
New, secure, 24/7 access
Military Discounts

Steve Lake's Light Trucking
Moving & Deliveries
16' Cube Van
844 0551

David A. Proudfoot

Barrister * Solicitor * Notary

811 Central Avenue, PO Box 100
Greenwood, NS B0P 1N0

Email: dap@davidproudfoot.com

Web: www.davidproudfoot.com

T: 902-765-3301 F: 902-765-6493



- Real Estate
- Wills / Estates
- Consultations / Referrals

crossword solution

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

sudoku solution

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

patrick's puzzle

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

are huge!! The first great thing is they have no "bad" cholesterol like regular chicken eggs. They are 3-4 times higher in nutritional value, compared to regular chicken eggs. Quail eggs are much

higher in vitamins A, B1, B2, Iron, protein & potassium; also rich in phosphorus & calcium. Go online to find out many more great things about quail eggs. Cost \$1.00 per dozen located at 719 Torbrook Road or 760-1468. (3409-2tpb)

ENGLAND
WE BUY FURNITURE
By the piece or lot.
We do local moving
765-4430
812 Maple Street Ext., Kingston

cole sawler
Barristers • Solicitors • Notaries
Stephen I. Cole, LL.B.
Craig G. Sawler, LL.B.
264 Main Street, Middleton, N.S.
Tel: 902-825-6288
Fax: 902-825-4340
Email: info@colesawlerlaw.ca
Website: www.colesawlerlaw.ca
Evening and Weekend Appointments Available

SERVICES

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

FOR SALE FIREWOOD
Clear Hardwood
Cut, Split and Delivered
Quality Guaranteed
Please Phone
825-3361

PARKER & RICHTER
Barristers, Solicitors, Notaries
Chris Parker LL.B.
Ronald D. Richter
(B.A. Hon.), LL.B.
Southgate Court,
Greenwood N.S.
Phone: 902-765-4992
Fax: 902-765-4120
"Serving the Western Valley Since 1977"

VALUABLE COUPON
Complete Mobile Service
• repairs
• replacements
• truck sliders
CHARLIE'S AUTO GLASS
MORE THAN 25 YEARS OF EXPERIENCE!
\$100 OFF DEDUCTIBLE
FOR INSURANCE WINDSHIELD CLAIMS
Middleton: 825-3659

Before you fill out your tax return...

**Pierre Goulet,
SISIP Financial Services**

Now that the RRSP season is behind us, Canadians turn their attention to the deadline for filing their 2012 income tax return: April 30. Depending on your situation, here are a number of non-refundable federal tax credits that can help reduce your tax base, minimizing the amount of income tax you are required to pay for the 2012 fiscal year:

Home buyers' tax credit

A tax credit, for certain homebuyers who acquire a qualifying home in 2012. Calculated by multiplying \$5,000 by 15%, for a maximum credit of \$750. You will qualify for the HBTC if you or your spouse or common-law partner acquired a qualifying home in 2012 and you did not live in another home owned by you or your spouse or common-law partner in the year of acquisition or in any of the four preceding

years; or, if you are a person with a disability or acquired the home in 2012 for the benefit of a related person with a disability; the home must be acquired to enable the person with a disability to live in a more accessible dwelling or in an environment better suited to the personal needs and care of that person.

Pension Income Tax Credit

Some pension income may qualify for a federal and provincial/territorial pension income tax credit. This federal credit is worth \$300 (calculated by multiplying \$2,000 by 15%). Can be transferred to a spouse or common-law partner if it is not fully used by the taxpayer. If a taxpayer elects to split up to 50% of qualified pension income with their spouse or common-law partner, the latter will also be eligible for the pension tax credit, regardless of age. At age 65, RRSPs can be converted to RRFs, or used to purchase an annuity in order

to generate qualified pension income which qualifies for the pension tax credit and can also be split.

Spouse or Common-Law Partner Amount

If your spouse or common-law partner earned less than \$10,822, follow the calculation on line 303 of your return to see what amount you can claim. If you were single, divorced, separated, or widowed you can claim a maximum amount of \$10,822 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule 5 of your return.

Tax Credit for Public Transit

To help cover the cost of passes for buses, streetcars, subways, commuter trains and local ferries. Can be claimed by the taxpayer, their spouse or common-law partner, or their children under age 19. The pass must display: duration (at least 20 days in a 28 day period), date or period of valid-

ity, name of the issuing transit authority/organization, amount paid, identity of the rider (either by name or unique identifier).

Children's Fitness & Arts Tax Credits

Available to individuals for registration and membership costs of up to \$500 for both fitness and arts per child who is, under 16 years of age at the beginning of the taxation year, or under 18 for a child with a disability. The \$500 arts amount was new in 2011 and is available for prescribed programs of artistic, cultural, recreational, or developmental activities. The \$500 amount for prescribed programs of physical activity must contribute to cardio-respiratory endurance of the child and to one or more of the following: muscular strength, muscular endurance, flexibility, and balance. Each of these credits is worth a maximum of \$75 per child (calculated by multiplying \$500 by 15%).

Tuition and Education Amounts

Claim fees paid for post-secondary courses of \$100 or more for each educational institution; the institution must provide you with an official tax receipt or a form T2202A. A portion of the education amounts can also be transferred from spouses and children; complete the calculation on the back of your T2202A or schedule 11 in your income tax forms to find out what amount is eligible.

Medical Expenses

Claim only the amounts not reimbursed through your medical plan. Transferable between spouses. Medical expenses may include amounts paid outside of Canada. They must be more than 3% of your net income or \$2,109, whichever is less. The spouse with the lowest income should be the one claiming all expenses. Claim the expenses of all immediate family members including

parent, grandparent, brother, uncle, niece, who depended upon you for support during the tax year; the total of these expenses must be more than the lesser of \$2,109 or 3% of the dependent's net income for the year. Claim medical expenses paid in any 12-month period ending in 2012 that were not claimed in the previous year.

The above mentioned credits and further explanations can be found in your General Income Tax and Benefit Guide 2012. Note that many of the above may also qualify for provincial non-refundable tax credits but in different amounts. Take the time to read the portions of the guide that apply to your claims and let a SISIP Financial Services financial planner assist you: professional advice can really pay off and prevent you from making a costly omission.

This article is for general information purposes only and is the opinion of the writer.

Avant de remplir votre déclaration de revenus...

**Pierre Goulet,
Services financiers du RARM**

Maintenant que la saison des REER est terminée, les Canadiens se tournent vers leur déclaration de revenus de 2012, avant la date limite du 30 avril 2013. Selon votre situation financière, les crédits d'impôt fédéraux non remboursables ci-dessous vous permettront de réduire votre assiette fiscale, diminuant ainsi le montant d'impôt que vous devrez payer pour l'année financière de 2012:

Crédit d'impôt pour l'achat d'une première habitation

Ce crédit s'applique à ceux qui ont acheté une habitation admissible en 2012. Afin de calculer le crédit d'impôt, il faut multiplier 5 000 \$ par 15 %, pour un crédit maximal de 750 \$. Vous avez droit au crédit d'impôt si vous ou votre conjoint ou conjoint de fait avez acheté une habitation admissible en 2012 et si vous n'avez pas habité, au cours de l'année de l'acquisition ou des quatre années précédentes, dans une autre habitation dont vous ou votre conjoint ou conjoint de fait étiez propriétaire; ou si vous êtes une personne handicapée ou vous avez fait

l'acquisition d'une habitation en 2012 au bénéfice d'un parent qui a droit au montant pour personnes handicapées; vous devez avoir acheté l'habitation dans le but de permettre à la personne handicapée de vivre dans un logement plus accessible ou dans un milieu mieux adapté à ses besoins et soins personnels.

Crédit d'impôt pour revenu de pension

Certains revenus de pension sont admissibles à un crédit d'impôt pour revenu de pension fédéral et provincial ou territorial. Le crédit d'impôt fédéral est d'une valeur de 300 \$ (il est calculé en multipliant 2 000 \$ par 15 %). Un contribuable qui n'utilise pas la totalité de ce crédit d'impôt peut transférer la partie inutilisée à un conjoint ou à un conjoint de fait. Si un contribuable touche un revenu admissible au crédit d'impôt pour revenu de pension et qu'il choisit de fractionner jusqu'à 50 % de son revenu avec son conjoint ou son conjoint de fait, celui-ci devient également admissible au crédit d'impôt pour revenu de pension, peu importe son âge. À compter de 65 ans, vous pouvez convertir votre régime enregistré d'épargne-retraite

en un fonds enregistré de revenu de retraite ou acheter une rente afin de générer un revenu admissible au crédit d'impôt pour revenu de pension et au fractionnement.

Montant pour le conjoint ou le conjoint de fait

Si votre conjoint ou conjoint de fait a gagné moins de 10 822 \$ l'an dernier, faites le calcul à la ligne 303 de votre déclaration de revenus afin d'obtenir le montant que vous pouvez déduire.

Si vous étiez célibataire, divorcé, séparé ou veuf, vous pouvez réclamer le montant maximal de 10 822 \$, moins le revenu de toute personne à charge. Il s'agit du « Montant pour une personne à charge admissible » figurant à l'annexe 5 de votre déclaration.

Crédit d'impôt pour laissez-passer de transport en commun

Ce crédit d'impôt s'applique aux coûts d'un laissez-passer d'autobus, de tramway, de métro, de train de banlieue et de traversier local. Le contribuable, son conjoint ou son conjoint de fait ou encore leurs enfants de moins de 19 ans peuvent réclamer ce crédit. Le laissez-passer doit avoir une durée d'au moins 20 jours

dans une période de 28 jours et comporter la date ou la période de validité, le nom de la commission ou de l'organisation de transport émettrice et le montant payé. Il doit aussi identifier l'usager (par son nom ou un élément identificateur unique). Crédits d'impôt pour la condition physique et les activités artistiques des enfants. Ces crédits s'appliquent aux frais d'inscription et d'adhésion associés aux activités artistiques et de conditionnement physique s'élevant à 500 \$ par enfant ayant moins de 16 ans au début de l'année d'imposition, ou moins de 18 ans, s'il s'agit d'un enfant handicapé. Le crédit d'impôt de 500 \$ pour les activités artistiques a été introduit en 2011 et s'applique aux activités artistiques, culturelles, récréatives ou d'épanouissement visées par le règlement. Pour donner droit au montant de 500 \$, l'activité physique visée par le règlement doit contribuer à l'endurance cardiorespiratoire de l'enfant, et à un ou plusieurs des objectifs suivants : la force musculaire, l'endurance musculaire, la souplesse et l'équilibre. Chacun de ces crédits d'impôt comporte une valeur maximale de 75 \$ par enfant

(le calcul se fait en multipliant 500 \$ par 15 %).

Frais de scolarité et montants relatifs aux études

Il est possible de réclamer les frais versés pour des cours postsecondaires de 100 \$ ou plus par établissement d'enseignement, à condition d'avoir obtenu de celui-ci un reçu officiel ou le formulaire T2202A. Vous pouvez également transférer une partie des frais d'études à votre conjoint et à vos enfants. Il suffit d'effectuer le calcul au verso du T2202A ou de l'annexe 11 des formulaires d'impôt pour connaître le montant admissible.

Frais médicaux

Veillez réclamer seulement les montants non remboursés par votre régime de soins de santé. Les frais médicaux sont transférables entre conjoints. Les frais médicaux peuvent comprendre les dépenses engagées à l'extérieur du Canada. Ces dépenses doivent représenter plus de 3 % de votre revenu net ou 2 109 \$, selon le moindre de ces montants. Le conjoint ayant le revenu le moins élevé devrait réclamer toutes les dépenses. Vous pouvez réclamer les dépenses de tous les membres de la famille immédiate, incluant

les parents, grands-parents, frères, oncles et nièces qui étaient à votre charge pendant l'année financière. Le total de ces dépenses doit être supérieur à 2 109 \$ ou à 3 % du revenu net de la personne à charge pendant l'année, soit, le moindre des deux montants. Vous pouvez réclamer les frais médicaux que vous n'avez pas réclamés l'année précédente et que vous avez versés pendant toute période de douze mois antérieure à 2012.

Vous pouvez en lire davantage sur les crédits susmentionnés dans le Guide général d'impôt et de prestations de 2012. Il convient de noter que vous pourriez réclamer un bon nombre des dépenses susmentionnées et recevoir aussi des crédits d'impôt provinciaux non remboursables de différents montants. Veillez prendre le temps de lire les sections du Guide portant sur les réclamations qui vous touchent et de demander de l'aide auprès d'un planificateur financier des Services financiers du RARM. Il n'y a rien comme les conseils d'un expert pour vous éviter de commettre un oubli coûteux.

Cet article est publié à titre informatif et représente uniquement l'opinion de l'auteur.

Youth Happenings

Lindsay McCormack,
14 Wing Greenwood
Community Centre

Pre-teens and teens – take a March break with fun at the 14 Wing Greenwood Community Centre this week! There is a tonne of stuff planned, so make sure you check out the schedule.

Ping pong tournament
March 11
Pre-teen: 10 a.m. to noon
Teen: 1 p.m. to 3 p.m.

Bowling
March 12

Youth Centre Drop in Hours

	Pre-Teen (ages 9 – 12)	Teens (ages 13 – 18)
Monday	4 pm to 6 pm	6 pm to 9 pm
Tuesday	4 pm to 6 pm	6 pm to 9 pm
Wednesday	4 pm to 6 pm	6 pm to 9 pm
Thursday	4 pm to 6 pm	6 pm to 9 pm
Friday	6 pm to 8 pm	4 pm to 6 pm 8 pm to 10 pm
Saturday	2 pm to 4 pm 6 pm to 8 pm	4 pm to 6 pm 8 pm to 10 pm
Sunday	2 pm to 5 pm	5 pm to 9 pm

This March, give your grocery cart a makeover

Healthy eating begins at the grocery store. Put your best food forward and start planning your next delicious meal. To help you make healthy choices at the grocery store, Strengthening the Forces is pleased to offer a feature webpage titled Plan, Shop, Cook, Enjoy! For smart shopping tips, key resources, tasty recipes, and more, visit <http://cmp-cpm.forces.mil.ca/health-sante/ps/hpp-pps/nw-mn/nm-mn/>.

Ce mois de mars, donnez un nouvel air à votre panier d'épicerie

Manger sainement commence à l'épicerie. Adoptez une recette gagnante et commencez à planifier dès maintenant votre prochain repas délicieux! Pour vous aider à faire des choix santé à l'épicerie, l'équipe d'Énergisez les Forces a le plaisir de vous proposer une page web fonctionnalité intitulée Planifiez, achetez, cuisinez, savourez! Pour des conseils d'achat judicieux, des ressources-clés, des recettes savoureuses et bien plus encore, visitez le site web <http://cmp-cpm.forces.mil.ca/health-sante/ps/hpp-pps/nw-mn/nm-mn/>.

flyers

Insert your flyers in The Aurora Newspaper

We distribute 5,900 copies from Middleton to Coldbrook.

What better way to promote your business or service?

Call Anne
765-1494 local 5833



Pre-teens: 1 p.m. to 2 p.m.
Teen: 2 p.m. to 3 p.m.

Gym games
March 13
Pre-teen: 10 a.m. to noon
Teen: 1 p.m. to 3 p.m.

Wii games
March 14
Teen: 1 p.m. to 3 p.m.

Swimming
March 14
Pre-teen: 9:30 a.m. to 10:30

a.m. at the Fitness & Sports Centre

Movie & snack
March 15
Pre-teen: 11 a.m. to 1 p.m.
Teen: 1 p.m. to 3 p.m.

English muffin pizza, sky parfaits and a movie – cost \$5

The community centre will be open for regular pre-teen and teen hours during the week as well.

March Break

AT THE GREENWOOD MALL

Centre Court • Admission Free

Exhibits ALL WEEK

March 11 - 13 • 10am-4pm

Little Ray's Reptile Zoo

3 live shows daily
11am, 1pm, 3pm

There will be snakes, lizards, a small crocodilian, tarantulas and scorpions.

March 11 • 2pm

Make a Harlem Shake Video

Everyone welcome to join in.

March 14 - 16 • 9:30am-9pm

Newfoundland Insectarium

Exhibits of nature featuring insects and arthropods from around the world, persevered and live insects interspersed.

March 15 • 6pm

Roo's Movie Night

featuring "Wreck It Ralph"

GREENWOOD MALL

Face Painting
March 12-14
12-3pm
Peoples Court

Roo's

Customer Service | 902-765-4206

HOURS: Mon-Fri 9:30-9 Sat 9:30-6 Sun 12-5 | www.greenwoodmall.ns.ca