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# the Aurora

Vol. 35 No. 12 MARCH 24, 2014 NO CHARGE www.auroranewspaper.com

## New life for LRP Auroras

Sara Keddy,  
Managing editor

The grey-painted hulk of the CP140 Aurora may reflect its age – but not its capabilities, as the aircraft continues in service through to 2030.

Minister of National Defence Ron Nicholson was at 14 Wing Greenwood March 19 to announce a \$548 million push to put four more of the aircraft through the Aurora Incremental Modernization Project, the Aurora Life Extension Project

and the Aurora Extension Proposal. Ten aircraft are now working their way through a \$1.5 billion investment begun in 2008: six are complete, with extensive exercise and training regimes underway, and the remaining four will be done by 2016.

The Royal Canadian Air Force, and 14 Wing crews specifically, flew an updated Aurora, with advanced sensor systems, in 2011/ 2012, over Libya and pushed capabilities to their limits.

“The modernized Aurora is incredible,” said 14 Wing Commander Colonel Iain Huddleston at the announcement event, held on the floor of Hangar 11 in front of one of the aircraft and a parade of wing personnel and special guests.

“The sensor capabilities are exponentially improved over the aircraft I



Minister of National Defence Robert Nicholson gets a look at the capabilities of a Block III CP140 Aurora, with, from left, Captain Andrew Holden, Major Ian Perreault and Captain Phil during his visit to 14 Wing Greenwood March 19.

Corporal J.Reynolds, 14 Wing Imaging

flew in the 1990s, and the new enhancements are specifically from lessons learned over Libya.”

While the initial Block III upgrades announced in 2008 included re-winging the aircraft, last week’s announcement

allows for three enhanced capabilities to be included in work ahead: the Link 16 Datalink, which allows aircraft to pass along information faster; the Beyond Line of Sight communications system, which takes horizon limitations out

of the aircrews’ ability to share video and information with partners farther away; and a self-defence suite.

“That is something we didn’t have over Libya, so we had to make very careful assessments for the safety of our

plane and crew while we were on mission,” Huddleston said. “The government is confirming the success we’ve had. We have challenges ahead, but of the best kind. These are exciting times for the long range patrol community.”



From left, 14 Wing Greenwood Commander Colonel Iain Huddleston and Minister of National Defence Robert Nicholson announce additions to the modernization and life of the Royal Canadian Air Force’s CP140 Aurora fleet.



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# Happy Nutrition Month

## 10 tips to help make eating veggies, fruits easier

Building a healthy plate can be easy and delicious when you fill half of it with colourful nutritious vegetables and fruit.

**1. Be ahead of the game:** Cut up a big batch of fresh veggies and fruits and package them into individual servings, or enough for your family. When you are in a rush, grab them on the go. Enjoy fresh veggies with hummus for an awesome balanced snack.

**2. Include fruit at breakfast:** Top your cereal or pancakes with delicious berries or bananas. Make a yogurt parfait with fruit and low fat granola.

**3. Keep visible reminders:** Keep a bowl of fruit on the table or counter and keep your ready-cut veggies in sight in your refrigerator.

**4. Challenge yourself to try something new on your pizza:** Try broccoli, spinach, green peppers, tomatoes, mushrooms or zucchini!

**5. Try canned or frozen:** Canned and frozen produce may be less expensive than fresh and they are quick and easy, too! Canned veggies are a great addition to meals, so keep tomatoes, mushrooms, beans, corn and beets on hand

- but look for "low sodium" or "no salt added" when buying canned veggies. Frozen fruit is perfect for smoothies or over frozen yogurt: look for "no sugar added" when buying frozen or canned fruit.

**6. Get creative at the salad bar:** Toss in shredded carrots, strawberries, sweet peas or orange segments to your salad. Choose the fruit from the salad bar for your dessert when dining out.

**7. Choose vegetables rich in colour:** Brighten your plate with vegetables that are red, orange or dark green. Squash, toma-

atoes, spinach or kale and sweet potatoes are excellent sources of vitamins and minerals. Make colourful kabobs!

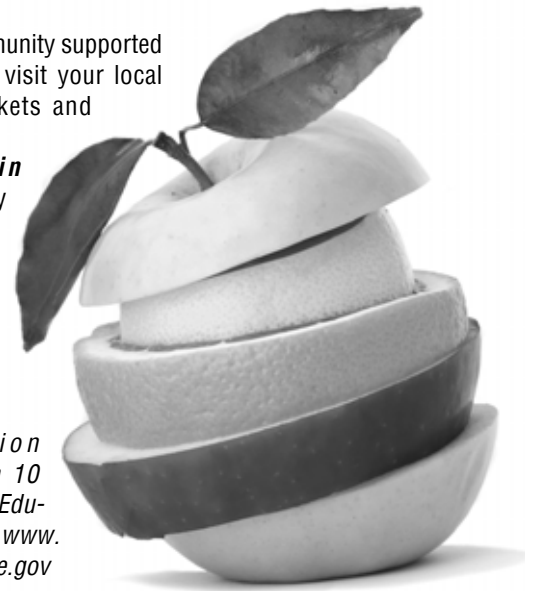
**8. Keep it simple:** Buy vegetables and fruits in their whole form. Pre-cut, pre-washed, ready to eat and processed foods are convenient but often cost more than the whole forms. Try and buy the produce and prepare it when you are putting your groceries away.

**9. Plant your own:** Start a garden, which can be fun for the whole family. Look online for info on starting a garden. If gardening isn't your thing,

consider community supported agriculture or visit your local farmers' markets and buy local.

**10. Buy in season:** Buy vegetables and fruits in season for maximum flavour and, usually, at lower cost.

Information adapted from 10 tips Nutrition Education Series [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)



# Bon mois de la nutrition

## Voici 10 conseils pour vous aider à manger des fruits, des légumes

Préparer une assiette santé peut être facile et s'avérer délicieux lorsque vous en remplissez la moitié de fruits et de légumes nourrissants et colorés.

**1. Prenez de l'avance :** Coupez une bonne quantité de fruits et de légumes frais, puis répartissez-les en portions individuelles ou suffisantes pour votre famille. Lorsque vous êtes pressé, vous pouvez vous servir rapidement. Mangez vos légumes frais avec de l'hoummos et vous aurez un goûter équilibré et délicieux.

**2. Des fruits pour déjeuner :**

Ajoutez des bananes ou des petits fruits à vos céréales ou à vos crêpes. Préparez un parfait au yogourt avec des fruits et du granola faible en gras.

**3. Ayez des rappels visuels :** Gardez un bol de fruits sur la table ou le comptoir et ayez à vue des légumes préoccupés dans le réfrigérateur.

**4. Essayez quelque chose de nouveau sur votre pizza :** Ajoutez-y du brocoli, des épinards, du poivron vert, des tomates, des champignons ou des courgettes!

**5. Des légumes et des fruits congelés ou en conserve :** Les

fruits et les légumes congelés ou en conserve peuvent coûter moins cher que les frais, et ils sont plus rapides et faciles à préparer! Les légumes en conserve sont un complément tout indiqué aux repas. Alors ayez à la main des tomates, des champignons, des haricots, du blé d'Inde et des betteraves en conserve. Toutefois, recherchez la mention « à faible teneur en sodium » ou « sans sel ajouté » sur l'emballage. Les fruits congelés sont excellents pour les boissons fouettées ou sur du yogourt congelé. Recherchez la mention « sans sucre ajouté »

quand vous achetez des fruits congelés ou en conserve.

**6. Ayez de l'imagination quand vous passez au buffet à salade :** Ajoutez des carottes râpées, des fraises, des pois de senteur ou des quartiers d'orange à votre salade. Au restaurant, choisissez des fruits du buffet à salade pour le dessert.

**7. Choisissez des légumes aux couleurs riches :** Mettez de la couleur dans votre assiette en optant pour des légumes rouges, orange ou vert foncé. Les courges, les tomates, les épinards, le chou vert frisé et les patates douces sont

d'excellentes sources de vitamines et de minéraux. Montez de belles brochettes colorées!

**8. Ne vous compliquez pas l'existence :** Achetez des fruits et des légumes entiers. Les aliments préoccupés, prêts à manger et transformés sont pratiques, mais ils coûtent souvent plus cher que ceux qui ne le sont pas. Achetez des fruits et des légumes et préparez-les lorsque vous serrez l'épicerie.

**9. Faites pousser vos propres fruits et légumes :** Faites un potager, une activité qui peut être amusante pour toute la famille. Trouvez de l'information sur la

façon de faire un potager. Si le jardinage n'est pas votre tasse de thé, pensez au programme « Agriculture soutenue par la communauté » ou rendez-vous au marché des producteurs agricoles de chez vous et achetez des produits locaux.

**10. Achetez des fruits et des légumes de saison :** Achetez des fruits et des légumes de saison pour un maximum de saveur et souvent un meilleur coût.

Adapté de 10 tips Nutrition Education Series [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)



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### Useful links | Liens utiles

**Canadian Air Force website**  
Site Web de l'Aviation royale canadienne  
[www.airforce.forces.gc.ca](http://www.airforce.forces.gc.ca)

**Community Gateway Site**  
Site du portail communautaire des Forces canadiennes  
[www.cfcommunitygateway.com](http://www.cfcommunitygateway.com)

**14 Wing Greenwood Site**  
Site de la 14e Escadre Greenwood  
[www.airforce.forces.gc.ca/14w-14e](http://www.airforce.forces.gc.ca/14w-14e)

**Personnel Family Support Services**  
Services de soutien au personnel et aux familles des Forces canadiennes  
[www.cfmws.com](http://www.cfmws.com)

**National Defence and the Canadian Forces**  
Défense nationale et Forces canadiennes  
[www.forces.gc.ca](http://www.forces.gc.ca)

**Combat Camera** | Caméra de combat  
[www.combatcamera.forces.gc.ca](http://www.combatcamera.forces.gc.ca)

**Recruiting** | Recrutement  
[www.forces.ca](http://www.forces.ca)

**Military Family Resource Centre**  
Centre des ressources pour les familles des militaires  
[www.familyforce.ca](http://www.familyforce.ca)

**VPI** | VPI  
[www.vpinternational.ca](http://www.vpinternational.ca)

# Teaching trade, Greenwood great fit for Detcheverry

**Corporal Crystal Roche,  
14 Wing Imaging**

Master Corporal Todd Detcheverry loves teaching, passing on the skills he has learned over the years about navigation systems

Detcheverry joined the Canadian Armed Forces (CAF) in 2005 at Canadian Forces Base (CFB) Halifax as an avionics systems technician (AVS). After completing his Basic Military Qualifications course, he spent the next two years in training between CFB Borden and CFB Shearwater. He received his first posting to 14 Wing Greenwood and is currently posted to 404 Squadron as an AVS navigation instructor, where he moulds the young minds of new technicians. During his time in the CAF, Detcheverry has been lucky enough to travel to Italy for a six month tour, as well as to Hawaii for a month in 2012.

Detcheverry was born and raised in Glace Bay until

1998, when he decided to move to Calgary. He spent the next year working for West Jet Airlines at the Calgary International Airport. After receiving the news his wife, Kerri, was pregnant with their first child, the couple returned to Nova Scotia, where he enrolled at the Nova Scotia Community College in Port Hawkesbury. He spent the next two years earning his electrical construction and industrial diploma, graduating with honours. On completion, the young family moved to Halifax, where he worked for the next three years before enrolling in the CAF. During his time in Halifax, Detcheverry and his wife saw the birth of their second and, later, a third child while at CFB Borden.

The Detcheverrys live in Greenwood: Kerri works with the Victorian Order of Nurses and their three children - Carter (13), Cailyn (nine) and Callum (seven) - keep them busy. In his spare time,

Detcheverry enjoys camping with his family in Cape Breton and traveling to visit family in Glace Bay. He is also the vice president of the Greenwood Players Theatre Group, the longest running group on base, where he enjoys acting, helping back stage and promoting the club. He may also possess the largest collection of Masters of the Universe figurines in all of Nova Scotia.

Detcheverry would like to continue progressing and teaching, picking up new skills to help develop other technicians. He and his family enjoy 14 Wing Greenwood



**Master Corporal Todd Detcheverry in the Avionics Systems Navigation classroom at the Hornell Centre, 14 Wing Greenwood.**

Corporal C. Roche

and have no desire to leave the area anytime soon.

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**Tender 14-01**

**Coldbrook Hwy 1 Sidewalk**

The Engineering and Public Works Section of the Municipality of the County of Kings invites tenders for the construction of a new sidewalk along Hwy 1, between South Bishop Road and English Mountain Road in Coldbrook, NS.

Specifications may be viewed and picked up beginning March 27, 2014 upon receipt of a non refundable deposit of \$50.00, at the Municipal Complex, located at 87 Cornwallis Street, Kentville NS. Office hours are Monday to Friday from 8:30 am to 4:30 pm. Specifications may also be viewed at the Nova Scotia Construction Association, located at 260 Brownlow Avenue - Unit 3, Dartmouth, NS.

Specific inquiries pertaining to this tender may be directed to Stacy Muise, P. Eng.; ABL Environmental Consultants Ltd.:

- Phone: (902) 466-0050
- Email: smuise@ablenvironmental.com

**SEALED PROPOSALS WILL BE ACCEPTED UNTIL  
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The WKRA reserves the right to reject any or all tenders, not necessarily accept the lowest tender, or to accept any which it may consider to be in its best interest. The WKRA also reserves the right to waive formality, informality or technicality in any tender.

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**THE MUNICIPALITY OF  
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**TENDER 14-06**

**North Kentville Sewer Replacement**

The Engineering and Public Works Section of the Municipality of the County of Kings invites tenders for the replacement of approximately 1900m of sanitary sewer gravity pipe and associated manholes and services in North Kentville, Nova Scotia.

Specifications and tender forms may be viewed and picked up beginning March 27, 2014 upon receipt of a non refundable deposit of \$50.00, at the Municipal Complex, located at 87 Cornwallis Street, Kentville NS. Office hours are Monday to Friday from 8:30 am to 4:30 pm. Tenders may also be viewed at the Nova Scotia Construction Association, located at 260 Brownlow Avenue - Unit 3, Dartmouth, N.S.

Specific inquiries pertaining to this tender may be directed to Tim Bouter, P. Eng.; Supervisor of Engineering Services:

- Phone: (902) 690-2219
- Email: tbouter@county.kings.ns.ca

**SEALED TENDERS WILL BE ACCEPTED UNTIL  
2:00PM THURSDAY, APRIL 17, 2014**

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

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## C&E bonspiel brings curling camaraderie to 14 Wing

**Corporal Jaden Braniff,  
14 Wing  
Telecommunications  
and Information Services  
Squadron**

Winter is coming to an end and we say goodbye to the carnivals and events that go along with it. Of the many events that happened over this past winter at 14 Wing Greenwood, one you may have missed was the 27th

Communications and Electronics Atlantic Curling Bonspiel.

Invitations to this event are sent out across the Atlantic provinces. Eighteen teams hit the ice and competed for various prizes donated by local and provincial sponsors. Curlers revelled in the camaraderie and entertainment the bonspiel's committee had organized.

The event began with a meet and greet February 19. A skips'

meeting planned out the tournament while team members gathered to say hello to friends they may have not seen since the year before.

February 20, 14 Wing Greenwood Commander Colonel Iain Huddleston threw the first stone to kick off the event, which lasted day and night until February 22. Local band, Section 8, entertained in the Annapolis lounge one evening and the

attending teams showcased their talents with an old fashion East Coast kitchen party on the Friday.

February 21 wrapped up with the finals and the awards ceremony. Trophies and prizes were handed out to all who attended, and the teams said goodbye.

Sergeant Brian Milligan, the committee's chairman, was joined by many members of

WTISS to organize the bonspiel. Junior and senior ranks worked alongside the command staff to facilitate a successful event, showing the C&E Atlantic Curling Bonspiel transcends the lines of segregation that can often arise in a military environment. Any observer would have witnessed sportsmanship and respect, both on and off the ice. Teams of mixed rank, civilian and retired members



and organizing staff shared in Canada's curling supremacy during the Olympics, and embraced the bonspiel for what it is: a celebration of the branch and its members.

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## Senior's Appreciation Day

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[www.greenwoodmall.ns.ca](http://www.greenwoodmall.ns.ca)

## CFMWS launches services directory

A simpler way to access information about morale and welfare programs and services for Canadian Armed Forces (CAF) members, veterans and their families is now available online at [www.cfmws.com/YourServices](http://www.cfmws.com/YourServices).

Services Directory is a user-friendly online resource that provides a detailed catalog of all programs offered by Canadian Forces Morale and Welfare Services (CFMWS) to the military community.

stop shop that will help take the guesswork out of service eligibility," says Commodore Mark Watson, Director General Morale and Welfare Services.

Upon arriving at the website, CAF members, veterans and their families simply

select the category that best matches them. That may benefit them with links to learn more about the individual program or service.

To meet the needs of eligible members, CFMWS provides an extensive collection of programs and

services on bases and wings across Canada, abroad and online including casualty support management, transition services, deployment support, family services, financial services, fitness and sports, recreation and retail services. While all

the military community are eligible for some services, many Canadian Forces Morale and Welfare Services programs are tailored to meet the needs of particular community members and are only available to select patrons.

## SBMFC lancent leur répertoire des services

Il existe maintenant une façon plus simple d'obtenir en ligne des renseignements sur les programmes et services de bien-être et de maintien du moral offerts aux militaires et aux vétérans des Forces armées canadiennes (FAC), ainsi qu'aux membres de leur famille, à <https://www.cfmws.com/fr/ourservices/services-directory/pages/default.aspx>.

Le répertoire des services de bien-être et de maintien du moral est une ressource en ligne conviviale qui contient un catalogue détaillé de tous les programmes offerts par les Services de bien-être et moral des Forces canadiennes

(SBMFC) à la communauté militaire.

« Le répertoire des services de bien-être et de maintien du moral est un guichet unique qui contribuera à faciliter l'accès aux services sans se perdre en conjectures », a déclaré le commodore Mark Watson, directeur général des Services

de moral et bien-être.

Après avoir accédé au site Web, les militaires des FAC, les vétérans et les membres de leur famille n'ont qu'à choisir la catégorie qui leur convient.

Afin de répondre aux besoins des personnes admissibles, les SBMFC offrent un large éventail de programmes et services

dans les bases et escadres partout au Canada, à l'étranger et en ligne, notamment en matière de gestion du soutien aux blessés, de transition, de soutien au déploiement, de services aux familles, de services financiers, de conditionnement physique et de sport, de loisirs et de vente au détail. Bien que toute

la communauté militaire soit admissible à certains services, de nombreux programmes des Services de moral et bien-être des Forces canadiennes sont conçus spécialement pour répondre aux besoins particuliers des membres de la communauté et ne sont disponibles que pour certaines personnes.

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## Pic a winner

Leading Seaman Eduardo Jorge (centre) receives an award for the Canadian Armed Forces Photography Contest, first place in the Advanced Classification – Family Life category. Presenting the award is Lieutenant-Colonel Pierre Haché, commanding officer of 14 Air Maintenance Squadron (left) and acting Squadron Chief Warrant Officer Master Warrant Officer Al Price. Jorge participated in the 45th Canadian Photography Contest; this contest is open to novice and advanced photographers, with nine subject categories. His photo, “Chasing Innocence,” was recognized by judges.

Corporal J. Kennedy, 14 Wing Imaging



## Rec fair ready for spring, summer programs

The 14 Wing Greenwood a spring registration fair Community Centre will host March 29, 10 a.m. and 1

p.m.; at the centre.

This is a great opportunity to hold registration for any programs and services your organization plans for spring and summer programs, or get the word out about what you offer. Please consider joining in, making this fair a “one-stop” registration and information

event for families and community members. Clubs and organizations are welcome to book a table or arrange a display.

For information or to reserve your spot, contact Jill Jackson, community recreation director, or the community centre at (902)765-1494 locals 5337 or 5341.

**Spring SWIMMING REGISTRATION**

In office registration dates/times

Mon March 31 • 9:00 - 12:00  
 Tues April 1 • 4:00 - 5:30  
 Wed April 2 • 4:00 - 5:30

**Online Registration Dates**  
 March 31 - April 4  
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For questions please contact our Aquatics Supervisor Briana Plante at 902-765-1494 ext 5564

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## Youth Happenings

**Rebecca Dillman,**  
Recreation youth worker,  
14 Wing Greenwood  
Community Centre

A big thank you to all the children who came out to the 14 Wing Greenwood Community Centre's March break activities, as the week was a huge success! An even bigger

**From the back of a "train" of fun during the centre's "younger" March break schedule are Olivia Freeman, Shaylee Corkum, Chloe May, Madison Morck, Emma McCormack and Jack Vokey.** Submitted

thank you goes out to all the companies and individuals who donated items to our ticket auction, and to all the performers who did an amazing job at the end-of-the-week variety show.

There are fun activities coming up this week, even though school is back on! Please pre-register for events, as the centre needs to plan for supplies and the number of participants. Register at 902-765-8165 or email specialevents@eastlink.ca.

**Swimming**  
March 25, 6:30 p.m. to 7:30 p.m.  
Pre-teen & Teen

**Boys Club & Active Chicks**  
March 26, 6 p.m. to 7:30 p.m.  
Chocolate fondue fun! The cost is \$3, please pre-register.

**Teen Activity**  
March 27, 6 p.m. to 7 p.m.  
Enjoy a treat from the ice cream bar. The cost is \$2, please pre-register.

**Pre-teen sleepover**  
March 29 to 30, 8 p.m. to 8 a.m.  
We will be having a sleepover at the community centre for youth ages nine to 12. The cost will be \$15 per child, and the event will go from 8 p.m. Saturday to 8 a.m. Sunday, March 30. We will be bowling, having a pizza party, telling ghost stories and much more! If you



**Rebecca Todd brings the heat to melt crayons on a canvas, making a very colourful picture on March break craft day, March 11.** Submitted

have any questions, concerns or comments, please do not hesitate to call 902-765-8165 or email specialevents@eastlink.ca.

# spotlight of the week Randy Stevenson, REALTOR®



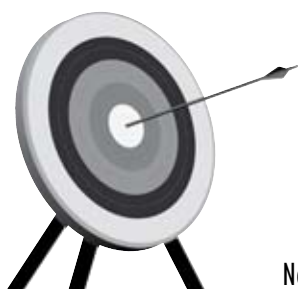
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The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, (902)765-1717; or email [auroraeditor@ns.alianzinc.ca](mailto:auroraeditor@ns.alianzinc.ca). Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is 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), 14e Escadre Greenwood, par fax au (902) 765-1717 ou par courriel à l'adresse [auroraeditor@ns.alianzinc.ca](mailto:auroraeditor@ns.alianzinc.ca). Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le jeudi précédent la publication, à moins d'avis contraire.



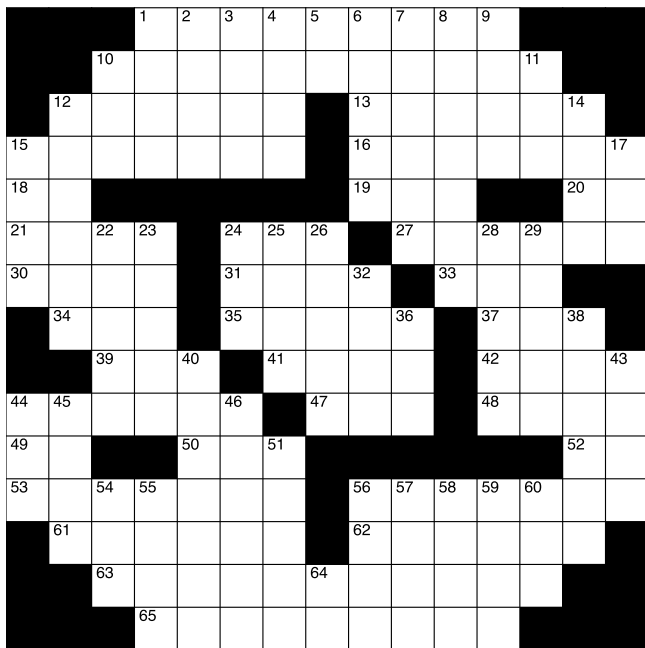
## Rhythms of the world

Dwight Ross Elementary School students were recently visited by Nova Scotian musician Keith Mullins. His "Rhythms of the World" presentation takes students on a tour through musical history, from the tribal rhythms of Africa thousands of years ago to current day beats and, more specifically, the history and role of drums through those times.

Submitted

## metro crossword

solution page 30



- ACROSS**
- Recapture the past
  - "Tosh.0" and "South Park" are two
  - Military greeting
  - Passenger ships
  - Can't move
  - Any omission of a part
  - 43rd state
  - Compassionate nursing care
  - Pa's partner
  - Dutch cheese
  - London radio station
  - Perfumed powder bag
  - Liquid body substances
  - Expresses pleasure
  - Escape from prison
  - Long-wave hue
  - Bleated
  - Male swan
  - Head cover
  - Fewer calories
  - Teal duck genus
  - Inspire with love
  - Grab
  - Cruel inhuman
- DOWN**
- A player's part
  - Ratites
  - Distribute
  - 15th day of March
  - Empire State
  - Small island
  - Con or swindle accomplices
  - Oasts kiln shape
  - Female sheep
  - Motor vehicle
  - \_\_\_ Lanka
  - More melancholy
  - Not all
  - Apple, pumpkin or a la mode
  - \_\_\_ King Cole,
- person**
- 6th musical tone
  - Indigenous tribe of Indonesia
  - Megabyte
  - Headpin in bowling
  - Light, fitful naps
  - Precede
  - Greek and Turkish Sea
  - Pot 'o gold location
  - Was in disagreement
- musician**
- Palms with egg shaped nuts
  - Mistress of a household
  - Founder of Babism
  - Semitic fertility god
  - Connected links
  - Chocolate tree
  - Miao-Yao is their language
  - Moss capsule stalk
  - Young society woman
  - Bartenders
  - Buried port city
  - One point S of SE
  - Cervid
  - Inexperienced (var.)
  - Exercises authority over
  - Handles
  - Neither
  - Alumnus
  - Sunrise
  - Cease exertion
  - Double curve
  - Maneuver
  - Not happy
  - Old English

**At CentreStage**  
Ernie and Twink are in the autumn of their lives. In celebration of their 30th anniversary, the couple's children send them on a Caribbean cruise. When they meet the rich, seductive Blake and Beth, who still seem to have a perfect life together after 10 years of marriage, Twink seeks to reignite the spark in her own marriage. A Canadian comedy, this play will appeal to adult as well as mature young adult audiences. March 28, 29, 30m; April 4, 5. Showtime 8 p.m.; 2 p.m. matinee March 30. Tickets \$15 adults/ \$12 students and seniors (65-plus). Call 902-678-8040 for reservations. CentreStage is located at 61 River Street, Kentville. [www.centrestagetheatre.ca](http://www.centrestagetheatre.ca).

**Dessert, card party**  
March 24, 12:30 p.m. for a 1 p.m. start, the Kingston and District Health Auxiliary will hold a dessert and card party at the Kingston Lions' hall. Tickets at the door,

or from Janet Rawding. Bridge, 45s, euchre and many other card games. Come out for a great time with friends and yummy desserts. For information, contact Janet Rawding 902-765-3094.

**Lunch**  
March 25, 11 a.m. to 1 p.m., enjoy delicious homemade lobster chowder, hamburger soup or creamy corn chowder, along with your choice of apple crisp or (almost) Black Forest cake, and tea or coffee. Come to the Middleton fire hall, as the Fireflies (department auxiliary) raise funds for the building of the new community/ fire hall. Cost for lobster chowder meal - \$8, and the others - \$7. Arrangements for home or business deliveries in the Middleton area: Bonnie, 902-825-3062 by March 24.

**Lecture**  
March 27, 7 p.m., in the K.C. Irving Centre at Acadia University, a public talk will be held

with historian, archaeologist and award-winning author Carolyn Smardz Frost in the inaugural lecture in the Barry Moody Lectures in Atlantic History series. Between 1759 and the American Revolutionary War, some 2,000 New England Planter families migrated to Nova Scotia and what is now New Brunswick. They brought with them enslaved African Americans to help restore farms, fisheries and orchards left behind after the displacement of the French Acadians. Who were these Connecticut Planters? What contributions did the African New Englanders and Planters make to the early success of the area? Reception to follow. Smardz Frost is the author of "I've Got a Home in Glory Land: A Lost Tale of the Underground Railroad," and is a Harrison McCain visiting professor at Acadia. For information, phone 902-585-1504 or email [paul.doerr@acadiau.ca](mailto:paul.doerr@acadiau.ca).

**Meeting**  
March 28, the Greenwood VPI will hold its monthly meeting at the VPI Centre. Crew Briefing at 1500 hrs, Flight Plan at 1530 hrs, Rations Destruct at 1545 hrs, with Take Off at 1600 hrs.

**Concert of hymns**  
March 28, 7:30 p.m., there will be a concert of 100 years of hymns celebrating the 100th anniversary of Kingston United Church (733 Main Street). Organist and choir director David Skidmore will direct the Kingston Pastoral Charge Choir, along with audience participation. Admission \$5.

**Concert**  
March 29, 8 p.m., the Evergreen Theatre, 1941 Stronach Mountain Road, East Margaretsville; presents the Rhapsody Quintet. Tickets \$20. Reservations online at [www.evergreentheatre.ca](http://www.evergreentheatre.ca), or phone 902-825-6834. From jazz to tango to klezmer, with stops in between covering Queen and the Beatles, Halifax's premier small classical ensemble will soothe, delight and amaze you.

**Dance**  
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**Entry deadline:  
Noon, March 27, 2014**

**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.

- What does Brian Sturney offer for services? \_\_\_\_\_
- When do spring swim sessions begin? \_\_\_\_\_
- Who is your bilingual realtor? \_\_\_\_\_
- Whose ad says "we see potential so do you?" \_\_\_\_\_
- What is Mimie's Pizza's civic address? \_\_\_\_\_

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**Congratulations to last week's winner: FLORENCE HERRITT**

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- Letter H - 80/20
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- 1 Bonanza - Progressive
- Jackpot - 3 Chances
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- Double Action

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to the music of Route 12 at the Kingston Legion, 9 p.m. to 12:30 a.m. Cost is \$7 per person. For information, call Legion at 902-765-4428.

**Sports & recreation fair**

March 29, 10 a.m. to 1 p.m., join us at the 14 Wing Greenwood Community Centre to register for your favourite spring and summer recreation and sport activities. Registration, children's activities and fun! Don't miss out on this opportunity to meet with members of local recreation clubs.

**Dance classes**

March 31, 7 p.m., running for six weeks until May 12: all are welcome to join in Scottish Country

dance classes at the Melvern Square Community Centre. Scottish Country is a social form of dancing; no experience or partner is required. One of the best activities for both memory and physical exercise for all ages! Small fee charged. For information, contact Susan Van Horne, 902-765-0906.

**Health program**

April 1 to June 10 (Tuesdays, 4 p.m. to 6 p.m.) in Berwick, the Mental Health Foundation of Canada presents Changing Tides, a program of education, support and coping strategies for families and friends of people with mental health concerns. To register, call Shari Richter, 902-825-4825

(Middleton Health Clinic) or Al-lyson, 902-365-1701 extension 2065 (Kentville Health Clinic).

**Health program**

April 2, and weekly Wednesdays through to May 7, 1:30 p.m. to 4 p.m.; Your Way to Wellness will help you self-manage (or support someone else with) a chronic health condition. Through this free six-week program, you will learn how to better manage your condition and make your daily life easier:

eat healthier, become more active, communicate effectively with your doctor and healthcare team - and more. The weekly sessions are facilitated by trained volunteer lay leaders, who themselves have a chronic condition. In Kingston the session will be held at the village office. For information or to register, contact Megan MacNeil, primary health care program coordinator, 902-538-1315 or mmacneil@avdha.nshealth.ca.

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~ In Memory ~

In Loving Memory of **Gary Phillips**

Two years ago today we bid farewell to an amazing husband, father and grandpa on March 30, 2012.  
"Love is unforgettable."

Love Linda, Sherry-Ann, Tammy, Michael, Jennifer & Grandson Griffen



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**sudoku**

solution page 10

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

Level: Beginner

**Fun By The Numbers**

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

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**patrick's puzzle**

solution page 10

**VISION CARE WORD SEARCH**

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


**WORDS**

- |                |             |                |               |             |
|----------------|-------------|----------------|---------------|-------------|
| ABERROMETER    | BIFOCAL     | CONJUNCTIVITIS | IRIS          | OPTICIAN    |
| ACETATE        | BLEPHARITIS | CONTACTS       | JAUNDICE      | OPTOMETRIST |
| ANIRIDIA       | BRIDGE      | DACRYOSTENOSIS | LASIK         | PUPIL       |
| ANTIREFLECTIVE | CATARCT     | DIPLOPIA       | LENS          | RETINA      |
| AQUEOUS HUMOR  | CHALAZION   | ENZYMATIC      | MACULA        | SCLERA      |
| ASTIGMATISM    | CHEMOSIS    | FLOATERS       | MYOPIA        | SINUS       |
| BENIGN         | CONE        | GLAUCOMA       | OPHTHALMOLOGY | STRABISMUS  |

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**horoscopes**

March 23 - March 29

**ARIES - Mar 21/Apr 20**

A difficult challenge lies ahead, Aries. Save up your energy for the next few days, and keep socializing to a minimum for the time being.

**TAURUS - Apr 21/May 21**

The path you have been taking seems more stable, Taurus. This is a good way to go for a while. You will find others are looking to you more for advice. It's a role you enjoy.

**GEMINI - May 22/June 21**

Gemini, a string of bad luck is not as bad as it seems. Like most things, this, too, shall pass. Keep your chin up, and hang out with friends to keep your mind busy.

**CANCER - Jun 22/Jul 22**

A great opportunity presents itself this week, Cancer. Focus your energy on making the most of this opportunity, and you will be glad for having done so.

**LEO - Jul 23/Aug 23**

Leo, speak a little louder to ensure your voice is heard on an important issue this week. Your input is valuable, and those around you will be glad you spoke up.

**VIRGO - Aug 24/Sept 22**

Virgo, a new career opportunity is coming your way soon. Make the most of this opportunity if change is something you feel you need at this point in your career.

**LIBRA - Sept 23/Oct 23**

Extra spending leaves you a little light in the wallet, Libra. Look for ways to generate some extra income or curtail your spending in the months ahead.

**SCORPIO - Oct 24/Nov 22**

Scorpio, a bumpy road will soon give way to greener pastures. Ride out this rough patch with a smile on your face, and it will pass quickly without wreaking any significant havoc.

**SAGITTARIUS - Nov 23/Dec 21**

Sagittarius, a relationship is blossoming and you're not sure in which direction it should be going. Trust your gut instincts, and things will work out fine.

**CAPRICORN - Dec 22/Jan 20**

You are tougher than others suspect, Capricorn, and you will prove your mettle with a difficult task that requires all of your focus and energy to master. Others will be impressed.

**AQUARIUS - Jan 21/Feb 18**

Things are changing, but it's for the best, Aquarius. Instead of going against the tide, let the waves take you where you need to go. Surprises are in store.

**PISCES - Feb 19/Mar 20**

Think about moving in a new direction, Pisces. Change can be a good thing, and you will benefit from embracing change this time.

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## Curling success

Coach John Boekema and Greenwood youth curlers, from left, Justin Chalifoux, Ben Boekema, Hunter McQuinn and Jason Chalifoux recently participated in the Wolfville 15 & under Open Spiel. They went undefeated, bringing home the Acadia Cup.

Submitted

# 'Hello, hockey fans!'

A little ol' rink in Kingston has gotten some big results from its efforts to be named Hockeyville 2014.

Having advanced through a top-16 cut, then a top-four vote, the Credit Union Centre in Kingston was in the running March 22 to be one of the final two contenders in the run for the title, which will be announced March 29 on Hockey Night in Canada.

The good news already is a confirmed cheque for \$50,000 as one of the

two top teams in the Eastern voting region. Voting closed at midnight March 17 to determine the Eastern contender in the final, Kingston or the Bedeque & Area Recreation Centre in Bedeque, Prince Edwards Island. Two teams in the Western region were also waiting for news March 22 on who their rep will be in the final vote.

"Hello, hockey fans for Kingston!" wrote Lloyd Graham, a retired air force member and



### TOP 8 EAST BRACKET

You are currently voting for:

**CREDIT UNION CENTRE**  
Kingston, NS

SECURITY VERIFICATION  
Enter these 4 characters

My n S  
(Not case sensitive)

PLACE VOTE!

**Voting in the last round that moved Kingston into the top-four Hockeyville contenders, Angie Lake of Greenwood was presented with this fortuitous code. She screenshoted the page and sent it to Hockeyville contest organizers, who rewarded her sharp eyes with a T-shirt.**

Submitted

active community volunteer, in a blitz email March 17. "It was you and maybe a little 'Luck of the Irish' but, due to your wonderful support, the community of Kingston was selected as one of the final four community teams across Canada.

"Many thanks and help score a big one for Kingston!"

14 Wing Greenwood's population is also encouraged to back Kingston if the Credit Union Centre makes it through

the March 22 cut. Wing Commander Colonel Iain Huddleston emailed his troops March 21.

"Kingston is now in excellent position to have made it to the top-two, again thanks to your votes," he said. "To win first place, we will again need your votes."

Hockeyville 2014 will ultimately win \$100,000, a visit from CBC and a pre-season NHL game for their community. Visit <http://krafthockeyville.cbc.ca/>

and follow the links for information and voting procedures. You may also vote toll free at 1-866-533-8066. The final round of voting begins March 22 at 12:59 a.m. Atlantic Time and ends March 24 at 12:59 a.m. The Kingston rink will use the Hockeyville funds to tackle long-standing arena repairs, including the concrete pad, coolant piping and header to the plant, boards, glass and safety netting.

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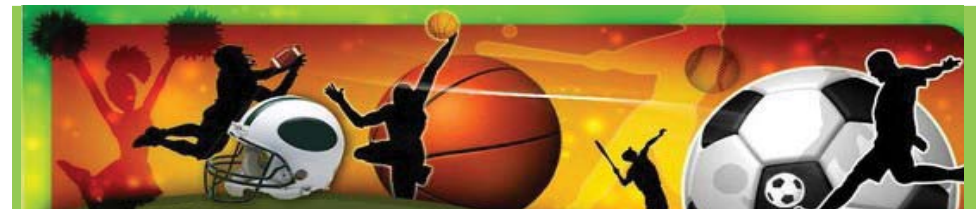
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