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14 Wing, Aldershot parades mark May 9

14 Wing Greenwood and Camp Aldershot will commemorate May 9, a National Day of Honour to mark the end of Canada's military mission in Afghanistan, with community parades.

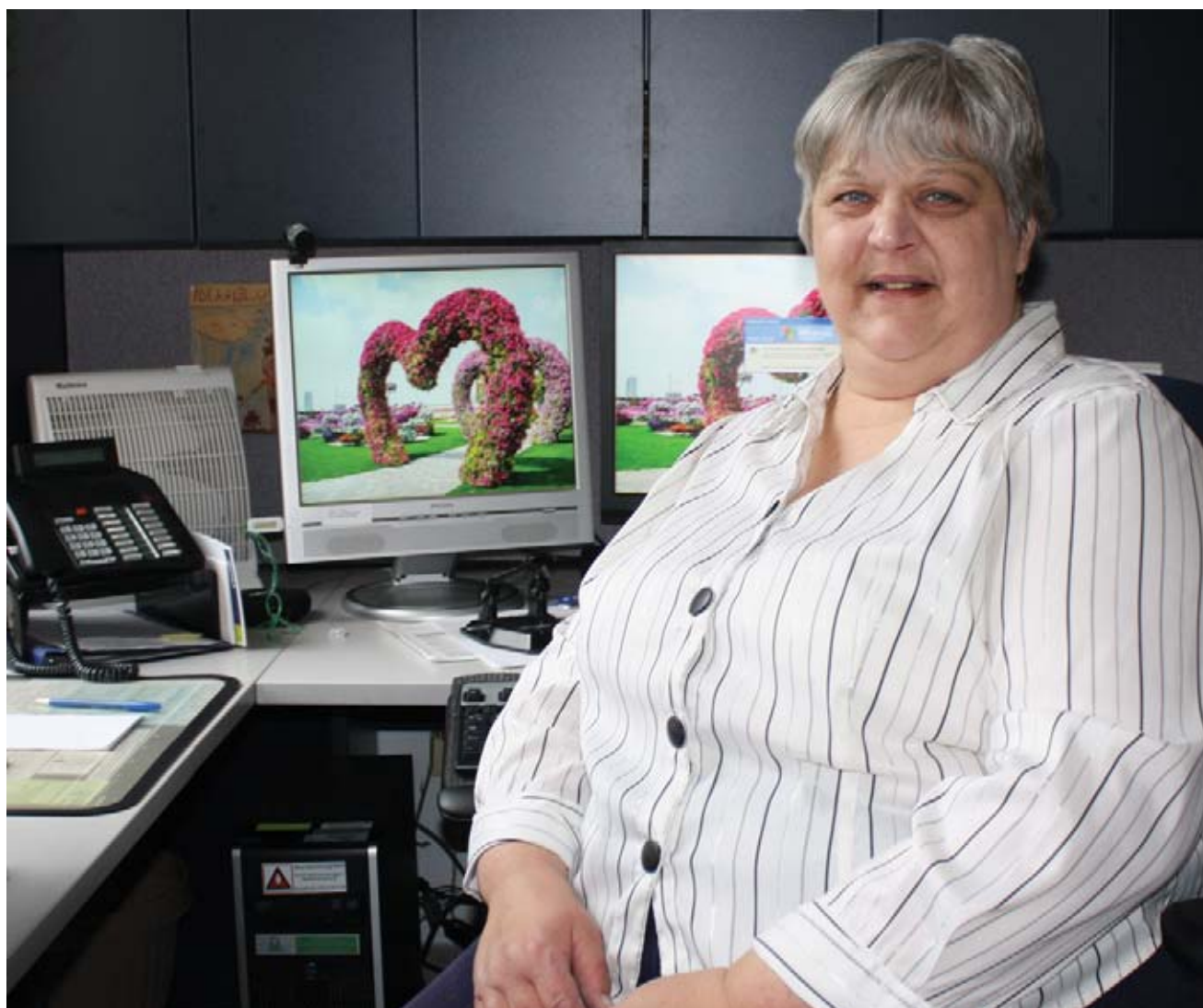
In Greenwood, 14 Wing personnel will lead the parade through the village of Greenwood to the Royal Canadian Air Force Association 107 Valley Wing, where a national moment of silence will be held at 2:30 p.m. The wing, along with members from local Royal Canadian Legions, the RCAFA and the RCMP; will form up in the parking lot adjacent to the VPI Club on Ward Road at 1:45 p.m. and step off at 2:05 p.m. The parade route will be along Ward Road to Central Avenue and then along Central Avenue to the road leading into the Greenwood village office, between the soccer and ball fields. The parade will then arrive in the parking lot in front of the village office to

continue with the formal part of the ceremony. There will be route security and parking guides along the route and at the ceremony location.

In Kentville, Camp Aldershot personnel will march past Kentville Town Hall at 2 p.m., where spectators are encouraged to gather and join the two minutes' silence at 2:30 p.m. A reception will follow.

These ceremonies will express military members' appreciation of the support to the Canadian Armed Forces provided by Canadians throughout the mission in Afghanistan. May 9 events will also pay tribute to the fallen, the sacrifices of the wounded and the special burden borne by families.

As part of the National Day of Honour, 14 Wing will also have speakers available who can offer a short presentation on the Canadian Armed Forces' participation in the Afghan mission and speak about their experience.



Cathy MacKenzie finished up her life's work April 30, having turned a career of administration into international travel, interesting experiences and a marriage. S.Keddy

Life's work marked by luck, love, long service

Sara Keddy,
 Managing editor

Whether it really was just a

matter of "following everyone else around," Cathy MacKenzie has had a pretty diverse and well-travelled career.

MacKenzie retired April 30 after 38 years in various roles with the federal civil service: she is leaving one of her lon-

gest postings, here at 14 Wing Greenwood, as the legal assistant to the base's deputy judge advocate.

Continued on page 2...



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Life's work...

...cover

"Right now, I've got 15 years here – the most in the headquarters building," she says. "I've seen people leave and come back three times."

But, what she really remembers is being 20 years old, working in Europe at various Canadian military bases and embassies, travelling and watching history change.

"The years go by so fast..." MacKenzie says.

She was born to a Korean war veteran, so her early years were the typical military lifestyle of move after move. In 1976, after a business college course, she got her first Department of National Defence job in the supply organization at Longue Pointe, in support of the Montreal Olympics. Later that year, her father was posted to Lahr, Germany: with no real ties here, MacKenzie went, too.

"I was 'taking my year off to find myself,' and Germany found me – it was the chance of a lifetime."

In Lahr, she found a job as the assistant to the protocol officer, making travel and hospitality arrangements for VIPs and dignitaries. She remembers Prime Minister Pierre Trudeau and his young family visiting – the current federal

Liberal leader, Justin, then about two or three years old.

In 1979, her parents returned to Canada; MacKenzie stayed in Germany, moving to a German farm in a nearby small valley to board and keep working. She eventually met her husband, Ian, and in 1982 returned to Canada with him to Cornwallis, Nova Scotia. She found a summer job with HMCS Acadia as the rations clerk and assistant to the administration officer.

In 1986, it was off to Calgary. After working term positions in both the HRO office and the Base Orderly Room, MacKenzie became the compensation advisor.

But, following another military man around, she moved back to Europe in 1990, to the Canadian Embassy in Prague (then Czechoslovakia) for two years. She worked as the embassy's Central Registry clerk, handling diplomatic mail and other papers, and helped the administration officer with special projects.

"I would be going back and forth to the airport from the embassy under guard – spooky!"

The couple returned to Canada in 1992, to Dundurn, Saskatchewan, and MacKenzie worked with Health & Welfare Canada in the income security

branch as an administrative assistant, then for Canada Revenue as a compensation advisor and, finally, with the federal justice department. In 1995, they moved again, to Chilliwack, where the base closure was announced in 1996. MacKenzie was working with 1 Combat Engineer Regiment as the commanding Officer's secretary.

Their last move was to Greenwood, in 1996. MacKenzie found work in the CHRO office and, in 1999, when the Office of the Deputy Judge Advocate Greenwood opened, she became the legal assistant. Five legal officers have now come and gone.

"I have been lucky – working for the Public Service Alliance of Canada, with indeterminate leave, I could go on spousal relocation, and that really helped. It's not that they had to hire me, but they had to at least consider me."

MacKenzie's husband retired in 1998, and she can't wait to find that "happy place" herself: a pot of coffee, the morning paper, time to garden, golf, volunteer and travel.

"I will miss the people – but the lights started going out in my office in January, I put a work order in and the last light bulb went this week. It's time to go!"

Le prix Geatz-Sinclair es présenté au Cpl Jean

Caporal Therrien,
L'imagerie de l'escadre

Le caporal (Cpl) Simon Jean est né au Québec en 1979 où il a vécu jusqu'en 1983. Son père étant militaire, ils ont déménagé à Goose-Bay, Newfoundland, à Lahr, Allemagne en 1985 et Valcartier, Québec en 1991. Il a fait son éducation en anglais, du primaire au secondaire ainsi qu'au collégial. Au CÉGEP, il a suivi le programme de sciences pures et a commencé la Réserve en 1997 en tant que génie de combat, afin de payer ses études. Par manque d'intérêt mais surtout l'exaltation de la vie militaire, il a abandonné ses études après une année complétée.

En mars 1998, il a transféré de la Milice à la Force régulière. Toujours comme génie de combat, il a été affecté au 5e Régiment de Génie de Combat à Valcartier. Il a servi jusqu'en octobre 2004 où il est sorti de la Force terrestre afin de transférer à la Force aérienne. En octobre 2005, il a commencé ses cours à Borden afin de devenir technicien en systèmes aéronautiques (AVS). Après l'achèvement de son cours, il



Le lieutenant-colonel Perrault et l'adjudant-chef Taylor présentent le prix Geatz-Sinclair au caporal Jean.

Corporal Levarre McDonald

a été affecté au 14 Escadron de maintenance (air) (EMA), Greenwood, Nouvelle-Écosse en juillet 2007 où il est actuellement. Il a obtenu une promotion à caporal-chef (Cplc) le 2 juillet 2012. Il a terminé son cours de qualification élémentaire en leadership en octobre 2012 à St-Jean, Québec. Dès son retour au 14 EMA, il a été superviseur des techniciens de systèmes de navigations du 2e équipage jusqu'à l'acceptation de son changement de métier, Mécanicien de Bord, le 30 août 2013.

Son cours initial de mécanicien de bord commença le 8 septembre 2013 à Trenton. Cpl Jean a gradué après neuf semaines et a été récipiendaire du « Geatz-Sinclair Award ». Ce prix est décerné à l'individu qui représente le plus les valeurs fondamentales d'un mécanicien de bord. À la fin de son cours, il sera muté au 413 Esc en tant que mécanicien de bord sur le CH149 Cormorant. Présentement, cpl Jean fait la seconde

partie de son cours sur le Cormorant à l'escadre 442 situé à Comox, qui a débuté le 6 janvier 2014.

Cpl Jean devrait terminer son cours à la fin de mai 2014 et à son retour à l'unité il devra passer par la phase Sous-Entraînement pour le reste de l'année. Ceci lui permettra d'acquies plus d'expérience sur l'appareil sous diverse scénarios, et de pouvoir voler sans supervision.

Cpl Jean a plusieurs déploiements à son actif; Il a fait l'Opération Verglas en janvier 1998, en tant qu'ingénieur. Il a participé à Opération Athéna en 2004 à Kaboul, Afghanistan. De plus il a participé à l'Opération Athéna en 2009 à Kandahar, Afghanistan en tant que technicien AVS sur le Chinook.

Cpl Jean vit à Greenwood avec sa conjointe cpl Marie Josée Lavoie et son adorable fille Emily Jean. Il pratique le camping, la pêche sportive et le culturisme.



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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 BOP 1N0
L'Aurora, C.P. 99, Greenwood (N.-É.) BOP 1N0

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

Mail subscriptions: annual \$90 plus tax, weekly \$1.85 plus tax.
Abonnements par correspondance: 90\$ par année plus taxes , 1,85\$ par semaine plus taxes.

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

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

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

Personnel Family Support Services
Services de soutien au personnel et aux familles des Forces canadiennes
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The 14 Wing Greenwood command teams tackled – and passed – their annual FORCE fitness testing.

Corporal J.Reynolds, 14 Wing Imaging

Fit to lead Command team takes on FORCE fitness challenge

**Sara Keddy,
Managing editor**

"It's a dirty job – but it has to be done," says Warrant Officer Peter Whiteley.

The 14 Software Engineering Squadron member was part of the 14 Wing Greenwood command team on the gym floor April 28, putting its combined effort into the annual FORCE fitness testing all Canadian Armed Forces members must pass.

Luckily for Whiteley, he passed – and it's the last fitness test he'll ever have to take.

"Years ago, it was a mile-and-a-half run. It would kill people. It maybe took 12 minutes to do it."

After 38 years, Whiteley is looking ahead to August 9, 2015: retirement.

"If they ask me to test again, I'll say 'yes, August 10!'"

All kidding aside, Whiteley actually appreciates the fitness standard he's had to maintain throughout his military career: now at retirement age,

he knows he can physically continue to do what he wants. "I'm going to use it to my advantage."

The 14 Wing command team did the FORCE test together in 2013, the first year it was set to replace the former national standard. The goal was to showcase leadership's "no-fear" attitude to the change: if they could do it, so could the troops.

"For some people, this was a huge anxiety," says Personnel Support Program fitness coordinator Eric Plante. "At first, it was a fear of the unknown. Once they go through it, they know how to train and now,

people are more confident, they're educated."

Physical training sessions at the Fitness & Sports Centre incorporate many of the FORCE test's physical movements, meaning those facing the test are already able to go through the required range of motions: a repeated sand bag lift, an intermittent shuttle run, a sand bag drag and timed "rushes," with and with out weight.

This is the first full year Canadian Armed Forces personnel will only have the FORCE test option; last year, while it was being phased in, they could do either the new or old standard test. Plante says, as

always, trainers at the F&S Centre offer regular fitness sessions, and remedial weekly classes for those who need support getting into FORCE test condition, either from a lack of conditioning or recuperating from illness or injury.

"Most people get there."

As for the 14 Wing command team of 2014? All pink slips – a good thing!



Major Bernie Thorne completes the drag portion of the annual force fit testing at the Fitness and Sports Centre on April 28, 2014

Corporal J.Reynolds, 14 Wing Imaging

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The Jewish Legion

The Army Museum
Halifax Citadel, The Road
to Vimy and Beyond

Although far removed from the upheaval of the First World War, Nova Scotia played a significant role in training some of those who fought for king and country, including a sizeable contingent of Jewish volunteers, a number of whom went on to create the modern State of Israel, three decades later.

Our province's contribution to these two history changing events will be part of a major exhibition to be mounted by the Army Museum Halifax Citadel. The exhibition, "The Road to Vimy and Beyond," runs from this May until November 2018, and honours the role Canada, especially Nova Scotia, played in the Allied victory in 1918. The event will be second only in size to that planned by the Canadian War Museum in Ottawa. In addition, the Army Museum Halifax Citadel will upgrade its Second World War displays to commemorate the 75th anniversary of that conflict.

Nova Scotia's close connection with Jewish volunteers



Private Ben-Gurion – 1918
Contributed

who fought in the First World War almost didn't happen, due to the intransigence of the British Army. At the time, Jewish activists were eager to join the Allied war effort and help liberate Palestine, which they wished to restore as a homeland for Jewish people.

When the war started, Palestine was controlled by the

Ottoman (Turkish) Empire, aligned with Germany and her allies. In December 1914, with hostilities just a few months old, the Jewish activists urged Britain to create a Jewish unit to be part of the British effort to liberate Palestine. Britain refused because it did not allow foreign nationals to serve in its army. London did agree, however, to establish the Zion Mule Corps, a unit of Jewish volunteers tasked with transporting supplies by mules during the 1915 Dardanelles Campaign in northwest Turkey. Unfortunately, the campaign was a disaster and one of the casualties was the Zion Mule Corps, which was all-but disbanded.

Two years later, with the war bogged down in bloody trench warfare in Europe, the British finally relented to Jewish pressure and agreed to create five Jewish-based infantry battalions as part of the Royal Fusiliers. Collectively, these battalions were known as the Jewish Legion and had the distinction of being the first Jewish military fighting formation in over 2,000 years. Members wore the badges of



The 39th Battalion, Royal Fusiliers – the "Jewish Legion" – at Camp Edward, in Windsor, Nova Scotia, in 1918.
Photo courtesy of the West Hants Historical Society

the Royal Fusiliers, but with a Star of David patch on their sleeves.

One of these units was the 39th Battalion, recruited from American and Canadian volunteers and assembled in Nova Scotia, the closest embarkation point to Europe. Training took place at Camp Edward in Windsor under a Jewish commanding officer, Lieutenant-Colonel Eliezer Margolin. By all accounts, the soldiers lived in tents pitched below the Fort Edward blockhouse, a structure which still stands today. During its 10 months of operation, more

than 1,100 American and Canadian Jewish volunteers went through Camp Edward.

When training was complete, the 39th Battalion was shipped to England and then Palestine, where it joined the 38th Battalion and saw action in the Jordan Valley and at the Battle of Megiddo, a decisive victory on the Ottoman front.

In all, 50,000 members of the Jewish faith served in the First World War. They were awarded five Victoria Crosses, and 50 Distinguished Conduct Medals. Many founders of the State of Israel served in the Jewish Legion, including the

first prime minister, David Ben-Gurion, who trained at Camp Edward in Windsor and served with the 39th Battalion, Royal Fusiliers; the second president, Yitzhak Ben-Zvi; and the third prime minister, Levi Eshkol.

In later life, Ben-Gurion, known as "the father of his country," sent a letter to the mayor of Windsor and said, "I will never forget Windsor, where I received my first military training as a soldier and when I became a corporal."

The Jewish Legion was disbanded following the armistice in November 1918.

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1030 – 1130 hrs "Need to know"
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1300 – 1400 hrs "The importance of proper fitting shoes"
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• Characteristics of a good, safe running shoes
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by: Eric Plante, Fitness & Sports Centre fitness co-ordinator

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Séminaires en salle de classe du Centre de conditionnement physique et de sports

9 h 30 – 10 h 30 : « Parlons franchement » Le processus du formulaire DND 663 et vous
Par M. Dave Mailman, OSG Ere adjoint

10 h 30 – 11 h 30 : « Besoin de savoir »
Démonstration sur la prévention des chutes et information relative aux nouvelles normes de la CSA sur les cordages de sécurité autorétractables (CSAR)
Par Acklands Grainger

13 h – 14 h : « L'importance de porter des chaussures bien ajustées »
• Conseils pour acheter des chaussures de course
• Caractéristiques des chaussures de course confortables et sécuritaires
• Comment et quand acheter des chaussures de course
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Par Eric Plante, coordinateur, Conditionnement physique et sports

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Cadets compete

Air Cadets from across the Annapolis Valley came to 14 Wing Greenwood to compete in the annual Aurora Cup April 11 to 13. 507 Kentville, 106 Windsor, 299 Yarmouth, 545 Liverpool and Greenwood's 517 Flight Lieutenant Graham competed in the two-day event. The Cadets prepare for the drill, marksmanship, volley ball, bowling, remote control helicopters, effective speaking, swimming and tabloid sports events. 517 Squadron took home the coveted Aurora Cup.

Les Cadets de l'air de la Vallée Annapolis sont venus à la 14e Escadre Greenwood pour participer à la Coupe Aurora annuelle du 11 au 13 avril. 507 Kentville, 106 Windsor, 299 Yarmouth, 545 Liverpool et notre propre groupe Ele 517 Graham ont participé à cet événement de deux journées. Les cadets se préparent pour l'exercice militaire, l'adresse au tir, le ballon-volant les quilles, les hélicoptères télécommandés, l'art oratoire, la natation et les rencontres omni sportives. L'Escadrille 517 a remporté la Coupe Aurora très convoitée.



Captain Heather Jane Dupius, commanding officer for 517 Squadron, presents Sergeant Colby Evans with the first place range trophy.



Cadets get ready to eat at the Aurora Cup mess dinner just before awards presentation

Corporal J.Reynolds, 14 Wing Imaging

spotlight of the week Amy's Creative Embroidery



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CHB conversations all about community issues

**Sara Keddy,
Managing editor**

Big challenges – alcohol and community violence, mental health first aid, smoke-free spaces – are being tackled right here in the community by a dedicated group of volunteers.

The Kingston/ Greenwood Community Health Board gathers priority issues from people, organizations and communities within the Western Kings County area, and then gets to work. Its latest focus on alcohol use, abuse and resulting costs and harm to individuals, families

and the community has kept them busy for the past year, culminating in a day-long April workshop with youth, health partners, police and crime prevention organizations, local politicians and others.

“At the community level, we were hearing, ‘Yes, we have a problem,’ and ‘No, we don’t have a problem,’” local CHB chairwoman Daisy Dwyer says.

Finding the right answers meant reaching out through local schools, including West Kings and Acadia University, who surveyed youth on the pressure to drink, the oppor-

tunity to drink, and how much alcohol that really means.

With a provincial grant, the CHB is working like four other Nova Scotian towns to bring that information together with partners, and look at ways to address major issues. The “Our Community and Alcohol” workshop, Dwyer says, was inspiring.

“We hope this forum proves to be a springboard for further conversations and focused action on how we can reduce the alcohol harms in our communities. We can only see positive things coming from this – groups who will pick up the ball, collectively or individually, and make some significant

differences. It’s a long-term process, and it’s never been done this way before.”

Like many of the other health goals the CHB tackles, being close to communities and the people whose issues they see and hear about most often, the CHB is “trying to catch them up front, and lead.

“This is the way of the future with healthcare, away from services and treatments and more prevention and a community role.”

The CHB is always open to volunteers, and action ideas.

“There is nothing at all preventing a community from bringing an idea to the CHB if it’s a healthy, doable and relevant goal for communities.”



Village of Kingston

NOMINATION DAY

The Clerk of the Village of Kingston will receive nominations for the office of two (2) Commissioners. Nominations must be accepted at the Village Office no later than 4:00pm on Wednesday, May 14, 2014.

Nomination papers are available at the Village Office or on our website. Per the Kingston Election By-Law, no person shall be eligible to the office of Commissioner of the Village unless that person has been nominated as a candidate in accordance with the By-Law by not less than five persons who, on Nomination Day, are qualified electors within the meanings of section 403 of the Municipal Government Act.

If more than two candidates are nominated on Nomination Day, Election Day is designated as Saturday, May 31, 2014 with an advance poll on Tuesday, May 27, 2014. Poll location is Kingston Village Office, 671 Main St, Kingston.

Mike McCleave, Village Clerk
clerk@kingstonnovascotia.ca

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au musée situé juste avant l'entrée principale
au centre d'achat canex.

Military just one voice at CHB table

Posting across Canada throughout his career, 14 Wing Greenwood's Lieutenant-Colonel Ted Cosstick knows about “big picture.” As part of his duties as Wing Administration Officer at 14 Wing Greenwood, he represents the military community on the Kingston/ Greenwood Community Health Board.

“There are similarities between the programs of the Greenwood Military Family Resource Centre and our Personnel Support Program's Health Promotion, and the work of the CHB,” he says “These organizations all strive to support and improve the quality of life for our military members and their families, and military families make up a significant percentage of the Kingston/ Greenwood community. It makes good sense for the wing commander to have a uniformed presence on the KGCHB.”

Where someone comes from or what community they are a part of doesn't matter, says CHB chairwoman Daisy Dwyer.

“We work with family and dependants of the military – that's an extended group we want to connect with,” she says.

“It's important to have that connection, and there is beneficial dialogue and conversation between the community and the military. We're forever looking for partnerships – they're all important.”

One of the most important ways to directly partner with the CHB is to actually volunteer for the board itself. There are lots of opportunities to be a board member, as over a dozen people are needed to drive community health promotion projects. It's even better if the CHB attracts youth, seniors, working parents, people of different cultures and languages – the more diverse the board is, the more diverse its success. To find out how to get involved, contact 902-825-6160 local 357 or email kgchb@avdha.nshealth.ca.

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Captain Lara Jennings was recently presented with her CD by Maritime Proving and Evaluation Unit Commanding Officer Major Thorne, left, and UMWO Gaulton.



Captain Martin Labbe is presented with his CD by Maritime Proving and Evaluation Unit Commanding Officer Major Thorne, left, and UMWO Gaulton.



Master Corporal Ken Moore is presented with his new rank, upon promotion to sergeant by Maritime Proving and Evaluation Unit Commanding Officer Major Thorne, left, and UMWO Gaulton.

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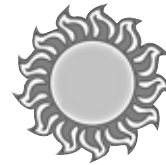
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Back gate in A0Z to re-open on a trial basis

Effective May 5, the “back gate” in the A0Z will be re-opened to morning and afternoon traffic.

The gate will be open in the morning between 6 a.m. and 8 a.m., and in the afternoon between 3 p.m. and 5 p.m. Between May and September 30, the traffic at the gates will be monitored and recorded to determine the usage rates of the access point. The re-opening of the back gate will likely decrease traffic levels at the main gate, the RHU gate and access gate to the operational side (Check Point Charlie) dur-

ing the normal working hours. It was also recognized this is a valued convenience for the personnel who use the back gate and, depending on the recorded traffic, there may be a significant savings in the distance personnel travel to and from work.

The unexpected reduced flexibility within the wing’s financial resources had necessitated the closure of this gate last year. This year, a detailed analysis of wing expenditures resulted in savings that can be directed towards the trial re-opening of the back gate.

La porte arrière de la zone A0Z va ré ouvrir pour évaluation

À compter du 5 mai, la “porte arrière” de la zone A0Z sera ouverte à la circulation le matin et l’après-midi.

La porte sera ouverte le matin entre 06h00 et 08h00 et l’après-midi entre 15h00 et 17h00. Entre le mois de mai et le 30 septembre, le trafic aux portes sera surveillé et enregistré afin de déterminer les taux d’accès d’utilisation de chaque entrée. La réouverture de la porte arrière va probablement diminuer le niveau de trafic à l’entrée principale, à la porte ULR et à la porte d’accès sur le côté opérationnel (check-point Charlie ou poste de contrôle de la circulation/ PCC) pendant les heures normales de

travail. Il a également été reconnu que c’est une commodité précieuse pour le personnel qui utilise la porte arrière et, tout dépendant des résultats de l’enregistrement du trafic, il pourrait amener des économies importantes dans la distance utilisée pour se rendre au et du travail.

La flexibilité réduite inattendue dans les ressources financières de l’escadre avait nécessité la fermeture de cette porte l’année dernière. Cette année, une analyse détaillée des dépenses de l’escadre ont entraîné des économies qui peuvent être dirigées vers le processus de réouverture de la porte arrière.

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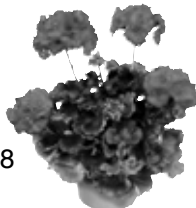
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Swing into the season | Greenwood Golf Club opens its greens



Dalton Bent spent April 30 on the course at the Greenwood Golf Club, a great way to mark the course's opening day - and his milestone 12th birthday. S.Keddy

**Sara Keddy,
Managing editor**

It's a great day on the course.

The Greenwood Golf Club opened for the season April 30, with faithful club members and keen visitors hitting the links after a loooong winter.

"This is the latest spring I remember in 20 years," says course manager Karen Gorman, "but everyone's been very understanding. We had a bunch of golfers come right out."

The club's membership was mass emailed re the opening, as Gorman and her maintenance crews had been watching course conditions for the past couple of weeks. Several targeted opening dates were missed because the white stuff continued to cover the green stuff.

"We're anticipating a good season - it was such a hard winter, we deserve a good summer!"

New fairway yardage systems and scorecard holders have been installed this season, and golfers can expect to see the results of a number of beautification projects.

"When you're out here, it's beautiful and green - we want a little colour to just 'pop,'" Gorman says.

In the weeks ahead, the course will quickly get into gear: the clubhouse kitchen opens May 9, the junior program for youth ages six to 12 starts May 11, full summer staffing will soon be in place, the club leagues will soon be underway and the Nova Scotia Golf Association is hosting its Ladies' Bronze event here in August. Gorman can't wait: she's in her office most mornings by 6 a.m. and, while the course officially opens at 8 a.m., early birds can often get a jump on the day.

"It's peaceful on the course, it's beautiful - golf is a very relaxing thing - if you don't take it too seriously. Most of our



Opening day saw players, from left, Max Pennell, Mike Reynolds, Bruce Carpenter and Dave Smith on the Greenwood course. S.Keddy

golfers are out here for fun." course and its programs, 765-5800, or visit www.greenwoodgolfclub.ca. For information on the contact the pro shop at 902-



National Day of Honour

On May 9th Hansens' joins all Canadians to salute Canada's Armed Forces in marking the end of our country's mission in Afghanistan.

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Aldershot takes hockey title

Officer Cadet Michael Airey

Camp Aldershot's hockey team capped off an outstanding season with a convincing 4-1 win over the Aircraft Structures Section in Greenwood's Intramural Hockey League, the ZXRHL, April 25. It was a hard fought game by both teams, with Aldershot only pulling away in the last half of the second and final periods. With this win, Aldershot has won the "B" Division twice in the past three years, having lost last year to Greenwood's MP Section in the finals.

The first game of the "best of three" series was won by Aldershot in a narrow 3-2 shootout victory. Sergeant Gary O'Brien scored the first goal for Aldershot, followed by two ACS goals, and the tying goal for Aldershot was scored by Sergeant Dave Chiasson. After a scoreless overtime, Aldershot took the shootout win with Chiasson,



Major Brent Kerr, right, and Sergeant Major Master Warrant Officer John McNabb, with Camp Aldershot's Greenwood intramural league B Division winners. Submitted

Corporal Nick Cooper and Private Shane Dowding scoring. The victory was made even more spectacular by the fact Aldershot was only able to send eight players to the game due to operational requirements.

Corporal Luke Pettipas, an Army corporal from 14 Wing's TEME section, gave an excellent performance

throughout the season as Aldershot's goalie. He held the league second place goals against average of 1.63 throughout the regular season and had four shutouts all year, including one in the post-season.

"We picked up Luke as he was just posted in to Greenwood," said Cooper. "He easily fit into our team and,

during the season, he was a huge asset."

The second and final game of the series took place April 25 at Greenwood Gardens. Aldershot's Detachment Commander, Major Brent Kerr, and Detachment Sergeant Major Master Warrant Officer John McNabb were in attendance, as well as a number of friends, family and coworkers

of the players. ACS lead, until the score was evened up with a shorthanded goal by Cooper three minutes into the second half. It was quickly followed by a spectacular goal from Aldershot's point-leader, Corporal Travis Jeffrey, mere seconds after coming back to full strength. Aldershot's third goal was also scored shorthanded by Sergeant Marc Roach. With the score 3-1, ACS pulled their goalie on a double power play, to give them a 6-on-3 advantage. After over a minute, Aldershot's final goal was put in by Jeffrey from his own blue line.

One of the keys to Aldershot's win was its outstanding penalty kill.

"The win came from a total team effort throughout the final series," said Roach, Aldershot's captain. "We came together when it counted and were able to get the job done. Credit has to go to Luke Pettipas, our goalie, and our penalty kill came through big time."



Autumn-Sky Martin at the spring dance April 25, enjoying her lollipop. Submitted

Youth Happenings

Rebecca Dillman, Recreation Youth Worker, 14 Wing Greenwood Community Centre

Come on down for fun with friends at the 14 Wing Greenwood Community Centre.

Please pre-register for events, particularly those with a cost, so centre organizers can plan for exact numbers. If you have any questions or comments, contact 902-765-8165 or email specialevents@eastlink.ca.

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Wednesday, May 7
5:30 p.m. to 7:30 p.m.
Boys Club & Active Chicks will share an evening out at the Kingston duck pond and park with a DQ ice cream treat afterwards. Bring along \$5.50.

Thursday, May 8
5 p.m. to 7 p.m.
Teen Activity: Movie & popcorn at the centre.

Friday, May 9
6 p.m. to 7 p.m.
Pre-teens
Mother's Day crafts

Saturday, May 10
8 p.m. to 8 a.m. May 11
Sleepover! Cost is \$15, please pre-register.

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A nation's experience

Collective Canadian efforts add up in Afghanistan

Sara Keddy,
Managing editor

The Canadian flag lowered for the last time March 12 at NATO's International Security Assistance Force headquarters in Kabul, Afghanistan.

Since 2001, over 40,000 men and women – Canada's largest deployed military contingent in

generations – have worked in the region, fighting the threat of terrorism and working to ensure the freedom of others. Over the 12-year mission, 161 Canadians died on duty, and many others are dealing with physical, emotional and mental injuries from their experience.

May 9, by Royal Proclamation, Canada will honour

all those who participated in Afghanistan service: Canadian Armed Forces personnel, their families and friends; with a National Day of Honour. May 4 to 9, Canadians injured in Afghanistan will pass the last Canadian flag over Afghanistan from Canadian Forces Base Trenton to the May 9 Afghanistan Commemoration Parade in

Ottawa, in a relay of six cities in six days. The flag will then be presented to the prime minister. The Afghanistan Memorial Vigil, constructed by Canadian troops in Kandahar and repatriated to Canada, will be on display in the Hall of Honour on Parliament Hill. A moment of silence will be held across the country to reflect upon sacrifices made.

Legacy of lives saved

Captain Sandy Robinson is counting down the days to retirement: about 1,200 left, with strong motivations from her professional experiences as a nurse generalist with 26 Canadian Forces Health Services, and as a daughter and mother.

"After I came back from Afghanistan, I knew the most important thing was family. I've since looked after my 85-year-old parents and had a baby – I put all that on hold through my career, and I can't wait to retire, get back to Esquimalt and be together."

Now posted at 14 Wing Greenwood as the 2IC of clinical services, Robinson was posted from Esquimalt to the Kandahar multinational medical clinic from July 2006 through February 2007. Her rotation experienced the heaviest load of mass casualty events to date in Afghanistan, and the medical team handled it in a plywood hospital, attached trailers with extending walls, nothing painted – "It was gross."

"It was the most professionally fulfilling thing I've ever done."

Robinson credits her peers, all working at the highest calibre, for the camaraderie, the experience and the satisfaction of being able to meet the challenge of handling multiple traumas, providing reassurance and care to injured soldiers and contacting family on their behalf to share information.

"It's like being on a baseball team, and practicing – and finally, there's a game. But, you don't know if you can do it. Afghanistan was the epitome of 20 years of training. I don't feel like I ever have to prove anything to anyone – I've done it."

Robinson knows 10 pounds of traction equals a helmet, filled with assorted, at-hand equipment. Fourteen medical staff can stuff into an SUV to get to the hospital when the pagers go off. You sing and do silly things waiting in the trauma bays for whatever is coming in. When a padre comes by in the middle of what turns out to be a 36-hour shift and offers you a frozen Mars bar ice cream treat, you say, "God bless the padres."

"And, I can't even imagine being a soldier out front. We were comfortable."

Everyone had "the real experience of Afghanistan, for what they were meant to do – everyone's valuable" on a mission like this, Robinson says. Her role included convincing an injured Afghan surgery would save his



Captain Sandy Robinson deployed as a nurse generalist in 2006: "the most professionally fulfilling thing I've ever done... we saved lives."

Submitted

life. She watched another Afghan man stay with his daughter for days as she recovered. She held a hardcore American infantryman's hand and called his mother, who turned out to be a nurse.

"You're talking with her about all his assessments and that he's going to be OK, but it's also about her 21-year-old baby."

Canadians' lasting legacy in Afghanistan?

"We saved lives."

The Canadian Armed Forces in Afghanistan

The chain of events that would bring Canadian soldiers into the desolate and dangerous terrain of Afghanistan began September 11, 2001, when four airliners were hijacked in the skies over the Eastern United States; two were deliberately crashed into the World Trade Center towers and one into the Pentagon, resulting in the death of nearly 3,000 people. Canada would soon play a role in the ensuing international efforts to battle terrorism and help bring democracy to Afghanistan.

Afghanistan

Afghanistan is a rugged country in Southwest Asia, located between Pakistan and Iran. This ancient, mountainous land is about the size of Saskatchewan and has a population of approximately 30 million people. The various ethnic groups and factions that have made the country home over the centuries have given Afghanistan a rich heritage and diversity, but have also made peace and stability difficult to achieve.

The civil war that broke out after the former Soviet Union withdrew from its military occupation of Afghanistan in the 1980s saw the Taliban regime gain control. These extreme fundamentalists severely limited civil rights and supported international terrorist groups, including al-Qaeda (the group behind the attacks in the United States).

Canada and the world respond

The first Canadian Armed Forces' contribution to the campaign against terrorism in Southwest Asia came at sea. Beginning in October 2001, Canadian ships saw ongoing duty in the waters off the region, supporting and defending the international fleet operating there as well as locating and searching unknown boats.

The Aurora patrol aircraft and Hercules and Polaris transport planes of the Canadian Armed Forces Air Command were active over Afghanistan and the waters off Southwest Asia, filling important roles in marine surveillance, transporting supplies and personnel and evacuating casualties. Canadian helicopters identified merchant vessels and offered valuable transport support.

Canadian soldiers soon travelled to Afghanistan: the first were commandos from the elite Joint Task Force 2 (JTF 2) in December 2001, followed by other soldiers in January 2002 who were initially based in Kandahar. They were joined by American and British troops.

With the eventual fall from power of the Taliban, attention turned to stabilizing the country and helping establish a new Afghan government. The United Nations authorized a North Atlantic Treaty Organization-led International Security Assistance Force to take on this challenge. The initial Canadian contribution to the ISAF in the summer of 2003 consisted of more than 700 CAF members stationed in Kabul, the country's capital, with 200 more providing support from elsewhere in Southwest Asia. In Kabul, the Canadians patrolled the western sector of the city, helped operate the airport and assisted in rebuilding the Afghan National Army.

In 2005, the CAF role evolved, when personnel began to shift back to the volatile Kandahar region. Canada's return to Kandahar coincided with a resurgence in Taliban activity, and soldiers quickly found themselves targets. The numbers of Canadian soldiers swelled to approximately 2,300 to help deal with the enemy and support the Provincial Reconstruction Team operating there. Canadian tanks, artillery and infantry soldiers all took part in many ground operations in Kandahar. This chapter of Canada's efforts in Afghanistan was the most perilous. Anytime Canadian soldiers left the relative safety of their main camps to go "outside the wire," the danger was very real.

Canada's combat role ended in 2011, when the focus shifted to training Afghanistan's army and police force.

The last CAF members left the country in March 2014, but Canada's efforts in the troubled country have been numerous. In addition to military activities, CAF members engaged in many humanitarian efforts like digging wells, rebuilding schools and distributing medical and relief supplies, both as part of their official mission and on a volunteer basis.



National Day May 9, 2014 of HONOUR AFGHANISTAN

Journée nationale Le 9 mai 2014 de COMMÉMORATION AFGHANISTAN

Getting the message

"If everything's working, no one thinks of us. If it breaks, the whole world stops – everyone's mad at us."

Second Lieutenant Robbie Fraser had two opportunities to meet communications challenges, deploying to Afghanistan twice, first in 2006 and again in 2010. Now at 14 Wing Greenwood with Wing Telecommunications and Information Services Squadron, Fraser has been on multiple deployments around the world. He knows everyone has a role to play when there is work to be done – and assistance to provide.

In 2006, Fraser was the tactical and local area network administrator as the 1st Roto moved back into Kandahar. With four people in total, they set up the secure local network for 500 users – which grew to 2,500 by the time he left, and satellite links to defence decision makers in Canada.

"We were on call 24/7, someone always on shift – you were very tired by the end, it was very mental, making sure all the "i"s were dotted and the "t"s crossed. But, you know you've got to make it work."

In 2010, into 2011, Fraser returned with the unmanned vehicle detachment, working with the UAV's full motion video and communications technology. He was challenged:



Second Lieutenant Robbie Fraser and his wife had the mail system between 14 Wing Greenwood and his Afghanistan base down: she could bake and mail fresh goodies he'd have to pass out at that week's BBQ. Submitted

working with NASA, on forward areas where the UAVs were operating and making sure "the hodge podge" of phones, radios, towers and satellites were always up and running.

Difference is respect

Afghanistan time went in fits and starts for Colonel Iain Huddleston. He was part of whirlwind visits through 2006 to 2008 as General Rick Hillier's aide. In the next two-year period, he led 30-plus C17 troop movement and resupply missions over the country. And, in 2011, he spent six months as the planning officer at Kandahar airfield.

Time also stopped at moments along the way: in 2006, a week after leaving a four-year posting with the British Royal Air Force, home in Canada, he heard "his crew" had crashed in Afghanistan, in just their second week in country. Of the 14 killed aboard the Nimrod, half were people he knew well. In addition to that ramp ceremony, he's been at some 40 ceremonies at CFB Trenton, either as Hillier's aide or actually flying the plane bringing Canadians home.

"None of that has been fun – it is draining from an emotional perspective and motivating yourself to participate gets more difficult," Huddleston says. "The difference today, though, is the importance we place on showing respect for our fallen and their families compared to year's past."

That respect has been earned in Afghanistan, as Canadians – and the world – saw the skills, the determination and the strength of the Canadian Armed Forces.

"We reposed the fact we're a military, not a peacekeeping force. That's had a huge, positive impact on the military – all because of Afghanistan. The focus came back on what we knew: Canadian soldiers are some of the best and most dedicated citizens this country has."

Huddleston says the evidence of Canada's work in Afghanistan is obvious, and has been since early days involved in the country.

"In 2006, in the FOBs overlooking the Panjwayi, there'd be no lights. The next year, we were back: it was all lit up: that was the infrastructure restored, irrigation systems back up, roads being developed. That makes a difference – people feel safe going back to their properties. The difference between 2006 and 2008 was palpable."

The "capacity building" advisor and mentorship support



14 Wing Greenwood Commander Colonel Iain Huddleston was in and out of Afghanistan between 2006 and 2011, as a general's aide, a pilot on supply and personnel transport flights and then as the Kandahar airfield planner. Submitted

Canadian military provided Afghan peers at all levels "made an impact by extension," Huddleston says. "The Afghans are all motivated – they just didn't know how to take their country from the Stone Age to modern life." The Kandahar airfield and surrounding infrastructure has developed by leaps and bounds, ready to support an economy, and Afghanistan just held a nearly violence-free national election.

"We didn't have enough troops and we suffered at times, but we did an incredible job changing the hearts and minds of people."

Canadians, too.

"The Trenton ramp ceremonies and the 'Highway of Heroes'? That was all heartfelt Canadians coming out, not organized at all. It was the right thing to do.

"Very Canadian."

The two experiences gave Fraser a chance to see the Canadian footprint in Afghanistan, from the start of construction of the retail boardwalk area to ice cream; from linking communications tent by tent to sending video stream intelligence through satellite links around the world. He also saw an impact at home in Canada.

"Afghanistan is not definitive like Vimy Ridge but, I remember back in the 1990s, you could not wear your uniform 'downtown,' and you wouldn't see 'military discounts.' Now, there's a lot more recognition from Joe Public. Attitudes have changed."

And has Canada's work in Afghanistan born fruit?

"What I hope we accomplished – and I saw it – was bringing back the country to what it was: women in school, a little safer in the streets, people educated, a functioning Muslim and Christian society. Afghanistan back in the 1970s was a very educated country."

From his deployment experiences, Fraser knows people need to talk: "there are always opposing views but, if you're educated, you can see both sides. Can we go in and change a country's attitude? No. We can go in and give them the tools to do it, to make their own decisions and they'll take care of their own problems."

Master Corporal Kevin Connors, centre, and two Cape Breton buddies - Sergeant Scott Harriss (left) and Corporal Anthony Wiseman (right) – sent best wishes to family and friends via the Cape Breton Post. Submitted



Making deliveries

Master Corporal Kevin Connors made a difference every day he was in Afghanistan: if he didn't, personnel in forward operating bases had no ammo, fuel, food, water, mail....

"We carried anything you could think of to maintain a happy life in the FOBs," Connors says. "They'd say, 'We need this stuff,' and we'd say, 'We'll get it there.'"

Connors is the training cell coordinator and road and vehicle safety investigator for 14 Wing's Transportation and Electrical and Mechanical Engineering Squadron. From May to December 2010, he was tasked from Gagetown with Roto 9 as a mobile support equipment operator, part of the team organizing and running convoys from Kandahar Airfield.

"The paved highway goes so far, then it would turn into dirt roads, or off-road and mountainous terrain. We were a big target: the enemy would want to stop all that stuff from getting to the front line."

It took 10 months for Connors to realize, back in Canada, he shouldn't be running red lights.

"In Afghanistan, you don't stop for anything. If we did have to dismount, we'd be in a cordon – it could be in the middle of a city, or the middle of nowhere.

"The kids loved to see us, and they'd come flooding over asking for pens, paper, bottles of water - any little thing. The men, not so many would come over. The women? Never."

Beyond that, Connors says personal interaction was tough. He values, though, the tight bonds formed between the Canadian soldiers in camp and on the road.

"A lot of us were friends, the guys I went with, and we all knew – each one of us, we all watched each other's back. There were lots of good days, lots of bad days. You have to be dealing with situations and be in the right state of mind – leave home at home. You have to be on high alert all the time. Mission first."

He loved it.

"You're really doing your job, helping people, seeing a different country and how people live. Everyone there was working towards the same goal: to prepare Afghans to look after themselves, and be safer. They have nothing."

The disparity between life at home in Canada still sticks in Connors' mind: "When you drive by and see a mother and baby sitting by the side of the road, covered in dust – nothing at all relates to here."





Supporting those who serve

Mike Taylor was the man with the coffee, donuts, beer, movies - and everything else possible - to provide support for Canadian Forces' personnel deployed in Kandahar.

From July through December 2010, 14 Wing Greenwood's Personnel Support Program manager shifted his attention to morale and welfare programs on the other side of the world, deploying as welfare manager with 3,000 people to serve and about 80 people on his team.

"It's trying to maintain a high level of morale in difficult circumstances - the first three months I was there, there were ramp ceremonies every day and missile attacks daily."

Taylor, with 14-and-a-half years under his belt as a Regular Force infantry and then physical education officer, had spent six months on a CAF deployment to Cyprus. He saw the Afghanistan civilian opportunity as a personal challenge, but also as a chance "to play an important role in the world, maybe have a chance to put some peace in place where there isn't a lot of peace to be found. That was the intent for me - and to be a role model for

my own kids. Sometimes you have to do things because you have to, even though it's hard."

Twelve hour days, seven days a week for six months was hard, Taylor says, but "it wasn't hard to provide services as a team. If we put the effort in, we got tangible results. The Canadian contingent seemed pretty happy with us."

The PSP team ran the camp's fitness and recreation centre and programs, travel arrangements office, the CANEX and Tim Hortons retail outlets, the movie theatre; and organized special events for big days like Canada Day and "party day," when soldiers would be allotted their two beer per month ration. Draping a huge Canadian flag used at the Vancouver Olympics over the quonset hut gym for Canada Day was eye-catching; moving the Tim Hortons from the multinational retail boardwalk into the Canadian section of the camp - in one week - was a challenge.

"We ran poker, pool, ping pong - anything to give people something to do, something different to think about. We probably set a new standard of support for CAF members, with likely

No way to measure potential

Lieutenant-Colonel Brian Richardson, 14 Wing's Logistics Engineering officer, needed to be on the ground in Afghanistan after supporting air logistics from NATO offices in Ramstein, Germany.

"I'd never been there, so I really wanted the opportunity to put my academics and experience to work," he says.

His opportunity was short, October 2010 to February 2011, and he was one of a consecutive string of advisors brought in to help in the development of civilian airfields in Afghanistan.

"So, it's hard to matter. There were incremental improvements.... It's typically a job for an engineer, and there were four large airfields underway."

With international investment directed to Afghanistan's from-scratch infrastructure drive, Richardson and his peers "provided advice to the Afghan ministers we thought they needed. They were going from old Soviet-era metal runways to, running right alongside them, new paved runways, fire halls, terminals - all

new, but there were no passengers or commercial traffic coming in. If they don't use it, and don't know how, it'll just deteriorate."

He had a role in setting up a multilateral system to track aircraft passing through Afghan airspace along the busy Europe to South Asia flyways. Every passing plane is supposed to pay for that privilege, which could generate millions for the Afghans in particular. After just his few months there, Richardson doesn't know if the project came to fruition, but "it's better for me to think they saw value in it, that they put it into place and have it now to generate revenue for all kinds of other social programs. There was so much potential...."

That project, and early training on the importance of flight safety and investigation, were "glimmers of hope," he says, "but they have years and years to go."

"Short-term potential? You can't measure that. It's going to be generational. It takes decades to make headway through a counter-insurgency, and we were only there a decade. To expect

Packin' up

Corporal Amanda Morro describes her job as one giant game of Tetris.

From June through December 2011, she sorted, paperworked and packed everything Canada has carried by land, sea and air to Afghanistan in the previous decade.

"I don't know how many pounds of freight, how many people - all the stuff!" she says. "We'd be keeping an eye on space, going to a certain height - sometimes upwards of six flights a day. We counted flights, not days."

Morro is a traffic technician at 14 Wing's Air Movements Unit. She was asked to deploy from her Edmonton posting and agreed to take the challenge, as, being with a small trade, so much of her work is regularly done in the field.

Mission close-out from the Kandahar airfield involved "ridicu-

lous hours, seven days a week.

"Tanks are ridiculous - try washing one of those! And then, you'd get it dirty again moving from the wash bay to the airfield! It was constant go-go-go, stressful at times, but you wanted to do your best and make everyone proud. We were tasked, and we did it."

Morro was on the second-last lift from KAF: "I remember boarding, looking back and just taking that breath.... Did we make change? You won't know, but we did our best."

The experience was an eye-opener, professionally and personally. "It was definitely different: you don't realize what you've got 'til you see how other people live. We'd drive out to the airfield on the dirt road along the fence, past a mud hut, and there'd be kids sitting on top. There'd be a trail around the hut - it was obviously mined, and that would be where the kids would know to walk and play."



Mike Taylor, Kandahar Airfield camp welfare manager, taking Afghan lessons from a child at the KAF school.

Submitted

the most civilians hired, trained and deployed to do it - never anything like it since Korea. It was a good experience, for me and my team, to really see and appreciate what we support."



Lieutenant-Colonel Brian Richardson in front of the old Kabul International Airport Terminal in January 2011. The airport was set to handle civilian and commercial flights.

Submitted

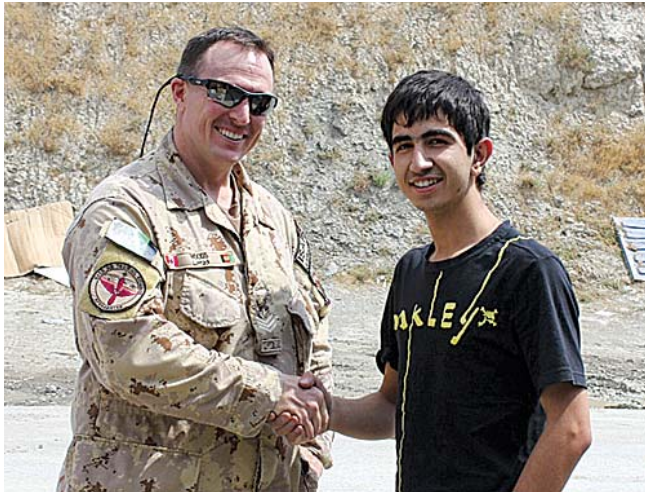
we would make a difference is probably jumping ahead, but you have to hope it's what Afghans want. They are living there, just trying to make the best of it and carry on with life."



Corporal Amanda Morro, being presented at medal ceremonies at Kandahar Airfield following a busy period packing up all things Canadian in 2011.

Submitted





Building a bond, having a conversation and sharing ideas helped Sergeant John Woods meet his supply advisory mission in Afghanistan.

Submitted

Approach is everything

A July through October 2013 deployment to Afghanistan was Sergeant John Woods' fifth international experience, his third in a supply role. This time, based in Kabul with the American 430 Air Expeditionary Wing, he was an advisor to the Afghan air force.

"I went in and helped implement tracking procedures, set up databases and supply requisition forms and saw how their processes work. I went in to assist and make recommendations – and then waited to see if they agreed."

Working extensively with an interpreter, Woods sat down with everyone in the supply chain from colonels to captains, "to find out what the problems were. The air force is just a few years old."

Woods set up Monday morning meetings, and lead them with questions and suggestions. Within three weeks, he sat back as the Afghans took control of the sessions.

"They just needed the direction," he says.

Every week or two, he'd invite one of the colonels for lunch – a chance to talk business, share experiences and have a more social understanding of each other's cultures and practices.

"If I went to their offices, chai tea is huge – I'd drink eight cups a day, never turn it down. There were always finger foods, nuts. One colonel, he gave me his phone one day: his uncle was on the other end, he'd been living in Toronto for over 30 years."

All of it – the changes in paperwork processes, translating Excel spreadsheets from English to Darsi, establishing inventory systems – came down to approach.

"Approach is huge. It's building a bond. We'd sit down, we'd look at suggestions but, at the end of the day, they had to decide. You can't change everything they're going to do in a short time, but they're open, they'll take small things or use it all.

"They want to develop – fast. If it sticks, it'll stick."

Sergeant Ken Fenner, with 14 Wing Greenwood's Air Maintenance Squadron Wing Imaging section, deployed to Afghanistan twice as an image technician through 2005 and 2006, first with the Canadian Contingent and then with Royal Command South, under British direction. Feature page photography included here captures some of what he recorded.

Rebuilding from inside out

It may be what's on the inside that counts, after all.

Lieutenant Commander Clark Colwell compares Canada's mission in Afghanistan to the extensive renovations found inside a shop's bullet-ridden, crumbling façade.

14 Wing's deputy judge advocate was in Kabul from July to December 2013, working periods as the task force's legal advisor within Canadian headquarters – "very much the job I have here, with military justice, administrative law, standing orders, rules of engagement, claims processing..." and as the legal advisor to the Afghanistan army: "the job? Major."

Colwell worked on a framework left by successive Canadian legal advisors, incorporating Afghan state and Sharia law, and also the range of legal experience and education – from extensive to non-existent – in Afghan personnel. Colwell developed a close relationship with one of his Afghan peers, a legal advisor to the nation's Army Medical Command, Surgeon General and the Kabul National Military Hospital; moving forward on policies around investigations, legal education for medical workers, soldiers and many other military trades people; cultural awareness and effectiveness.

"What I saw there was very successful – it wasn't finished when I left, but this is a multi-generational effort. Nobody thinks it's all sunshine and lollipops, but to see the difference between pitched fighting there and great stability here? Kabul has changed - our reference point can't be Canada."

Colwell points to the evidence: Afghan boys and girls walking safely to school, kids flying kites, the national police being 100 per cent responsible for security and "independent business flourishing.

"Businesses that are in terrible shape on the outside – you go in, and it's all modern, marble floors.... They are rebuilding



Lieutenant Commander Clark Colwell presents a Canadian Armed Forces Office of the Judge Advocate General coin to Colonel Ziawudin, senior legal advisor to the Afghan National Army Medical Command, Surgeon General and the Kabul National Military Hospital.

Submitted

from the inside out.

"It's not 'mission accomplished,' and it is easy to lose focus, but you resolve what you can. Canadians will be involved in Afghanistan for a long, long time, but Afghanistan will not be left alone. We cooperate with our friends all the time, and Afghanistan could be the same."



Masters swimmers compete at NS championships

Captain John Bernardi, 14 Software Engineering Squadron

April 12, 14 Wing swimmers Captain John Bernardi, Lieutenant Andrea Fortier and Master Corporal Laura Roy joined with swimmers from 5 CDSB Gagetown, 12 Wing Shearwater and CFB Halifax to form CFAST (the Canadian Forces Atlantic Swim Team) at the 2014 Nova Scotia Masters Provincial meet. Lieutenant Serena Palmer also attended in a coaching capacity while recovering from surgery.

The meet was held at the Dartmouth Sportsplex, hosted by the Dartmouth Whalers Masters Swim Team.

Bernardi, of 14 Software

Engineering Squadron, competed in the 50 metre Freestyle (28.77), 50 metre Butterfly (31.88), 100 metre Individual Medley (1:17.59), 400 metre Individual Medley (6:01.39) and the 800 Freestyle (11:10.43). He won gold for his age category in all but the 800 Freestyle, where he placed second. Bernardi had already qualified for Canadian Armed Forces Swimming Nationals at prior events, and his time that day in the 400 IM was good enough to qualify for the 15th FINA World Masters Championship in Montreal this summer.

Fortier, 14 Air Maintenance Squadron, swam the 100 metre Breaststroke (1:37.89), 50 metre Freestyle (35.17), 50



Members of the CFAST Swim team include 14 Wing's Captain John Bernardi (back row, third from right), Lieutenant Andrea Fortier (back row, second from left), Lieutenant Serena Palmer (back row, 3rd from left) and Master Corporal Laura Roy (kneeling, 2nd from right). Submitted

metre Breaststroke (45.63), 100 metre Individual Medley (1:34.41). She placed first, sixth, first, and third in those events, respectively; and also qualified for the CAF Swimming Nationals.

413 Squadron member Roy raced the 200 metre Individual Medley (3:34.71), 50 metre Butterfly (45.49), 200 metre Freestyle (3:12.76), 100 metre Individual Medley (1:38.30) and 100 metre Freestyle (1:27.01).

She placed second in all five events, and also qualified for both CAF Swimming Nationals and the world championships.

The CFAST team had their best showing yet at this meet, finishing third in team stand-

ings to the Dartmouth Whalers and Halifax Chronos, with a total of 2,649 points.

For information about swimming in the Canadian Armed Forces or at the masters level, contact Captain John Bernardi.



Jumpstart

This May, DONATE \$2 and get your RED ball or puck



Your donation helps Greenwood area kids get in the game.

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193 LAST YEAR | **1,296 SINCE 2005**

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Fondation Bon départ

En mai, faites un DON de 2 \$ et obtenez votre balle ou rondelle ROUGE



Votre don aide les enfants de Greenwood à jouer.

NOMBRE DE JEUNES AIDÉS
193 L'AN DERNIER | **1 296 DEPUIS 2005**

Visitez votre Canadian Tire aujourd'hui.
730 Central Ave., Greenwood
bondepart.canadiantire.ca

Funding supports active, healthy kids

Children and youth in Kings County will benefit from contributions to local physical activity initiatives as part of Kings County Active Kids, Healthy Kids.

A celebration was held April 15, co-hosted by the Eastern and Western Kings Active Kids, Healthy Kids committees, bringing together 27 organizations who received

more than \$25,000 collectively in financial assistance. The funding will support physical activity programs including a therapeutic riding camp for children with exceptionalities, Valley Harvest Marathon Kids Fun Run and new equipment for the Berwick Young Naturalists Club.

The Active Kids, Healthy Kids committees were estab-

lished 10 years ago, born out of the provincial Active Kids, Healthy Kids Strategy. The concept brings together community partners to create a fund to support local initiatives that provide opportunities for children, youth and their families to participate in physical activity that produces health benefits. The Kings County committees and funding partners include representatives from municipal recreation departments, community health boards, the Nova Scotia Department of Health and Wellness, the Western Kings Memorial Health Society and the Eastern Kings Memorial Health Foundation.

Local recipients include

the Valley Harvest Kids Run Marathon (Valley Harvest Marathon Association), Valley Minor Football's training equipment project, a KidsTRI Triathlon Program, hosted by the Blomidon Multisport Club; a playground project at Brigadoon Children's Camp, 3 D Archery Competition Training with the Greenwood Archery Club), a wellness room at Berwick school, a girls' drop-in volleyball program, organized by the 14 Wing Greenwood Community Centre's Eight Ball Teen Club; Scouting equipment for 2nd Berwick Scouting), a youth track meet at West Kings District High School), a Jumping Hoops Club at Cambridge &

District Elementary School, a youth learn to bowl program at the Greenwood Bowling Centre), a community learn to swim program, sponsored by

the Aylesford & District Lions); supportive skating devices for the Credit Union Centre) and equipment for Berwick's Young Naturalists Club.



Service to the branch

Dave Walsh received the Branch Service Pin from Royal Canadian Legion Branch 098 awards chairperson Linda Desmond April 28. Submitted

Annual Meeting Notice and Snow Tender

The Annual Meeting of the Kingston District Fire Commission will be held on Tuesday, May 20th, 2014 at 7:30 p.m. in the Kingston Fire Hall.

- * Presentation of Financial Statements for April 1/13 - March 31/14.
- * Presentation of Budget for April 1/14 - March 31/15.
- * Set the area rate at 6 cents per \$100 of assessment.
- * Election of Commissioners.

All interested persons are invited to attend.

Kingston Fire Hall Rental

All enquiries re hall rental and use, please call 902-765-2358.

Allie Pierce Memorial Award

Students graduating from Middleton Regional High School, West Kings High School and Ecole Rose-des-Vents going on to further studies and residing in the Kingston Fire District may apply for the Allie Pierce Memorial Award. Information can be obtained by calling 902-765-8158 or email mwilkins@ns.sympatico.ca

Snow Removal/Ice Control Tender Call

The Kingston District Fire Commission invites tenders for snow removal/ice control services to the Fire Hall located on Sparky Street, Kingston, for the period starting May 31, 2014 – May 31, 2015. The tender amount shall be in the form of a lump sum for all services as outlined in the specifications. Call 902-765-8158 for the specifications. All tenders must be submitted to the undersigned in a sealed envelope marked "Tender for Snow Removal/Ice Control Service" on or before 12:01 p.m. on Tuesday, May 20, 2014.

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

Marilyn Wilkins, Secretary/Treasurer
Kingston District Fire Commission
P.O. Box 528, Kingston, N.S. B0P 1R0



THE MUNICIPALITY OF THE COUNTY OF KINGS

87 Cornwallis Street PO Box 100
Kentville, NS B4N 3W3

APPLICATIONS FOR GRANTS TO ORGANIZATIONS

Section 65 of the *Municipal Government Act (MGA)* empowers Municipalities to make grants to certain types of organizations.

The Municipality of the County of Kings may issue grants to organizations which qualify under the MGA s.65(a) and which provide services that complement or enhance existing services of the Municipality.

The application deadline for organizations to submit their requests is May 30th.

For a copy of the policy or further information on the application process, please contact the undersigned.

Meg Cuming
mcuming@county.kings.ns.ca

<http://www.county.kings.ns.ca/information/communitysupport.aspx>

Tel: (902) 690-2214 Fax: (902) 679-0911
Toll Free 1 888 337-2999
www.county.kings.ns.ca



THE MUNICIPALITY OF THE COUNTY OF KINGS

87 Cornwallis Street PO Box 100
Kentville, NS B4N 3W3

NOTICE TO RESIDENTS

The Municipality of the County of Kings, Department of Engineering & Public Works wishes to advise customers of the Greenwood Water Utility that water mains and fire hydrant flushing will occur from **May 5, 2014 to May 30, 2014**.

As a result of this work, customers may experience low water pressure or discolored water during this period. This condition may cause staining of clothing during washing. Customers should flush their own lines by allowing the water to run for about ten minutes or until water clears.

Flushing of the water system is conducted each year to maintain and improve water quality in the utility's piping.

The Municipality apologizes for any inconvenience.

Bill MacLellan, Operations Supervisor
bmaclellan@county.kings.ns.ca

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



THE MUNICIPALITY OF THE COUNTY OF KINGS

87 Cornwallis Street PO Box 100
Kentville, NS B4N 3W3

TENDER 14-16

Aldershot Road Sidewalk Reinstatement

The Engineering and Public Works Section of the Municipality of the County of Kings invites tenders for construction services to replace the asphalt sidewalk along the east side of Aldershot Road in North Kentville between Owen Road and Lanzy Road.

Specifications and tender forms may be viewed and picked up beginning May 8, 2014 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.

There is a mandatory meeting at 10:00 am on Monday, May 26, 2014 at the project site.

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, MAY 29, 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.

Tel: (902) 678-6141 Fax: (902) 679-0911
Toll Free: 1-888-337-2999
www.county.kings.ns.ca



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. 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. 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.

At CentreStage

Three to get Married by Kay Hill is a historic comedy set near Aylesford in the 1830s. A resourceful clergyman sets out to marry off his three daughters. With the running of the first stagecoach, the government is offering a subsidy to any householder who will open his home as an inn for passengers. Horatio lies in wait for eligible male passengers. Will it happen? Not if Aunt Lizzie has anything to say about it! May 9,10,11m, 16,17,18m, 23, 24, 30, 31. Tickets \$15 adults/ \$12 students and seniors (65+). Call 902-678-8040 for reservations.

CentreStage Theatre, 61 River Street, Kentville. www.centrestagetheatre.ca.

Supper

May 7, 4:30 p.m. to 6 p.m., at Kingston United Church, 733 Main Street. Tossed salad, spaghetti and homemade sauce, rolls, English trifle, tea and coffee. \$10 each; family of four or more \$30.

Dance

May 9, come and dance the night away to the music of Crackerjack at R.C.L. Branch 098 in Kingston, 9 p.m. until closing. \$7 per person.

Plant sale

May 10, it's spring! Time for the

Black Rock plant sale, 8 a.m. to 11 a.m., at the Black Rock Hall (4404 Black Rock Road – just before Canada Creek). A fundraiser for the Black Rock Trail Society.

Ticket auction

May 10, 9 a.m. to 3 p.m., attend H.A.R.T.'s Mother's Day ticket auction at the Aylesford fire hall. Hundreds of items, door prize (King George Inn package), straw game, jewelry, Mother's Day cards. Hot dogs and veggie dogs. 902-341-HART for more info.

Breakfast & auction

May 10, the Lawrencetown Volunteer Fire Department Ladies Auxiliary invites you to a Mother's Day breakfast (8 a.m. to 10 a.m.) and ticket auction (8 a.m. to 11 a.m.). Breakfast \$4: pancakes, bacon, fresh fruit and beverages. Lawrencetown fire hall, 549 Main Street. Info: 902-584-3061.

Cemetery clean-up

May 10, 9 a.m., join the Tremont Community Cemetery Society's

spring cleanup, weather permitting. All volunteers, young and old, are welcome to help.

Prize bingo

May 10, 2 p.m. to 4 p.m., at the Bridgetown Lions Hall. Fifteen games, with various prizes. Book \$5 each. 50/50 draw, raffle and cookie jar. Please come out and support the Meadows ARC activity department. No cash prizes awarded except for the 50/50 draw.

Concert

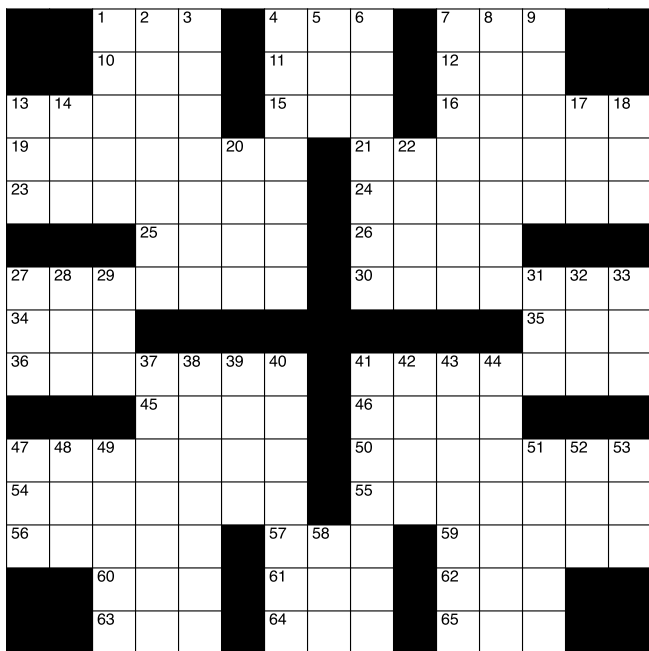
May 10, 7:30 p.m., join Kings Chorale as it presents Earth, Water, and Sky, a concert celebrating the world around us. Contemporary music by living composers and arrangers, with music by familiar singers/ songwriters. Louis Millet Civic Centre, New Minas. Tickets (\$12) at the door.

Breakfast

May 10, 8 a.m. to 10 a.m., come for breakfast at the All Saints' Anglican Church Hall, Pleasant Street, Kingston (turn west off

metro crossword

solution page 20



- ACROSS**
- No longer is
 - Wife of Saturn
 - L.A. Trojan school
 - Complete
 - Animal doctor
 - Old Austrian coin (abbr.)
 - Islamic teacher
 - Hearing organ
 - Abolitionist Sojourner
 - Phillips Academy town
 - Apparatus to add air
 - April rain
 - May results of 23 across
 - N.W. PA. city
 - 12th Jewish month
 - Analgesic
 - Cowards
 - Hit lightly
 - Express pleasure
 - Divinities
 - Moderately slow tempo
 - Stare impertinently
 - More small
 - Of or containing tin
 - Pain in #15 across
 - Where the tenon fits

- Said of a sheltered horse
- Range
- Project Runway winner Chloe
- French postal code 79000
- Small integer
- European Common Market
- Auto petrol
- Crimson
- River in NE Scotland
- East northeast

- DOWN**
- Ralph ___ Emerson, writer
 - Permitted
 - State of bondage
 - Administrative
 - Common garden pod plant
 - Machine-guns from the air
 - L___: shining
 - Scribbles
 - An inclined trough
 - More (Spanish)
 - Durham, NH school
 - Hill (Celtic)
 - Time units (abbr.)

- Legal clerk Brockovitch
- Norse goddess of old age
- Form a sum
- No (Scottish)
- Japanese sash
- 007's creator
- Consume food
- The woman
- Group annuity + lottery combination
- Set fire to
- Ancient Olympic Site
- Split from
- Awe-inspiring
- Tidy
- Drive mad
- Middle Eastern riding horse
- Spinal Muscular Atrophy
- Technical author Clancy
- Garden framework
- Being near
- Of she
- Summer sun up in NY
- Highest card

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Full name _____ Phone number _____

Complete the following questions from ads in this week's issue and win a 14 inch 2-topping pizza from **Mimie's Pizza, Greenwood**. Coupon valid for 30 days.

- What is the civic address for Greenwood Rent-All? _____
- When is the Spring Shopping Expo? _____
- When is the deadline for Grants to Organizations? _____
- When do summer hours start at the Greenwood Bowling Centre? _____
- Who works for KW Select Realty? _____

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.
Congratulations to last week's winner: RICHARD SANFORD

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954 Central Avenue
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Bridge Street). **Cost:** \$7. Pancakes, scrambled eggs, bacon, sausages, baked beans, hash browns, toast, juice, tea, coffee.

Retirement event

May 10, you are invited to a retirement concert and potluck (with singin', toastin' and roasin') for Pastors Herbin and Muriel Townsend, 5 p.m. at the Annapolis Royal fire hall. For information, contact Carole Mason (902-638-3373).

Supper

May 10, enjoy a Mother's Day full course pork roast loin supper, 4:30 p.m. to 6 p.m., at the Melvern Square Community Centre. Gingerbread dessert. Everyone welcome.

Dinner

May 11, 4:30 p.m. to 6 p.m. the Kingston Lions Club hosts a Mother's Day dinner at the Kingston Lions' hall. Turkey dinner with mashed potatoes, vegetables, strawberry shortcake coffee, tea. Cost \$15 at the door. All proceeds to go to Credit Union Centre upgrades. Phone 902-765-2128.

Card party

May 12, Funds for Fuel bridge party, 1 p.m., at the Macdonald Museum, 21 School Street, Middleton. Cost is \$4 per person. Light lunch served. All welcome. Phone 902-825-6116 for information.

Luncheon

May 13, noon to 1 p.m. Come out and enjoy luncheon at the Kingston Lions' hall. Roast turkey and mashed potatoes with all the fixings, coffee, tea and ice cream and strawberries. Cost \$8 at the door, \$8.50 delivered (Kingston/Greenwood area only). Deliveries must be ordered by 10:30 a.m. Phone 902-765-2128.

Theatre

May 13 through 17, 7 p.m., discover "whodunit," as the cast of The Greenwood Players present Agatha Christie's The Mousetrap (directed by Joan Conrad Cormier). On stage at the Morfee Centre, 7 p.m. Tickets at the door or through the Valley Drug Mart outlets in Middleton and Kingston.

Concert

May 14, 7 p.m., Shallaway – the Newfoundland and Labrador Youth in Chorus, joins the Annapolis Valley Honour Choir in Wolfville, at the Wolfville Baptist Church. These two youth choirs have been selected from choirs across the country to perform at Podium, Canada's National Conference for Choral Music. Freewill.

Supper

May 15, turkey supper at the Three Rivers Community Centre, 41 Torbrook Mines, 4:30 p.m. to 6 p.m. \$12 adults, \$6 children (12 and under). Take out available, 902-765-3049.

Variety show

May 17, 7 p.m., the Kingston Lions Club present a variety music night at the Kingston Lions Hall. Admission \$5. Tickets at the door from 6 p.m. Canteen, 50/50. Featuring performances by Just For Fun, Jeff Tooker, Wendy Lynn & Kerri Fullerton. Phone 902-765-2128.



Lodge officers in place

Markland Lodge #99, under the Grand Lodge on Nova Scotia AF&AM, located in Kingston recently installed officers for the ensuing 12 months. Included on the slate are Worshipful Master Eric Mapleback, Senior Warden Howard Boone, Junior Warden Robert Bulter, Immediate Past Master Richard Haynes, treasurer Bruce Corkum, secretary Robert Beresford, historian Winston Abbott, Director of Ceremonies George Thompson, chaplain Charles Walker, Senior Deacon Paul Janes, Junior Deacon Jean Boulos, marshalls David Rozee, and Tyler David Kennedy. Missing are Senior Steward Dan Brown and Junior Steward Allen Morgan. It is worth noting nine of the 15 officers are serving or retired military members. The lodge is celebrating its 80th year, and meets the fourth Monday monthly (except for July and August).

Submitted

sudoku

solution page 20

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

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 20

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

WORDS

- ACUPUNCTURE
- ARTHITIS
- ASPIRATION
- BENDING
- CARPAL
- CARTILAGE
- DEGENERATIVE DISEASE
- ENDORPHINS
- EXERCISE
- FIBROMYALGIA
- FINGER
- GLUCOSAMINE
- GOUT
- HYDROTHERAPY
- IMMUNE
- INFLAMMATION
- ISOMETRICS
- JOINTS
- KNEE
- LUMBAR
- MASSAGE
- MEDICATION
- MOTION
- NSAID
- PREDNISONE
- PSORIATIC
- SPINE
- STIFFNESS
- STRETCHING
- SUPPORT
- SWOLLEN
- TENDER
- TENDON
- THERAPY
- WRIST

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horoscopes

May 4 - May 10

ARIES - Mar 21/Apr 20

You are in a position of power this week, Aries. But this doesn't mean you can impose your will onto someone else. Don't try to take over any situation.

TAURUS - Apr 21/May 21

Taurus, someone might dredge up uncomfortable feelings, but you need to muddle through with a smile on your face. This is the case at home and at work.

GEMINI - May 22/Jun 21

Gemini, separate your personal and professional lives, particularly with regard to potentially contentious issues. You may want to keep mum for a while.

CANCER - Jun 22/Jul 22

Cancer, make your feelings known when something upsets you this week. Sharing these feelings will benefit you and your friends and colleagues now and in the future.

LEO - Jul 23/Aug 23

Leo, your feelings of restlessness this week can benefit from a creative outlet. Engage in an activity that keeps your hands and your mind busy, such as a craft or a home project.

VIRGO - Aug 24/Sept 22

Virgo, minimize any negative energy this week. Strive to be a source of optimism when others are looking at the glass as half empty. It can work wonders.

LIBRA - Sept 23/Oct 23

Libra, after several days of working entirely off of adrenaline, you finally have some time to kick back and relax. This will help you recharge your internal battery.

SCORPIO - Oct 24/Nov 22

Your motivation is very strong this week, Scorpio. You can accomplish much more than you ever expected in a short period of time. Pick your projects wisely.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, you are unable to convey some feelings to others, but your body language will go a long way toward getting your message across. Remain conscious of your actions.

CAPRICORN - Dec 22/Jan 20

One of your goals this week is to propel yourself further without pushing others too hard, Capricorn. You want to be successful but not at the expense of others.

AQUARIUS - Jan 21/Feb 18

Aquarius, focus on practical matters, such as your career goals, for the time being. Crucial decisions must be made and new relationships must be fostered.

PISCES - Feb 19/Mar 20

Pisces, trust your gut instincts on an issue that has been puzzling you this week. Your intuition might be your best asset.

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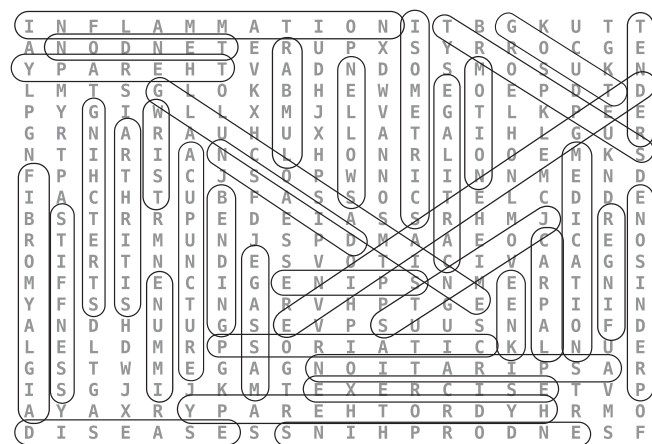
crossword solution

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

sudoku solution

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

patrick's puzzle



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utilities. For more information please contact 902-847-1365. (3501-ufn)

FOR RENT - Very clean, modern three bedroom apartment, quiet S/D in Nictaux. Fridge, stove and Dishwasher. Washer Dryer hook-up. \$850/month, heat/lights incl. No dogs. References required. Call Ross 902-840-0534. (3509-ufn)

FOR RENT: A Spacious one bedroom apartment in a quiet, private location in Middleton ideal for one person. New Flooring and paint, utilities and WIFI included. Non-smoking and no pets. Furnished / unfurnished as needed, Rent is \$725.00/month. Call 902-844-0331 or 902-825-4544 or rocket650@eastlink.ca. (3515-ufn)

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FOR RENT - Kingston, Lincoln Shire Apartments, one bedroom Available July & Aug 1st \$500. Two bedrooms Available May & June 1st \$600, With 2 Appliances. 902-765-6669. (3517-4tp)

FOR RENT - Kingston, Lincoln Shire Apartments two bedrooms with 5 Appliances \$800 plus utilities. Available Now & May 1st. 902-765-6669. (3517-4tp)

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FOR RENT - Two bedroom duplex located on 699 Balsar Drive Kingston. Stove, fridge, washer & dryer hook-ups. Adult building only. Lease and references required. Non smoking, sorry no pets. Call 242-2660 for viewing by appointment only. \$800.00 a month, plus utilities. Available May 1st, 2014. (3518-4tp)

FOR RENT - Three Bedroom Duplex available early May. Upper level

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FOR SALE - House for sale. Propertyguys.com (#57318), 4 split level, 2 car garage, barn, 5 acres, 10 min from the wing, beautiful view. (3517-4tpb)

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IN THE COMMUNITY

CHURCH SERVICE - "The Peoples 25:40 Church" There will be a church service held every Sunday at the New Beginnings Centre 1151 Bridge Street Greenwood provided by Pastor Leon Langille. Pre Service music at 2:50 pm. Service 3:00 pm. Doors will open at 2:30 pm. All are welcome. (3518-4ufn)

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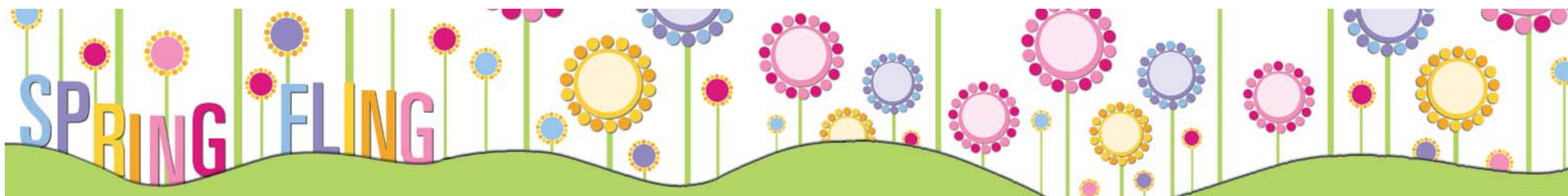
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Add pancake punch to Mother's Day brunch

(NC) - Are you thinking about whipping up something special to serve on Mother's Day?

Why not combine two of her favourite treats to create carrot cake pancakes? Mixed with nutritious almonds, a dash of cinnamon and finished with a delicious cream cheese fruit sauce, the originality is sure to add a special touch and melt mom's heart all in one bite.

Carrot Cake Almond Pancakes

Pancakes:
1 1/2 cups (375 mL) whole wheat flour
1/2 cup (125 mL) ground almonds

2 tbsp. (30 mL) granulated sugar
1 tbsp. (15 mL) baking powder
1 tsp. (5 mL) ground cinnamon

Pinch fresh ground nutmeg
1 2/3 cups (400 mL) vanilla almond milk
1 egg
2 tbsp. (30 mL) canola oil
1 cup (250 mL) grated carrots
1/4 cup (60 mL) golden raisins

Cream Cheese Yogurt Drizzle

1/4 cup (60 mL) 0% Greek yogurt
2 tbsp. (30 mL) light cream cheese, softened
4 tbsp. (60 mL) vanilla almond milk
1/2 cup (125 mL) diced fresh

strawberries
2 cups (500 mL) quartered fresh strawberries

Directions

In a large bowl, whisk together whole wheat flour, almonds, sugar, baking powder, cinnamon and nutmeg; set aside.

In another bowl, whisk together almond milk, egg and canola oil. Pour over flour mixture and stir until smooth. Stir in carrots and raisins.

Heat a non-stick griddle or a large non-stick skillet over medium heat. Ladle 1/4 cup (60 mL) of the batter onto griddle. Cook for about two minutes, or until bubbles appear on top.

Using spatula, flip pancake and cook another 1 minute or until golden. Repeat with remaining batter. (Alternatively, use 1/8 cup/ 30 mL measure to make smaller pancakes.)

Meanwhile, in a bowl, using an electric hand mixer, beat together yogurt, cream cheese and almond milk until smooth and runny. Stir in strawberries. Spoon drizzle over pancakes and top with berries.

Makes 16 pancakes. This recipe has also been evaluated by the Heart and Stroke Foundation registered dietitians and is part of a healthy diet based on recommendations in Canada's Food Guide.



Deck makeover in 10 easy DIY steps

(NC) - One day's work can revive the most tired-looking outdoor spaces. Today's do-it-yourself products make deck restoration as easy as 1, 2, 3:

- Splash-test an inconspicuous area for water absorption. If the water penetrates into the wood, it needs to be protected.
- Wet the plant life around deck and cover it to protect against product run-off.
- Wear old clothes, protective

glasses and gloves.

- Clear the deck of all furniture and decorative items.
- Clean with the most effective solutions.
- Rinse with a garden hose or pressure washer and wet the plant life after the cleaning process.
- Repair loose screws or damaged boards on deck surface.
- Allow deck to dry for a few hours.
- Protect the finish and your

work with a water sealant, often available in clear, honey gold, nutmeg brown and natural cedar finishes.

- Clean up all equipment with soap and water



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In recognition of Canada's Military mission in Afghanistan

May 9th, 2014
9:00 am - 11:00 am



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Best Western Aurora Inn

Mother's Day Buffet

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

\$17.95 plus tax per person

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Cheese Trays
Salad Bar
Cream of Leek Soup

~ **Cajun Chicken** ~
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The Fun Starts May 8

Wilton Cake Decorating Classes

Come out and have fun while you learn the Wilton method of cake decorating held here right in the store!

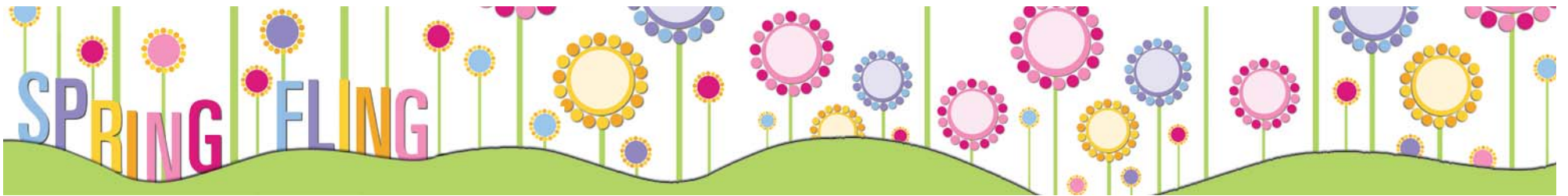


Our first class starts on May 8, 2014. Registration is required prior to the class, please call for details.

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Cinq trucs pour mieux communiquer avec son jeune

(EN) - Si vous êtes parent, vous comprenez sans doute l'importance d'une communication ouverte avec votre enfant. Mais cela n'est pas toujours facile, tant pour les parents que pour les jeunes eux-mêmes.

« La première étape et sans doute la plus importante consiste à instaurer puis à préserver la confiance du jeune, » affirme Alain Johnson, directeur des services cliniques chez Jeunesse, J'écoute.

Voici quelques suggestions de Jeunesse, J'écoute :

- Faites savoir à votre enfant

qu'il peut vous parler de tout et que rien de ce qu'il pourrait dire ne nuira à votre relation;

- Consacrez du temps à votre enfant pour favoriser les occasions de discussion. Plutôt que de vous asseoir et lui dire « le moment est venu de se parler, » pourquoi ne pas passer du temps ensemble? Les sorties au restaurant, les promenades ou balades en voiture sont souvent propices aux conversations profondes;
- Rappelez-vous que lorsque votre enfant se confie à

vous, il ne s'attend pas à ce que vous ayez toutes les réponses;

- Évitez les idées préconçues; cela pourrait vite mettre fin à l'échange et anéantir vos efforts. Posez plutôt des questions en démontrant votre intérêt;
- Votre jeune est aux prises avec un problème en particulier? Consultez la section « Pose ta question en ligne » sur le site jeunessejecoute.ca, où des jeunes écrivent leurs questions sur des sujets comme l'école, la famille, l'amitié, la santé émotive et les

questions LGBTQ et reçoivent des réponses personnalisées d'intervenants professionnels. C'est un bon moyen de savoir comment se confier d'autres jeunes afin de mieux comprendre ce que pourrait vivre le vôtre. Pourquoi ne pas parcourir les messages et les réponses avec votre enfant?

Jeunesse, J'écoute invite les Canadiens à appuyer le bien-être mental des jeunes en participant à sa marche annuelle le dimanche 4 mai. Plus d'information sur faitesunpasverslesjeunes.ca.



What does your salad say about you?



(NC) - Since May is National Salad Month, did you know this nutritious dish can tell people more about you than you may think? Whether you enjoy greens or grains, here is some insight about what your salad says about you:

Leafy greens – If you love leafy greens, you're whimsical and enjoy the carefree days of summer. You're also curious and playful as some of your ingredients may be playing hide and seek.

Nuts – If you enjoy the texture of nuts in your salad, you are down to earth and enjoy a walk in the woods or on the beach.

Berries – If you like the taste of berries you are light-hearted, joyful and outgoing. You enjoy all of the little things in life.

Vinaigrette vs. creamy dressing – If you prefer light vinaigrette, like pomegranate or balsamic, you are health conscious and adventurous. If you prefer a creamy dressing, you savour traditions and enjoy family get togethers

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Mother's Day
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The Perfect Pear
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Treat the Mom in your life to our wonderful three course menu, created by award winning chef, Scott Foeller.

Main course selections include:
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To view the complete menu, visit us on the web at www.falcourtinn.ns.ca

To reserve your table for this limited seating event, please call 825-3399. First sitting begins at 4:30.

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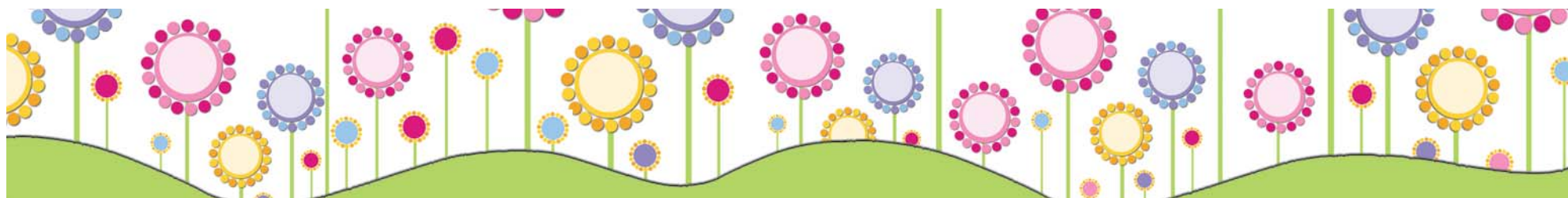
Mother's Day Brunch

11 May 2014 0900 to 1200 hrs
 at the Annapolis Mess \$6.00 per person

Menu

Scrambled Eggs with Fresh Chives or Waffle with Cream and Berries

Bacon, Sausage & Hash Browns
 Toast with Spreads
 Seasonal Fruit with Dip
 Danish or Scones
 Tea, Coffee & Juice



La sécurité fera de vous un campeur heureux

(EN) - Ah, la nature! Outre les moustiques, rien ne représente davantage l'été qu'une escapade au grand air.

Alors que vous cherchez à vous détendre après la préparation du voyage et la conduite vers le chalet ou le terrain de camping, le Groupe CSA, un chef de file dans les services d'essai et de certification, souhaite vous rappeler d'adopter une attitude sécuritaire cet été sur terre ferme et sur l'eau en suivant les conseils suivants :

Bateaux et chalets

- Portez toujours un vêtement de flottaison individuel et ne consommez jamais d'alcool lorsque vous conduisez tout véhicule.
- Assurez-vous que les détecteurs certifiés de monoxyde de carbone et de fumée sont correctement installés à l'extérieur des aires de repos.
- Lors de l'ouverture de votre chalet pour la saison estivale, inspectez soigneusement tous les appareils et les câbles électriques afin de détecter de potentiels dommages causés par les rongeurs ou les insectes.
- Assurez-vous que les bateaux et les chalets sont

munis d'équipements de sécurité d'urgence appropriés, y compris des troussees de premiers soins et des extincteurs d'incendie.

Détecteurs de monoxyde de carbone et de fumée

- Le monoxyde de carbone est un tueur silencieux. Pour prévenir l'empoisonnement par le monoxyde de carbone, les appareils de combustion ne devraient être utilisés que dans des zones bien ventilées.
- Testez chaque appareil au moins une fois par mois car le danger ne prend pas de vacances.
- Changez les piles au moins deux fois par an. Une bonne habitude est de les changer lorsque vous réajustez vos horloges et cadrans pour l'heure avancée.
- Assurez-vous d'utiliser le bon type de piles.
- Suivez à la lettre les directives d'utilisation du fabricant.

Réchauds et lanternes de camping

- Les appareils de combustion tels que les cuisinières, les lanternes et les réchauds doivent être utilisés uniquement

à l'extérieur et au moins à trois mètres de distance des tentes, des matières combustibles et des véhicules.

- Avant l'utilisation, inspectez soigneusement les pièces pour détecter la présence de fuites, d'obstructions, ou de dommages.
- Gardez les vêtements inflammables (et vos sourcils) loin des flammes, et surveillez attentivement les enfants et animaux domestiques près

des appareils de combustion. Avant de ranger l'équipement, assurez-vous que les appareils sont complètement éteints et froids au toucher.

Nous vous souhaitons un été superbe et sécuritaire - et n'oubliez pas le chasse-moustiques et l'écran solaire. Pour obtenir plus de renseignements sur le Groupe CSA, visitez le csagroup.org.



Mothers Day Special

SUNDAY MAY 11, 2014
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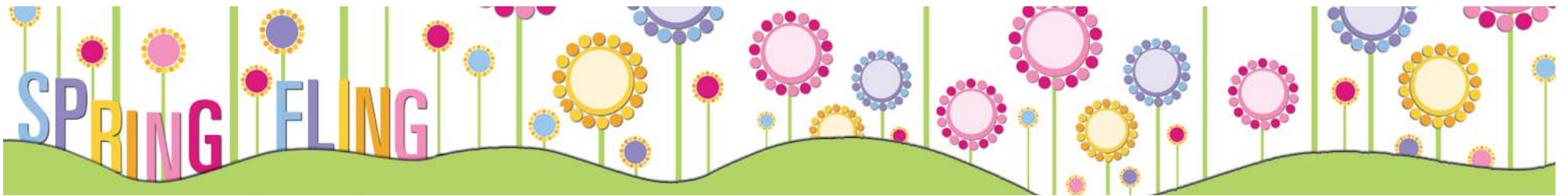
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What's your garden personality?

(NC) - It is true the plants, flowers and accessories we choose for our garden say a lot about our individual personalities. For example, the well-ordered European gardens are for the elegant traditionalist. Embracing the whimsical feeling of an English country garden evokes the carefree and outgoing. And the serenity of a contemporary, Japanese-style space is for the Zen-inspired calm urbanite. If you can see your personality instantly, here is the way to create it:

Elegant European style

For those who enjoy formality and classic symmetry, focus on clean, simple structures, such as a four-square or knot-garden design. Create a centre path laid in stone, gravel or cobblestones with an aged ap-

pearance, radiating away from your house. Make separate garden sections by creating additional off-shooting paths. Outline the beds with low, solid evergreen hedges or clipped topiary. Fill the beds with fragrant roses, violets and lavender - even herbs such as rosemary. Where the paths meet, add a statue or water feature, such as a fountain, low pool or pond edged in concrete or stone.

Country-style charm

Create your own English-country charm by choosing plants in a variety of upbeat colours, such as foxgloves, columbines, daisies, lilacs, lilies and pansies, and planting them in curved beds. Create a snacking ground for butterflies and birds with clusters of cornflowers and sunflowers. Add a

white trellis of climbing ivy, and lush, wisteria or trumpet-vine-filled lattice and make a path with stepping-stones. You can also create an English garden using strategically placed containers and planters, either in bright plastics or painted pots that add to the riot of colour.

Urban Zen

Contemporary gardens focus on natural and irregular forms to help achieve peace and harmony. Focus on minimal and seemingly random rock placements, mass plantings of easy-care grasses, and multiple water features. Strategically placed Japanese black pines or red maples, stone bridges and slab seats are places for quiet contemplation. Achieve this garden style in small spaces using simple



pots and containers, ornamental grasses, a portable waterfall and bamboo accents. You will be rewarded with a slice of nature that brings calm and beauty to your life.

Help us, help Kenzie

Kenzie Markey, a 32-year-old local girl and a former employee of Subway, Greenwood needs help with medical expenses after a skydiving accident in the United States.

Subway Greenwood/Middleton is launching a fundraising campaign for Kenzie after finding out her insurance will not cover extreme sports injuries. American air force crew conducting drills in the desert were the first ones to spot Kenzie after she fell to the ground. Expenses are expected to run \$25,000 to \$45,000 to transport her back to Canada by air ambulance. Her condition has improved following three surgeries, but finding the money to cover her medical bills and transportation to Canada has proven difficult for the family.

Kenzie's medical bill is expected to total approximately \$500,000. Lorrie and Alec Penny want to do their part to help.

On May 15, 2014, a donation of \$3.00 or more to Kenzie's health care and receive a free 6 inch sub of your choice.



Think fresh. Eat fresh. 🍀

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