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Sergeant Garrow Hill-Stosky, right, assists his father, Dennis Stosky, on the C9 light machine gun range.

Master Corporal R.Purdy

Camp commando challenge a little father/ son bonding

Sara Keddy,
 Managing editor

How many civilians get to fire 200 rounds from a C9 machine gun?

The lucky – and determined – bidder on a commando challenge offered by Camp Aldershot at a fundraising dinner cashed in June 2. Dennis Stosky, Port Williams, put up the top bid of \$2,400 at the April Valley Health Foundation gala.

"I gave a rousing speech," garrison coordinator Major Brent Kerr said as Stosky kitted up for the day, describing how he inspired gala guests

to bid high and bid often. He applauded Stosky for his personal recognition of the value of both the commando challenge, and the eventual use of his charitable contribution by the health foundation.

"The purpose is to give a deserving Canadian a chance to see what it's like to be in the military – no haircut and no standing in line required!"

The challenge is also an opportunity for Camp Aldershot to talk about some of its history, from the late 1800s as a militia training ground through the First and Second world wars, a rejuvenation during the Balkan war and, now, its

modern contributions to the Canadian Armed Forces.

"We work hard making the camp a good and conducive environment for that training."

Stosky is no stranger to military experience: he joined the forces himself in 1973 as a dental student at the University of Alberta, with basic officer training in Chilliwack in 1974. Upon graduation in 1977, he was posted to Stadacona, then HMCS Preserver, Halifax, Borden and Chatham. Throughout his service, he travelled to England, Spain, France, Bermuda, USA, Venezuela, Mexico, Puerto Rico, Iceland and the high Arctic. In

1985, he retired and purchased a practice in New Minas.

Once he had the June 2 challenge in hand, Stosky had one order of his own: son Sergeant Garrow Hill-Stosky of 36 Brigade headquarters in Halifax would have to step in as section commander.

"You'll have to get this guy in line," Kerr advised Hill-Stosky.

"We'll see," said the senior Stosky.

Wearing full issue CADPATs, Stosky set out on the camp's grounds in a LAV, on site from Gagetown after appearing in the previous day's Apple Blossom Festival parade. Today, though, all business, as

it transported Stosky to the simulated arms training centre, the urban assault training ground, the live firing range and the parade square.

"Wow – what a day it was! I was thrilled with the whole thing," said Stosky. "The staff of Aldershot made every effort to make the day memorable, and the administrative efforts that must have been required can only be described as monumental. I can only admire and applaud the efforts made by Major Kerr and Captain Mike Chalmers to pave the way for the success of the day. The staff at Aldershot and the crew of the LAV bent over

backwards to make the day an experience to remember!

"In fact, this experience was great in that I never did, before this, have the opportunity to fire a machine gun other than the old SMG – a 9mm machine gun with a rather dubious reputation. Fun, but dangerous to the operator."

Stosky admits the experience with his son was particularly significant.

"My thoughts were of both nostalgia and for a small taste of what my son went through when he was in Afghanistan in 2007. It was a special thrill for me to have him be my instructor for the day."

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Captain Mary Cameron-Kelly flies the CP140 Aurora aircraft during a recent 404 Sqn Family Day. With over 6000 flying hours, she is happiest in the Aurora flight deck.
Master Corporal D. Neuman, 14 Wing Imaging

Career of firsts

**Master Corporal
Dianne Neuman,
14 Wing Imaging**

Captain Mary Cameron-Kelly hales from North Sydney, and joined the Canadian Forces in 1981 as an air frame technician. Upon her posting to CFB Greenwood, she began private flying lessons.

In 1989, she applied and was accepted for pilot training. She trained on the Tudor and Musketeer aircraft, before becoming the first female Aurora pilot. Posted back to 14 Wing Greenwood,

she believes her technician experience has been a valuable asset as an Aurora pilot.

Cameron-Kelly has a long list of firsts in her career but remains humble and passionate: "I love what I do and being part of this team."

Cameron-Kelly remains active in base hockey and golf programs and, not forgetting her Air Cadet roots, believes in giving back to the community as the senior Cadet liaison officer for the area.

"I find it rewarding taking Cadets flying, and using the opportunity to show them what they can do."

MFRC reach responds to needs

**Sara Keddy,
Managing editor**

Comparing the staff, volunteers, visitors and programs of the Military Family Resource Centre to the construction, operations and mission of an Aurora aircraft, the Greenwood MFRC demonstrated June 4 just how "at home" its capabilities are at 14 Wing Greenwood.

The MFRC hosted its annual meeting, electing one newcomer to the volunteer board, Angie Publicover; returning Tressa Haney to another two-year term and continuing for a final year in a two-year term the involvement of MFRC chairwoman Kristin Gillis, Anita Hudak, Grant Kelly, Linda Guy, Justin Kubis, Annie Lavoie and Annette Davidson.

The meeting approved a change to its board makeup, increasing directors from 12 to 15 and including representation from Camp Aldershot, Bridgewater and Yarmouth.

"We have funds set aside for them to come for meetings, or we can Skype," Gillis said, describing the bylaw change. "Anything we can do to encourage involvement – we will be reaching out and, hopefully, someone from each community will join us."

Gillis presented the chairwoman's report, describing much of the past year's board work as "behind the scenes."

"We were really busy this year on risk management work, and there is more to be completed. Hopefully, we'll set the example and everyone else will follow suit."

A community needs assessment mid-2013 asked families and the wider community what programs and services were on-target or are needed at the MFRC, and those responses are going into strategic plan updates.

In the past year, the MFRC was pleased to fund a school liaison coordinator through a True Patriot Love grant, something identified for the past few years. Centre executive director Margaret Reid said someone "to educate the educators" was a "brainchild suggestion."

"The military child spends the bulk of their day in school, and it's important schools know what we have as programs that can help."

Second language services are always in demand, and expanding connections and outreach with community partners means more people are getting the social, education and employment support programs they need. Counselling and support

programs for individuals and families in a range of deployment, health-related or relationship circumstances are offered steadily, by the MFRC and in partnership with several 14 Wing and community organizations. Beyond that, Reid said, much more happens with the contributions of 124 volunteers putting in 3,000-plus hours each year.

"We just couldn't do it without them."

The MFRC ran through 2013/2014 on a \$1,061,510 budget. Centre staff account for about half of that, at \$533,073.

Best partner to bring home programs, connections

The first time 14 Wing Greenwood Commander Colonel Iain Huddleston was in Greenwood, he was younger, single and the MFRC was "in its infancy. I remember the change it was bringing."

"Now, none of us can imagine a base without an MFRC," he told Greenwood centre staff, volunteers and guests at its annual meeting.

"I've said it before, and again – the MFRC contributes to our operational success on base. Without you, our members would be unsupported when deployed and in times of stress. The

things you do to support our families are invaluable."

Huddleston challenged the MFRC, based on recommendations from a visit by the Family Support Team earlier this year, to do more.

"We have a real problem with communications on the wing, about events, wing news and services. The default is the base network through our members, but that rarely gets home to spouses. I challenge you to create a strong spousal communications network we can use in parallel with the military."

Huddleston pointed to programs such as the Road 2 Mental Readiness as a prime example of mental health education ideal for both military members and their partners at home. That emphasis on wellness continues in the 1 Canadian Air Division's padre leadership's call to "Make the RCAF your home."

"We want to make each base home, as opposed to families being uprooted base to base. The MFRC tie-in is direct," Huddleston said. "You make it easier for families to transition, and we want to champion that."

Connecting people with programs "is exactly what you have closest to your hearts."



Managing Editor | Directrice de rédaction
Sara Keddy • 902-765-1494 local/poste 5441
auroraeditor@ns.aliantzinc.ca

Business & Advertising | Affaires commerciales et publicité
Anne Kempton • 902-765-1494 local/poste 5833
auroramarketing@ns.aliantzinc.ca

Production Coordinator | Coordonnateur de production
Brian Graves • 902-765-1494 local/poste 5699
auroraproduction@ns.aliantzinc.ca

Administrative Clerk | Commis à l'administration
Candace May Timmins • 902-765-1494 local/poste 5440
auroranews@ns.aliantzinc.ca

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

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Useful links | Liens utiles

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

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

14 Wing Greenwood Site
Site de la 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
www.cfmws.com

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

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

Recruiting | Recrutement
www.forces.ca

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

VPI | VPI
www.vpiinternational.ca

Big hairy deal

Five gentlemen offered their hairy chests for charity, likely not realizing the ramifications of winning the waxing. June 6, staff at 26 Canadian Forces Health Services' clinic gathered to watch the results of their Relay for Life fundraising idea. Warrant Officer Mike Jarrott and Captain Nick Woods actually tied when the final funds were counted: the collection raised \$533.65, pushing the clinic's relay team, the Curesaders, over the \$2,000 mark.

S.Keddy



Volunteer esthetician Brandi Decker, from Hair Expressions, provided professional services, as Warrant Officer Mike Jarrott holds up his end of the chest waxing challenge.



For \$5, you could enter a draw to have the honours of first pull: Captain Nick Woods was the guinea pig, as his twin brother, Master Corporal Chris Woods, a Winnipeg electrician on course in Gagetown who drove to Greenwood first thing and dropped \$100 in the campaign jar; learned a little about hair removal.

Le CRFM apporte des réponses aux besoins

Sara Keddy, rédactrice en chef

Considérant le personnel, les bénévoles, les visiteurs et les programmes du Centre de ressources pour les familles des militaires par rapport à la construction, aux opérations et à la mission d'un aéronef Aurora, le CRFM Greenwood a montré, le 4 juin, à quel point, au pays, ses capacités sont bien présentes à la 14e Escadre Greenwood.

Le CRFM a tenu sa réunion annuelle qui a vu l'élection d'un nouveau membre bénévole au conseil d'administration, Angie Publicover, le retour de Tressa Haney pour un autre mandat de deux ans et la poursuite de la dernière année du mandat de deux ans des personnes suivantes : la présidente du CRFM, Kristin Gillis, Anita Hudak, Grant Kelly, Linda Guy, Justin Kubis, Annie Lavoie et Annette Davidson.

La réunion a vu l'approbation d'un changement de la structure du conseil d'administration, l'augmentation du nombre de directeurs, qui passe de 12 à 15, et l'ajout de représentants

du Camp Aldershot, de Bridgewater et de Yarmouth.

« Nous avons réservé des fonds pour qu'ils puissent venir aux réunions ou y assister par Skype. Nous ferons tout ce qui est possible pour encourager la participation – nous demanderons aux gens de participer et nous espérons qu'un membre de chaque collectivité se joindra à nous », a affirmé Gillis.

Gillis a présenté le rapport de la présidente, décrivant une grande partie du travail accompli l'année dernière par le conseil d'administration comme un travail fait dans l'ombre.

« Nous avons été vraiment très occupés cette année à travailler sur la gestion des risques et beaucoup reste à faire. Nous donnerons l'exemple en espérant que tout le monde emboîtera le pas ».

Une étude d'évaluation des besoins communautaires mi-2013 a permis d'interroger les familles et la collectivité en général sur les programmes et les services qui étaient en voie d'atteindre l'objectif ou qui étaient demandés au CRFM, et les réponses à ces questions

seront intégrées aux mises à jour du plan stratégique.

Au cours de l'année écoulée, le CRFM a été heureux de financer un poste d'agent de liaison avec les écoles grâce à une subvention de True Patriot Love, un besoin qui avait été identifié au cours des dernières années. La directrice exécutive du Centre, Margaret Reid, a dit que le fait d'avoir une personne pour « éduquer les éducateurs » était une suggestion « ingénieuse ».

« Les enfants des militaires passent la majeure partie de leur journée à l'école, et il est important que les écoles sachent que nos programmes peuvent aider ».

Les services en langue seconde sont toujours en demande, et l'élargissement des liens et des relations avec les partenaires communautaires signifie que de plus en plus de personnes bénéficient des programmes de soutien social, scolaire et d'aide à l'emploi dont elles ont besoin. Les programmes de counselling et de soutien aux personnes et

aux familles (liés notamment au déploiement, à la santé ou aux situations de relation) sont offerts constamment par le CRFM et en collaboration avec plusieurs organismes communautaires et de la 14e Escadre. Au-delà, comme l'a indiqué Reid, on réalise beaucoup plus avec la contribution de 124 bénévoles travaillant plus de 3 000 heures par jour.

« Nous n'aurions tout simplement pas pu le faire sans eux »

Le budget de fonctionnement 2013-2014 du CRFM était de 1 061 510 \$, dont près de la moitié est affectée au personnel, soit 533 073 \$.

Le meilleur partenaire pour offrir des programmes et des liens au CRFM

Le tout premier commandant de la 14e Escadre Greenwood, le colonel Iain Huddleston, a vécu à Greenwood. Il était jeune, célibataire et le CRFM était à ses débuts. Je me rappelle le changement que cela apportait.

« Aujourd'hui, aucun de nous ne peut imaginer une base sans le CRFM », a-t-il expliqué aux membres du personnel, bénévoles et invités du centre de Greenwood lors de la réunion annuelle.

« Je l'ai déjà dit et je le répète – le CRFM contribue au succès de nos opérations sur la base. Sans vous, nos militaires n'auraient pas bénéficié du soutien nécessaire en période de déploiement et de stress. Ce que vous faites pour soutenir nos familles est inestimable ».

En se fondant sur les recommandations formulées à la suite d'une visite effectuée cette année par l'équipe de soutien des familles, Huddleston a exhorté le CRFM à faire davantage.

« Nous avons un réel problème de communication à l'Escadre, concernant les événements, les nouvelles de l'Escadre et les services. Le problème est que les informations communiquées à travers le réseau de la base parviennent rarement aux conjoints

à la maison. Je vous exhorte à créer un réseau solide de communication entre époux que nous pourrions utiliser en parallèle avec celui des militaires ».

Huddleston a désigné des programmes, tels que « En route vers la préparation mentale », comme étant des exemples de programmes d'éducation à la santé mentale pour les militaires et leurs partenaires à la maison. Cet accent sur le bien-être à travers l'initiative de leadership des aumôniers de la 1re Division aérienne du Canada, « Faire de l'ARC notre foyer »

« Nous voulons faire de chaque base un foyer afin que les familles ne soient pas déracinées lorsqu'elles vont d'une base à l'autre. Les liens avec le CRFM sont directs. Vous permettez aux familles de faire la transition plus facilement, et nous voulons en être les champions. Établir des liens entre les personnes et les programmes est exactement ce qui vous tient le plus à cœur », a dit Huddleston.

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Transition training

May 20 and 21, 11 members from 14 Wing Greenwood's most recent SCAN seminar attended the Career Transition Services Employability Workshop to assist with their self-assessment, job search, resume writing and interview skills. From left to right are Corporal Wayne Simms, Master Corporal Brett Sunstrum, Master Corporal Karen Karasz (facilitated by Captain Pam Pahl)

Submitted

Corporal/ caporal
Derek Baker



Le 20 et 21 mai, 11 membres de la 14e Escadre Greenwood ont participé à un atelier SPSC (Service de préparation à une seconde carrière) afin d'aider à faire une auto-évaluation, à rechercher un emploi, à rédiger un curriculum vitae et à acquérir des techniques utiles aux entrevues. De gauche à droite: le caporal Wayne Simms, le caporal-chef Brett Sunstrum, la caporal-chef Karen Karasz (facilité par la Capitaine Pam Pahl).



Possibilité d'emploi

Centre de ressources pour les familles militaires de Greenwood (CRFMG)
COORDONNATEUR/COORDONNATRICE EN MARKETING
ET EN COMMUNICATIONS
30 heures par semaine

En tant que membre de l'équipe multidisciplinaire du CRFMG, le coordonnateur ou la coordonnatrice en marketing et en communications assure de façon créative la planification, la préparation et la coordination des activités de marketing et de relations publiques du Centre. Il ou elle travaille en étroite collaboration avec les autres membres de l'équipe afin de promouvoir les programmes et les services du Centre, et d'offrir son expertise en matière de relations publiques à l'équipe en charge de la programmation.

Période d'essai : 6 mois
Superviseur(e) immédiat(e) : Directrice exécutive

Connaissances, expérience et études recherchées

- Grade ou diplôme en relations publiques, en marketing, en communications ou dans un autre domaine lié aux fonctions du poste à doter.
- Minimum de trois ans d'expérience dans un poste lié aux relations publiques.
- Maîtrise des deux langues officielles (nécessaire); excellentes habiletés en matière de communication orale et écrite dans les deux langues officielles.
- Expérience et expertise en conception graphique (atout).
- Permis de conduire valide de la Nouvelle-Écosse.
- Excellentes habiletés en informatique.
- Connaissance des ressources liées aux relations publiques et aux médias locaux, et solides compétences en matière de réseautage.
- Grande facilité dans les rapports interpersonnels et capacité manifeste de traiter efficacement avec les membres de la communauté, le personnel, les médias et les organismes communautaires.
- Consentir à travailler selon un horaire variable.
- Habiletés en matière de gestion de projets et capacité de travailler efficacement avec les fournisseurs de services, notamment les responsables de l'impression, les développeurs Web et d'autres employés contractuels.
- Amabilité, dynamisme et esprit de collaboration.
- Faire preuve de chaleur, d'empathie et d'humour, avoir une philosophie en matière de soins exempte de jugement ainsi qu'une excellente compréhension et application des principes d'éthique.
- Excellente compréhension du processus de développement communautaire (essentiel), et connaissance pratique des ressources communautaires dans la zone desservie (nécessaire). Connaissance approfondie des organisations et des organismes civils et provinciaux qui peuvent fournir un soutien aux familles militaires.
- Être en mesure de bien s'exprimer en public (essentiel).
- Adhésion au principe du bénévolat (nécessaire).
- Bonne compréhension des besoins particuliers des familles des Forces canadiennes et capacité manifeste de travailler efficacement de façon autonome et avec une équipe interdisciplinaire, tout en relevant les défis d'un rôle exigeant comportant de multiples facettes.
- 30 heures par semaine (le ou la titulaire est appelé à travailler le soir et la fin de semaine à l'occasion; il ou elle doit donc faire preuve de souplesse).

La personne retenue doit se soumettre aux vérifications suivantes : registre des cas d'enfants maltraités, antécédents judiciaires et fiabilité approfondie.

Les candidats admissibles doivent envoyer, par télécopieur, par la poste ou par courriel, une lettre de présentation et leur curriculum vitae, dans lesquels ils indiquent clairement en quoi ils satisfont à toutes les exigences du poste, et ce, **au plus tard à midi, le vendredi 11 juillet 2014**, à :

Michelle Thibodeau Wagner
Directrice des opérations
courriel : home@greenwoodmfr.ca
(en format MS Word ou PDF)
Objet : curriculum vitae – marketing

Centre de ressources pour les
familles militaires de Greenwood
C. P. 582, Greenwood (N.-É.)
B0P 1N0
Télécopieur : 902-765-1747

- Veuillez fournir votre curriculum vitae en anglais.
- Le CRFMG est situé dans le Centre AVM Morfee, School Road, à Greenwood.

Veuillez prendre note que nous communiquerons uniquement avec les candidats retenus pour l'étape suivante du processus de sélection.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi.
Visitez le site www.forcedelafamille.ca pour en apprendre davantage sur le CRFMG.



Employment Opportunity Greenwood Military Family Resource Centre (GMFRC) (30 hours per week position)

COMMUNICATIONS AND MARKETING COORDINATOR

As part of the GMFRC multi-disciplinary team, the Communications and Marketing Coordinator is responsible for creatively planning, preparing and coordinating the public relations and marketing activities of the Centre. This position involves working closely with other team members to promote Centre programs and services and providing public relations expertise to the program team.

Probationary Period: 6 months
Responsible to: Executive Director

Desired Knowledge, Experience and Education

- Degree or Diploma in Public Relations, Marketing, Communications or related field
- Minimum of three years experience working in a public relations position
- Proficiency in both official languages is required; Excellent written and oral communication skills in both official languages
- Graphic design experience & expertise a definite asset
- Valid NS Driver's license
- Excellent computer skills
- Knowledge of local media/PR resources and strong networking abilities
- Excellent interpersonal skills with the proven ability to deal effectively with community members, staff, media, and community agencies.
- Willingness to work flexible hours
- Project management skills and be able to work well with service contractors. This would include printers, web developers and other contract labour.
- Possess a friendly, outgoing, cooperative personality.
- Exhibits characteristics of warmth, empathy, humour and a non-judgmental philosophy of care and strong understanding and application of ethical principles.
- A clear understanding of the community development process is essential and a working knowledge of community resources in the catchment area is required. In-depth knowledge of civilian/provincial agencies and organizations that can provide support to military families
- Excellent public speaking ability is essential.
- A strong belief in the principle of volunteerism is required.
- A good understanding of the unique needs of CF families as well as a demonstrated ability to work effectively within both an inter-disciplinary team and in a self-directed environment while responding to the challenges of a demanding multi-faceted role.
- 30 hours per week (occasional evening & weekend hours are required. Flexibility is a must.)

Must complete a Child Abuse Registry Check, Criminal Record Check, and Enhanced Reliability Check.

Eligible candidates should submit by fax, mail, or email a cover letter and resumé clearly outlining their ability to fulfill all position requirements, **on or before noon on Friday, 11 July 2014** to

Michelle Thibodeau Wagner
Operations Manager

email: home@greenwoodmfr.ca
(MS Word or PDF format)

Greenwood Military Family Resource Centre
PO Box 582, Greenwood, NS, B0P 1N0

Subject line: resumé – marketing
fax: (902) 765-1747

- Please submit resumé in English.
- The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood.

Please note: Only candidates selected for further consideration will be contacted.

The Greenwood MFRC is committed to employment equity.

You can read more about the GMFRC at: www.familyforce.ca

Health heroes team up for VRH

Volunteers from Camp Aldershot established a "toll station" at the entrance to Kentville June 5 to help the Valley Regional Hospital Foundation raise over \$2,500 for the Labour of Love Fetal Monitor Campaign.

The Health in Harmony Radiothon raised \$35,000 to support the campaign for Maternal and Child Care at Valley Regional Hospital. Donations and support came from service groups, businesses, fire departments, AVH District staff and community members. As a result, a fetal monitor can be purchased for Maternal and Child Care. The goal is

to replace all six monitors, at \$30,000 each.

Twelve "health heroes" from the camp, under the direction of Corporal Mathieu Simard, established a donation point over lunchtime, in conjunction with Hunter Brule from Scott Slipp Nissan, to accept donations for the "Health in Harmony" radiation. Thanks to the generosity of the community, a significant portion of the funds required for this important project was raised.

"We always want to support the community we are part of, and I was pleased to give these soldiers the time they needed to support this very worthwhile

cause," said Major Brent Kerr, camp commander. "We all need some support at some time, and the health system is a very important component of that support for the military and their families."

"Our success is due to the wonderful support we've received across both counties in the Valley" says Gerry MacIsaac, executive director, Valley Regional Hospital Foundation. "Thanks to all who have been so generous."

For information or to support the campaign, call the Valley Regional Hospital Foundation at 902-678-5414 or donate online at www.vrhfoundation.ca.



Camp Aldershot's Corporal Mathieu Simard, second from left, and Scott Slipp Nissan's Hunter Brule, right, led toll station efforts in Kentville, in support of funding replacement fetal monitors at Valley Regional Hospital.

D.Schofield

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Honorary Colonel Daniel Silver, right, receives a 14 Software Engineering Squadron ball cap from Squadron Commanding Officer Lieutenant-Colonel Andre Gloumeau as a welcome during his investiture ceremony.

Corporal J.Kennedy, 14 Wing Imaging

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Computer minds click as 14 SES takes on honorary colonel

**Sara Keddy,
Managing editor**

It became obvious after just a few meetings Dr. Daniel Silver "is our man," 14 Software Engineering Squadron Commanding Officer Lieutenant-Colonel Andre Gloumeau said May 22, as the branch invested its first honorary colonel.

While Silver was a guest at a ground training day a year ago, talking about potential collaboration between 14 SES and Acadia University's school of computer sciences, and then at a later mess dinner; it may have been his ability to sing and join the Owls' House band on guitar that clinched him the role.

"14 SES has a proud history of support to Canada's long range patrol fleet over 34 years," Gloumeau said, as the investiture was conducted at the Annapolis Mess. While 14 SES is in a transitional merge with the Maritime Proving and Evaluation Unit through 2015, "we will continue into the future, and Honorary Colonel

Silver will be an important contributor to that service."

Gloumeau commended Silver's professional and academic background, his service to the community and an extended family legacy within the Canadian military.

Silver is a professor in the Jodrey School of Computer Science at Acadia and holds an adjunct position in computer science at Dalhousie University. He has taught many courses, researched and published on numerous topics, organized conferences, been granted industry and academic research work and chaired national professional associations. In 2005, he founded the Acadia University Robot Programming Competitions that annually engage over 400 young students in robotics and computer science basics. His consulting business, CogNova, offers services in machine learning and data mining.

"They sought you out," 14 Wing Greenwood Commander Colonel Iain Huddleston told

Silver, congratulating, and thanking him, for joining the 14 Wing team. "You have hugely applicable experience to what 14 SES does as a team. We picked you for a reason: to develop links with Acadia and the wider community you work with to get our story out there."

Silver says it is a privilege to be taking on honorary colonelship duties, having from his days as a young boy wondering what it would be like to fly in the then-Argus aircraft flying overhead to current experiences working with dedicated military members enrolled in his university classes, pursuing advanced education.

"It's been interesting hearing about the coming and in use pieces of technology here at 14 Wing, and relating with the people who develop, test and use them. Canada must maintain world class communications technology, and 'data' is the new oil. The new CP140 captures a lot of that, and my mind wanders to new projects connected to that capability...."

Working order

Private Lucas Froese of the Wing Construction Engineering Electrical Generating System shop checks the oil level on the MET station's 75 KW generator during annual maintenance. The shop is responsible for the maintenance and operation of more than 50 generators located at 14 Wing Greenwood, Camp Aldershot, Barrington and Sydney. Along with annual maintenance, semi-annual, monthly, weekly and daily checks are conducted to ensure 14 Wing operations are maintained during power outages.

Corporal R.Price, Engineering Electrical Generating Shop



Old colours, new home

**Sara Keddy,
Managing editor**

The old 405 Squadron colours, retired after the May 14 dedication of a new flag by Governor General David Johnston at 14 Wing Greenwood, have found a final resting place.

“This is not a piece of fabric to fold up and put away in a closet and forget about,” said Commanding Officer Lieutenant-Colonel Mike Adamson, as part of a May 30 ceremony at the Greenwood Military Aviation Museum to lay in the old colours.

“This is a key piece of heritage, and not something you are likely to see again in your career.”

A small contingent of 405 Squadron personnel welcomed the former colours

to the museum, and then processed behind a piper to the area in the museum which features 405 Squadron history. Wing Padre Major Allan Murphy dedicated the display. The entire event lasted less than 15 minutes, but was done with the strictest attention to protocol: the museum has just one other set of colours in its collection, that of the deactivated 415 Squadron. Colours may only be retired to a select set of institutions, including an appropriate museum or church, and the Greenwood museum is a perfect home for one of the most active and recognized squadrons on the base.


Wing Heritage Officer Major Bob Johnson said the museum will now add to the colours’ cabinet, with more 405 Squadron displays.



Captain Barrie Ransome (centre) leads the colour party past 405 Squadron members through the Greenwood Military Aviation Museum.

Corporal C.Roche, 14 Wing Imaging

Group captain and later Air World War service, and the Commodore John Fuquier – museum has a biography and “the King of the Pathfinders” Fuquier’s medals to continue – received a Distinguished its chronicle of 405 Squadron Service Order for his Second history.



NOTICE

AUDIT COMMITTEE

The Village of Greenwood is forming an Audit Committee and is looking for residents interested in being on the Audit Committee. It is desirable that members have accounting, auditing or financial reporting expertise to sit on the Audit Committee. The Audit Committee will fulfill the legislative requirements as outlined in section 44 of the Municipal Government Act.

Please contact the Village of Greenwood to submit your name for consideration and include a brief background of your abilities, submit to greenwoodns@eastlink.ca if you are interested. It is the intent to have the Committee in place by September 2014.

Marian Elsworth
Clerk-Treasurer
Village of Greenwood




405 Squadron Commanding Officer Lieutenant-Colonel Mike Adamson (left) passes the former 405 Squadron colours to Greenwood Military Aviation Museum curator Bryan Nelson.


Corporal C.Roche, 14 Wing Imaging

~ *Obituary* ~

TAMLYN, Gerald Bert “Gerry”
Greenwood, NS



TAMLYN, Gerald Bert “Gerry” – Age 78 of Greenwood, NS, Kings County passed away Tuesday, June 10, 2014 in the QEII Hospital, Halifax. Born in Fredericton, NB, he was the son of the late George Bert and Ethel Patricia (Lyons) Tamlyn of New Brunswick. Gerry served with the Royal Canadian Air Force for 25 years before retiring. Following his retirement, he was employed at the CANEX, Greenwood. Gerry was an avid hunter and fisherman and was very active in his community. Gerry is survived by his loving wife Anne (Richard) Tamlyn, born in Merlebach, France and is currently residing in Greenwood; his son Patrick and spouse Debbie, Greenwood; daughter Nadine, New Glasgow; grandchildren Chantal Tamlyn and Zachary Painting-Tamlyn. He was predeceased by his son Steven. At Gerry’s request, cremation has taken place and at the request of his family there will be no service at this time. Donations in memory may be made to the Canadian Cancer Society and the Arthritis Society. Arrangements have been entrusted to Middleton Funeral Home, 398 Main Street (902) 825-3448. Online guest book may be signed by visiting: www.middletonfuneralhome.com



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Personal, provincial challenge to promote health

**Sara Keddy,
Managing editor**

Kings West MLA and provincial health minister Leo Glavine is one who “walks the walk” – and wants others to do the same, and “talks the talk” – and isn’t afraid to say so.

14 Wing Greenwood Personnel Support Program manager Mike Taylor introduced Glavine as the speaker at the annual Fitness & Sport and Health Promotion awards breakfast May 28 at the Annapolis Mess.

“Leo actively promotes – and defends – health promotion and wellness as a leader, coach, athlete, family man and community activist,” Taylor said, “for all of us.”

Glavine said those personal perspectives are what he’s now drawing upon as health minister, and he’s prepared to use his experiences living, modelling and encouraging active lifestyles.

“Am I going to primarily focus on health restructuring, and a budget of \$4 billion? Or, will I really work to make a difference in health promotion and protection? Every day, I find some way – no matter what the opportunity, to make sure that theme – building a culture of wellness in our province – is out there.”

At this event, marking health, fitness and sports achievements in the 14 Wing community, Glavine said it’s obvious those three words “embrace so much.

“I know you, in a military life style, get that steady dose of



Lieutenant-Colonel Scott Murphy thanks Nova Scotia Health Minister Leo Glavine with thanks for taking time to speak at the Fitness, Sports and Health Promotion breakfast.

Corporal D. Kirkwood, 14 Wing Imaging

challenge to remain fit. There is also personal accountability for our health, no matter what our circumstances or finances. I don’t think that is a barrier. It is a reality, but it doesn’t keep you from valuing your health.”

He’s the first to acknowledge challenge: he struggled his way through university financially, and there was no way he was going to be able to buy goalie gear for his beloved hockey.

“All I could really afford was a pair of runners. I realized how much I really enjoyed running but, more than anything, it was the sense of well-being.

“At 65, I love chasing that little black puck. If our chil-

dren can discover what really makes them have that feeling, that will go a long way. I have a huge challenge, and I hope you will join me in doing something to stay healthy and promote it along the way.”

Success, achievements, support marked

14 Wing PSP staff recognized a number of athletes, program supporters and personal milestones at its May 28 awards breakfast.

Fitness & Sports director Fred Williams started with the volunteers, coaches, referees and athletes that regularly turn out for wing inter-section play. Through 2013, the bad-

minton, curling and men’s hockey teams all advanced with Atlantic regional wins to the Canadian Armed Forces’ national competitions. Individually, Captain Stephanie Dennis competed in CISM swimming and at world surf championship events, and Private Chelsea Doyle was a member of the Canadian CISM volleyball team.

From 14 Wing, the men’s hockey team was nominated and will be the Royal Canadian Air Force’s representative as team of the year at the fall CAF sports awards event. Captain Heather Smith, the RCAF nominee in both 2012 and 2013 as female athlete of

the year, will again represent the RCAF at the CAF event.

On base, coach of the year honours were won by Master Warrant Office Vince Bazinet (men’s hockey, women’s slopitch). Also nominated were Warrant Officer Kevin Hickey (hockey) and Master Corporal Ed Chipman (badminton). Official of the year nominees were Captain Dave Ryan (hockey) and Captain Steve Stuart (volleyball): Ryan was the recipient. The men’s hockey was team of the year, with nominations for men’s slopitch and curling as well. Captain Heather Smith is female athlete of the year for success in slopitch, triathlon and hockey. Also nominated were Captain Mary MacDonald (soccer, hockey), Second Lieutenant Stephanie Smith (soccer, hockey) and Master Corporal Jennifer Watson (soccer, hockey, slopitch). Corporal Chirs Lindsay is male athlete of the year for hockey and ball hockey participation; Also nominated were Chipman (soccer, badminton), Corporal Todd MacLeod (hockey, ball hockey) and Corporal Matt Sankey (hockey, ball hockey, soccer). Captain Rob Anderson was named volunteer of the year. Also nominated was Corporal Jason Gilbert.

Health Promotion director Lisa White thanked a wide-ranging and dedicated network of 14 Wing personnel who represent her 10 lifestyle and education programs and six campaigns in their various units and squadrons. In particular, 404 Squadron Chief

Warrant Officer Ian Smith, who “really cares about 14 Wing, your families and the community,” White said, awarding him a Health Promotion Advocate Award for his advocacy of programs on alcohol, drugs and gambling issues.

Two Fitness Lifestyle Change Awards were presented, one to Captain Matthew Bradbury for his 100-pound weight loss and a turnaround in eating, fitness and living habits; and the other to Annapolis Mess employee Trevor Seyforth, who has cerebral palsy, for adopting – and adapting – a new fitness regimen.

PSP manager Mike Taylor congratulated and thanked his team of PSP health promotion and fitness staff: “it’s not difficult for me to tell them how to do their jobs,” and Williams extended that thanks to 14 Wing leadership, “which has a willingness to promote health and wellness.”

14 Wing fitness “champion” Lieutenant-Colonel Scott Murphy said the entire wing population’s physical fitness follows, on a daily basis, the military operations that demand so much of members and their families.

“Fitness is a component of success, and part of a healthy lifestyle – for families and personal satisfaction. Sport builds leadership, morale, teamwork and esprit du corps. The athletes, coaches, officials, volunteers and staff who represent us at the wing, across Canada and on the world stage make us stronger, and proud. Well done.”

Motivation à déménager

Bonjour, je m’appelle Trevor Seyforth. J’ai 23 ans et je suis né à Kentville, en Nouvelle-Écosse. Je suis le deuxième de quatre garçons. Comme mon père et mon frère cadet, je suis né avec la paralysie cérébrale, un handicap physique.

Je travaille en tant qu’employé à temps partiel du MDN au mess Annapolis à la 14e Escadre Greenwood. J’ai commencé à la 14e Escadre en tant qu’aide-cuisinier du programme coop scolaire de West Kings en 2008. Après l’obtention de mon diplôme, j’ai continué à travailler à l’occasion lors de réceptions au mess à l’Escadre.

J’aimerais vous expliquer ce qu’est exactement la paralysie cérébrale. La paralysie cérébrale affecte le tonus musculaire, les mouvements et la capacité de bouger de façon coordonnée. Il peut y avoir une rigidité des muscles, avec des mouvements limités dans les jointures et un dos courbé. La paralysie cérébrale a affecté mes jambes; je ne pouvais

pas botter un ballon à plus de quelques pieds lorsque j’étais jeune. J’avais de la difficulté à maintenir mon équilibre : je m’enfargeais et je trébuchais beaucoup; et mon élocution n’était pas très bonne. Grandir a été très difficile, et rien que de me déplacer était très ardu. C’était aussi extrêmement difficile – et très frustrant – pour moi d’essayer de rattraper les autres enfants. Je n’avais que six ans lorsque j’ai subi ma première chirurgie pour m’aider à surmonter mon handicap. J’ai eu les deux jambes dans le plâtre et j’ai passé un certain temps en fauteuil roulant. J’avais seize ans lorsque j’ai eu ma deuxième chirurgie. Les deux chirurgies m’ont beaucoup aidé – sans ces chirurgies, je serais en fauteuil roulant aujourd’hui.

J’ai pris la décision de commencer à aller au gymnase de la base de la 14e Escadre Greenwood voilà à peu près deux ans. J’ai rencontré Jordan Chenier peu après, et c’est lui qui m’a initié au CrossFit. Je m’y adonne depuis. Jordan a été

mon motivateur : il m’a vraiment encouragé à continuer et à pousser plus fort. Sans lui, je ne me serais probablement pas rendu aussi loin. Lorsque j’ai commencé mes exercices, je savais que les gens me regardaient. Cela me rendait très nerveux, ce qui avait pour effet de raidir mes muscles. Je me préoccupais de ce que les gens pensaient. Avec l’aide de Jordan et d’autres assidus du gymnase, j’ai appris de nombreux nouveaux exercices et j’ai augmenté ma force. J’ai accru ma confiance et, la plupart du temps, je marche les deux kilomètres pour me rendre au gymnase et encore pour en revenir. J’aime la plupart des exercices, particulièrement les flexions avant et arrière des jambes, mais mes deux favoris sont les tractions à la barre fixe et les remontées d’orteils à la barre.

Je voudrais dire un merci tout spécial à tous mes amis et membres de ma famille pour leur appui et leur encouragement tout le long de mon parcours. Merci de croire en moi.

Small goals, big difference

Captain Matthew Bradbury pounds!

I've always been "big," from the time I could remember until recently. It was especially hard in school, constantly being teased about my size. It was something I lived with - I may not have like it, but this was my life.

After graduation, I found myself trying various diets, all with the same yo-yo effect: I'd lose a few pounds and gain more back, which was both discouraging and disappointing.

It was the summer of 2013 when, I noticed my spouse (who was trying to lose weight as well) had some "Slim-Fast" powder left over she wasn't using. On a whim, I asked to try it - I had nothing to lose. I followed the instructions to a T: shake in the morning, shake at lunch and a sensible dinner (with light and healthy snacks between meals). Within days, I noticed the weight started coming off. This was both exciting and scary at the same time, as this was, once again, the cycle I was used to.

I started setting small, achievable goals, the first being the 100 kilogram barrier, which was relatively easy. The next big goal was 200 pounds. I have to say this was tough, as I'd get close and gain a few pounds back, but I was determined to do it - and not yo-yo once again. I kept up with small goals, and it was exciting to meet - and pass - them! Today, I'm proud to say I've lost in excess of 100

I found my gym routine was more cardiovascular than anything, and I started enjoying the challenge. I went from barely completing one kilometre without wanting to pass out and quit, to training for my first half-marathon on the May long weekend. I've since completed various runs in the five and 10 kilometre distances as well, and I continue to train for more half-marathons. My ultimate goal would be to complete a full marathon in 2015.

Throughout this entire process, there were struggles and rewards. The positive outweighed the negative by far. My struggles at first were dealing with the drastic change in my eating habits. I used to eat for the sake of eating, especially after supper snacking. For the first few weeks, I found myself in a constant state of "slight hunger" but, by not giving into this temptation, the feeling would pass. My other big struggle was both a positive motivation and hard on the wallet at the same time: my clothing! I went from wearing 2XL shirts to medium. Essentially, I had to completely rebuild my wardrobe from square one.

Positives through this journey also came from everybody I know. My family and friends started telling me I was looking smaller, and asked how I was doing it. My co-workers started saying the same thing. I have to say I was (and still am a bit) freaked out at the



Captain Matthew Bradbury, showing what a 100 pound weight loss can do.

Submitted

compliments, as it was something I was never used to. I saw the changes, both on the scale and with smaller clothes, but I didn't see it in myself. I still saw the same "bigger" guy in the mirror I was used to seeing. I'm finally starting to see the new me, although it's taken a while.

All in all, I'm happy I decided to make a change for the positive in my life, and I couldn't have done any of it without the support from my wife, family and friends. For that reason, I am truly thankful.

The next step in the process: maintenance!

Petits objectifs, grande différence

D'aussi loin que je me souviens, j'ai toujours été « gros », et ce, jusqu'à récemment. C'était particulièrement difficile à l'école où je me faisais constamment taquiner à propos de mon poids. Je devais vivre avec cette réalité - je n'aimais pas nécessairement cela, mais c'était ma vie.

Après avoir obtenu mon diplôme, je me suis retrouvé en train d'essayer différents régimes, tous menant au même effet yo-yo : je perdais quelques livres, puis je reprenais tout le poids perdu avec quelques livres en plus, ce qui était à la fois décevant et décourageant.

C'est à l'été de 2013 que j'ai remarqué qu'il restait à mon épouse (qui essayait également de perdre du poids) de la poudre à mélanger « Slim-Fast » qu'elle n'utilisait plus. Sur un coup de tête, je lui ai demandé si je pouvais en essayer - je n'avais rien à perdre. J'ai suivi les instructions à la lettre : un substitut le matin, un substitut le midi et un repas raisonnable au souper (plus des collations santé légères entre les repas). En quelques jours à peine, j'ai remarqué que je commençais à perdre du poids.

J'ai commencé à me fixer des petits objectifs réalisables, le premier étant la barrière des 100 kilogrammes, ce qui a été relativement facile. Le prochain grand objectif était d'atteindre 200 livres. Je dois dire que cela a été difficile, car je me rapprochais de mon objectif, puis je reprenais quelques livres, mais j'étais déterminé à y arriver - et à

ne pas subir encore une fois l'effet yo-yo. J'ai continué à me fixer des petits objectifs, et c'était stimulant de les atteindre - et de les dépasser. Aujourd'hui, je suis fier de dire que j'ai perdu plus de 100 livres!

J'ai découvert que ma routine au gymnase était plus un entraînement cardiovasculaire qu'autre chose, et j'ai commencé à vouloir relever des défis. Réussissant à peine à faire un kilomètre au début sans être sur le point de m'évanouir et sans avoir envie de tout laisser tomber, voilà que je m'entraînais en vue de mon premier demi-marathon pour la longue fin de semaine de mai. Depuis, j'ai complété divers parcours de 5 kilomètres, et même de 10 kilomètres, et je continue à m'entraîner pour participer à d'autres demi-marathons. Mon objectif ultime serait de franchir la ligne d'arrivée d'un marathon en 2015.

Tout au long de ce processus, mon chemin a été parsemé de difficultés et de satisfactions. Les aspects positifs l'ont largement emporté sur les aspects négatifs. La première difficulté que j'ai eu à surmonter a été de m'adapter au changement radical de mes habitudes alimentaires. Avant, je mangeais pour le simple fait de manger, particulièrement dans le cas du grignotage après le souper. Les premières semaines, je ressentais constamment une « petite faim » mais, si je ne céda pas à cette tentation, la sensation de faim finissait par

disparaître. Mon autre grande difficulté s'est révélée à la fois une motivation positive et difficile pour le porte-monnaie : mes vêtements! Les chemises que je portais sont passées de la taille 2XL à la taille médium. Essentiellement, j'ai dû refaire complètement ma garde-robe en repartant de zéro.

Les aspects positifs, tout au long de ce périple, sont également venus de toutes les personnes que je connais. Ma famille et mes amis ont commencé à me dire que j'avais l'air plus petit, et me demandaient comment je m'y prenais. Mes collègues ont commencé à dire la même chose. Je dois avouer que j'étais dans un état de panique lorsqu'on me faisait des compliments (c'est encore un peu le cas), car c'était quelque chose qui ne n'arrivait jamais auparavant. Je voyais bien les changements, tant en montant sur la balance qu'en portant des vêtements de tailles plus petites, mais je n'avais pas vu les changements en moi. Quand je regardais dans le miroir, je voyais toujours ce même type « plus gros » que j'avais l'habitude de voir. Je commence enfin à voir mon nouveau moi, bien que cela ait pris du temps.

Tout compte fait, je suis heureux d'avoir décidé d'apporter un changement positif dans ma vie. Toutefois, rien de tout cela n'aurait pu avoir lieu sans le soutien de mon épouse, de ma famille et de mes amis. Et je leur en suis très reconnaissant.

Prochaine étape du processus : le maintien!

Motivation to move

Hello, my name is Trevor Seyforth. I am 23 years old and was born in Kentville, Nova Scotia. I am the second oldest of four boys. Like my father and youngest brother, I was born with cerebral palsy (CP), a physical disability.

I work as a part-time DND employee at the Annapolis Mess at 14 Wing Greenwood. I started at 14 Wing working as a cook's helper through the West Kings school co-op program in 2008. After graduating, I've continued working occasional Mess functions on the wing.

CP affects muscle tone, movement and the ability to move in a coordinated fashion. There could be muscle stiffness, with limited motion in your joints and a curved back. CP has affected my legs; I was not able to kick a ball more than a few feet when I was young. Balance was a struggle: I stumbled and tripped a lot, and my speech was not very good. Growing up was really hard, and just trying to get around was very difficult. It was also extremely hard - and very frustrating - for me to try and keep up with the other kids. I was only

six years old when I had my first surgery to help with my disability. I had both my legs in casts and spent some time in a wheelchair. I was 16 when I had my second surgery. Both surgeries have helped my situation a lot - if not for the surgeries, I'd be in a wheelchair today.

I made the decision to start going to the 14 Wing Greenwood base gym around two years ago. I met Jordan Chenier shortly after that, and he is the one who introduced me to cross fit. I've been doing that ever since. Jordan has been my motivation: he's really encouraged me to keep going and push harder. When I first started my routine, I know people were watching me try to workout. This made me very nervous and, as a result, my muscles would become stiff. I was concerned about what people were thinking. I've built more confidence and, most days, I walk the two kilometres each way to the gym.

I'd like to send a special thank you to all my friends and family for their support and encouragement along the way. Thank you for believing in me.



Lieutenant-Colonel Scott Murphy presents Trevor Seyforth the Fitness Lifestyle Change Award May 28.

Corporal D.Kirkwood, 14 Wing Imaging

JUIN, LE MOIS DES LOISIRS
AVEZ-VOUS JOUÉ AUJOURD'HUI?

JUNE IS RECREATION MONTH
HAVE YOU PLAYED TODAY?



Walk into summer

To kick off "June is Recreation Month - Have You Played Today?" a group of eager and enthusiastic participants took part in the 14 Wing Greenwood Community Centre's lunch-time community walk June 6. Meeting at the centre, participants are invited to join in the three kilometre walk, putting a great recreational activity into their weekly schedule. There were lots of giveaways and food, and participants may also enter the Greenwood JRM draw for a \$200 VIA rail pass. The walks continue Fridays through June, and finish with the Run the Runway event June 27. For more information on the Friday walks, contact the centre, 902-765-1494 locals 5341, 5337 or 5331.

S.Keddy

SUMMER DAY CAMP

14 Wing Community Centre 902-765-1494 local: 5341

Week 1: Through the Ages (July 2-4) The summer kicks off with a week devoted to time travel. Campers will start off the week travelling back in time to the days of the pioneers. We will fast forward to the present day and then end the week heading back to the future. Cost: Rec Card \$60 Non-Rec Card \$70

Week 2: Mad Science (July 7-11) Our craft materials will be used in unusual ways this week. Campers will discover some mysteries of science and our trip to the Discovery Centre in Halifax will lead us to even more new discoveries. Are you ready? Cost: Rec Card \$80 Non-Rec Card \$90

Week 3: Circling the Globe (July 14-18) Bonjour! Hello! Konnichiwa! We will travel around the world this week, exploring different countries and the cultural practices that take place in those countries. Cost: Rec Card \$70 Non-Rec Card \$80

Week 4: Movie Genre Extravaganza (July 21-25) Do you have a favourite genre of movie? This week we will explore activities based around different movie genres from Westerns in the wild west to things that are out of this world, like in Sci-Fi movies. We will make this a week to remember by travelling to Margaretsville and watching a movie on the big screen. Cost: Rec Card \$80 Non-Rec Card \$90

Week 5: Stormy Seas (July 28-August 1) Ahoy! Are you ready to explore the seven seas? Explore the land searching for buried treasure or move out into the ocean, to see what critters you can find. Cost: Rec Card \$70 Non-Rec Card \$80

Week 6: Environmental Endeavours (August 4-8) This week we will explore the precious environment around us. While incorporating each of the seasons, we will create crafts using natural and recycled materials. We will also explore the natural environment around us in our trip to Kejimikujik National Park. Let's Go Green! Cost: Rec Card \$70 Non-Rec Card \$80

Week 7: Celebration Bonanza (August 11-15) Join us as we celebrate a different holiday each day of the week. We'll be wrapping up the week with a birthday bash celebration! Cost: Rec Card \$70 Non-Rec Card \$80

Week 8: Mash-Up (August 18-21) The last week of camp will be filled with an assortment of new activities and camp favourites from the summer. All camps will be heading to Aylesford Lake this week to enjoy the sunny beach as we end our camp season. Cost: Rec Card \$70 Non-Rec Card \$80



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A quality standard for children's sport and recreation



SUMMER SPORTS CAMP

14 Wing Community Centre 902-765-1494 local: 5341

Week 1: Racket Extravaganza (July 2-4) Campers will get to experience various racket sports such as squash and badminton. We will also be making a trip to the tennis court! Cost: Rec Card \$60 Non-Rec Card \$70

Week 2: Professional Sports Week (July 7-11) This week we will be trying out all sports from the MLB, CFL, and PGA Tour. The trip this week will be to the Greenwood Golf Club driving range! Cost: Rec Card \$80 Non-Rec Card \$90

Week 3: Fitness Fanatics (July 14-18) Fitness is the focus for this week! Campers will be doing all kinds of activities from Zumba to gymnastics! There will also be guests performing yoga, dance, and cheer! Cost: Rec Card \$70 Non-Rec Card \$80

Week 4: Olympics (July 21-25) This week we will be playing some of the most popular sports in the summer and winter Olympics, such as hockey and track and field events! This week also includes a movie on the big screen and a trip to Margaretsville shore! Cost: Rec Card \$80 Non-Rec Card \$90

Week 5: International Sports Week (July 28-August 1) Campers will get to try out different sports from around the world! The main focus will be on rugby and soccer, including drills, a soccer tournament and also a game of flag rugby! Cost: Rec Card \$70 Non-Rec Card \$80

Week 6: Survivor (August 5-8) Outwit, outplay, outlast. Campers will separate into two tribes and then compete in numerous challenges to see which tribe will come out on top! There will also be a trip to Kejimikujik to go biking and also hike the trails! Cost: Rec Card \$70 Non-Rec Card \$80

Week 7: Ball Madness (August 11-15) This week the focus will be on sports ending with 'ball'! We will be doing drills and games in basketball, volleyball, and the camp favorite; handball! Cost: Rec Card \$70 Non-Rec Card \$80

Week 8: Camp Favorites (August 18-21) Campers will get to choose their favorite activities from the summer and play them again! There will be a dodgeball tournament and also a trip to Aylesford Lake to enjoy the beach! Cost: Rec Card \$70 Non-Rec Card \$80



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JUIN, LE MOIS DES LOISIRS
AVEZ-VOUS JOUÉ AUJOURD'HUI?

JUNE IS RECREATION MONTH
HAVE YOU PLAYED TODAY?

Jouer aujourd'hui pour être en santé demain

Dans le cadre de la campagne annuelle Juin, le mois des loisirs, nous demandons aux familles de militaires d'un océan à l'autre : « Avez-vous joué aujourd'hui? » Si la réponse est « non », il est temps d'arrêter de se trouver des excuses et de se mettre à bouger!

Les lignes directrices canadiennes en matière d'activité physique recommandent au moins 60 minutes d'activité physique quotidienne pour les enfants, et au moins 150 minutes par semaine pour les adultes. Bien que cela ne semble que très peu, seulement environ 11 % des enfants et 15 % des adultes attei-

gnent cette norme actuellement.

Pour les militaires des Forces armées canadiennes (FAC) et leur famille, il est particulièrement important d'inverser la tendance en intégrant les loisirs et le jeu à leur vie quotidienne.

« L'activité physique, les loisirs et le jeu sont essentiels pour favoriser un bien-être optimal et une bonne santé mentale tout au long de notre vie, a déclaré le major-général David Millar, chef du personnel militaire. Offrir la possibilité de participer à des activités de loisirs constitue une partie importante de notre engagement envers les familles et relativement à la qualité de

vie dans les Forces armées canadiennes. J'encourage tout le monde à célébrer Juin, le mois des loisirs et à en tirer tous les avantages. »

Ces bienfaits sont nombreux : le jeu et l'activité physique contribuent à améliorer notre santé mentale, physique et sociale. Lorsque nous jouons, nous nous donnons l'occasion de bâtir notre estime de soi, de nouer des amitiés et des relations au sein de notre communauté, et de nous échapper du stress de la vie quotidienne en nous concentrant sur l'activité à laquelle nous nous adonnons. De plus, nous permettons à notre corps de bouger,

nous fortifions nos muscles et nous acquérons de nouvelles habiletés.

« La santé physique et le soutien social sont des éléments clés pour développer sa résilience, a expliqué Kimberley Guest, responsable de la formation au sein du Groupe des Services de santé des Forces canadiennes. La recherche continue de démontrer l'importance d'un mode de vie sain et d'un solide réseau de soutien social pour maintenir une bonne santé mentale et pour être en mesure rebondir après une période difficile. »

Heureusement, il n'est pas nécessaire de déployer de très grands efforts pour trouver du temps pour les loisirs et le jeu, il faut juste un peu de détermination. Il est assez simple d'intégrer un peu plus d'activité physique à

la routine familiale : se rendre à l'école à pied, se rendre au travail en vélo, ou encore aller au parc plutôt que s'allonger sur le divan après le souper.

Par ailleurs, au sein des communautés des FAC, le programme de loisirs des Programmes de soutien du personnel (PSP) donne accès à un large éventail d'activités récréatives, structurées ou non. Vous recherchez une activité structurée? Joignez-vous à une équipe, à un cours ou à un club. Vous cherchez plutôt une façon plus détendue de pratiquer une activité physique? Les PSP peuvent remplir vos besoins en location d'équipement et d'installations pour aider votre famille et vous à bouger à votre propre rythme.

Pour le caporal-chef Crystal Booker, faire partie d'un club de

loisirs communautaire des PSP est l'un des meilleurs moyens de se sentir chez soi au sein d'une nouvelle communauté.

« Les clubs et les programmes me permettent de rencontrer des gens dans la région et sont l'occasion de tisser ce premier lien essentiel avec la communauté, a-t-elle indiqué. Les loisirs m'ont aidée à surmonter le stress, à aimer les nouvelles affectations et à voir du bon côté le fait d'être éloignée de ma famille et de mes amis. Parce que je pratique des loisirs, j'ai une meilleure qualité de vie. »

Alors, qu'attendez-vous? Sortez jouer dès aujourd'hui! Consultez le Portail communautaire des Forces canadiennes pour entrer en contact avec l'équipe de loisirs des PSP dans votre communauté.

SUMMER FRENCH CAMP

14 Wing Community Centre 902-765-1494 local: 5341

Semaine 1: Les voyageurs du temps. (2-4 juillet) Cette semaine, les différentes époques seront explorées. Le passé, le présent et le futur seront visités par les voyageurs. Cost: Rec Card \$60 Non-Rec Card \$70

Semaine 2: La science en folie. (7-11 juillet) La semaine sera remplie d'activités scientifiques amusantes ainsi qu'une excursion au Centre Discovery à Halifax. Cost: Rec Card \$80 Non-Rec Card \$90

Semaine 3: Sur et sous l'océan. (14-18 juillet) Les pirates et les animaux aquatiques seront le sujet de cette semaine. Cost: Rec Card \$70 Non-Rec Card \$80

Semaine 4: Thème de cinéma. (21-25 juillet) La semaine sera diversifiée avec les différents thèmes de films et des activités fantastiques prévues chaque jour pour les campeurs. Il y aura une sortie à l'amphithéâtre et à la plage. Cost: Rec Card \$80 Non-Rec Card \$90

Semaine 5: La découverte des cultures. (28 juillet-1er août) La semaine sera remplie d'activités spécifiques à différentes cultures ainsi que le partage de plats uniques provenant de différente culture. Cost: Rec Card \$70 Non-Rec Card \$80

Semaine 6: L'esprit de la nature. (5-8 août) La semaine sera dédiée aux activités à l'extérieur et aux animaux. Laissez la nature faire son travail et nous apportés de la joie. Il y aura un voyage au parc national de Kejimikujik. Cost: Rec Card \$70 Non-Rec Card \$80

Semaine 7: Cinq sens. (11-15 août) Venez tester vos capacités en relevant les défis de la semaine en vous servant de vos cinq sens. Cost: Rec Card \$70 Non-Rec Card \$80

Semaine 8: La semaine des campeurs. (18-22 août) La semaine sera décidée par les campeurs avec quelques activités déjà préparé pour eux pour la semaine. Nous planifions aussi d'amener les campeurs à la plage de Aylesford pour leur dernière semaine de camp. Cost: Rec Card \$70 Non-Rec Card \$80

Play today for a healthier tomorrow

As part of our annual June is Recreation Month campaign, we're asking military families from coast to coast, "Have you played today?" If the answer is "no," it's time to put those excuses aside and get moving!

The Canadian Physical Activity Guidelines recommend at least 60 minutes of daily physical activity for children, and at least 150 minutes per week for adults. While that may not sound like much, only about 11 per cent of children and 15 per cent of adults currently meet that standard.

For Canadian Armed Forces (CAF) members and their families, curbing this trend by making recreation and play a part of everyday life is especially important.

"Physical activity, recreation, and play are essential for promoting optimal well-being and mental health throughout our lives," says Major-General David Millar, Chief of Military Personnel. "Providing opportunities to participate in recreational activities is an important part of our commitment to families and to quality of life in the Canadian Armed Forces. I encourage everyone to celebrate 'June is

Recreation Month' and experience the benefits."

Those benefits are numerous: play and physical activity help boost our mental, physical and social health. When we play, we give ourselves the opportunity to build self-esteem, develop friendships and community connections, and escape our stresses by concentrating on the activity. We also give our bodies the chance to move, strengthen our muscles and develop new skills.

"Physical health and social support are key components when building resilience," says Kimberley Guest, training manager with Canadian Forces Health Services Group. "Research continues to demonstrate the importance of a healthy lifestyle and strong social support networks in maintaining positive mental health, as well as bouncing back from adversity."

Luckily, making time for play and recreation just takes a little effort and determination. Adding more play to your family's routine can be as simple as walking to school, biking to work, or heading to the park after dinner instead of the couch.

In CAF communities, the

Personnel Support Programs Recreation Program also provides access to a wide variety of structured and unstructured ways to play. Looking for a regular activity? Join one of our teams, classes or clubs. Looking for a more relaxed way to play? PSP can help with equipment and facility rentals to help your family play at your own pace.

For Master Corporal Crystal Booker, joining PSP Community Recreation clubs is one of the best ways to feel at home in a new community.

"Clubs and programs allow me to meet new people in the area, and provide that vital initial link to the community," she says. "Recreation has helped me overcome stress, enjoy new postings, and see the bright side of being away from family and friends. My quality of life is the better for it."

So, what are you waiting for? Get out and play today! Visit www.cfgateway.ca to connect with a Personnel Support Programs Recreation team in your community.

To learn more about JRM at 14 Wing, contact the 14 Wing Greenwood Community Centre at 765-1494 locals 5337 or 5331.

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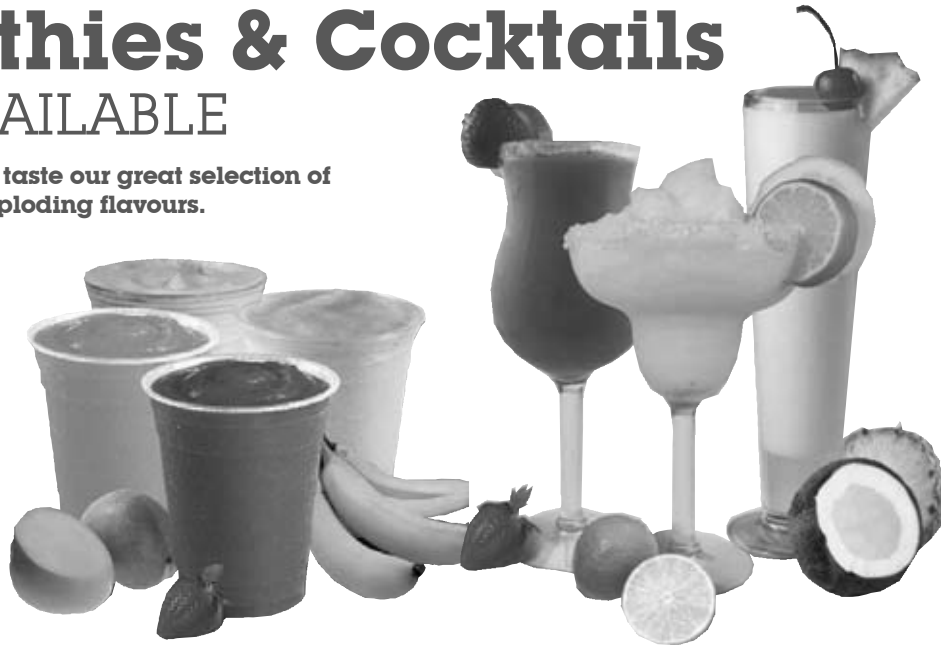




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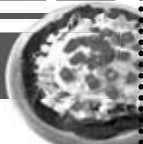
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Evergreen Idol searching for Valley talent

A competition to discover outstanding Annapolis Valley talent is underway, as the Evergreen Theatre in Margaree launches a summer "idol" search.

All non-professional entertainers of any age or genre are eligible. The first elimination round is July 5 and 6 at the Evergreen Theatre. The second round is July 12, the third round is July 26 and the grand finale will be held August 3. Judges will be chosen from the Valley musical community.

The top three performers will each be given the opportunity to open for a professional performer during the Evergreen Theatre's regular season.

An application form is available at www.evergreentheatre.ca, or you may contact Doug at 902-824-3748 or twistedk@eastlink.ca to have it sent to you. A \$20 application fee must be remitted with the application. Applications close July 1.

The Evergreen Theatre is planning major renovations in the near future, and funds raised from the idol applications will support that effort.

Residential Housing Units Les Unités de Logements Résidentiels

Yard sale Vente de garage

June 28 • le 28 juin

**8 a.m. to 2 p.m. • de 08h00 à midi
Rain or shine • peu importe la météo**

The 14 Wing Greenwood Community Council is organizing a yard sale at the Apple Bowl (soccer pitch by the Community Centre). In the event of rain, a backup location has been reserved at the Community Centre Gym.

Le Conseil de la communauté de la 14e Escadre de Greenwood organise une vente de garage L'Apple Bowl (enface du centre communautaire). En cas de pluie, la vente aura lieu au centre sportif du centre communautaire.

If you are interested in attending contact OPI MCpl Adrian LeBlanc, 902-765-1494 local 3581 or Adrain.LeBlanc@forces.gc.ca

Si vous-êtes intéressé à participer, contactez CplC Adrian LeBlanc, 902-765-1494 poste 3581 ou Adrain.LeBlanc@forces.gc.ca



Youth Happenings

Rebecca Dillman,
Recreation Youth Worker,
14 Wing Community Centre

Summer fun is just around the corner at the 14 Wing Greenwood Community Centre. Youth are invited to drop in for centre casual hours, or join in any of the organized activities.

Please register in advance for any programs with a fee, as organizers need to plan supplies accordingly. If you have any questions, and to register, call 902-765-8165 or email specialevents@eastlink.ca.

Active Chicks

Wednesday, June 18
6 p.m. to 7:30 p.m.
Spa night

Teen Activity

Thursday, June 19
6 p.m. to 7:30 p.m.
Wii Games

Hollywood dance

Friday, June 20
Pre-teens
6 p.m. to 8 p.m. \$3
Teens
8 p.m. to 10 p.m. \$4

Teen Council meeting

Tuesday, June 24
6 p.m. to 7 p.m.
This will be the last Teen Council meeting before the summer.
Please let the centre know if you will be attending, as we may have snacks!



Brayden Moore playing laser tag at Roo's June 6.

Submitted

14 Wing runners part of national events

The 2014 Canadian Armed Forces' national running championships were held in conjunction with the Ottawa Marathon weekend events May 24 and 25. A number of 14 Wing Greenwood athletes competed.

In the five kilometre female open (under 40) event, Captain Michelle Guertin was 10th, putting in a time of 21:55.3.


The race winner ran 18:21.6. In the five kilometre male masters (40 to 47) division, Sergeant Chris MacIntyre ran to a second place finish with a time of 20:08.8; the first place time was 18:10.7.

In the five kilometre male senior (age 48-plus) division, Major Derek Salley was fourth in 21:07.7, compared to the

winning time of 18:24.3.

In the 10 kilometre male open (under 40) division, Private Shawn Clarke placed seventh in 37:21.9. The lead time was 34:05.2.

In the marathon, male masters (age 40 to 47) division, Sergeant Tim Keith was second in 3:07:02.6; the winning time was 3:02:40.2.



Employment Opportunity
Greenwood Military Family Resource Centre (GMFRC)
COORDINATOR of DEPLOYMENT SERVICES
(30 hours per week)

As a member of a multi-disciplinary team of professionals, this Coordinator is responsible for the education, information and outreach to families of Defence Team members who are required to be absent from the family because of military duties. Provides a wide range of direct individualized and group services to family members.

Advanced verbal and written communication skills are necessary to fulfill need for public speaking, facilitating activities, and report writing. Ability to organize and prioritize workload effectively to meet deadlines is also essential.

Experience in program/event development, management and evaluation. Excellent interpersonal and assessment skills will aid the requirement to work with people experiencing a challenging lifestyle. Strong belief in the principle of volunteer involvement and leadership is required. A solid understanding of not-for-profit board-governed organizations is necessary, along with the advanced ability to work both independently with little supervision and as part of a team.

Probationary Period: 6 months
Responsible to: Executive Director

Qualifications:

- Undergraduate degree in the Social Sciences/Community Development field
- Five years experience in program development, management, and evaluation
- Clear understanding of the community development process is essential
- Working knowledge of community resources in the catchment area is required
- Demonstrated ability in facilitating workshops
- Advanced communication skills, both written and oral
- Awareness of risk management issues
- Ideal candidate is bilingual

Hours


- 30 hours per week (some evening & weekend hours are required. Flexibility is a must.)

The successful candidate will be prepared to commence employment by end-August 2014. Must complete a Child Abuse Registry Check, Criminal Record Check, and Enhanced Reliability Check. Eligible candidates should submit by fax, mail, or email a cover letter and resume clearly outlining their ability to fulfill all position requirements, on or before noon on 11 July 2014 to:

Michelle Thibodeau-Wagner Operations Manager	email: home@greenwoodmfrfc.ca subject line: resumé-Deployment (MS Word or PDF format)
Greenwood Military Family Resource Centre PO Box 582, Greenwood, NS, B0P 1N0	fax: (902) 765-1747

Applications can also be dropped off at the GMFRC Front Desk.
The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood.
Please note: Only candidates selected for further consideration will be contacted.
The Greenwood MFRC is committed to employment equity.

Please visit www.familyforce.ca to learn more about the Greenwood MFRC.



Possibilité d'emploi
Centre de ressources pour les familles militaires de Greenwood (CRFMG)
COORDONNATEUR/COORDONNATRICE DES SERVICES D'AIDE AU DÉPLOIEMENT
(30 heures par semaine)

Le ou la titulaire du poste fera partie d'une équipe de professionnels provenant de plusieurs disciplines et sera responsable de l'éducation, de l'échange d'information et de la sensibilisation auprès des familles des membres de l'équipe de la Défense qui doivent s'absenter du foyer familial en raison de leurs fonctions militaires. Il ou elle devra offrir une grande variété de services directs individuels et de groupe aux membres des familles.

Il faut posséder de solides habiletés en communication verbale et écrite pour être en mesure de parler en public, d'animer des activités et de rédiger des rapports. Il est aussi essentiel de pouvoir organiser la charge de travail et établir l'ordre de priorité des tâches de manière efficace en vue de respecter les délais.

Il faut posséder de l'expérience en conception, en gestion et en évaluation de programmes et d'activités. D'excellentes habiletés sociales et capacités d'évaluation aideront le ou la titulaire à travailler avec des personnes qui ont un mode de vie difficile. Il faut savoir faire preuve de leadership et être convaincu de la nécessité de l'engagement bénévole. Il ou elle doit également bien comprendre le fonctionnement d'organismes à but non lucratif gérés par un conseil, et doit être en mesure de travailler de façon autonome sous un minimum de supervision et au sein d'une équipe.

Période d'essai : 6 mois
Superviseure immédiate : Directrice exécutive

Qualifications :

- Diplôme universitaire de premier cycle dans un domaine des sciences sociales ou du développement communautaire
- Minimum de cinq ans d'expérience dans l'élaboration, la gestion et l'administration de programmes
- Une excellente compréhension du processus de développement communautaire est essentielle
- Connaissances pratiques des ressources communautaires dans la région desservie
- Capacité manifeste d'animer des ateliers
- Aptitude supérieure à communiquer de vive voix et par écrit
- Bonne connaissance de la gestion des risques
- La personne idéale pour combler le poste est bilingue

Heures de travail

- 30 heures par semaine (le ou la titulaire est appelé à travailler le soir et la fin de semaine à l'occasion; il ou elle doit donc faire preuve de souplesse.)

La personne retenue devra être prête à entrer en poste à la fin du mois d'août 2014. La personne retenue doit passer les vérifications suivantes : registre des cas d'enfants maltraités, casier judiciaire et fiabilité approfondie.

Les candidats admissibles doivent envoyer, par télécopieur, par la poste ou par courriel, une lettre de présentation et un curriculum vitæ dans lesquels ils indiquent clairement en quoi ils satisfont à toutes les exigences du poste, et ce, d'ici midi, le 11 juillet 2014, à

Michelle Thibodeau-Wagner Directrice des opérations	courriel : home@greenwoodmfrfc.ca objet : cv – Déploiement (en MS Word ou en PDF)
Centre de ressources pour les familles militaires de Greenwood C. P. 582, Greenwood (N.-É.) B0P 1N0	Télécopie : 902-765-1747

Il est aussi possible de venir porter sa demande en personne à la réception du Centre, qui se trouve dans le Centre AVM Morfee, School Road, à Greenwood.
Veuillez prendre note que nous communiquerons uniquement avec les candidats retenus pour l'étape suivante du processus de sélection.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi.
Veuillez visiter le site www.forcedelafamille.ca pour en apprendre davantage sur le CRFM Greenwood.

services & trades



Contact Anne at 902-765-1494 local 5833 for rates

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(Also of the Alberta Bar)

Counsel: **Clare H. Durland, Q.C.** (Non-Practicing)

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Lions 'spring' into action

May saw a number of Kingston Lions head off to the regional Lions Leadership Institute at Camp Brigadoon May 2 to 4. Lions Pat Nixon and Barb Lyle attended, while Lion Bob Lyle organized and was one of the facilitators. Lions from across Nova Scotia and New Brunswick attended the institute, intended to provide information and guidance in a number of leadership areas for future Lions leaders.

We all benefit when we work as a team. This became evident in May, when the Middleton and Kingston clubs worked together to help Gabrielle, entering Primary this upcoming school year. She has been wearing the same hearing aids since soon after birth, and one side is no longer working. Through the efforts of Lions Terry Gaudet from Middleton and Dale Clarke from Kingston, each club presented Gabrielle with a cheque for \$500 towards the purchase of a new set of aids. Many old Lions' hearts were warmed during the presentation.

Kingston donated an Automated External Defibrillator to Camp Brigadoon, funds towards the purchase of an iPad for a local student, 25 used chairs to the Kingston Baptist Church, held a BBQ for West Kings grads and cleaned up Hwy 1 from Green Acres Subdivision to the Annapolis County line as part of the Adopt-a-highway program.

Another successful yard sale was held in the Lions' hall in May. Lions will be providing refreshments for the Middleton High School Safe Grad event in June and will be setting up our mobile BBQ during the Middleton Relay for Life, with proceeds going back to the Relay for Life.

The Lions recently hosted a Lions "officers' school" for the district, designed to provide information and assist incom-



King Lion Richard, Lester the Lion and Corporal LeBlanc recently presented child ID kits to Wee Folk Day Care children in Greenwood. A total of 200 kits were presented to a number of day cares in the Kingston/ Greenwood area.

Submitted

ing club officers with their new roles and responsibilities to their clubs, zones, districts and Lions International.

The Kingston club held its annual Charter Night in April. It was extremely well attended, an opportunity to recognize individual Lions for their efforts and contributions to the club, Lions

International and their community. Many individual awards were given out to deserving Lions. We had the pleasure of having Premier Stephen McNeil as our keynote speaker. He kept the crowd's attention with anecdotes from his family, youth and time in office, with an emphasis on volunteerism in one's com-

munity. He was accompanied by Leo Glavine, the Minister of Health and Wellness and MLA for Kings West.

Don't forget to come out to the Kingston Steer BBQ and Village Fair July 11 and 12, as well as the Port George Jamboree July 26. Your Kingston Lions are heavily involved in both events.



Lions from Kingston and Middleton clubs presented cheques to Gabrielle and her family to assist with the purchase of new hearing aids, an example of the power of teamwork between clubs!

Submitted

Wanted Swimming Instructors and Lifeguards

14 Wing Greenwood F&S Centre is looking for certified instructors and lifeguards

If qualified and interested please apply at
<https://www.cfmws.com/en/AboutUs/Careers/EmplOpp/Pages/default.aspx>
or
by submitting a resume to the NPF Human Resources office.





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 doivent 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.

Legion program

Do you know of a veteran that deserves to be recognized? The Legion Veteran's Service Recognition Book acknowledges these individuals who served during times of conflict or during peace times. For information, call Royal Canadian Legion Branch 098 Kingston at 902-765-4920 or visit www.ns.legion.ca.

Meeting

June 16, 7 p.m., the Kingston/Greenwood Living With Cancer Support Group meets in St. Mark's Protestant Chapel Annex, Church Street, Greenwood. Guest speaker is the Honourable Leo A. Glavine, Nova Scotia's Minister of Health, Wellness & Seniors, on creating a culture of wellness. Cancer patients, family, & friends, or anyone seeking information on cancer, are encouraged to attend. For information: Lynda Pierce, 902-765-3055; or Linda Giles, 902-765-8802.

Supper

June 20, 6 p.m. Meadowbrook Meats prime rib dinner, sides and dessert at the Berwick Lions' hall.

A benefit for Hardwood Lake Girl Guide Camp, Lake Paul, Kings County; facility improvements. Tickets: \$20 each, \$200 a table. Contact Sara: 902-538-9191 or cskeddy@hotmail.ca.

Yard sale

June 21, yard sale and bake sale at Emmanuel Church, 37 Gates Ave, Middleton. 8 a.m. to 1 p.m., rain or shine. No purchasing or entry before 8 a.m. BBQ, fresh pies whole or by the piece, baked beans, brown bread and other fresh baking. For info: Sally, 902-825-3087, or Pat, 902-825-3823.

Coffee party

June 20, 9:30 a.m. to 11:30 a.m., the Kingston and District Health Auxiliary hosts a coffee party at the Kingston fire hall. Proceeds to the VON. Please come support our community and meet good friends.

At CentreStage

Not for the feint of heart, Sleuth, the ultimate game of cat and mouse, is played out in a cozy English country home owned by celebrated mystery writer Andrew Wyke. Invited guest Milo Tindle, a young rival who shares not only Wyke's love of the game but also his wife, has come to lay claim. This psychological thriller will capture your imagination and intrigue your mind. Not recommended for children. Sleuth runs June 20, 21, 22m*, 27, 28, 29m* July 4, 5, 6m*, 11, 12; show time 8 p.m. (*matinees 4 p.m.). Tickets \$15/ \$12. Call 902-678-8040 for reservations. CentreStage Theatre, Kentville, www.centrestagetheatre.ca.

Roller derby

June 21, 3 p.m. to 5 p.m., the all-female flat track roller derby Valley Avengers will host their first bout of the season at the Bridgetown Arena. \$5 admission, children under 12 are free when

accompanied by an adult. Questions? Contact Amanda Bowlby at 902 844-0645.

Breakfast

June 21, enjoy breakfast at the Aylesford United Church, 8 a.m. to 11 a.m. Freewill offering. Everyone welcome. Sponsored by the Committee of Stewards for church expenses.

Run/ walk/ wheel fundraiser

June 21, 2nd Valley Hope Classic in support of the Spina Bifida and Hydrocephalus Association of Nova Scotia, Memorial Park, Kentville. Volunteer, raise pledge support and participate in the five or 10 km walk/ wheel/ run. Funds support computer, special needs and recreation funds; an Education Award, Camp Tidnish, research and more. Registration/ race kit pick up 9:30 a.m., event 10:30 a.m. There will be prizes! For information: hopeclassicns@gmail.com; to register or make a donation, visit www.runningroom.com.

Family day

June 21, 1 p.m. to 4 p.m., free healthy family day at the Kingston Stronach Park duck pond. Geocaching demonstration, Nordic walking, story book walk, short fun run along the fitness trail, Tai Chi demo and more.

Annual meeting

June 23, 6 p.m., the Greenwood Skating Club holds its annual meeting at the 14 Wing Greenwood Community Centre. Annual reports, elections, financials and future business. For information: robands Shannon@bellaliant.net.

Dance

June 28, 9 p.m. to closing: Saturday night dance at Kingston Legion Branch 098, with music by Route 12. Cost \$7 per person, ages 19 and up.

Auction

June 29, 10 a.m. to 2 p.m., the An-

napolis Valley Sub-Chapter of the Children's Wish Foundation hosts a ticket auction at the Aylesford Lions' hall, Auburn. Canteen, 50/50, touch 'n take, raffle draws.

Service

June 29, 7 p.m., an induction service for Rev. Paul Bannister will take place at Kingston United Baptist Church. All welcome to attend, refreshments to follow.

Museum hours

Annapolis Valley Macdonald Museum, 21 School Street, Middleton; summer hours begin June 15, 9 a.m. to 4:30 p.m., Monday to Saturday. Admission charged. Research library hours Monday to Saturday, 1 p.m. to 4 p.m. Call 902-825-6116 for information.

Cemetery history

Are your ancestors buried in the Tremont cemeteries? The Tremont Community Cemetery Society would love for you to share their stories/ photos. Contact 1stladymuise@gmail.com or 902-765-2642.

Crib

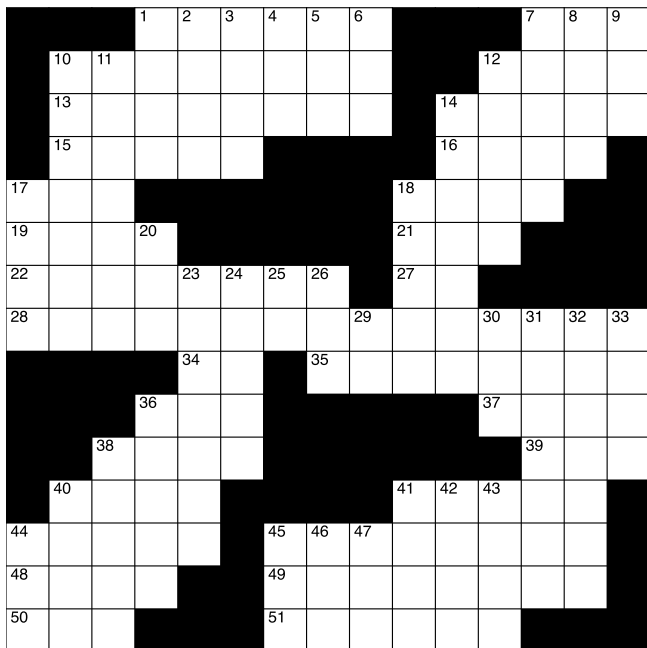
Wednesdays, 7 p.m., join the Berwick Crib Club at the Berwick Lions' hall, KMCC (Apple Dome), 250 Veterans' Drive, Berwick.

The Playhouse

The Playhouse is a non-structured playgroup for parents and caregivers with children ages newborn to five, located at 14 Wing Greenwood in the Morfee Centre Annex preschool building, School Street. We meet three days a week: Monday, Wednesday and Friday, 9 a.m. to 11:30 a.m.; September to June. The Playhouse is a great space for kids to socialize and play while enjoying a craft corner, dress-up clothes, a play kitchen and other toys. Everyone is welcome! Come join us to have fun, socialize and make friends. Find us on Facebook, "Greenwood, The Playhouse."

metro crossword

solution page 18



ACROSS

- 1. Missouri River tributary
- 7. Orange-brown African antelope
- 10. Access steps
- 12. Scottish word for gutter
- 13. Oiled whetstone
- 14. Tranquility
- 15. Indian rat snake genus
- 16. Competent
- 17. Premier ___ Wine
- 18. Carbamide
- 19. Belongs to "2001" computer
- 21. Campaign commission
- 22. Lives without oxygen
- 27. Blue Hen school
- 28. Herb-grinding tools
- 34. "Fast Five" star's initials
- 35. Does not pay debts
- 36. Word element meaning life
- 37. Town of 1993

- 38. Prohibitions
- 39. Cardboard box (abbr.)
- 40. Hillside (Scot.)
- 41. Yemen capital
- 44. Plural of 40 across
- 45. Cloths showing needlework skills
- 48. Settled a debt
- 49. Cause annoyance in
- 50. Million gallons per day (abbr.)
- 51. Parson

DOWN

- 1. Pale (archaic)
- 2. ___ Marie Presley
- 3. Bachelor of ___
- 4. Deuce
- 5. Light brown color
- 6. Vision organ
- 7. Australian bear
- 8. A single occurrence
- 9. Stinging insect
- 10. High voice
- 11. About title
- 12. Medieval fiddle
- 14. Marched in a
- 17. People of Southeast Asia
- 18. Hoopoe bird genus
- 20. Unit of a tennis match
- 23. Steep-sided valleys
- 24. China's largest ghost town
- 25. Undergraduate degree
- 26. Finish
- 29. 1st state
- 30. South by west
- 31. Tea wagon
- 32. Lactaid enzyme
- 33. British prep school
- 36. Blatted
- 38. Woven pigtail
- 40. Boast
- 41. Saliva
- 42. Countertenor
- 43. Close by
- 44. Beats per minute
- 45. Tiny drink
- 46. Macaws
- 47. Married woman

metro crossword brought to you compliments of

954 Central Avenue
Greenwood
902-765-6381

Kingston Legion



Sunday, 1:30 p.m.
Tuesday, 7:30 p.m.
Regular Games - \$100

- 3 Specials - 60/40
- Letter H - 80/20
- Triple Jackpot - R-W-B
- 1 Lucky 7 - Progressive
- 1 Bonanza - Progressive
- Jackpot - 3 Chances
- Consolation \$300**
- Double Action
- Lic.# 115910-08

the Aurora Find & Win

Three easy ways to enter.

- 1. Through our website: www.auroranewspaper.com
- 2. Fax: 902-765-1717
- 3. Drop into our office located on 83A School Road (Morfee Annex)

Entry deadline:
Noon, June 19, 2014

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.

- 1. Who sells kids' paks? _____
- 2. Where is the civic address of Valley Denture Services in Kingston? _____
- 3. What is the price of a 2003 a Jeep Liberty Sport? _____
- 4. Where can you buy one super donair and get one free? _____
- 5. Where is the E-cigarette shop located? _____

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: MARC THIBODEAU



Mimie's PIZZA

683 Central Ave.,
Greenwood

902-765-6888
902-765-2232

Soup kitchen

Wednesdays, a soup kitchen will be held through spring, at noon at St. Monica's Church Hall, 37 Connaught Ave., Middleton. All are welcome to come and socialize. There is no cost. Info: 902-825-6906.

Men's group

Saturdays (second of every month), the New Beginnings Christian Ministry invites men in the Central Valley area to a men's fellowship gathering. We meet together for breakfast and conversation at the Aurora Inn, Kingston, at 9 a.m.

Meditation

Mondays, 2 p.m., learn and practice techniques of breathing, eye movements and posture to relax the body and mind. Based on Tai Chi and yoga practices. Work is all seated on chairs. Joe 902-765-1898. \$10 per class, in Melvern Square.

Senior fitness

Tuesdays and Thursdays, 10 a.m. to 11 a.m., Kingston Recreation offers fitness and fun for adults

ages 55-plus at the Kingston Legion. Try one class for free, bring a friend! \$4 per class, or \$65 total for the winter/ spring session of classes (until mid-May). Register and get info at the Kingston village office, 902-765-2800.

Kids' library fun

Tuesdays, 10:30 a.m. "Under the Story Tree" at the 14 Wing Greenwood Library (Morfee Centre, School Road, Greenwood). Bring your little ones to enjoy some stories and crafts.

Volunteers needed

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

Dancing

Fridays, join us for an evening of square dancing, 8 p.m. to 10 p.m., at the Melvern Square Hall. Phone 902-765-8145 for information.

Donations accepted

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

Toastmasters

Tuesdays – join Toastmasters – where leaders are made - 6:15 p.m. to 8 p.m., at the Air Commodore Birchall Training Centre, Bldg 221, Greenwood. Everyone welcome. For information contact edwardwedler@gmail.com or Edie Murray, 902-665-2397.

Kingston Area Seniors Association

Kingston Area Seniors Association meets the second Wednesday of each month at 10 a.m. at Kingston Branch No 98 Royal Canadian Legion. Fun day (cards and games) every second and fourth Friday of the month, 1 p.m. For information, contact Minnie Rogers, 902-765-3292.



Diversity play

Students and staff at Dwight Ross Elementary School were recently treated to a visit from the Maritime Marionettes. Accomplished puppeteers Heather and Darryl Taylor, pictured with students - from left, Adam Charron, Rebecca Reiner, Megan Holmes and Christopher Deveau - brought the story of "Molly and the Oak Island Treasure" to life, stressing the importance of valuing diversity in ourselves and those around us.

Submitted

sudoku

solution page 18

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

Level: Beginner

Fun By The Numbers

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

sudoku brought to you compliments of

KIDS' PAK A Mini sub (Ham, Turkey Breast or Roast Beef), apple slices, 100% fruit juice box.

For a limited time!

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patrick's puzzle

solution page 18

RIVER TERMS WORD SEARCH

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

WORDS

- AFTERBAY
- ALGAE
- BACKWATER
- BANKS
- BED
- BOG
- BRACKISH
- CASCADE
- CHANNEL
- CLAY
- DELTA
- DIVERT
- DROUGHT
- EFFLUENT
- ENVIRONMENT
- EROSION
- ESTUARY
- FLOW
- FLUVIAL
- FORD
- GRADE
- HABITAT
- HAZARDOUS
- MEANDER
- MOUTH
- RILL
- RIPARIAN
- RIVERBED
- RUNOFF
- SEDIMENT
- SILT
- SOURCE
- STONES
- STREAM
- TRUNK
- WATERFALL

patrick's puzzle brought to you compliments of

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You wanted the most popular features included? You got it.

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horoscopes

June 15 - June 21

ARIES - Mar 21/Apr 20

People seem to be going out of their way to be nice to you, Aries. While you may suspect they have ulterior motives, their kindness really is nothing more than good will.

TAURUS - Apr 21/May 21

Taurus, approach your workload with an optimistic attitude this week. You can expect your efforts to produce positive results that don't go unnoticed.

GEMINI - May 22/June 21

It is an uphill battle to focus on chores this week, Gemini. You would rather be out having fun, but putting off chores now will only lead to more work down the road.

CANCER - June 22/July 22

Cancer, although you are capable of keeping up appearances this week, you will be lost in your own thoughts. Personal issues prove to be a distraction.

LEO - July 23/Aug 23

Leo, serve as a diplomat this week, placing yourself in the middle of conflict because you want to help. Keep a level head and don't get swept into the argument.

VIRGO - Aug 24/Sept 22

Virgo, your ability to focus is very strong, but this week you cannot seem to get your mind to cooperate. You may have a million things to think about.

LIBRA - Sept 23/Oct 23

You are tempted to join the party this week, even though you know it is probably a better idea to decline. But the prospect of socializing and having a good time is too tempting.

SCORPIO - Oct 24/Nov 22

Scorpio, you often feel uncomfortable when you have too many loose ends. It may take quite a while this week to wrap up all of your obligations before you can relax.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, the more you ponder the decisions you have to make, the more you struggle to determine a positive outcome. Give yourself some breathing room.

CAPRICORN - Dec 22/Jan 20

Career issues must be dealt with, Capricorn. You may have been running through various options, and if you have reached a decision, then go with your gut instincts.

AQUARIUS - Jan 21/Feb 18

Aquarius, although everyone around you seems to be stressing out, for some reason you are able to breeze through your days without a worry in the world.

PISCES - Feb 19/Mar 20

Your intuition is telling you to proceed with caution, Pisces. Watch where you step, but don't let caution take over your life.

horoscopes brought to you compliments of

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 KENTVILLE • 1-902-678-8044
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 www.frasers.ca

TIM-BR Mart

classifieds

Classified advertisements, 35 words or less, are \$8 tax included. Additional words are 10 cents each, plus tax. Bold text \$9, tax included.

Classified advertising must be booked and prepaid by 10 a.m. Thursday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/or services advertised. To place a classified, contact 902-765-1494 local 5440, visit the office, 83A School Road, Morfee Annex, Greenwood; email frontdesk@auroranewspaper.com or fax 902-765-1717.

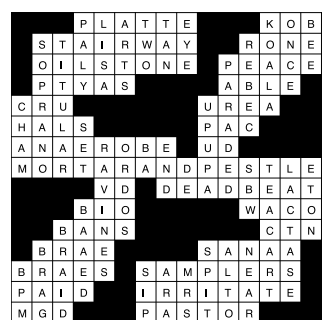
To place a boxed, display ad, contact 902-765-1494 local 5833; email auroramarketing@ns.aliantzinc.ca.

Les annonces classées, 35 mots ou moins, sont vendues au prix de 8 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 9 \$, taxes incluses.

Les annoncées classées doivent être réservées et payées à l'avance avant 10 h, le jeudi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au 902-765-1494 poste 5440, visiter notre bureau au 83A, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à frontdesk@auroranewspaper.com ou nous transmettre un fax au 902-765-1717.

Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 5833, ou un courriel à auroramarketing@ns.aliantzinc.ca.

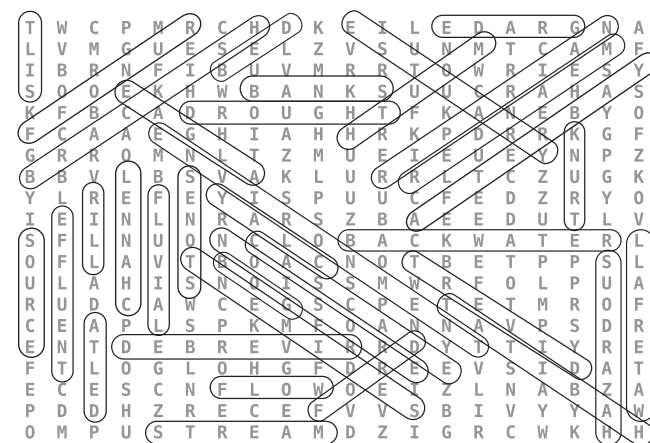
crossword solution



sudoku solution

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

patrick's puzzle



paper carriers needed

Summer relief: various routes
Our regular paper routes require flexible, short-term summer relief, as full-time carriers take vacation.



If you are interested in being on a spare list, contact:

902-765-1494 local 5440
www.auroranewspaper.com

the Aurora

APARTMENTS

FOR RENT – Worry free retirement living at its best, Chipman Avenue, Bridgetown. Two Bedroom Apartment, 1200+ Sq. ft. of living space including LR, DR, KIT and six appliances. Hardwood flooring throughout, R2000+ construction, electric heat. Garage, paved driveway, snow removal, lawn care and extra parking included. Very quiet area, 10 minute walk to all amenities. \$900.00 per month, plus 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 - Kingston Lincolnshire Apartments. Two bed-

room, 2 appliances \$600.00 per month plus utilities. Phone 902-765-6669. (3522-5tpb)

FOR RENT – Very clean, worry free retirement living at the best, Glen Lane Brooklyn Middleton. Two bedroom unit with garage, decks on front & back. Three appliances with heated floors, paved driveway, snow removal and lawn care. Very quiet and close to bus stop & Avery's. Ready June 1st. \$995.00 plus electric. Call Darlene at 902-840-1780. (3521-4tp)

FOR RENT – Upstairs apartment in quiet building, 5 minute walk from Greenwood Mall. Available June 1st. Bathroom just renovated, parking and water included, heat is extra. \$550.00 a month. Apartment is at 909 Rocknotch Rd in Greenwood. Call Glen at 902-847-1055 H or 902-680-6557

C. Please leave a message if no answer. (3522-4tpb)

FOR RENT – In the center of Kingston a one bedroom apartment, fully furnished. Heat & lights included. Close to all services. A home away from home for I.R. Personal. Phone 902-765-3664 for more info. (3523-2tp)

DUPLEX

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 902-242-2660 for viewing by appointment only. \$800.00 a month plus utilities. (3523-4tp)

FOR RENT – Spacious two bedroom duplex apartment. Fridge & stove included with washer & dryer hook-ups. Full dining room with back door. Newly renovated throughout. Located

close to Greenwood Mall & Kings transit. Asking \$675.00 per month water included. Call 765-4906. (3524-2tp)

ROOM FOR RENT

FALLS RIVER SUB – Looking for a mature employed non-smoker to rent a large fully furnished room in Greenwood Area. Close to all amenities. IR Personnel welcomed. \$130.00 per week. Meals can be included with adjusted agreed upon rent. Phone 902-242-5182 or 242-2021. (3524-3tp)

SERVICES

SERVICE – Bilingual handyman carpenter available, 25 years of experience with finish work, flooring, stairs, tile work and more. Reasonable rates – flexible hours. Call Mike at 902-242-2465 or 902-840-0529. Greenwood/Kingston (3422-ufn)

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. (3522-ufn)

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Jump into summer reading STREAM

Join the Summer STREAM: Science, Technology, Reading, Experience, Arts, and Math, the Annapolis Valley Regional Library's summer reading club.

The Summer STREAM can help your child enjoy a summer of learning, while earning fun incentives. The activities can be done right here in the Valley, or on vacation. Library branches will be offering free programs around the theme, and there is a website full of ideas for science, technology, art and math to explore.

New learning experiences in this year's program will make it more fun, and appeal to a wider audience. Special programs include Mad Science,

Little Ray's Reptile Zoo, musicians Jamie Junger and Andy & Ariana, LEGO programs, math games and art programs. There are two new "library days" at Oaklawn Farm Zoo –

STREAM

SCIENCE TECHNOLOGY READING EXPERIENCE ARTS MATH



Clifford the Big Red Dog) will be at the park August 16 and 17 for Word in the Park. Teens have the chance to win great prizes, including a \$100 VISA card. There are also book giveaways all summer: the library really is the place to be!

Print your own Finny the Fish and send the library pictures of Finny's travels while you read away this summer. Watch the AVRL website to find out what Finny's up to. Everyone that submits a picture gets a chance to win a Family Pass to the Nova Scotia Museum.

anyone 18 and under with an AVRL library card gets in free July 15 and August 12. And, once again, Upper Clements Parks will offer a free Fast Pass to those that complete the program. The library (and

Sign up for the Summer STREAM begins June 24, and you have until August 12 to join the program. The program ends August 22.



2014 Kingston Summer Day Camp

Come join us this summer at the Kingston Summer Day Camp! Camp will take place at the Kingston Recreation Hut, which is located adjacent to the Credit Union Centre on Westwood Avenue by the playground. Regular camp hours are from 8:00am to 3:30pm with before and after care available ½ hour before and after camp hours at an additional cost. With only 24 spots available camp is sure to fill up fast! The weekly themes are listed below:

- | | |
|------------------------------|--|
| Week 1 July 2-4: | Welcome Week (No camp on Monday June 30 th or Tuesday July 1 st) |
| Week 2 July 7-11: | Ocean Commotion |
| Week 3 July 14-18: | Science Week |
| Week 4 July 21-25: | Club Hollywood |
| Week 5 July 28-Aug 1: | Little Explorer's |
| Week 6 Aug 5-8: | Outdoor Adventure (No camp on Monday August 4 th) |
| Week 7 Aug 11-15: | Holiday Hullabaloo |
| Week 8 Aug 18-22: | The Fantastic Finale |

To register your child or to find out more information, print the form off our website or stop into the Village of Kingston office.

www.kingstonnovascotia.ca
 Village Office: 765-2800
 Email: daycamp@kingstonnovascotia.ca



Village of Kingston Summer Activities

SUMMER CONCERTS IN THE PARK

Centennial Park – Westwood St., Kingston

- **Kickin' Mule Blues Band** – Thurs June 26th @ 7pm
- **Matt Lunn & Friends** – Thurs July 18th @ 7pm
- **Chris Palmer, Sonlight & Brad Hewey** – Thurs July 24th @ 7pm

All concerts are Free to the Public – Bring a lawn chair, some water and your friends. Come relax and enjoy some summer music.

RECREATIONAL ACTIVITIES

- **HEALTHY FAMILIES DAY** – Sat June 21st @ 1 – 4pm
 Stronach Park Duck Pond – Geo caching, Nordic Walking demo & Children's Scavenger Hunt, Book Walk & More. Pre-register.
- **YOUTH BIKE RODEO** – Thurs July 25th @ 10am – 2pm
 Credit Union Centre Parking Lot – Ages 9 – 12. Pre-register.

The Following Programs will take place at the Kingston Tennis Courts

- **BEACH VOLLEYBALL** – Tuesdays & Thursdays Starting June 17th @ 7pm
- **OUTDOOR BASKETBALL** – Wednesdays @ 7pm Ages 14 to Adult starting June 18th.
- **CANgaroo TENNIS LESSONS** – Mondays 6-8pm (Ages 5-15)
 Tuesdays (6-8pm) Ages 16 – Adult. (Fun Tournaments 8-9:30pm)

Tennis info visit : cangarootennis.com

Visit www.kingstonnovascotia.ca

Pre Register by phone at (902) 765-2800 or email Glen at recreation@kingstonnovascotia.ca



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On the hunt

Caitlin Kamminga and her crew of pirate mateys return after a treasure hunt around the grounds of the Military Family Resource Centre June 10. The motley bunch had an adventurous morning of pirate crafts, games and snacks.

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Valley REN to focus on economic strategy

The Valley Regional Enterprise Network (REN) has established its board of directors, and the board is up and running.

Although still early days, board chairman Peter Muttart is encouraged with the initial strategic work the board has undertaken over the past few months.

"As a board, we take our mandate very seriously and are committed to focusing the REN's work on things that will truly impact the economic landscape of the Valley and the province," he said June 10.

The early work of the board includes the recruitment of a CEO.

"The board has mandated the search firm to meet with a lengthy list of community stakeholders identified by the board so as to further identify the success factors we are seeking in a CEO. This person must be competent and seriously committed to the task."

The Valley REN will strategically focus on economic growth and stability, labour/investment readiness and collaborative partnerships, all critical components on the road to economic viability.

"There are many pieces to the puzzle, each being key to our success. Many of those pieces are currently lacking, so we are concentrating on filling in those gaps as we move

forward. On the other hand, we are not looking to reinvent the wheel, but will ensure that the important work done

in the past, as well as other relevant resources that exist, are utilized."

The inaugural Valley REN

board includes Sir Graham Day, Joseph Lord, Jason Peters, Susan Hayes, Dr. Bob Maher and Perry Wallace.

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