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Vol. 37 No. 09 MARCH 7, 2016 NO CHARGE www.auroranewspaper.com

Teaching others how to combat fire

Firefighters at work on Op Impact

**Air Task Force-Iraq
 Public Affairs**

On an early morning, the rising sun gradually heats the air while the Canadian jets cool down on the flight line in Kuwait after a busy night of operations over Iraq. Suddenly, rushing footsteps of technicians scrambling towards a firefighting unit disturb the calm atmosphere. They start a pump and deploy fire hoses as fast as they can, while a Canadian Armed Forces firefighter diligently supervises their newly learned lifesaving drills.

Firefighters deploy overseas as part of Operation Impact. Their main role is to perform fire prevention, like providing fire brigade training. They maintain and inspect fire detectors and fire extinguishers in various locations where Canadian Armed Forces members operate.

"I'm in charge of this fire brigade, composed of aircraft technicians," explains one firefighter. "Even if our American counterparts

provide firefighting services on this base, our members must know how to react rapidly to situations in which they would have to protect their peers, infrastructure and equipment. It can make a big difference - especially on operations."

Aircraft technicians deployed on Operation Impact learn how to use a deployable firefighting unit. This stationary equipment includes a reservoir linked to a pump that pushes the water through fire hoses. Military firefighters can install this unit anywhere in the world, wherever it's needed.

Soon, the water jet reaches distant targets, and all members of the brigade perform their drills as a cohesive team. Once satisfied, the firefighter then takes the time to provide additional instructions to his brigade, making sure all members are comfortable operating every work station.

"I'm learning a lot on this deployment because I don't often perform fire prevention activities at my home unit. This is an outstanding opportunity to increase

my skill sets. I truly feel that I have an impact on the safety of all our deployed members."

The aircraft technicians start putting all the equipment away, making sure the pump and the hose are stored properly should they have to be used for a real situation. Canadian Armed Forces personnel rely heavily on their aircraft and equipment in order to assist the multinational coalition to halt and degrade the Islamic State of Iraq and the Levant.

"Even if I don't actively respond to emergency calls during this deployment, I often work with American firefighters," adds the firefighter. "We have the same standards, the same type of training and very similar equipment. Since my first day on Operation Impact, we naturally became brothers in arms. The word on the street is, 'One team, one fight!'"

A Canadian Armed Forces firefighter demonstrates how to use a water pump during a fire brigade training in Kuwait.

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Family support opportunities start with you

The RCAF is looking for volunteers to join a new initiative to help military families. The Family Sponsor Program will reach out to newly posted families and those affected by duty-related separations.

“If you’re a military spouse, this is your chance to be a part of something meaningful and ground breaking,” said Jen Campbell a reservist with the RCAF Family Support Team. “We need people who want to make a difference in our

community and we know that military spouses and loved ones have a lot to offer. You can make some great friends and help other families at the same time”.

Campbell, herself a military spouse who has been involved with similar programs through multiple postings, indicates that the time commitment for volunteers is minimal, but the payoff can be huge.

“Small gestures can make

a world of difference,” said Campbell. “There are always going to be challenges, but I’ve learned how truly amazing it can feel to embrace other families that are coming into our community or who are struggling with the absence of the member. Reaching out enriches their lives and also enriches mine. The best way to find out just how awesome that feeling can be is by volunteering.”

Family Sponsors will ease

the process of loved ones getting settled into their new surroundings and helping them connect with other families in their unit.

Units at Greenwood will work with the Military Family Resource Centre (MFRC) to build and maintain a team of volunteer sponsors.

“We’re not creating anything new. We’re just expanding opportunities to connect families with the resources they need,” said Margaret

Reid, Executive Director of the Greenwood MFRC. “We’ll also give you tips for how you can facilitate introductions between families so they can quickly create those important social connections.”

Family Sponsors will have training and support from the 14 Wing MFRC.

Those interested in getting involved in the program should contact their local MFRC at: leona.conrick@forces.gc.ca

This program will first be implemented at 14 Wing Greenwood and 15 Wing Moose Jaw, as well as two other small units in the RCAF, starting in April 2016.

The Family Sponsor Program aims to have all volunteers across the RCAF in place by April 2017, in advance of active posting season.

To find out more, please look up the *RCAF Family Support Team* on your favourite internet search engine.

Soutien des familles de militaires : tout commence avec vous!

L’Aviation royale canadienne (ARC) est à la recherche de bénévoles pour participer à un nouveau programme visant à aider les familles de militaires. Le programme de parrainage des familles s’adressera aux familles de militaires nouvellement arrivées dans la région et à celles qui sont séparées d’un militaire parti en déploiement.

« Si vous êtes un conjoint de militaire, c’est l’occasion de participer à un projet significatif et novateur », a déclaré Jen Campbell, réserviste et membre de l’équipe de soutien des

familles de l’ARC. « Nous avons besoin de personnes qui veulent faire une différence dans notre communauté, et nous savons que les conjoints de militaires et leurs proches ont beaucoup à offrir. Vous pouvez vous faire des amis et aider d’autres familles par la même occasion ».

Jen Campbell, elle-même conjointe d’un militaire, qui a occupé de nombreux postes dans des programmes semblables, précise que le temps consacré aux activités en tant que bénévole est minimal, mais que les avantages peuvent

être considérables.

Selon Jen Campbell, « De petites actions peuvent faire une grande différence. Il est certain qu’il y a toujours des défis à relever, mais j’ai appris à quel point il est extraordinaire d’accueillir des familles à leur arrivée dans notre communauté ou d’aider des familles qui souffrent de l’absence d’un parent militaire. Le programme enrichit leur vie, mais enrichit aussi la mienne. Le meilleur moyen de ressentir ce sentiment extraordinaire est de faire du bénévolat. »

Le parrain facilite le pro-

cessus d’installation de la famille dans son nouvel environnement et l’aide à établir des liens avec d’autres familles de la communauté.

Les unités de Greenwood travailleront en collaboration avec le Centre de ressources pour les familles des militaires (CRFM) pour mettre sur pied et conserver une équipe de parrains bénévoles.

« Nous n’inventons rien. Nous offrons seulement une chance supplémentaire de mettre en contact des familles avec les ressources dont elles ont besoin », a

expliqué Margaret Reid, directrice du CRFM de Greenwood. « Nous allons aussi vous donner des trucs sur la façon de faciliter les présentations entre les familles de sorte qu’elles puissent rapidement créer des liens sociaux importants. »

Le CRFM de la 14e Escadre donnera une formation et apportera son soutien aux parrains de familles.

Si vous souhaitez participer au programme, communiquez avec le CRFM à l’adresse suivante : leona.conrick@forces.gc.ca

Le programme de parrainage sera mis en applica-

tion à la 14e Escadre Greenwood et de la 15e Escadre Moose Jaw, ainsi que dans deux autres petites unités de l’ARC, à compter d’avril 2016.

Les responsables du programme de parrainage souhaitent que les bénévoles de l’ensemble de l’ARC soient prêts à commencer en avril 2017, avant la période active des affectations.

Pour obtenir de plus amples renseignements, vous pouvez vous renseigner sur l’équipe de soutien aux familles de l’ARC sur Internet dans votre moteur de recherche préféré.



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Circulation | Circulation: **5,900 Mondays** | Lundis
Agreement No. | Numéro de contrat : **462268**
Fax: 902-765-1717

Website | Site Web : www.auroranewspaper.com
The Aurora, PO Box 99, Greenwood NS B0P 1N0
L’Aurora, C.P. 99, Greenwood (N.-É.) B0P 1N0

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

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

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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.vpinternational.ca

Wing commander's corner | Le coin du commandant

Events, programs and initiatives

The Wing Chief and I would like to take this opportunity thank all of you and your families for your involvement and participation in the Wing's activities this past month. The events in our winter carnival in particular were a huge success, and we were especially pleased to see the great turnout at each event. We would like to express our sincere gratitude to the organisers, all units and Squadrons, and participants for your continued support in upholding one of 14 Wing's greatest traditions- congratulations of course to this years' winners, 413 Squadron, but I think

everyone came out winners in the end!

As we shift into March, 14 Wing remains actively immersed in various programs and initiatives. It's easy to lose sight of the many privileges we enjoy and how fortunate we are to live in a democratic country like Canada. The year 2016 marks the 100th anniversary of women's first right to vote in Canada. For women, the right to vote came as the result of a tireless fight for an egalitarian, representative and fair democracy, with Manitoba, Saskatchewan and Alberta being the first Canadian provinces to grant women

this fundamental right. Likewise, women had served in the Canadian military for more than 100 years, but it is still relatively recently that we have seen them serving (and excelling!) in all military occupations. This month, on International Women's Day we are proud to celebrate the many accomplishments of female soldiers, sailors, air personnel and civilian employees so integral to our Wing's success.

Speaking of historical accomplishments, there are often opportunities for military members to share experiences of their military careers with

a wide range of audiences. The Speakers' Bureau is a national community of active serving members to develop professional skills and fulfill outreach obligations, and remain engaged in their local communities. *The Memory Project* receives many speaking requests in schools, libraries, corporate lunch-and-learns, etc. CWO Emond and I encourage you to attend *The Memory Project's* information session at the Annapolis Mess on March 10th 2016.

Significantly, leading into April 14 Wing is launching the Royal Canadian Air Force (RCAF) Family Sponsor Pro-

gram; we are leading the RCAF in implementing this initiative, with the rest of the Wings to follow in 2017. This volunteer-based program will foster stronger ties between our families and the Wing units and squadrons. Our vision is to develop an empowered volunteer force of Family Sponsors that collaborates with Wing leadership to ensure 14 Wing families are connected to other families in their unit and are given necessary access to resources provided by the GMFRC and beyond. A strong volunteer base is essential for the Family Sponsor Program to build

a stronger RCAF Community and to make 14 Wing a better home for your family. Units will establish their own points of contact in due course, but in the meantime, we invite you to contact the MFRC Volunteer Coordinator if you are interested in acting as a Unit Family Sponsor Representative.

Finally, judging by the past couple of weeks, springtime appears to have arrived! We sincerely hope that everyone is able to take advantage of the nice weather, maybe use up the last of your annual leave, and get a head start on outdoor activities with family and loved ones!

Activités, programmes et initiatives

Nous tenons, l'adjudant-chef de l'escadre et moi, à vous remercier, ainsi que les membres de votre famille, de votre participation aux activités de l'escadre au cours du dernier mois. Les événements organisés dans le cadre du carnaval d'hiver ont remporté un franc succès. Nous sommes enchantés que vous soyez venus si nombreux à chacune des activités. Nous souhaitons exprimer notre sincère gratitude aux organisateurs, aux unités et escadrons, et aux participants pour leur soutien sans faille envers l'une des plus belles traditions de la 14^e Escadre. Félicitations, bien entendu, au grand gagnant de cette année: le 413^e Escadron! À mon avis, nous sommes tous des vainqueurs, en fin de compte!

En ce début mars, la 14 Ere continuera de s'appliquer activement à divers programmes et initiatives. Nous n'avons pas toujours conscience des nombreux avantages dont nous bénéficions et de la chance que nous avons de vivre dans un pays démocratique comme le Canada. L'année 2016 marquera le centenaire du premier droit de vote des femmes au Canada. Pour les femmes, le droit de vote est le résultat d'une lutte sans relâche vers une démocratie égalitaire, représentative et juste. Le Manitoba, la Saskatchewan et l'Alberta furent les premières provinces canadiennes à accorder aux femmes ce droit fondamental. Les femmes servent dans l'armée canadienne depuis plus d'un

siècle, mais il a fallu attendre jusqu'à tout récemment pour les voir servir (et exceller!) dans tous les groupes professionnels militaires. Ce mois-ci, à l'occasion de la Journée internationale de la femme, nous sommes fiers de souligner les nombreuses réalisations des soldats, marins, membres de la Force aérienne et fonctionnaires de sexe féminin qui sont essentielles à la réussite de notre escadre.

Parlant de réalisations historiques: les militaires ont souvent l'occasion de faire part de leur expérience de la vie dans les FAC à un vaste éventail d'auditoires. Le Service de conférenciers de la Défense nationale regroupe des militaires actifs des quatre coins du pays. Il permet à ces militaires

d'acquérir des compétences professionnelles, de remplir leurs obligations en matière de sensibilisation et de participer aux activités de leur communauté. Les responsables du *Projet Mémoire* reçoivent de nombreuses demandes de conférenciers de la part d'écoles, de bibliothèques, d'entreprises (dîners-causeries), etc. L'Adjuc Emond et moi vous encourageons à assister à la séance d'information sur *le Projet Mémoire* qui aura lieu au mess Annapolis le 10 mars 2016.

De plus, d'ici avril, la 14 Ere procédera au lancement du programme d'accompagnement familial de l'Aviation royale canadienne (ARC). Nous sommes les pionniers de cette ini-

tiative; les autres escadres emboîteront le pas en 2017. Ce programme faisant appel à des bénévoles renforcera les liens entre les familles et les unités et escadrons de l'escadre. Nous souhaitons mettre sur pied un groupe d'accompagnateurs bénévoles qui, en collaboration avec la direction de l'escadre, veillera à ce que les familles de la 14 Ere tissent des liens avec les autres familles de leur unité et aient accès aux ressources offertes par le CRFMG et bien d'autres. Le programme d'accompagnement familial doit pouvoir compter sur un solide groupe de bénévoles afin de renforcer la commu-

nauté de l'ARC et rendre la 14 Ere encore plus accueillante pour vos familles. Les unités détermineront leur point de contact en temps et lieu. Entre-temps, nous vous invitons à communiquer avec le coordonnateur des bénévoles du CRFM si vous souhaitez devenir le représentant de l'équipe d'accompagnateurs de votre unité.

À en juger par la température des dernières semaines, le printemps est arrivé! Nous espérons sincèrement que vous profiterez tous du beau temps et, peut-être, de vos derniers jours de congé annuel, pour faire des activités en plein air en famille et avec vos proches!

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Shredding event keeps docs safe from prying eyes

Identity theft is the number one growing crime in North America. Personal information - such as your name, phone number, address, financial, legal and medical information - on paperwork should be shredded before recycling. Kings RCMP and the Kings County Senior Safety Program invite you to bring your old documents to a free shredding event March 15, between 1 p.m. and 3 p.m., at the Kingston RCMP Detachment, 1684 Maple Street.

For more information call Constable Kelli Gaudet, 902-375-3601; or Michelle Parker, 902-375-3602.

Anniversary marked

March 02, 2016 marked the 10th anniversary of the death of Corporal Paul Davis. Mother Nature did her best today to dampen the event but as Major Brent Kerr with the Princess Patricia's Canadian Light Infantry (PPCLI) said that anyone can be a soldier when it is sunny. The invited guests and students braved a cold rain to take part in a small ceremony to mark the 10th anniversary of the death of Corporal Davis while serving with the PPCLI in Afghanistan. A large contingent from 143 Construction Engineering Flight was in attendance and their participation was gratefully noted by Jim Davis the father of Corporal Davis.



Lieutenant Ray Doiron, Officer Commanding 143 Construction Engineering Flight placed his poppy at the memorial. Submitted.

Cyber safety presentation March 23

March 23 at 6:30 p.m., Kings District RCMP hosts a free cyber safety presentation at the Berwick fire hall.

This evening presentation is open to the public and applies to everyone: students, parents, business owners, seniors and others.

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Members from 103 Squadron Gander exchange rescue equipment and experiences with members of the Iceland Association for Search and Rescue inside Langjokull glacier during a Joint SAR Exercise held in Iceland February 10. From left are August Thor, a member from ICE-SAR; Sergeant Sean Daniell, Corporal Ryan Dyer, Master Warrant Officer Mike Hurtubise and Sergeant Kevin O'Donnell.



Members from the Iceland Association for Search and Rescue (in the red suits), along with an Icelandic Coast Guard member (far left) wait for a Cormorant from 103 Squadron Gander February 10.



Search and rescue technician Sergeant Sean Daniell is hoisted into a Cormorant from the "Thor" February 9.



Members from the Iceland Association for Search and Rescue walk towards a Cormorant from 103 Squadron Gander on Langjokull glacier February 10.

All photos Master Corporal J. Maheu, 14 Wing Greenwood

You must become a ghost

Master Corporal Pam Evans, Imaging Coordinator, 14 Air Maintenance Squadron

If you've ever been to a military event on a Canadian Armed Forces (CAF) base, you will probably notice a CAF member walking around with a still or video camera, sometimes both, capturing imagery at the event. These members are called Imagery Technicians or commonly known as military photographers.

Imagery Technicians are described as visual media specialists accountable for the operation, maintenance and management of an extensive diversity of imaging equipment and products. They provide both still and video coverage of the CAF in support of operations, public affairs and internal communications. The imagery produced by our technicians reaches tens of thousands of Canadians through a myriad of tools and publications such as Social Media. Imagery support is essential to the success of our communications objectives and is vital to maintaining Canadians' confidence and trust.

Just recently, one of our Imagery Technician, Master Corporal Johanie Maheu, par-

ticipated in international search and rescue training in Iceland. Members of 103 Search and Rescue Squadron from 9 Wing Gander, Newfoundland along with a CH-149 Cormorant helicopter took part in multiple exercise scenarios, including training with the Icelandic Coast Guard vessel Thor (or "Pór" in Icelandic). There were also inland and glacier search and rescue joint exercises with volunteers from local Icelandic Association for Search and Rescue (ICE-SAR) teams.

"I provided video, still photography and daily coverage of the exercise located across Iceland territory," explained Master Corporal Maheu. She liaised with a Public Affairs Officer located in Winnipeg for the timely provision of imagery and accurate information about CAF's international contribution.

"There were two-hour tran-

sits to exercise destinations, flying approximately another two to three hours during the daily exercise and

helicopter over-water operations. This training isn't given to all Imagery Technicians; however, it is one of the out-of-trade training opportunities an Imagery Technician can obtain. Other such training includes spotter training and confined space training, to name a few. Master Corporal Maheu is RWUET qualified.

"Despite experience and training, it is still a challenge to ensure you stay out of the air crews' way," said

Master Corporal Maheu. "You have your job to do, while others are doing theirs and you always have to consider safety, especially when their job reflects the safety of others. Essentially, you must become a ghost."

Sometimes due to the type of exercise, the deployed Imagery Technician must be Rotary Wing Underwater Egress Training (RWUET) qualified.

Training that is taught to military members, especially those working with rotary wing, by Falk Safety Services in Dartmouth, Nova Scotia. This training provides military members with an understanding of the hazards of

Master Corporal Maheu greatly values the experiences and opportunities offered to her over the years as an Imagery Technician. She was able to capture imagery and promote the CAF to the Canadian public at large, not only on exercises with the CH149 Cormorant, but also with Navy ships during natural disasters such as Haiti where she deployed in 2010. "It's an honour to capture their hard work and expose it for others to appreciate."



Above: Search and Rescue technician Sergeant Kevin O'Donnell is lowered from the Cormorant to join Sergeant Sean Daniell on the ground during an inland mountain rescue scenario with members from the Iceland Association for Search and Rescue in Neskaupstadur February 9.

Calian launches military family doctor network

Calian Technologies Ltd.'s health team, in collaboration with Military Family Services, announced the national launch of its Military Family Doctor Network in mid-January. The network aims at improving access to family physicians for families of serving Canadian Armed Forces (CAF) members.

The Military Family Doc-

tor Network will help match physicians, practicing at Calian's Primacy Clinics in Loblaw grocery store locations, with military families in need of a family physician. The network will leverage the more than 400 family doctors practicing at over 140 Primacy Clinics across Canada.

"The Military Family Doctor Network is a great option for

military families in need of a family physician. Through the creation of this Network, Calian has not only demonstrated good corporate citizenship, but has also taken tangible action to help military families receive timely access to quality health care services in their community," said Lieutenant-General Christine Whitecross, Com-

mander of Military Personnel Command.

According to the 2013 National Defence and Canadian Forces Ombudsman's report, military families experienced a high degree of difficulty accessing and maintaining a family physician, due in part to their frequent relocations, and were four times less likely to have a family

physician when compared to civilian families.

Local Military Family Resource Centres have been involved in promoting the network to military families and are also providing an access point to Calian and its network of family physicians. Since July 2015, Winnipeg has seen more than 85 patients in 41 military fami-

lies being referred to family physicians. Other regions including Toronto and Halifax were subsequently added to the network, and the program is expanding across Canada.

Learn more by visiting calian.com/en/services/health/calian-military-family-doctor-referral-program, or by calling Calian's Primacy team at 1-877-633-7722 local 550.

Calian lance le Réseau de médecins pour familles militaires

L'équipe de santé de Calian Technologies Ltd., en collaboration avec les Services aux familles des militaires, a annoncé le lancement national de son Réseau de médecins à l'intention des familles des militaires à la mi-janvier. Ce réseau vise à améliorer l'accès aux médecins de famille pour les familles des militaires au service des Forces armées canadiennes (FAC).

Le Réseau de médecins à l'intention des familles de militaires aidera à jumeler des

médecins en exercice dans les cliniques Primacy de Calian situées dans les supermarchés Loblaw et des familles de militaires qui ont besoin d'un médecin de famille. Le Réseau fera appel aux quelque 400 médecins de famille qui exercent dans plus de 140 cliniques Primacy à l'échelle du Canada.

« Le Réseau de médecins à l'intention des familles de militaires est une solution formidable pour les familles de militaires qui ont besoin d'un médecin de famille. Avec

la création de ce réseau, Calian a non seulement fait la preuve de son engagement social, mais a également pris des mesures concrètes pour aider les familles des militaires à bénéficier d'un accès opportun à des services de santé de qualité dans leur collectivité, a déclaré le Lgén Christine Whitecross, commandante du commandement du personnel militaire. »

Selon le rapport de 2013 de l'ombudsman du ministère de la Défense nationale et des Forces canadiennes, il était

très difficile pour les familles de militaires d'avoir accès à un médecin de famille et de le conserver, en partie à cause de leurs fréquentes réinstallations, et elles étaient quatre fois moins susceptibles que les familles de la population civile d'avoir un médecin de famille.

Les centres locaux de ressources pour les familles des militaires ont participé à la

promotion du Réseau de médecins à l'intention des familles de militaires et offrent un point d'accès à Calian et à son réseau de médecins de famille. Depuis juillet 2015, plus de 85 patients membres de 41 familles de militaires ont été aiguillés vers des médecins de famille à Winnipeg. Par la suite, d'autres régions, notamment Toronto et Halifax, se sont ajoutées au

Réseau et le programme prend de l'expansion à l'échelle du Canada.

Pour en savoir davantage, visitez le calian.com/fr/services/sante/programme-dorientation-vers-un-medecin-lintention-des-familles-de-militaires ou communiquez avec l'équipe chargée des cliniques Primacy de Calian, au 1-877-633-7722 poste 550.

St. Patrick's Day
AT THE ANNAPOLIS MESS
19 March 2016
 With
Signal Hill
DOORS OPEN @2000 hrs
BAND STARTS @2100hrs
TICKETS:
\$20 EA MESS MEMBER PLUS \$20 EA 1st GUEST
\$25 EA ALL OTHER GUESTS
Tickets on sale now at the Annapolis Mess
Safe Ride Between Middleton and Berwick

\$500 Discount to Military Families* on New & Used Vehicles

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USED INVENTORY



2011 Kia Soul 2U
 2.0 L, I-4 cyl, 5 Speed Manual Sedan, CC, CD, A/C, PW, Heated Seats, Keyless Entry, ABS, 92,764 kms
\$8,952 + tax
 Stock Number 15-244A
• \$98 BIWEEKLY



2012 Dodge Journey R/T AWD
 3.6 L, V-6 cyl, 6 Speed Auto, SUV, AC, CC, PS, Keyless Entry, PW, PM, Fully Loaded, 92,000 kms
\$15,950 + tax
 Stock Number 15-540A
• \$145 BIWEEKLY



2011 Volkswagen Jetta Sportline
 2.5 L, 4 cyl, Auto, 4 Door Sedan, CC, A/C, CD, Leather Interior, Sunroof, 74,201 kms
\$13,950 + tax
 Stock Number 15-298A
• \$149 BIWEEKLY



2014 Chrysler 300 Touring
 V-6, 292 hp, 4 Door Sedan, 8 Speed Auto., PW, CC, A/C, CD, Remote Keyless Entry, 41,225 kms
\$19,950 + tax
 Stock Number 16-70A
• \$159 BIWEEKLY



2011 Toyota RAV4 Touring
 2.5 L, I-4 cyl, Auto, FWD, SUV, Touring Value Package, Roof Rac, A/C, CC, 5 Disc CD, 86,396 kms
\$14,950 + tax
 Stock Number 15-43A
• \$158 BIWEEKLY



2012 Toyota Yaris LE
 1.5 L, I-4 cyl, FWD, 5 Speed Manual, 5 Door Hatchback, A/C, CC, PW, PDL, ABS, 31,019 kms
\$12,450 + tax
 Stock Number 15-432A
• \$114 BIWEEKLY

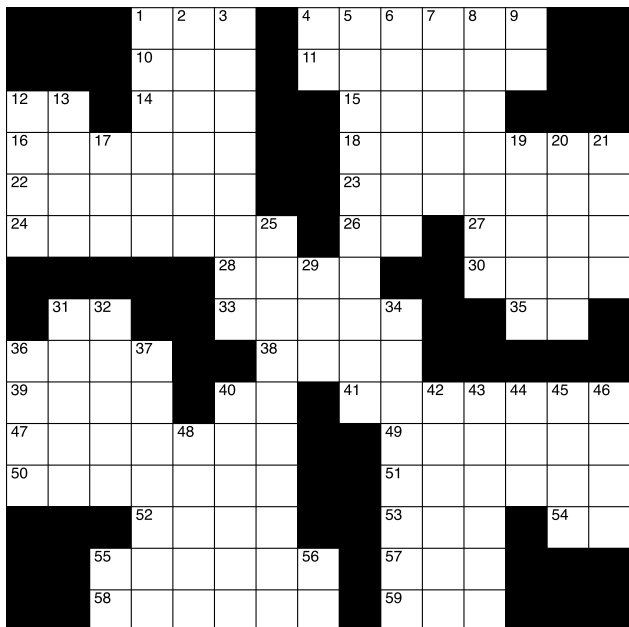


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca. Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Thursday, 9:30 a.m., previous to publication unless otherwise notified.

Le commandant publie des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 83A, School Road, (annexe Morfee), 14e Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ns.aliantzinc.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.

metro crossword

solution page 10



- | | | |
|-------------------------------------|---|---|
| ACROSS | something | stress disorder |
| 1. Exclamation that denotes disgust | 40. Cobalt | 13. Island |
| 4. Climbed over | 41. Dwells | 17. Central processing unit |
| 10. Has 50 states | 47. Reprimand | 19. Pitchers |
| 11. Able to move | 49. Agree to a demand | 20. Long-winged member of the gull family |
| 12. Prime Minister (abbr.) | 50. Talented in or devoted to music | 21. Auld lang ____, good old days |
| 14. Cotangent (abbr.) | 51. Gospels | 25. Term of affection |
| 15. Particle | 52. European defence organization (abbr.) | 29. They ____, |
| 16. Fastened | 53. Edge of a cloth | 31. Polynesian wrapped skirt |
| 18. Wonders | 54. Equally | 32. Far down areas in the sea |
| 22. Surpassing all others | 55. Experience again | 34. Delivered a sermon |
| 23. Provides basement access | 57. Female sheep | 36. Any physical damage |
| 24. Daily | 58. Made vanish | 37. A Seattle ballplayer |
| 26. North Dakota | 59. Unit of force (abbr.) | 40. Raccoon like animals |
| 27. Related to gulls | DOWN | 42. Odd |
| 28. Provoke | 1. ____ up | 43. Delivery boys |
| 30. Lake ____, one of the Great | 2. Rear of (nautical) | 44. Billy ____ Williams |
| 31. Police department | 3. Purses | 45. Icelandic poems |
| 33. Throat illness | 4. Samarium | 46. A Scottish tax |
| 35. South Dakota | 5. A way to take forcibly | 48. Central Florida city |
| 36. Contains iron (Brit.) | 6. On or into | 55. Rhenium |
| 38. Sees what the future holds | 7. Metric capacity unit (Brit.) | 56. ____, denotes past |
| 39. The extended location of | 8. Assign to a higher position | |
| | 9. Delaware | |
| | 12. Post-traumatic | |

metro crossword brought to you compliments of

954 Central Avenue
Greenwood
902-765-6381

14 Wing Greenwood Upcoming Leadership Courses

NLS Pool Option Course

(no online registration)

- Minimum age – 16 years and Bronze Cross certification
- **April 1, 2 and 3; April 8, 9 and 10; April 15, 16 and 17**
- Friday 4:15 to 8 p.m.; Saturday and Sunday 9 a.m. to 4 p.m.
- \$280 (HST incl.) for NLS course plus the following:
- \$27.00 for Lifesaving Manual plus HST
- \$14.24 for First Aid Manual plus HST
- \$9.75 for Pocket Mask plus HST (if you don't have one)

NOTE: The course cost of \$280 includes one practical lifeguard exam.

Retests are subject to extra fees

Bronze Medallion

- Minimum age – 13 years or Bronze Star (proof required)
- **May 6, 7 and 8 – Friday 4 to 8 p.m.; Saturday and Sunday 9 a.m. to 5 p.m.**
- \$129.52 plus HST plus the following:
- \$27.00 for Canadian Lifesaving Manual plus HST
- \$9.75 for Pocket Mask plus HST

Bronze Cross

- Minimum age – Bronze Medallion (proof required)
- **May 6, 7 and 8 – Friday 4 to 8 p.m.; Saturday and Sunday 9 a.m. to 5 p.m.**
- \$129.52 plus HST (manual and pocket mask from Bronze Medallion required)

“NEW” Water Safety Instructor Course

- **Minimum age 15 years and ability to perform Red Cross Swim Kids 10 strokes and skills**
- **Hold either their Red Cross Assistant Lifeguard, Emergency First Aid or equivalent**
- **April 24 – Skills Evaluation – 9 a.m. to 1 p.m.**
- **April 24 – May 27 – Online learning component – 20 hours**
- **April 24 – May 27 – Teaching Experience – minimum 8 hours completed prior to classroom**
- **May 28 & 29 and June 4 & 5 – Classroom and pool – 9 a.m. to 4 p.m.**
- \$325 (HST incl.) includes manuals with online password, classroom and pool times

NLS Pool Option Course

- **Dates in June TBD based on enough interest to run the course – contact below to register**

100% ATTENDANCE IS MANDATORY FOR ALL COURSES

Register online or Contact the Aquatic Supervisor at 902-765-1494 local 5564 for more information

Record donations wanted

The Friends of Greenwood Library Society is accepting donations of vinyl records for its upcoming Vinyl Record Sale Fundraiser in April. If you have any to donate, please drop them off at the 14 Wing Greenwood Library during open hours.

Library children's program

Tuesdays, join a free weekly pre-school story and craft time, “Under the Story Tree,” 10:30 a.m.; in the Children's Room at the 14 Wing Greenwood Library.

CAPS meeting

March 9, 7 p.m., the monthly meeting of the Companion Animal Protection Society of Annapolis County will take place at the Municipal Building in Lawrencetown. All welcome to attend. In case of inclement weather, contact 902-825 2277.

Friends of the Berwick & Area Library meeting

March 9, 9 a.m. to 10:30 a.m., the Friends of the Berwick & Area Library meeting will be held at the Driftwood Restaurant, 209 Commercial Street. Let's build a phenomenal new library for Berwick. Be part of the excitement or stay informed: call the Berwick Library, 902-538-4030, to be added to the email list.

Meeting

March 10, 7 p.m., the annual meeting of the Melvern Square & Area Community Association will be held in the community hall. Everyone is welcome.

Story time

March 11, 2:30 p.m. to 3:30 p.m., the Rosa M. Harvey Middleton & Area Library hosts a drop-in after-

noon of stories, song, rhymes and snacks! For kids under age four with caregivers.

LEGO at the library

March 11, 3:30 p.m. to 5 p.m., at the Kingston Library: LEGO We Do Robotics - Build models with mechanically moving parts then program it with a computer. For ages six to 12. Pre-registration required at 902-765-3631.

At CentreStage

Love From a Stanger: Cecily and Mavis, have just won 20,000 pounds in the Sweepstakes and are letting their London flat while Mavis travels in Europe and Cecily prepares to marry Nigel, after a tepid relationship. Personable Bruce appears to check out the flat - and offers excitement and romance. Cecily succumbs immediately and, within weeks, she and Bruce marry and move to the country, where the idyll disintegrates. Based on a short story by Agatha Christie. Show times 7:30 p.m. March 11, 12, 18, 19, 26, April 1, 2. Matinees at 2 p.m. March 6, 13, 20 Tickets are \$15/ \$12 (902-678-8040 for reservations). CentreStage Theatre, 61 River Street, Kentville. centrestagetheatre.ca.

Lacrosse registration

March 12, 10 a.m. to 1 p.m.: Valley Thunder Lacrosse registration at the Berwick Apple Dome. Join the club's eighth season of youth (ages five to 18) lacrosse programming, based out of Kingston and Berwick rinks. The season will begin in mid-April, continuing through mid-June. Coaches and referees are always needed for teams, games and tournaments. Training clinics will be offered in April for anyone

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, March 10, 2016

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. What's on sale at the Annapolis Mess ? _____
2. Who is, making service a matter of practice ? _____
3. What can you do that, includes shoes ? _____
4. What cost's \$9.75 plus HST if you don't have one ? _____
5. Who hosting a zoo, space exhibit, insectarium and a bunny ? _____

Congratulations to last week's winner: NELSON A. ROSS

Mimie's PIZZA

683 Central Ave.,
Greenwood

902-765-6888
902-765-2232

interested in becoming certified. Visit www.valleylacrosse.ca or email vtlacrosse@eastlink.ca.

Makery: Can't-Wait-for-Spring Fling

March 12, 1 p.m. to 2:30 p.m., the Bridgetown & Area Library invites youth ages five to 10 to enjoy stories with Connie and then work on a special Spring craft with Olivia at the FireFly Makery! Registration required: 902-665-2758.

Snowshoe hike

March 12, Hike Nova Scotia and the Municipality of the County of Annapolis present a guided snowshoe hike on the Rail Trail in Cornwallis Park, 2 p.m. Must pre-register at alevesque@annapoliscounty.ca or 902-665-4637. Participants qualify to win a trail prize. See www.hike-novascotia.ca for details.

Crib tournament

March 12, open doubles crib tournament. Registration at noon, with play to begin at 1 p.m. Cost: \$20

per team. High hand plus prizes for first, second and third place teams. Canteen will be open.

Community walk

March 12, all are welcome to join the Valley Trekkers Volkspport Club for a 5/ 10km walk in Kingston. We will meet at the Aurora Inn, 831 Main Street, at 9:30 a.m. for walking at 10 a.m. For more info: 902-765-4051 or 902-847-1772.

Benefit jam

March 12, 2 p.m. to 5 p.m., there will be a benefit jam session at the Aylesford Lions Hall, 2160 Hwy 1 Auburn; in support of Doug Lepard's son. Items for auction, 50/ 50 and lots of music!

Chase the ace

March 12, Chase the Ace (every Saturday, weather permitting) at the Kingston Legion. Tickets are three for \$5 and go on sale from 1 p.m. until 3 p.m., with the draw by 3:30 p.m. You must be 19 years of age to play. Public welcome.

(License AGD 107472-15.)

Lacrosse registration

March 13, noon to 3 p.m.: Valley Thunder Lacrosse registration at the Greenwood Mall. Join the club's eighth season of youth (ages five to 18) lacrosse programming, based out of Kingston and Berwick rinks. The season will begin in mid-April, continuing through mid-June. Coaches and referees are always needed for teams, games and tournaments. Training clinics

will be offered in April for anyone interested in becoming certified. Visit www.valleylacrosse.ca or email vtlacrosse@eastlink.ca.

Library LEGO

March 14, 10 a.m. to 11:30 a.m., at the Kingston Library: LEGO WeDo Robotics - Build models with mechanically moving parts then program it with a computer. Come join the fun! For ages six to 12. Pre-registration required at 902-765-3631.

Dessert, card party

March 14, 12:30 for a 1 p.m. start, the Kingston and District Hospital Auxiliary will be holding a dessert and card party at the Kingston Lions' hall. Bridge, 45s and other card games. Admission is \$7. Come out and enjoy a fun afternoon. Contact 902-765-3292 for information.

Bridge

March 14, 1 p.m., bridge will be held at St. John's United Church,

Middleton. All players welcome. Cost is \$5 per person. For info, call Jane, 902-825-6250.

Library music

March 15, 10 a.m. to 11:30 a.m., at the Kingston Library: musical tablets - Come join our band! Play instruments on our tablets and see what great tunes we can play. Maybe the drums or the keyboard will be your favourite. For ages seven to 12. Pre-registration required at 902-765-3631.


~ In Memory ~

Rob Lasseter

October 6, 1964 - March 8, 2015

*"Unable are the loved to die,
for love is immortality"*

*Love always, Tara, Briana, Kyle,
Mom, Dad, Tiana, and family*



Tremont Community Cemetery Society
Caretakers of the 'New' and 'Old' Tremont Cemeteries

2016 Annual General Meeting
Wednesday, March 30, 2016
7 pm at the Tremont Hall

Check out our plans for 2016 and hear exciting news!
Members, friends, family and neighbors - all welcome
Burial lots available for sale
For more information call 902-765-2642

sudoku

solution page 10

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

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



SWEET.
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CHICKEN TERIYAKI**

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

patrick's puzzle

solution page 10


COFFEE BUZZ WORD SEARCH

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

WORDS


- | | | | | |
|----------|------------|--------------|-----------|----------|
| ACIDITY | BITTER | DEMITASSE | MELLOW | STIR |
| ARABICA | BLEND | DRIP | MILK | SUGAR |
| AROMA | BREW | ESPRESSO | MOCHA | VARIETAL |
| BAG | BUZZ | EXOTIC | MUG | WARMTH |
| BARISTA | CAFFEINE | FLAVOR | PERCOLATE | |
| BATCH | CAPPUCCINO | FRENCH PRESS | POT | |
| BEANS | COFFEE | FROTH | REFILL | |
| BEVERAGE | CREAMER | ICED | ROASTER | |

patrick's puzzle brought to you compliments of

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Greenwood Mall | 902-765-2415



horoscopes

March 6 - March 12

ARIES - Mar 21/Apr 20

Without your knowledge, you have made it to the top of a very influential person's list. This can only mean good things for your future, Aries. Be proud of yourself.

TAURUS - Apr 21/May 21

Friends and family who seem meddlesome may have more noble motives, Taurus. Give these loved ones the benefit of the doubt and be glad they care so much.

GEMINI - May 22/June 21

Gemini, a big project means you will be working with others in the week ahead. Put your best foot forward and be receptive of others' ideas and suggestions.

CANCER - June 22/July 22

Cancer, you are full of energy this week, but for whatever reason you are still holding back. Don't be afraid to unleash that energy and get to work. Others will be impressed.

LEO - July 23/Aug 23

Mull an invitation before responding this week, Leo. You can find both pros and cons to accepting the invitation, and taking the time to consider it will ensure you make the right call.

VIRGO - Aug 24/Sept 22

Virgo, a healthy sense of ambition will move a project along much more quickly than you or others had imagined. Once the work is done, you'll have plenty of time to relax.

LIBRA - Sept 23/Oct 23

A person from your past may come into your life, Libra. He or she stirs up old emotions, and you may need to take a step back in a current relationship. Think things over carefully.

SCORPIO - Oct 24/Nov 22

Scorpio, your ambition is growing, but you are already beginning to feel overwhelmed. You may need to put the brakes on any new endeavours for a little while.

SAGITTARIUS - Nov 23/Dec 21

Any business transactions you make this week can have a lasting effect on your financial status, Sagittarius. This means carefully considering every purchase.

CAPRICORN - Dec 22/Jan 20

Capricorn, expenses are piling up, and soon your stress levels may be rising as a result. You can use a dose of good news, and it's coming this week.

AQUARIUS - Jan 21/Feb 18

Someone is rubbing you the wrong way, Aquarius. Just walk away and don't let this person get under your skin. Taking the high road will serve you best in the long run.

PISCES - Feb 19/Mar 20

Pisces, the week ahead is full of promise. Your energy levels are soaring, and you are poised to meet new people and make things happen.

horoscopes brought to you compliments of

FRASER'S PRO Home Centre

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www.frasers.ca



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 auroranews@ns.aliantzinc.ca or fax 902-765-1717.

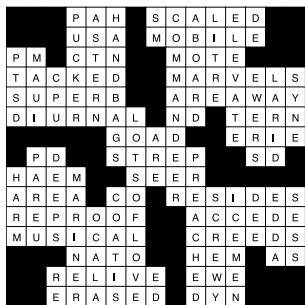
To place a boxed, display ad, contact 902-765-1494 local 5833; email auroramarketing@ns.aliantzinc.ca.

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 annonces 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 auroranews@ns.aliantzinc.ca 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.

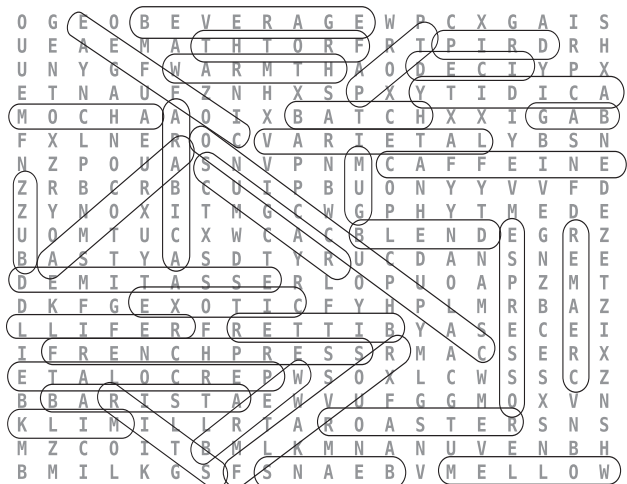
crossword solution



sudoku solution

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

patrick's puzzle



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Clear Hardwood Cut, Split
and Delivered Quality
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T: 902-825-3361
C: 902-825-8156

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- replacements
- truck sliders

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FOR INSURANCE WINDSHIELD CLAIMS

MORE THAN 25 YEARS OF EXPERIENCE!

Middleton: 902-825-3659

APARTMENT FOR RENT

FOR RENT – Spacious two-bedroom apartment located at 993 Aurora Crescent, Greenwood, \$650/month, tenant pays utilities, quiet building, coin operated laundry on site, non smoking building, no pet policy and site superintendent. Available December 2015. Please call 902-765-6312 or 902-824-1112 or visit our website at www.parsonsinvestments.ca. (3643-ufn)

FOR RENT – Two apartments – Apt#1 and Apt#2(*) – Kingston two-bedroom apartment(s) centrally located 950 +/- sq ft with living room, kitchen, bath (*patio) \$825.00 month. Available March 1st, April 1st. References, lease required. Small, clean, quiet, pets welcome. Includes heat / A/C, power, seven appliances: fridge, stove, toaster oven, microwave, washer/dryer, BBQ. Negotiable cable & wi-fi, ground care & parking area snow removal. Call 902-760-0002,

email: nsvalley@hotmail.com, for detailed description, viewing appointment. 15 minutes or less walk to golf club, school(s), doctor(s), RCMP, pharmacy, post office, library, bank, Superstore, convenient store(s), Tim Horton's, motel, restaurant(s), gas, Branch 98 Legion. (3707-ufnb)

FOR RENT – Two-bedroom spacious apartment located in quiet subdivision in Greenwood. Newly renovated with washer/dryer hookup. Mature living and non smoking only. Lawn care and snow removal provided. \$575 per month plus utilities. Call 902-844-0432. (3709-ufn)

FOR RENT – One-bedroom apartment located at 577 Meadowvale Road, Tremont. Fridge and stove is available. Heat and lights included. Would like mature adult. References required. \$650.00 a month, and also damage deposit. Please call for more info 902-765-8019 and leave a message. (3709-2tpb)

FOR RENT – Two-bedroom unit with garage. Open concept: dining room, living room, kitchen area. Four appliances. Large bath with laundry hook-up. Wheelchair accessible. Utilities extra. Pet friendly. Non-smoking. Snow removal and lawn care included. On transit route, minutes from Middleton/Greenwood. Available immediately. Call for more info: 902-765-0421 or 902-824-1822. (3708ufn)

FOR RENT – Middleton: Estate Lane Brooklyn Lane, two-bedroom unit, with garage, three appliances, kitchen, living room, bathroom has sitdown shower and jet tub. Laundry hook ups, 1000 sq. ft. living space. Electric heat extra. Lawn care & snow removal included. Minutes from Middleton on bus route and walk to Averys. Pet friendly & smoke free. Available now for viewing. Darlene 902-840-1780/ 902-825-3424/ 902-825-2606. (3708-2tp)

FOR RENT – Very clean modern one, two & three-bedroom apartments. Middleton to Cambridge. Well managed properties. Seniors units available. References required. Call Ross at 902-840-0534. (3539-ufn)

FOR RENT – Two-bedroom apartment located at 492 Main St., Middleton, well maintained, quiet building, laundry facil-

ties on site. No pet policy, rental application required. Please call 902-765-6312 or 902-824-1112 or visit our website at www.parsonsinvestments.ca. (3629-ufn)

FOR RENT – Three-bedroom, 1221 Bridge St., Greenwood, \$700/month, heat and cold water included. No pet policy, rental application required. Please call 902-765-6312 or 902-824-1112 or visit our website at www.parsonsinvestments.ca. (3629-ufn)

HOUSE FOR RENT

FOR RENT – Large one-bedroom house, Wilmot. Washer and dryer hook-up, fridge and stove included. \$850.00 lights and heat including. Non-smoking. 902-825-7385. (3708-3tp)

FOR SALE

FOR SALE – Shotguns: Mossberg field 20 ga. pump action. Accuchoke. 2½ & 3 inch. \$350.00. Mossberg field 410 ga. pump action, never fired. \$350.00. Will take \$600 if you buy both. Current PAL required for sale. Call 902-765-8082. (3709-1tpb)

IN THE COMMUNITY

CHURCH SERVICE – “The Peoples 25:40 Church” There will be a church service held every Sunday at the New Beginnings Center 1151 Bridge Street Greenwood provided by Pastor Leon Langille. Pre service music at 2:50 p.m. Service 3:00 p.m. Doors will open at 2:30 p.m. All are welcome. (3533-ufn)

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RIUTTA, Bill,
East Hall Road, Kings County, NS


RIUTTA, Bill age 72 of East Hall Road, passed away Thursday, February 25, 2016 in Grand View Manor, Berwick. Born in Sudbury, Ontario, he was a son of the late Uno and Virginia (Pagnutti) Riutta. He started his military service sailing on the Bonaventure and Protecteur and served throughout Canada and Europe. Bill was a career member of the Canadian Military retiring as a Warrant Officer after 29 years of service. He enjoyed travelling, his hobby farm and tipping back the odd drink with his friends. He is survived by his wife, the former Marquerite Foster; sons, Tim (Celine) Riutta, Ottawa; Bruce Riutta (Patricia London), Greenwood Square and John (Monica) Riutta, Middle Sackville; sister, Florida (Alfred) Kettle, Sudbury, ON; brother, Brian (Colleen) Riutta, Sudbury, ON; grandchildren, Alex, Alex, Emily, Billy, Elizabeth, Seth, Sidney, Jones and Heath; great grandchildren, Brandon, Logan, Taylor, Peyton and Hunter. Besides his parents, he was predeceased by twin brother, Bobby. A graveside service was held 2:00 p.m. Monday, February 29, 2016 in the North Kingston Cemetery that Rev. Leon Langille officiated. Donations in memory may be made to the Heart and Stroke Foundation of Nova Scotia. 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



David A. Proudfoot
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Lacrosse registration events tee up Valley Thunder season

Valley Thunder Lacrosse is getting set for its eighth season of youth lacrosse programming, based out of the Kingston and Berwick rinks. Youth ages five to 18 are welcome to register for team play, from Mites to Intermediate.



Registration events will be held Saturday, March 12 at the Kings Mutual Century Centre, Veterans Drive, Berwick, between 10 a.m. and 1 p.m.; March 13 at the Greenwood Mall, between noon and 3 p.m.; and Saturday, April 2, between 1 p.m. and 4 p.m., at the 14 Wing Greenwood Community Centre, Church Street, Greenwood.

A come-try-lacrosse evening will be held at the 14 Wing Greenwood Community Centre March 21, between 7 p.m. and 9 p.m. (ages 10 and under between 7 p.m. and 8 p.m.; ages 10 and up between 8 p.m. and

9 p.m.) Players of all ages are welcome to drop in and check out the equipment, meet coaches and get a basic feel for the game.

The lacrosse season will begin in mid-April, with teams generally practicing twice a week with a game or two on weekends through mid-June. Valley Thunder plays in the Valley league with Kentville and Digby teams; and home-and-away games will also be added in this year's schedule with Metro-area club teams. Valley Thunder hosts a May 14 Novice teams' jamboree, and its own all-ages Apple Cup June 4 and 5.

Coaches at all team levels are welcome to join Valley Thunder. A coaching clinic will take place May 7 in Kingston at the Credit Union Centre, free of charge for anyone interested in becoming certified.

Referees are always needed for games and tournaments. A free officials' training clinic will be held either April 16 or 17 in Greenwood for anyone interested in becoming certified.

For more information about Valley Thunder Lacrosse, visit www.valleylacrosse.ca or email vtlacrosse@eastlink.ca.



Bingo!

February 15, Dawn Parker of Port George was the big winner on the Valley Lions Radio Bingo broadcast, dialing in her card numbers to collect a cheque for \$20,000, presented by Lion Philip Gates of the Middleton and District Lions Club. Parker plays radio bingo every Monday evening with a group of six friends, and she'll be splitting the cash with the group.

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- Make a small change and stick with it over the next 100 meals.
- **Need ideas? Ask a dietitian!**

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WEEK 2
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WEEK 3
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WEEK 4
TRY SOMETHING NEW!

WEEK 5
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To register call: 5388

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Pledge to Take a 100 Meal Journey today! Visit:

www.nutritionmonth2016.ca

Frozen Favourites: taste to your door

Eating well is important for maintaining good health, but it can often be challenging to prepare the right foods. VON Annapolis Valley offers Frozen Favourites - a program that provides nutritional, home-style frozen meals available for pick-up or delivery.

"All of the meals include a protein, a starch and a vegetable," says Anna Spooner, program coordinator. "They are an excellent option for

clients who want a healthy meal that's readily available, without any of the preparation."

Program participants range from families on the run to seasonal clients who want to avoid harsh winter driving to patients who have recently been released from hospital. Clients may choose from a menu of 16 entrées, prepared and packaged by *Apetito*, an international company with a nutrition focus. Clients with

special dietary requirements may order puréed and low sodium meals.

The Valley menu is soon expected to expand, following a taste test of locally-produced soups and savory pies.

"With funding from community health boards, some of our clients will sample meals from *Edible Art* and *Pie R Squared*," says Spooner. "Not only will these new options support local busi-

nesses, they will also be attractive to our broadly-based clientele."

Frozen Favourites are delivered weekly from Hants Border to Bear River, and all points in-between. They are also available for pick-up at the VON Annapolis Valley main office in New Minas. Entrées are \$6 each, with a minimum order of three meals. For more information, contact 902-678-3415 local 2103.



Check out a Frozen Favourite meal with local flavour: Jesse Vincent from *Edible Art*, left; Anna Spooner from VON Annapolis Valley and Heather Lunan from *Pie R Squared* are working on adding more to the VON's successful meal service. Submitted

Ladies Night

Annapolis Mess
11 March 16 @ 1830 hrs

Gentlemen Welcome

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MARCH BREAK

March 17 • 1pm
Easter Bunny Arrives
Visit 1-4 & 6-8
Sat 10-12 & 1-4

March 20 • 1-4pm
Easter Bunny Pet photo's

CENTRE COURT EVENTS

March 14-16 • 10am-7pm
Little Ray's Reptile Zoo
Hands on interactive display featuring lizards, scorpions, boa constricto & crocodilian

March 14 - 19 • 11am-4pm
ROO'S Space Exhibit
Star gazing, mechanical robot arm, giant rocketship and 1st moon walk free with admission

March 19 - 21 • 9:30am-9pm
Newfoundland Insectarium
New Exhibits of nature featuring insects and arachnids from around the world, 28 mounted and 16 live, including the Black Widow and Blue Morpho

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