

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

Val Connell
 Broker / Owner

EXIT
 EXIT Realty Town and Country
 Independently Owned & Operated



f t in YouTube

news. advertising.
 community.

the **Aurora**
 newspaper

14 WING • ESCADRE 14 GREENWOOD, NS




CONNELL
 CHRYSLER DODGE Jeep RAM

EXIT 18, HWY 101
 MIDDLETON, N.S.
 902 825-3471
 www.connellchryslerdodge.com



Vol. 37 No. 17 MAY 2, 2016 NO CHARGE www.auroranewspaper.com

the **Aurora**



Lunch date

Master Corporal Jason Humphrey, left; four-year-old Owen, two-year-old Ryder and April Humphrey met up for a mid-day meal together April 27 at the 14 Wing Greenwood Community Centre playground on Church Street. It may not be as important what you have for lunch as who you spend your lunch hour with. The Humphreys made some family time on a beautiful day, despite it being a regular work day.

Sergeant B. Milligan



Win-win for environment, workplace conditions

**Lieutenant (Navy)
 Sylvain Rousseau,
 14 Wing Public
 Affairs Officer**

You've probably noticed green is everywhere these days: in the news, politics, fashion, technology. Embracing a greener lifestyle isn't just about helping to preserve the environment; it can also mean enhancing your workplace, saving money and, ultimately, improving your quality of life. There are practices and initia-

tives we can do that benefit us today - and pay dividends tomorrow. 14 Wing Greenwood is committed to responsible environmental practices, even while conducting essential operations. The Department of National Defence (DND) places a strong emphasis on protecting the environment in all peacetime operations and activities. Energy Performance Contract (EPC) projects for seven base and wing locations across the country, including

14 Wing, are in development. The goal is a comprehensive, turnkey approach to providing energy retrofits to a facility or site, improving energy efficiency and decreasing utility consumption and greenhouse gases. "This is a great way to make the work environment a little better for our personnel, with no upfront cost," says 14 Wing Greenwood Commander Colonel Pat Thauberger. "It will provide better lighting, better insulation and improve work-

place conditions for our people." The EPC is with an energy service company: the company finances the costs of capital improvements over a number of years and guarantees the energy savings, and will be paid back from those savings. Infrastructure with the greatest needs for improvement are being identified now. "We're installing individual electrical utility metres on each building. These metres will allow us to pinpoint where we should focus our

efforts, and make informed infrastructure decisions based on the data collected," says Thauberger. Once an EPC is awarded, the contractor will provide capital investment, engineering, design, project management, energy monitoring, specialized training, commissioning and the guarantee of savings created by implementing the measures within the contract. Projects will include standard energy conservation measures: lighting upgrades, mod-

ernization of heating sources and controls, and upgrades to building envelopes and systems. These projects will improve 14 Wing's infrastructure at no cost to the taxpayer - and provide improved operational support. "I'm excited to pursue the opportunity that has been presented; it will help the wing maintain operations, improve workplace infrastructure and meet the Federal Sustainable Development Strategy that currently exists."

Mimie's PIZZA 902-765-6888 902-765-2232

16" Pizza
 3 Toppings plus
 12" Garlic Fingers **\$25.99** plus tax

683 Central Ave Greenwood
 Debit at Your Door • Delivery in Local Area • See us on Facebook



HEAVY TOWING STEVE MORSE LIGHT ROADSIDE CAA

24 HOUR TOWING

SPECIALISTS IN:

- Light Roadside • Heavy Towing • Wheel Lift & Flatbed •
- Accidents • Lock Outs • Boosts • Breakdowns •
- Cars • Heavy Haulage • Tractors • Trucks •
- Buses • Baby Barns • RV's • Motor Homes •

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



We'll handle the cleaning, so you can enjoy spring

Contact us today!
 Kentville: 902-681-1955
 Kingston: 902-765-3871
 merrymaidsvalley.ca

Locally owned and operated for over 25 years.

merry maids
 Relax. It's Done.™



Conversation starters for Mental Health Week

Sara Keddy,
Managing editor

Talking about mental health may be one of the best ways to help yourself and others actually have more of it.

The goal of this week's Canadian Mental Health Awareness Week, May 1 to 7, at 14 Wing Greenwood is to have a conversation – around the coffee table, on-line and with friends and co-workers. The Greenwood Military Family Resource Centre and Health Promotion are teaming up to highlight a range of resources and special events.

At the MFRC, Stephanie Townsend, Coordinator of Prevention Support and Intervention, visitors will be greeted with an information table as they enter the centre. Resources on mental health and self-care, plus MFRC and community programs and activities that can support individuals and families, will be featured.

May 5, a "Conversation Café" will be "open" from 9 a.m. to 11 a.m., with snacks and coffee. Adults are welcome to attend (register at 902-765-5611), and take part

in a conversation about social media and mental health.

"We're interested in getting people talking about the expectations of what social media represents," Townsend says. Are you trying to "live for likes" on-line, in a way that may not represent your reality? While making connections on-line has value, especially for military families making friends and joining activities in a new community, don't feel you have to post "a billion things."

"We like the idea of a 'conversation café' for a topic that's 'hot,' and mental health and social media pressures may be the first in a series of cafés we plan every now and then," Townsend says.

And, everyone is invited to use social media for its advantages, and join the Canadian Mental Health Association's #GETLOUD campaign. Take a picture of yourself or you and friends, wearing green as an indicator of good mental health, and post it on the CMHA or MFRC Facebook sites. The MFRC is offering prizes for those who participate in spreading the mental health wellness message.

Lisa White, the manager



Help spread the message about mental health this week, as part of the Canadian Mental Health Association's #GETLOUD campaign. The Greenwood Military Family Resource Centre is offering local prizes to participants who take a picture, wearing green as an indicator of good mental health, and post it on the CMHA or MFRC Facebook sites. From left are Michelle Darrell, Charlyn McGee Herritt, Stephanie Townsend and Pascale Robichaud.

S. Keddy

of Health Promotion, says the Canadian Armed Forces month-long Health and Wellness Challenge through May ties right in to mental health: "Some of the challenges are picking up an adult colouring book, connecting with a friend, or asking yourself if you

laughed today," White says.


"There are 10 healthy habits as part of the challenge – and they're all doable: schedule 'me time' or reward yourself for something small – or big – you've accomplished."

Sign up for the CAF Health and Wellness Challenge at

forces.gc.ca/healthchallenge-defisante. Track your progress, check out the healthy living tips and register to win campaign prizes at the end of the challenge.

Health Promotion has a range of educational workshops and classes for the

Defence Team: May programs include Managing Angry Moments, Stress Take Charge and RCAF Healthy Lifestyles 101. These programs – and more – are offered regularly, and are also available by request for base squadron ground training events.



the Aurora

Useful links | Liens utiles

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

Intern Reporter | Journaliste interne
Sergeant Brian Milligan • 902-765-1494 local/poste 5833
brian.milligan@forces.gc.ca

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

Graphic Designer | Graphiste
Brian Graves • 902-765-1494 local/poste 5699
auroraproduction@ns.aliantzinc.ca

Administrative Clerk | Commis à l'administration
Bev Richardson • 902-765-1494 local/poste 5440
auroraneews@ns.aliantzinc.ca

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

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

Website | Site Web : www.auroranewspaper.com

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

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


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.

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

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



CFNA + AJFC
Canadian Forces Newspaper Association
Association des journaux des Forces canadiennes
A program of CFMWS
Un programme des SIMFC



NEWSPAPERS CANADA
JOURNAUX CANADIENS



CANADIAN COMMUNITY NEWSPAPER AWARD 2013

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

Wide open future

Students shadow military women's success in maths, sciences

Sara Keddy,
Managing editor

"Everyone here uses their math," and that was the driving point behind a recent Techsploration visit of high school-aged girls to 14 Wing Greenwood.

Captain Jennifer Bass, 405 (Long Range Patrol) Squadron, organized the April 6 showcase for a group of Grades 9 through 12 students from Middleton High School. She was enthusiastic in her involvement – and so were the dozen women working in technical trades on the base, as they all showcased their day-to-day work.

"When someone wants to listen to you, you see an opportunity to share what you've got," Bass said. "Technical jobs, trades – everyone here uses their math and their hands. These are people who keep the planes flying."

During a morning orientation, the students had five-minute presentations from a group of women working in diverse careers: aviation and avionics technicians, air combat systems, flight safety, aerospace control, image technician and others. The women spoke about their

work paths, changes and opportunities and challenges, but offered the visiting group encouragement should they be considering a military career themselves.

"The best thing about the military?" said Corporal Kim Smith, an avionics systems technician. "You get to play with everything – it's our job to make sure everything connected to a wire is working. When you see that big plane coming at you, engines rumbling... you had your hands in everything the pilots use to fly the plane. And, just when they think, 'she's really good at something,' they throw something else at you!"

Because of that, the "chances of you getting bored are pretty slim," said Sergeant Maggie Jones, who now specializes in flight safety but has done everything from first and second line aircraft maintenance, packing parachutes, deploying and more. "I think my job is pretty cool."

The group toured 14 Wing maintenance floors, aircraft static displays, the flight simulator for some hands-on experience, the air traffic control tower and the search and rescue hangar.

Warrant Officer Cheryl



The all-female Middleton Regional High School student Techsploration group, as they visited 14 Wing Greenwood for a look at the range of maths- and science-related careers open in the military.

Abernethy is watching her own high school graduating daughter apply for a career and further education in the Canadian military.

"Maths and sciences – stay in them. Get a trade, and the military will pay you – and pay for you to do it. You finish, you have some money salted away for your first car, you have a job and maybe owe the military four years – that's your job experience. After that, you decide you don't want the military life, you walk away."

Grade 12 student Martina

MacKinnon was impressed after her 14 Wing visit with the range of careers and trades offered through the military.

"I was thinking of massage therapy, and I'm keeping my options open. Why would anyone pass up the opportunity to take Techsploration? I'd thought about the military, but I didn't know about it."

"We have massage therapists in the military!" Abernethy chimed in.

Brianna MacKinnon, a Grade 10 student, said, while it sounds cool to be in airplanes, she doesn't think she's interested in long flights.

"But I am interested in accounting and finance – I just finished an 18-week Junior Achievement program."

"We have finance officers in the military!" Abernethy added again.

Middleton science teacher Shelley Rector appreciates the doors that open for her female students through Techsploration's field trips and workshops.

"Kids get motivated, they find a mentor and see 100 different jobs while they're involved. Every time you go someplace, we see these women doing amazing things with their careers. Why didn't I know this?"



Warrant Officer Cheryl Abernethy with a Middleton student, hands on what makes planes fly.



413 (Transport and Rescue) Squadron Master Corporal Ashley Barker describes work – and life-saving - inside the Cormorant helicopter.

Master Corporal P. Evans, 14 Wing Imaging

BUYING OR SELLING

Sue Hersey, CD1
REALTOR® | DND-IRP APPROVED AGENT

Cell: 902-309-0344 | Office: 902-765-3505

Helping make your move stress free

28 years military experience with 9 DND moves

www.callexit.ca

771 Central Ave,
Greenwood

EXIT
REALTY TOWN & COUNTRY
Independent Member/Broker

Make safety a habit, through NAOSH Week and beyond

The goal of North American Occupational Safety & Health Week (NAOSH) May 1 to 7 is to focus the attention of all employers, employees and the general public on the importance of preventing injury and illness in the workplace, at home and in the community at large.

The 2016 theme, "Make

Safety a Habit," is to encourage all stakeholders to focus on adopting or improving "safety habits" and promoting the importance of health



and safety in our everyday lives. For 2016, businesses and organizations are encouraged to create a slogan to support why it is important for their employ-

ees to make safety a habit. NAOSH Week presents an excellent opportunity to focus, reinforce and strengthen commitment to occupational safety and health to:

- improve attitudes towards safety
- increase understanding of the importance of occupational safety and health

- foster a safety-minded culture
- increase cooperation
- assist in team building and improve communication between employees, safety committees and safety professionals.

The 14 Wing Greenwood General Safety staff encourages each 14 Wing squadron or unit to create a unit

slogan to support why it is important for their members to make safety a habit, and use it throughout the year to promote actually making safety a habit. Take the opportunity to display your slogan on NAOSH posters in your unit.

Safety is not an add-on; safety is integral to the task or activity: "own it!"

La sécurité, une question d'habitude, pendant la SNASST et par la suite

La Semaine nord-américaine de la sécurité et de la santé au travail (SNASST) - qui a lieu cette année du 1er au 7 mai - a pour but

d'attirer l'attention des employeurs, des employés et du grand public sur l'importance de prévenir les blessures et les maladies au

travail, à la maison et dans la collectivité.

Le thème de 2016, « La sécurité, une question d'habitude » vise à encourager tous les intervenants à se pencher sur l'adoption ou l'amélioration « d'habitudes en matière de sécurité » et à souligner l'importance de la santé et de la sécurité dans notre vie quotidienne. En 2016, on encourage les entreprises et les organisations à créer un slogan pour faire com-

prendre à leurs employés pourquoi il est important que la sécurité devienne une question d'habitude.

La SNASST offre une excellente occasion de cibler et de renforcer votre engagement à l'égard de la santé et de la sécurité au travail pour :

- améliorer l'attitude à l'égard de la sécurité;
- mieux faire comprendre l'importance de la santé et de la sécurité au travail;
- favoriser une culture axée

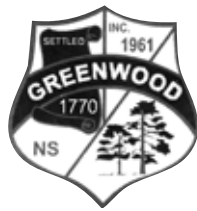
sur la sécurité

- entraîner une plus grande collaboration
- contribuer à l'esprit d'équipe et améliorer la communication entre les employés, les comités sur la sécurité et les professionnels de la sécurité.

Le personnel de la sécurité générale de la 14e Escadre Greenwood encourage chaque escadron ou unité de la 14e Escadre à créer pour l'unité un slogan indiquant

pourquoi il est important que ses membres fassent de la sécurité une question d'habitude et utilisent ce slogan tout au long de l'année pour promouvoir l'habitude de la sécurité. Profitez de l'occasion pour afficher votre slogan sur les affiches de la SNASST à votre unité.

La sécurité n'est pas une valeur ajoutée, elle fait partie intégrante de la tâche ou de l'activité : « elle vous appartient! »



NOMINATION DAY VILLAGE OF GREENWOOD Wednesday, May 18, 2016

The Clerk at the Village Office will receive nominations for the office of Two (2) Commissioners for the Village of Greenwood on Nomination Day, between the hours of 8 am and 1 pm on Wednesday, May 18, 2016.

2—three year terms

Nomination papers are available at the Village Office and no person shall be eligible for election to the Office of Commissioner of the Village unless that person has been nominated as a candidate in accordance with the Nomination Day By-Law, by not less than five persons who, on Nomination Day are qualified electors, having lived within the Village of Greenwood boundaries for six months.

If more than two candidates are nominated on Nomination Day, Elections will take place at the **Annual General Meeting on June 1, 2016 at 7 pm at the New Beginning Centre, 1151 Bridge Street, Greenwood.**

Marian Elsworth
Clerk-Treasurer
Village of Greenwood
904 Central Avenue
Greenwood, NS B0P 1N0

services & trades

Call 902-765-1494 local 5833 for info

Low Minimum Orders

FUEL FOR LESS \$10.00 off 450 Litres with card

Fuel for Less, 902-538-0677
Waterville, N.S. 1-888-338-0331
(Oil delivery 6 days a week)

Mandy Coyle, REALTOR®
902.321.1495
mrsmandycoyle@hotmail.com

JASON BEZANSON
ROOFING & CONSTRUCTION

9594 South Farmington
RR1 Wilmot, NS B0P 1W0
902-840-0552

Specializing in Roofing • Free Estimates • Insured

Durland, Gillis & Shackleton Associates
Barristers, Solicitors, Notaries

W. Bruce Gillis, Q.C. • Maggie A. Shackleton, B.A., J.D.
Counsel: **Blaine G. Schumacher, CD** (Also of the Alberta Bar)
Counsel: **Clare H. Durland, Q.C.** (Non-Practising)

Phone (902) 825-3415 • Fax (902) 825-2522

74 Commercial Street
P.O. Box 700, Middleton, NS
B0S 1P0

ESSO **RALPH FREEMAN MOTORS LTD.**

RUST CHECK ✓ **YOUR LOCAL USED CAR DEALER**
Licensed Mechanic Available on Site
U-Haul Dealer call (902) 765-0158
www.freemansautosales.com

820 Main Street, Kingston • 902-765-2555

Free online French homework help for military children

Voilà Learning, in partnership with Military Family Services (MFS), is offering free online homework support to military children enrolled in French immersion, or children with questions about their French homework.

The Canadian Armed Forces (CAF) Ombudsman Report released in 2013 confirmed relocation to an environment with a non-fluent predominant second language is a dissatisfying issue among

military families.

In response to this challenge, MFS began working in partnership with other organizations and enterprises to increase accessibility to language learning services and training for military families. As an expansion of Voilà Learning's existing services the partnership provides military children with access to free online homework help in French.

Registration is required



when enrolling children to validate they are from a military family. Once registration is complete, a code is emailed

to parents allowing children access to the Voilà Learning Virtual Immersion Campus. Children find the customizable avatar-led virtual support of the campus appealing, as the "world" they work in resembles a typical "école." Further, their questions are answered in real-time by professional teachers in a virtual group setting.

The homework help is available to children of military families five to 18 years

of age, enrolled in a French immersion program, or children in the English system taking a French course. Support is available in a variety of subjects Monday, Tuesday, Wednesday and Thursday from 5 p.m. to 11 p.m. EST.

To view a video detailing how the service can be of benefit to your military family and/or to register in the Virtual Immersion Campus visit voilalearning.com/en/military-family-services/.

Aide virtuelle gratuite aux devoirs de français

Voilà Learning, en partenariat avec les Services aux familles des militaires (SFM), offre de l'aide virtuelle gratuite aux devoirs pour les enfants des militaires inscrits à un cours d'immersion en français ou à ceux qui ont des questions sur leurs devoirs en français.

Le rapport de l'Ombudsman des Forces armées canadiennes (FAC) publié en 2013 confirme que le déménagement des familles dans un environnement où elles ne sont pas parfaitement à l'aise dans la langue seconde prédominante est une source d'insatisfaction.

Pour surmonter ce défi, les SFM ont entrepris de travailler en partenariat avec d'autres organisations et entreprises afin de favoriser l'accès à des services d'apprentissage du français et de formation à l'intention des familles des militaires. Grâce à ce partenariat, s'ajoute aux services déjà existants de Voilà Learning l'accès sans frais à une aide virtuelle pour les enfants des militaires qui ont des devoirs en français.

Pour l'accès à cette aide virtuelle, les enfants doivent s'inscrire afin de pouvoir attester qu'ils font partie de la

famille d'un militaire. Une fois l'inscription terminée, les parents recevront un code par courriel et les enfants pourront alors avoir accès au campus virtuel d'immersion de Voilà Learning. L'aide virtuelle d'un avatar plaît aux enfants, car le « monde » dans lequel ils travaillent ressemble à une école typique. De plus, des enseignants professionnels répondent à leurs questions en temps réel dans un envi-

ronnement de groupe virtuel.

Les enfants de 5 à 18 ans de familles des militaires inscrits à un programme d'immersion en français ou ceux qui suivent un cours de français dans l'établissement scolaire anglophone qu'ils fréquentent ont accès à cette aide aux devoirs. L'aide est fournie dans une gamme de sujets le lundi, mardi, mercredi et jeudi de 17 h à 23 h HNE.

Pour voir une vidéo détail-

lée du service et des avantages pour votre famille ou pour vous inscrire au campus

d'immersion virtuel, veuillez visiter le voilalearning.com/en/military-family-services/.

Annual Meeting Notice

The Annual Meeting of the Kingston District Fire Commission will be held on Tuesday, May 10th, 2016 at 7:00 p.m. in the Kingston Fire Hall.

- * Presentation of Financial Statements for April 1/15 – March 31/16.
- * Presentation of Budget for April 1/16 – March 31/17.
- * Set the area rate at 6 cents per \$100 of assessment.
- * Election of Commissioners.

All interested persons are invited to attend.

Kingston Fire Hall Rental

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

Allie Pierce Memorial Award


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

Snow Removal/Ice Control

The Kingston District Fire Commission invites tenders for snow removal/ice control services to the fire hall located on Sparky Street, Kingston, for the period June 1, 2016 – May 31, 2018. The tender amount shall be in the form of a lump sum for all services as outlined in the specifications. Call 902-765-8158 or email mwilkins@ns.sympatico.ca for the specifications. All tenders must be submitted to the undersigned in a sealed envelope marked "Tender for Snow Removal/Ice Control Services" on or before 12:01 p.m. on Monday, May 9th, 2016.

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

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



THE MUNICIPALITY OF THE COUNTY OF KINGS
87 Cornwallis Street PO Box 100
Kentville, NS B4N 3W3

NOTICE TO RESIDENTS

GREENWOOD WATER UTILITY – HYDRANT FLUSHING

The Municipality of the County of Kings wishes to advise customers of the Greenwood Water Utility that water mains and fire hydrants will be flushed throughout the month of May 2016. As a result, customer s may experience low water pressure or discolored water during this period. This condition may cause staining of clothing during washing. Customers should flush their own lines by allowing the water to run for about ten minutes or until the water clears.

Flushing of the water system is conducted each year to maintain and improve water quality in the utility's piping. The Municipality apologizes for the extended period of time required to perform this work and any inconvenience it may cause.

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

Tel: (902) 678-1807 Fax: (902) 690-2212
Toll Free: 1-888-337-2999
www.county.kings.ns.ca



THE MUNICIPALITY OF THE COUNTY OF KINGS
87 Cornwallis Street PO Box 100
Kentville, NS B4N 3W3

APPLICATIONS FOR GRANTS TO ORGANIZATIONS

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

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

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

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

Lisa Amon
lamon@countyofkings.ca

<http://www.countyofkings.ca/information/communitysupport.aspx>

Tel: (902) 690-6191 Fax: (902) 679-2820
Toll Free 1-888-337-2999
www.countyofkings.ca



Sock it to foot injuries

(NC) Socks may peek out from the bottom of a pair of pants or be hidden entirely within a pair of shoes, but foot experts say they are an important part of our wardrobe and we should choose our socks carefully.

“When it comes to sock shopping, people typically fall into two categories. They either pick up whatever brands are on sale, or they thoughtfully select colours and designs to reinforce their sense of fashion,” says Kevin Fraser, president of the Pedorthic Association of Canada and a certified pedorthist. “Both of these

approaches are wrong.”

Fraser says socks play an important role in injury prevention, so individuals should choose their socks according to the activity they will be doing. The right pair of socks will keep feet warm and dry and prevent rubs, blisters and infections, while the wrong ones can actually create injuries.

When it comes to sock selection, fabric is key. Although inexpensive and widely available, cotton socks absorb sweat and dry slowly, which can lead to blisters, fungus and cold feet. If you are participating

in a sport or will be spending a long day on your feet, it’s best to leave your cotton socks in your drawer.

Durable and quick drying, socks made from synthetic blends are a great choice for sports, but Fraser says to avoid them on a cold, wet day as they can lose their insulating properties when they get wet. Wool socks are ideal for the cold and the wet, as wool is warm and repels water, and keeps your feet comfortable and dry. The downside of wool is it is more expensive than cotton and dries slower than synthetics.



Here are a few additional tips to help you choose socks that will provide you with the protection you need:

- When it comes to socks one size does not fit all - make sure you buy the

right size for your feet.

- Check the thread count – socks with a higher thread count provide greater protection.
- Whether you are a weekend warrior or a serious

athlete, buy sport-specific socks. If you play multiple sports, purchase socks for each sport.

- If you are living with diabetes, look for seamless, moisture wicking socks. They will keep your feet dry and warm and reduce possible irritations.
- If you have neuropathy, white plain socks are a good choice. You’ll quickly see any blood or fluid stains: you will know immediately if you have developed a sore, even if you cannot feel it.

Socks will only provide the protective barrier your feet need if you wear the right ones for your activity. To keep costs down, Fraser recommends purchasing one or two pairs of good wool socks for active, outdoor activities and wear less expensive synthetic socks for your other activities.

CANEX A division of CPMWS Une division des SBMFC **CANADA'S MILITARY STORE LE MAGASIN MILITAIRE DU CANADA** 01 MAY - 30 JUNE / 01 MAI - 30 JUN 2016

CANEX NO INTEREST CREDIT PLAN
DON'T PAY EVENT!
 Plus no money down not even the taxes *OAC
 Payments start October 2016.

NOW ON EN COURS

PLAN DE CRÉDIT SANS INTÉRÊT DE CANEX
ÉVÉNEMENT NE PAYEZ RIEN!
 Ne versez aucun acompte, même pas les taxes *S.A.C.
 Les paiements commencent Octobre 2016.

East Coast Aikido
Steve Nickerson 合気道
 5th Degree Black Belt
 Martial Art of the Samurai
902-760-0557
 Classes in Greenwood & Halifax
www.makotokan.com • aikido@eastlink.ca

Jeff Bowlby's Quality Soils
 Your Dirt is Our Business

- Mini & Large Excavation
- Septic installation
- Tractor & Dump Truck Services
- Topsoil & Gravel deliveries (small & large loads available)
- Crusher dust, Decorative stone, Mulch
 - Pool installation
- Land Grading, Demolition, Leveling

YOU CALL - WE HAUL
YOUR DIRT IS OUR BUSINESS

www.BOWLBYs.ca
 with soil calculator
902-765-0575

STORAGE **Deployment Déploiement**
 Auto-Truck Storage Stockage D'Automobile
902 847-5074
 + "Heated" Personal Storage Units
 • Military Discounts
 • 2 kms from Base

inserts

Insert your flyers in The Aurora Newspaper. We distribute 5,900 copies from Middleton to Coldbrook. What better way to promote your business or service?

Call **902-765-1494** local 5833



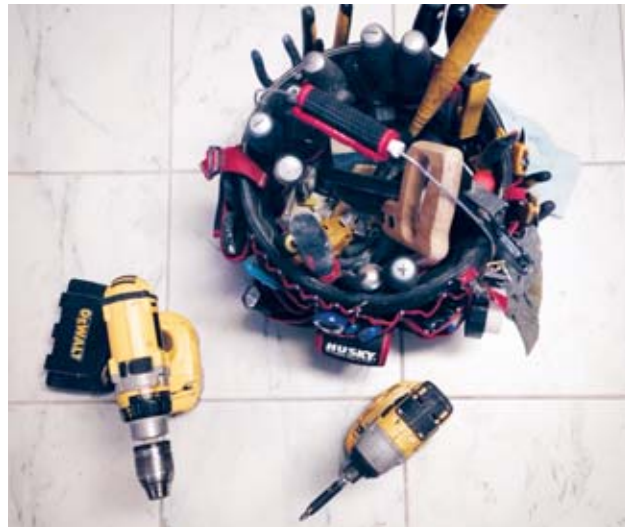


Trois projets de rénovations estivales qui augmenteront la valeur de votre demeure

(EN) Êtes-vous prêt à faire le plein de souvenirs impérissables maintenant que la belle saison s'installe? Que ce soit en compagnie des vôtres ou en découvrant le Canada et ses majestueux paysages, chacun trouve son petit coin de paradis pendant les très chaudes journées d'été.

Vous n'avez toutefois pas à aller bien loin pour trouver votre oasis. Avec quelques rénovations, vous pouvez créer un environnement à votre image et à celle de votre famille tout en protégeant la valeur de votre maison.

« Les rénovations augmentent la valeur de votre propriété, explique Sylvain



Renaud, vice-président de l'assurance des particuliers d'Intact Assurance. Avant d'entreprendre des travaux, mon premier conseil serait de communiquer avec votre courtier pour vérifier si vous êtes suffisamment couvert. »

Voici trois autres recommandations de rénovations estivales :

Entrée : Si votre entrée approche la vingtaine, le temps est probablement venu de la refaire. Les matériaux qui composent l'asphalte se dégradent au fil des ans, et le « rapiéçage » est une solution temporaire pour un problème qui ira en s'aggravant. L'été

est la saison idéale pour obtenir une surface lisse et uniforme, une longue période de séchage et des températures élevées étant des conditions essentielles pour éviter un durcissement trop rapide.

Sous-sol : évitez les dégâts d'eau : Si vous rénovez le sous-sol, prenez soin de bien sceller le béton pour éviter la pénétration de

vapeur d'eau ainsi que les infiltrations d'eau et de gaz souterrains, comme le radon. Ce faisant, vous vous éviterez des problèmes plus tard.

Toiture: La réfection de la toiture pourrait vous faire économiser à long terme. Utilisez des matériaux qui résistent à la grêle et au vent si vous refaites la toiture ou remplacez le parement.

COMPOST GIVEAWAY



What: 5 bags of **FREE COMPOST** per family

Where: 3 locations

1. **Avonport** - Merks Farm, 2250 Gaspereau River Rd.
2. **Kingston** - United Baptist Church, 695 Main St.
3. **Cornwallis** - Clark Rutherford School, South Broadway St. (please don't park on the grass).

When: Saturday May 7th, 9:00 a.m. until gone

Compost kindly donated by Northridge Farms from organics collected through the green cart program.

Tel: 902-679-1325, 1-877-927-8300

www.vwrm.com

The Municipalities of Annapolis, Kings, Annapolis Royal, Berwick, Kentville, Middleton and Wolfville:

Partners in Waste Reduction



**ON YOUR MARK!
GET SET!**

BOGO

Wednesdays at all
Valley Subway locations!

SOME CONDITIONS APPLY.
OFFER ENDS MAY 18, 2016.



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

LIVE WELL WITH
PHARMASAVE[®]
VALLEY DRUG MART

For all your Prescription & Health needs.

A full Trophy & Engraving Shop, Homebrewing Centre and U-Vint-Instore Winery in our Kingston store.

We have a full Home Health Centre in both stores dealing in Diabetic Footcare, Blood Pressure Testing and a full line of Crutches, Wheel Chairs, Walkers, Lift Chairs and more for rent or purchase.

We offer Airmiles, Pharmasave Brand Family Card (Buy 10 get 1 free), everyday is Seniors Day (10% off) most products. See instore for details.

Independently owned and proud Community supporters.

613 Main St., **Kingston** 902-765-2103 26 Commercial St., **Middleton** 902-825-4822



Cottage ownership: Know what you're buying

(NC) There are few traditions more Canadian than weekends at the cottage. For many families, a cottage property provides the setting for both summer and winter holidays, and allows multiple generations to spend time together.

To ensure your time at the cottage is filled with relaxation instead of drama, be aware cottage properties can differ from urban ones in important ways. Consulting a lawyer before you buy can protect you from unexpected problems.

Limited road access

Some cottages can be reached only by crossing a neighbour's property. Others have easements registered on title that allow neighbouring residents, or even members of the general public, to travel across the land.

Even where a cottage is accessed by a municipal road, its use might be seasonal only. This might mean the municipality won't provide garbage collection, snow removal or emergency services in winter.



A lawyer can determine whether a cottage is subject to easements, and can tell you whether the access road is public or private.

Shoreline rules

Where a cottage is located on the water, there is often a shoreline road allowance along the water's edge that is owned by the local municipality. Unless the municipality has transferred the rights to this allowance to the individual property owners, members of the public are entitled to walk, or in some cases even drive, along it. A lawyer can conduct searches to reveal whether there is an allowance and who owns it.

about construction at the edge of, or extending into, the water. These rules can prevent you from building a dock or boathouse. It's not possible to tell whether you can build a boathouse just because some neighbours have them. In many locations, existing structures have been "grandfathered", while new ones are prohibited.

Working with a real estate lawyer familiar with rural properties can help you know what you're getting – and whether it includes peace of mind – when you buy a cottage.

OAKLAWN FARM ZOO

Aylesford, NS Exit 16 off Hwy 101
www.oaklawnfarmzoo.ca
 902-847-9790

FOSTER'S
FIRE & SAFETY LTD.
 5943 Hwy. #1, Cambridge, N.S. B0P 1G0
 902-538-7214 or 1-877-5387214 Fax: 902-538-7742
www.fostersfireandsafety.com

MORE THAN FIRE EXTINGUISHERS - VISIT our Store - Check out our DUNLOP & ROYER Boots and HELLY HANSEN Rainwear, etc.
Military personnel discounts!

the Aurora Newspaper's



Save 10% per week!

Any ad, any size

Advertise in The Aurora Newspaper **May 9** (deadline May 4 noon) and **May 16** (deadline May 11 noon) in our **full colour** lifestyle promotion.

A multi-page spread featuring photos and features on all things seasonal: outdoor living, recipes, consumer trends. Captures Mother's Day and Victoria Day special event weekends.

Contact: auroramarketing@ns.aliantzinc.ca
 902-765-1494 local 5833
www.auroranewspaper.com

JUST ONE CALL, WE DO IT ALL!

- Brake Specialist
- Steering, Suspension & Alignments
- Tune-ups
- Lube, Oil & Fluid Flushes
- Computer & Electrical Diagnostics
- Brand Name Tires
- Rust Protection

902.765.6400

1262 Bridge Street, KINGSTON

www.oktiregreenwood.com

MAINTENANCE, REPAIR AND TIRES



Honestly driven.



Collations pour un road trip d'été

(EN) Cet été, des centaines de personnes prendront la route pour une escapade en voiture. Pour certains, cela se traduira par de la malbouffe, mais pas pour vous.

Soulagez votre faim avec cette recette saine et parfaite pour sur la route :



Croustilles de pita à la cannelle

Préparation : 10 min

Ingrédients

- 2 pitas de blé entier
- 60 ml (4 c. à soupe) d'huile de coco fondue ou de beurre fondu
- 20 ml (5 c. à thé) de sucre

- granulé
- 7,5 ml (1 1/2 c. à thé) de cannelle

Méthode

Préchauffer le four à 350 °F. Tapisser une plaque de cuisson d'une feuille de papier sulfurisé (parche-

min). Couper chaque pita en deux pour obtenir deux surfaces pleine grandeur. Couper de nouveau en six pointes de même taille. Dans un bol, mélanger le sucre granulé et la cannelle. Badiageonner chaque côté des pointes de pita avec de l'huile

de coco ou du beurre. Saupoudrer uniformément chaque côté des pointes de pita du mélange de cannelle et de sucre, puis étaler en une seule couche sur la plaque de cuisson. Ne pas laisser les pointes se chevaucher.

Cuire 15 minutes, puis tourner et cuire 10 à 15 minutes supplémentaires, ou jusqu'à ce que les pointes soient croustillantes et à votre goût. Surveillez les croustilles pendant la cuisson, puisque les bords plus minces cuisent plus rapidement. Laissez les croustilles refroidir sur une grille avant de servir.

MILITARY DISCOUNT

SUPPORT OUR TROOPS

CONNELL
CHRYSLER DODGE Jeep RAM

Proud supporter of
CFB Greenwood for over 30 years!

Sales • Parts • Service

Exit 18 - Middleton • 902-825-3471
Only 10 Minutes from Greenwood

www.connellchryslerdodge.com

Andy's Tire SHOP

WAYNE DEVEAU 473 Main Street Kingston, Nova Scotia B0P 1R0
BRANCH MANAGER BUS: (902) 765-6348 FAX: (902) 765-9483
E: waynedeveau@andystire.ca

14 Wing Greenwood Golf Club

NOW OPEN!

New Member Rate of only \$600 tax included for serving and retired military members (\$660 for Associate members) **(Must not have been a member in 2015)**

Returning Adult Members starting at \$720 tax included

Family Memberships starting at \$1295 tax included

Senior Membership starting at \$685 tax included

Intermediate (Ages 13 - 18) \$115 tax included

Juniors (Ages 8 - 12) \$95 tax included

Tickets are on sale now for a 2017 Adult Membership. Price is \$5.00 with only 300 tickets being sold. All proceeds go to support our Children's programming.

www.greenwoodgolfclub.ca

Golf the way it should be... Golf Fore You!
902-765-5800 • 1-877-765-5800

Our **Membership Loyalty Program** will reward all returning members with a **3% discount** off their membership fee.

All **Junior and Intermediate Memberships** include a **FREE Range plan** and our Golf Program for Kids run in July by dedicated volunteers.

We offer a payment plan that suits your needs from 3 to 11 months... the choice is yours!

Ladies Night Out

Shop • Pamper • Eat • Drink • Mingle • Laugh

Monday, May 9, 5-8 p.m.
1518 Bridge Street,
Cathy & Company Hair Studio
902-242-2887

Consults for all services, foot treatments with our registered massage therapist Frank Dobbins, skin care treatments with our new skin line, Quannessence.

There will be door prizes, so bring friends for an extra chance to win!

Cathy Turner - Owner, Master Hairstylist
Sheri Manton-Day, Lisa Klco - Master Hairstylists
Leanna Trimper, Rebecca Trimm, Whitney Clarke - Hairstylists
Pamela Caines - Nail Technician
Colleen MacRae - Esthetician
Frank Dobbins - Registered Massage Therapist
Katrina Barrett - Salon Coordinator

Mother's Day gift certificates available!



Try delicious gluten-free crackled chocolate cookies

(NC) We've all heard the complaints: gluten-free cakes taste like sand – and gluten-free cookies are brittle and bland.

This type of diet does sound restrictive but there are plenty

of ways to indulge in sweet treats without sacrificing flavour.

Ingredients

- 2 oz (60 g) extra dark chocolate, chopped

- 1/4 cup (50 ml) unsalted butter, cubed
- 1 cup (250 ml) granulated sugar
- 2 eggs
- 1 tsp (5 ml) vanilla
- 1 cup (250 ml) gluten-free all-purpose flour blend
- 1 tsp (5 ml) baking powder
- 1/8 tsp (0.5 ml) salt
- 1/2 cup (125 ml) semisweet chocolate chips
- 1/4 cup (50 ml) granulated sugar

Instructions

1. In heatproof bowl, melt chocolate with butter over (not in) saucepan of simmering (not boiling) water. Stir



together and set aside to cool.

2. In large bowl, whisk together 1 cup (250 ml) sugar, the eggs and vanilla. Pour in cooled chocolate mixture and whisk until combined. In another bowl, whisk together flour, baking powder and salt; using wooden spoon, stir into chocolate mixture until

combined. Stir in chocolate chips. Cover bowl with plastic wrap. Refrigerate for 2 hours or until firm.

3. Preheat oven to 350°F (180°C). Line two baking sheets with parchment paper.

4. Scoop dough into 1 tbsp (15 ml) amounts, roll into balls and coat in 1/4 cup (50

ml) sugar. Place 2 inches (5 cm) apart on prepared baking sheets. Makes about 25.

5. One sheet at a time, bake in centre of oven for 12 to 14 minutes. Cookies will be cracked on the surface but still slightly soft. Cool on sheets on rack. Store in airtight container at room temperature.

Mix and Match your K cups
Choose 24 for \$15.99
~ Over 170 Choices ~

902-765-8558
687 Main Street, Kingston
Mon - Sat 7-5 • Sun 8-5
Breakfast, Lunch & Coffee Bar
See our daily specials on Facebook

CAMPERS BINGO

THURSDAY, MAY 5TH
ANNAPOLIS MESS
DOORS OPEN AT 1800 HRS
GAMES START AT 1900 HRS

1 x 3 UP BOOKLET,
\$10 PER BOOKLET,
TO BE PURCHASED AT THE DOOR
MESS MEMBERS AND GUEST
GUEST MUST BE SIGNED IN BY MESS MEMBER

\$3000 IN PRIZES!!

GIFT CARDS FROM
LOCAL VALLEY MERCHANTS
TOTAL OF 15 GAMES - 1 WINNER PER GAME
DOOR PRIZES & 50/50
GRAND PRIZE: \$800 GIFT CARD!

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

KENTVILLE TOYOTA www.kentvilletoyota.com

USED INVENTORY

\$10,450 + tax
Stock Number 15-118A
2011 Toyota Corolla CE • \$114 BIWEEKLY
I-4 cyl, Automatic, 4 Door Sedan, A/C, CD, PL, PM, ABS, Keyless Entry, Anti-Theft, 90,887 kms

\$34,950 + tax
Stock Number 16-204A
2013 Toyota Tundra SR5
5.7 L, V-8, 6 Speed Automatic, 4WD, CREWMAX Truck, CC, CD, A/C, Power Everything, ABS

\$7,950 + tax
Stock Number 15-244A
2011 Kia Soul 2U • \$88 BIWEEKLY
2.0 L, I-4 cyl, 5 Speed Manual Sedan, CC, CD, A/C, PW, Heated Seats, Keyless Entry, ABS, 92,764 kms

\$15,950 + tax
Stock Number 16-156A
2008 Toyota Highlander • \$270 BIWEEKLY
3.5 L, V-6 cyl, 5 Speed Automatic, AWD, SUV, CC, A/C, PB, PW, CD, Auxiliary 12v Outlet, 98,000 kms

\$11,950 + tax
Stock Number 16-94A
2012 Toyota Yaris • \$129 BIWEEKLY
1.5 L, I-4 cyl, 4 Door Sedan, 4 Speed Automatic, A/C, PS, PB, PW, CC, CD, P-A Disc Brakes, 42,000 kms

\$13,950 + tax
Stock Number U2076
2012 Chrysler 200 Limited • \$149 BIWEEKLY
3.6 L, V-6 cyl, 6 Speed Automatic, Sedan, FWD, A/C, CC, CD, Fully Loaded, Keyless Entry, 40,952 kms

840 Park Street Kentville, NS • Toll-free 1-888-466-2702 • (902) 678-6000



Take a load off with top laundry hacks

(NC) Wash, dry, fold, repeat. And repeat. And repeat.

Save time and energy in your laundry room with these simple tips from the laundry pros at GE Appliances:

Adopt a basket system

Hate sorting laundry? Adopt a basket system for your darks, lights and whites to sort clothes as you go so

it's less of a chore come laundry day.

Master the settings

Sometimes, the best time-saving techniques are already built right into your appliances. The new GE Designer Line washing machine is a top-load laundry pair with all of the functionality you can expect in a front load. As an example, this

pair has a stain removal feature with pre-programmed settings for the five most common stains: tomato, wine, blood, grass and dirt.

Think inside out

Faded clothing is the worst. To keep your darks the darkest they can be, wash your clothes inside out.

On a tight schedule?

If wet clothes are taking forever to dry, speed things up by simply adding a dry towel to the load.

Never lose a sock again

Don't you hate it when

your sock disappears into the laundry vortex and you're left with mismatched pairs? Avoid the frustration by using safety pins to keep socks tied together as they wash.





SHIFT INTO SAVINGS

\$70 mail-in rebate
From March 18 to May 15, 2016

Shay TIRECRAFT®

Limited time offer | call 902-538-1155
4241 Highway 1 | Berwick, NS
www.shaytire.ca
Toll free: 877-440-4432 | Fax: 902-538-1018

27th Anniversary

TAX FREE SALE



Country Stoves & Sunrooms Ltd.

- woodstoves • fireplaces
- chimney • liner

Sale ends May 14, 2016

3319 HWY #1, EAST AYLESFORD

1-877-847-3494 | www.countrystovesandsunrooms.com

STOVES • CHIMNEY • LINER
GARDEN DECOR • POND SUPPLIES

Home Alone Program
Tuesdays, May 10, 17, 24, & 31, 5:30 - 7:30 p.m.
At the GMFRC ~ \$15 per child.
A program to help provide children aged 9 years and up with the necessary tools they need to be on their own at home safely for short periods of time.
Register by Friday, May 6.

Programme Seul à la maison
Mardis 10, 17, 24, et 31 mai, 17 h 30 à 19 h 30
Au GMFRC ~ 15 \$ par enfant.
Un programme pour donner aux enfants âgés de 9 ans et plus les outils dont ils ont besoin pour rester seuls à la maison en toute sécurité pendant de courtes périodes de temps.
Inscrivez-vous avant le vendredi 6 mai.

Conversation Café: "Living for Likes" – the Pressures of Social Media
Thursday, May 5, 9 – 11 a.m.
At the GMFRC ~ Free
Join us for a conversation on the pressures for perfection in a Social Media driven world.

Conversations autour d'un café : vivre pour les mentions « j'aime » - la pression des médias sociaux
Jedi 5 mai, 9 h à 11 h
Au CRFMG ~ Gratuit
Joignez-vous à nous pour une discussion sur la pression exercée pour atteindre la perfection dans un monde axé sur les médias sociaux.

GMFRC Summer programming for kids
Coming Soon: Summer Fun Camps for Preschoolers ages 3 to 5 years. Throughout the summer the Parent & Tot, Tumble Tots, and Baby group will continue!

Programmation d'été pour enfants au CRFMG
À venir prochainement : camp de jour pour les enfants de 3 à 5 ans. Tout au long de l'été, les programmes parents et bambins, pirouettes et culbutes et bébés en groupe continueront.

It's time for GMFRC Preschool Programs Registration for 2016!
English and French Immersion.
For children aged 2.5 to 5 years of age. Morning and afternoon classes are available. Space is limited.

L'inscription aux programmes préscolaires du CRFMG pour 2016 est en cours!
Programme de prématernelle en anglais et en immersion française.
Pour les enfants de 2 ans et demi à 5 ans. Programmes offerts le matin et l'après-midi. Les places sont limitées.

Wishing all mothers of our community a Happy Mother's Day.
Your strength and courage ensures our military families are proud and strong.

Nous souhaitons à toutes les mamans de notre communauté une joyeuse fête des Mères. Votre force et courage permettent à nos familles militaires d'être fières et solides.



MFRC-CRFM GREENWOOD

24 School Rd., Greenwood
902-765-5611
www.familyforce.ca



facebook.com/GMFRC @gmfr gmfr greenwoodmfr

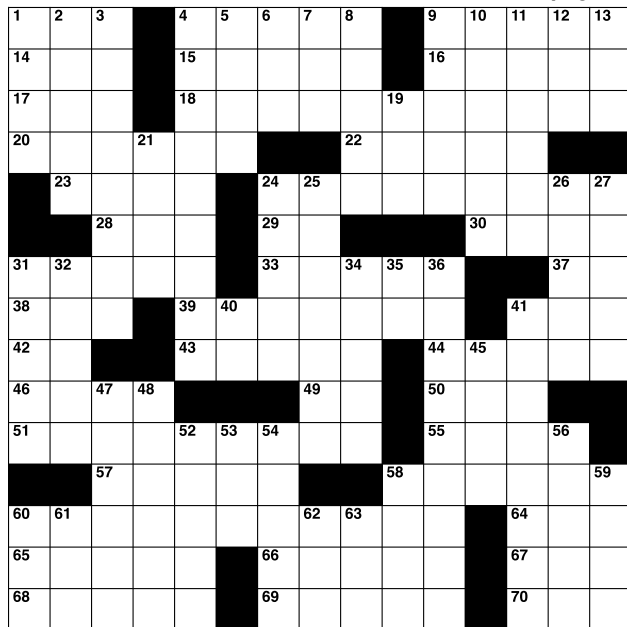


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca.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



- ACROSS**
- 1. Satisfaction
 - 4. 18th Hebrew letter
 - 9. Couches
 - 14. Severe
 - 15. Makes comic books
 - 16. Grape
 - 17. Handle perfectly
 - 18. Home of J.R.
 - 20. Everyone has these
 - 22. Linen
 - 23. He owned the Bucks
 - 24. Supported
 - 28. River in Guangdong
 - 29. Exclamation of surprise
 - 30. Nicholas II was one
 - 31. Comic antihero
 - 33. In the back of a mammal's mouth
 - 37. Joe is a famous one
 - 38. Impressionist painter
 - 39. Send forth
 - 41. They ___
 - 42. Not down
 - 43. Computer program
 - 44. Nostrils
 - 46. County in New Mexico
 - 49. Letter of the Greek alphabet
 - 50. Russian river
 - 51. Sorts
 - 55. A feeling (slang)
 - 57. Type genus of the Elopidae
 - 58. Ingesting
 - 60. Paints small things
 - 64. Trouble
 - 65. Turn on its end
 - 66. Story (archaic)
 - 67. Negative
 - 68. Manners
 - 69. Hurts
 - 70. IBM's software group
- DOWN**
- 1. Greek sophist
 - 2. Diacritic mark
 - 3. Tumours
 - 4. Can't play
 - 5. Dabbling ducks
 - 6. Dekaliter
 - 7. The world of the dead
 - 8. Greek Muse
 - 9. Estate in Dickens
 - 10. Wild cat
 - 11. Menders
 - 12. Comedienne Gasteyer
 - 13. Female sibling
 - 19. Man-child
 - 21. Tommy Dorsey's trumpeter
 - 24. Mesopotamian deity
 - 25. Speech sound
 - 26. Bore
 - 27. Designer van Noten
 - 31. Small flakes of soot
 - 32. Insects
 - 34. Genus of gulls
 - 35. Indicates position
 - 36. Fixes up
 - 40. Homer's bartender
 - 41. Riding horses
 - 45. Dismounted
 - 47. Unlocks cans
 - 48. Salty
 - 52. These are for cars
 - 53. Mentally quick and resourceful
 - 54. Hemlock
 - 56. Give qualities or abilities to
 - 58. This (Spanish)
 - 59. Chime
 - 60. Uncommunicative
 - 61. A stock sale
 - 62. Leisure (slang)
 - 63. Similar

metro crossword brought to you compliments of

954 Central Avenue
Greenwood
902-765-6381

Sale items sought

The Kingston Lions are seeking donations of good used household items for their annual sale. Moving, downsizing, want to declutter your house? Call the Lions at 902-765-2128, or Russell at 902-765-0207. We will even arrange pick up! All funds raised support Lions' initiatives.

Popovers

May 2, 10 a.m. to 11 a.m., the Kingston Library hosts a preschooler fun time with stories, crafts, and songs. Children with parent or caregiver. Register at 902-765-3631.

Story time

May 2, 10 a.m., the Annapolis Royal Library invites preschoolers and caregivers for fun library time: stories, music, crafts.

Luncheon

May 3, noon to 1 p.m., the Kingston Lions host a community luncheon at the hall: come out and

enjoy a roast beef dinner with mashed potatoes, vegetables, dessert, coffee, tea and juice. Cost is \$9 or \$9.50 delivered (Kingston/ Greenwood area only, deliveries must be ordered by 10:30 a.m.).

Retirement info session

May 3, 1 p.m. to 2:30 p.m., the Bridgetown & Area Library hosts citizen services specialist Bill Gregory for an informative talk about Service Canada programs and services for seniors. Learn about Canada Pension and Old Age Security, Guaranteed Income Supplement and Canada Pension Disability. Learn how to explore a wide range of programs online, including programs for seniors at provincial and municipal levels. To register: 902-665-2758.

LEGO Club

May 3, 3:30 p.m. to 4:30 p.m., the Bridgetown & Area Library

invites youth ages four and older to create, build and use your imagination at LEGO club. Drop-in, no registration required.

Story time

May 4, 9:45 a.m. to 10:15 a.m., the Berwick Library invites preschoolers and caregivers to share the fun and adventure of reading, rhymes and songs.

Concert

May 5, 8 p.m.: David Francey is on stage at the Evergreen Theatre, 1941 Stronach Mountain Road, Margaretsville. Tickets, \$25, at www.evergreentheatre.ca or 902-825-6834. With 10 albums and three Juno Awards, it can be argued Francey has had the most impact as an old-school Canadian folk songsmith since the late Stan Rogers.

Tremont board game café

May 5, 7 p.m. to 9:30 p.m. (every first and third Thursday) at the Tremont Hall, 738 Tremont

Mountain Road. Many of the newest and coolest games, in a friendly, relaxed environment. Cost is free. 902-765-4326.

Book club

May 6, 10 a.m. to 11:30 a.m. the Berwick Library Book Club meets: join any time. To pick up a copy of the book (this month: "Great Village," by Mary Rose Donnelly). Please drop into the library or attend a session.

Fundraiser

May 6, 7:30 p.m., please attend a musical fundraiser for Open Arms, sponsored by the New Beginnings Centre, Greenwood, and hosted by the Left of Center acoustic rock duo, with Misty Mountain and the Mark Clark Trio. Freewill offering, with canteen and 50/50 draw.

Family fort night

May 6, 6:30 p.m. to 8 p.m., the Rosa M. Harvey Middleton & Area Library invites families to join us after hours and build forts for a very special story time. Don't forget to wear your pyjamas! For families with children ages three and up. Registration is required: 902-825-4835.

Mental health workshop

May 6, 9:30 a.m. to 3:30 p.m., Hearing the Silence - Stand against Stigma is a workshop hosted by the Kingston/ Greenwood Mental Health Association at the Kingston Lions Hall. Guest speakers and discussion. No cost registration, lunch included: pre-registration required by April 29 by calling 902-765-3902 or emailing dwyerdj@ns.sympatico.ca.

Yard sale

May 7, 8 a.m. to noon, All Saints' A.C.W. hosts its annual yard sale at the All Saints' Church Hall, Pleasant Street, Kingston (turn

Kingston Legion Br 98 ~ May 2016

Office 902-765-4920 • Bar 902-765-4428 • Fax 902-765-2479
E-Mail legion98sect@eastlink.ca • Facebook: Kingston Legion Br 098 • Website www.legion98.com

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 BINGO 1:30	2 EUCHRE	3 BINGO 7:30	4	5 CRIB 7:00	6 DANCE: Lady Rogue	7 Breakfast CHASE THE ACE
8 BINGO 1:30	9 EUCHRE	10 BINGO 7:30	11 f	12 CRIB 7:00	13 ☀️	14 CHASE THE ACE Meat Draw: 2:30 pm
15 BINGO 1:30	16 EUCHRE EXEC MTG 7:00	17 BINGO 7:30	18	19 CRIB 7:00	20 TGIF: Fish 'N' Chips	21 CHASE THE ACE Dance: SIDE KICKS Meat Draw: 2:30 pm
22 BINGO 1:30	23 VICTORIA DAY	24 BINGO 7:30	25	26 CRIB 7:00	27	28 CHASE THE ACE Dance: SPLIT DECISION Meat Draw: 2:30 pm
29 BINGO 1:30	30 GENERAL MTG 7:00	31 BINGO 7:30	May 7: Murder Mystery Dinner Theatre, advance tickets only, at bar. Chase the Ace and Meat Draws on Saturdays. General Meeting May 30th, come out and have your say!			

Legion Calendar Sponsored by **PHARMASAVE VALLEY DRUG MART** 613 Main St. KINGSTON 902-765-2103 26 Commercial St. MIDDLETON 902-825-4822

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, May 5, 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. Who has a soil calculator? _____
2. Whose slogan is, "the evolution of mobility"? _____
3. When can you get free compost? _____
4. What sale ends May 14? _____
5. Where can you get an extra chance to win? _____

Congratulations to last week's winner: JUDY CLARKE

Mimie's PIZZA
683 Central Ave.,
Greenwood
902-765-6888
902-765-2232

west off Bridge Street).

Tea
May 7, a Pink Ribbon Tea will be hosted in honour of mothers at the Berwick Baptist Church, Commercial Street. Tickets \$15 each (call to reserve at 902-680-5062), includes tea, entertainment and an auction. Sponsored by Re/max, matched funds by Scotiabank, with proceeds to the church and Walk for the Cure.

Yard sale
May 7, 8 a.m. to 1 p.m.: indoor yard and bake sale at the Aylesford United Church hall. Refreshments available. Wheelchair accessible. Sponsored by the Committee of Stewards for church events.

Ticket auction
May 7, 11 a.m. to 1 p.m. – draws start at 1:15 p.m. Grand View Manor, Berwick, hosts its annual ticket auction. Tickets 20/ \$1. Canteen available. Proceeds for

resident activities.
Homeschooling expo
May 7, 11 a.m. to 1 p.m., please enjoy displays and presentations at the 4th Homeschool Expo, to be held at the NSCC, Annapolis Valley Campus, 295 Commercial Street, Middleton. Contact information: Loni, 902-765-3940, or Maureen, 902-825-3070.

Fundraiser
May 7, 1 p.m. to 4 p.m., The Heart of the Valley BMX and Skate Park Society hosts a ticket auction, live auction, BBQ and bake sale at Annapolis East Elementary School, Middleton. Come on out and enjoy live music, grab a bite to eat and check out your favourite auction item. All proceeds will help the society break ground on a permanent concrete riding park in Middleton. If you would like to donate an auction or bake sale item, please message the

Heart of the Valley BMX and Skate Park Society Facebook page or contact Sandra White, 902-825-2435.

Supper
May 7, 4:30 p.m. to 6 p.m., a full course pork loin roast supper for Mother's Day will be held at Melvern Square Community Centre. Gingerbread dessert.

Chase the ace
May 7, 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.

Spring sale
May 7, 10 a.m. to 2 p.m., the Annapolis Valley Chapter of Autism NS hosts a Mother's Day Shopping Event, with vendor tables, ticket auction and bake sale; at the New Beginnings Centre, 1151 Bridge Street, Greenwood.

Contact: Sandy, 902-242-2019 or annapolisvalley@autismns.ca.

Yard sale
May 7, 8 a.m. to noon, All Saints' A.C.W. will be holding its annual yard sale at the All Saints' Church Hall, Pleasant Street, Kingston (turn west off Bridge Street).

Lacrosse coaching clinic
May 7, 10 a.m. to 6 p.m., Valley Thunder Lacrosse hosts a free coaching clinic at the Kingston rink (Credit Union Centre). The youth (ages five to 18) lacrosse season will begin in mid-April, with teams generally practicing twice a week (Kingston and Berwick rinks) with a game or two on weekends through mid-June. Coaches at all levels are welcome. For more information about Valley Thunder Lacrosse, visit www.valleylacrosse.ca or email vtlacrosse@eastlink.ca.

Cemetery clean up
May 7, 9 a.m. to noon, join

volunteers for the spring clean up of both Tremont Cemeteries on Tremont Mountain Road. Young and old, all welcome. For info: 902-765-2642. Rain date May 14.

Brunch
May 8, 10:30 a.m. to 1 p.m., the RCAF Association is holding a Mother's Day brunch at the RCAF Association, 904 Central Ave, Greenwood. Price is \$7 for a full meal, with proceeds to help finance the many projects of the association.

Jam session
May 8, 2:30 p.m. to 5 p.m., the Annapolis Valley Bluegrass & Old Time Music Association hosts a jam at the Windermere Hall. Come to play or listen. Always a good time.

Dinner
May 8, Mother's Day dinner at the Aylesford & District Lions Club, 2160 Hwy 1, Auburn

(honey glazed ham, mashed potatoes, peas, carrots, homemade carrot cake dessert, beverages). Tickets in advance \$15 each: Del, 902-300-5398; or Joy, 902-847-1099. Doors open 5:30 p.m., dinner at 6 p.m.

VPI Red Tie Luncheon
May 13, VPI Greenwood will host its annual luncheon to recognize historical foes, the Russian Red Navy. Lunch provided by the Lions Club of Kingston, supplying a full roast beef dinner including salad and dessert. The guest speaker will be Rear-Admiral John Newton, Commander Mar-lant/ JTFA. The function is open to VPI members and current serving military. Reserve your ticket at VPI HQ Tuesday and Thursday, between 10 a.m. and noon, at a cost of \$20. Seating is limited, until May 5. More information at 902-765-1494 local 5447 or vpqhq@eastlink.ca.

sudoku

solution page 14

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

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

ENTER FOR A CHANCE TO WIN GREAT NHL® PRIZES!
SUBWAY
 Think fresh. Eat fresh.™
 GRAND PRIZE ENTRY DEADLINE: MAY 2ND, 2016
 Middleton - 902-825-5525 • Greenwood - 902-765-2267

patrick's puzzle

solution page 14

PAIN RELIEF WORD SEARCH

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

WORDS

- | | | | | |
|-------------|--------------|--------------|--------------|------------|
| AEROBIC | BURSA | EXERCISE | LUPUS | RANGE |
| ALDOLASE | CARTILAGE | FIBROMYALGIA | MASSAGE | RELIEF |
| AQUATHERAPY | CHONDROITIN | GLUCOSAMINE | MEDITATION | RHEUMATOID |
| ARTHRITIS | CHRONIC | GOUT | MOTION | STEROIDS |
| ASPIRATION | CORTISONE | INFLAMMATORY | OCCUPATIONAL | STIFFNESS |
| AUTOIMMUNE | DEGENERATIVE | ISOMETRICS | PAINFUL | STRENGTH |
| BENDING | ENDORPHINS | JOINT | PHYSICAL | THERAPY |

patrick's puzzle brought to you compliments of

Feeling confined by your data plan? **TELUS**
 authorized dealer
 Our worry-free Flex Data plans automatically adjust to your changing needs.
 Greenwood Mall | 902-765-2415

horoscopes

May 1 - May 7

ARIES - Mar 21/Apr 20

Things seem to be in high gear this week, Aries. Others around you are just as boisterous, and it may even seem manic. Exercise a little extra patience to get through.

TAURUS - Apr 21/May 21

Taurus, you have been hiding something and it's time you let your feelings out in the open this week. Pay attention to how others react to the news.

GEMINI - May 22/June 21

If you crave adventure, Gemini, then it could be time to host a party or see if friends want to go out on the town. Staying home mulling over all of the options will get you nowhere.

CANCER - June 22/July 22

This week's contradictory cosmic energy will not help you when making decisions, Cancer. It is entirely up to you and your gut instincts to make the right decisions.

LEO - July 23/Aug 23

Leo, do not ignore the inner voice that is trying to tell you to take life more seriously. It can't be all fun and games. Buckle down at work and set a plan into action.

VIRGO - Aug 24/Sept 22

Circumstances beyond your control will make work a little more stressful than you had anticipated, Virgo. Bide your time and soon the week will be over.

LIBRA - Sept 23/Oct 23

Libra, no matter how hard you try to get yourself heard, others just aren't ready to listen. Perhaps you have to try a new approach to making your voice heard?

SCORPIO - Oct 24/Nov 22

Scorpio, you may find yourself in trouble this week because you keep on starting new things without finishing others. Pretty soon you will have a list of unfinished business.

SAGITTARIUS - Nov 23/Dec 21

Restlessness can get the better of you this week, Sagittarius. Just don't get off on some spur-of-the-moment trip to try to channel your energy. You have things to handle first.

CAPRICORN - Dec 22/Jan 20

Finding yourself in the middle of a sticky situation has you trying to discover a solution to a complicated problem, Capricorn. You might need to distance yourself for a little while.

AQUARIUS - Jan 21/Feb 18

A disagreement with a friend or family member could turn your schedule upside down for a little bit, Aquarius. You'll get back on track soon enough and resolve your issues.

PISCES - Feb 19/Mar 20

Pisces, getting your finances in order will take more than balancing your checkbook. It might be time to make some cuts and follow a budget.

horoscopes brought to you compliments of

FRASER'S PRO Home Centre
 BERWICK • 1-800-959-3727
 KINGSTON • 1-902-765-3111
 KENTVILLE • 1-902-678-8044
 BRIDGETOWN • 1-902-665-4449
 ANNAPOLIS ROYAL • 1-902-532-1500
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.

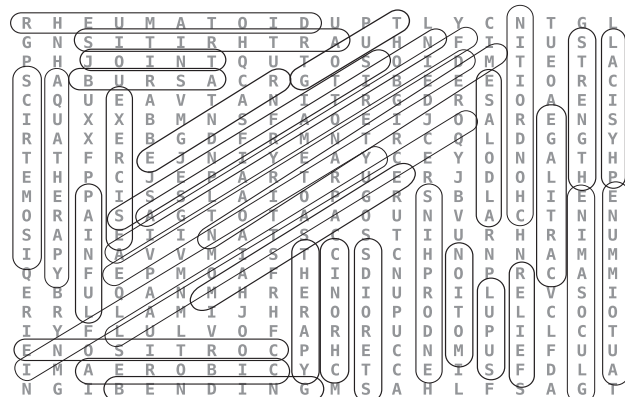
crossword solution

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

sudoku solution

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

patrick's puzzle



APARTMENT FOR RENT

FOR RENT – Comfortable two-bedroom apartment in a quiet four unit adult building. Lawn care and plowed driveway provided along with fridge and stove. Has its own storage/ laundry room with hook ups. All electric and easy to heat. Newly painted. Ideal for quiet mature person. Greenwood area, \$450.00 monthly. Phone 902-765-2042. (3717-1tp)

FOR RENT – Kingston – Kira Place, \$1,100/month, two bedroom unit in secure building, fridge, stove, washer, dryer, dishwasher, microwave, in-floor heat, heat pump, non smoking unit, garage included. Please call 902-765-6312 or visit our website at www.parsonsinvestments.ca (3714-ufn)

FOR RENT – Middleton – 492 Main Street, Middleton, \$700/month, utilities included, quiet building, coin operated laundry, rental application required. Please call

902-765-6312 or visit our website at www.parsonsinvestments.ca (3714-ufn)

FOR RENT – Middleton – 28 Taylor Drive, \$600/month, heat and cold/hot water included, coin operated laundry, storage area, quiet building. Rental application required. Please call 902-765-6312 or visit our website at www.parsonsinvestments.ca (3714-ufn)

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: 902-765-0412 or 902-824-1822. (3708-ufn)

FOR RENT – Small one-bedroom all inclusive on the Vault Rd. available now. Ground floor. Rent \$700 per month includes all utilities and Wi-Fi, washer, dryer, fridge and stove, plus furniture. For responsible single person. Please no smoking and no pets. Call Joe 902-765-1898

or write joeben699@gmail.com. (3711-ufn)

FOR RENT – One-bedroom adult apartment, central Kingston, close to everything. Quiet neighbourhood. Non-smoking. Ideal for people on IR. Fridge, stove, microwave. Heat & lights extra. \$625 per month. 902-765-3664. Available April 1st. (3715-4tp)

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)

HOUSE FOR RENT

FOR RENT – Seeking mature, responsible individual to rent 5 year old home with 3 bedrooms, 2 bathrooms in Margaretsville. Heat pump upstairs, wood airtight downstairs. No pets. No smokers. Rent and damage deposit \$850.00 plus utilities. Contact Marcelle at: marcocto@mail.com. (3716-4tp)

HOUSE FOR SALE

OPEN HOUSE – May 7, 1-4 p.m., 120 Union St., Berwick. Beautiful, classic, 3 bedroom home, newly renovated and updated. Brand new IKEA kitchen, spa-like main bath, diningroom, livingroom and den. MLS#201603221 (3717-1tpb)

FOR SALE FIREWOOD

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

FUTURE GLASS and MIRROR LTD.

Sampson Dr., Greenwood
902-765-2105
WINDSHIELD SPECIALISTS
replacements * chip repairs

ALSO: plateglass, plexiglass & lexan, mirrors, vehicle accessories, window & screen repairs, replacement thermo pane windows and more...

Insurance Claims are our Speciality.
Mention this ad for \$100 off your deductible.

www.windshieldreplacements.ca

Kingston Legion

BINGO

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

Valleywide In-Home Computer Repair

Offers a full range of services in the comfort of your home

- Upgrades • Sales •
- Networking • Tutoring •
- Pickup/Return •
- Laptop Repair •
- Eve-Weekend Appointments •
- Drop-off in Aylesford •

For Fast, Economical, Convenient Service
~ Call Valleywide ~
902-844-2299

VALUABLE COUPON

Complete Mobile Service

- repairs
- replacements
- truck sliders

CHARLIE'S AUTO GLASS

\$100 OFF DEDUCTIBLE
FOR INSURANCE WINDSHIELD CLAIMS

MORE THAN 25 YEARS OF EXPERIENCE!
Middleton: 902-825-3659

DAN'S FIREWOOD

Hardwood, \$240 a cord
Softwood, \$200 a cord
Cut, Split, Delivered
Ph: 902-825-6424

Steve Lake's Light Trucking

Moving & Deliveries
16' Cube Van
902-844 0551

David A. Proudfoot

Barrister * Solicitor * Notary

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

Email: dap@davidproudfoot.com
Web: www.davidproudfoot.com

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



- Real Estate
- Wills / Estates
- Consultations / Referrals

ROGER PARKER EXCAVATING

- Trucks • Dozer • Excavator • Screened Topsoil
- Fill • Gravel • Landscaping • Septic Systems
- QPll installer • Demolition • Driveways • Clearing Lots
- New Home Land Preparation • Over 25 years experience

RES: 902-765-4709 • FAX: 902-765-6420
E-mail: rparker@av.eastlink.ca
Free Estimates

SERVICE

SERVICE – Yard care, handyman, openings available, book early. Lawn mowing, rotor-tilling gardens and lawns. For all your yard care needs call Geoff at Round 2it 902-844-1633. (3716-4tpb)

SERVICE – ERNST LOCKSMITHING – Commercial and Residential, locks re-keyed, repaired and installed. Auto and home lockouts. Call Graham at 902-765-6248. (3714-12tpb)

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 (3710-ufn)

SERVICE – C & R Gillis Contracting Limited, Kingston. Free estimates. Home renovations, roofing, siding and new home construction. Call Richard Gillis at 902-765-4015 or his cell at 902-844-0489. (3716-6tpb)

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)

CHURCH SERVICE – New Beginnings Centre, 115 Bridge St., Greenwood. Pastor Neil Armstrong. Doors open at 9:30 a.m. All are welcome. Come, bring a friend. Prayer meeting Wednesday evenings at 7 p.m. A community meeting place: rentals, 902-765-8155. (3710-10tp)

FOR SALE M&M Firewood

\$240 a cord, split and delivered. One-year old, seasoned hardwood.
Milton: 902-825-8440

FOR RENT

Centrally located at 241 Marshal St., Middleton. Adult, non-smoking, two-bedroom. \$600 per month. Call 902-760-1347.

PARKER & RICHTER

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

Seed library starting in Lawrencetown

Looking for a family project that leads to healthy food choices and sustainable communities?

Starting May 3, the Dr. Frank W. Morse Memorial Library in Lawrencetown is inviting the public to stop by and pick up a free packet of seeds, complete with plant-

ing instructions. All you have to do is browse the packets, show us your library card and - easy peasy - you get a packet of seeds, kindly donated by Annapolis Seeds, Hope Seeds and Paul Gregory, organic backyard gardener.

Gardening is known to have substantial health benefits in

terms of physical activity and mental well-being, so get out there and get your hands dirty.

For information, contact Angela Reynolds, community engagement coordinator, Annapolis Valley Regional Library; at areynolds@valleylibrary.ca or 902-665-2995 local 224.

High Five courses on offer

The 14 Wing Greenwood Community Centre will offer two High Five courses for community club members and organization volunteers

High Five Sport will be offered May 28, 9 a.m. to 1 p.m., and High Five Principles of Healthy Child Development will run May 29, 9 a.m. to 4 p.m.

To register, contact Jill Jackson, Community Recreation Manager, PSP; at Jill.Jackson@forces.gc.ca or 902-765-1494 local 5331.

GATHER
RASSEMBLEMENT
 JUNE 23 TO 26, 2016
 23 AU 26 JUIN 2016

GREENWOOD
 NOVA SCOTIA •• NOUVELLE-ÉCOSSE

COMMEMORATIONS & CAMARADERIE
 COMMÉMORATIONS ET CAMARADERIE

75
 Anniversary
 Anniversaire

Our Heritage: Our Future
 Notre patrimoine: notre avenir

REGISTRATION INFORMATION
 POUR S'INSCRIRE, S'INFORMER
www.gmam.ca/75th-anniversary.html

SET YOUR CAREER SIGHTS HIGHER

Accelerate your career in the worldwide business jet industry. Join a team of experts who are backed by decades of experience and the full expertise of the Original Equipment Manufacturer.

BOMBARDIER AIRCRAFT TRAINING IS CURRENTLY RECRUITING MAINTENANCE INSTRUCTORS FOR ITS INDUSTRY-LEADING PROGRAMS. BASED IN MONTREAL, AVAILABLE POSITIONS INCLUDE:

Technical Instructors
 Avionics / Electrical systems

Technical Instructors
 Airframe / Power Plant systems

BUSINESSAIRCRAFT.BOMBARDIER.COM

BOMBARDIER
 the evolution of mobility

Bombardier Aerospace is an equal opportunity employer and encourages women, Aboriginal people, persons with disabilities and members of visible minorities to apply.

JOIN US AT
careers.bombardier.com

Some two-wheeled advice

**Sergeant Brian Milligan,
Aurora Newspaper**

Spring is here, and it's time to get the bicycles out and take in all the beautiful sights and smells of the Valley. Before you set out for your first ride, make sure you and your bicycle are ready for the road.

Give your bike a good cleaning: Clean away any gunk that has built up on the brakes and gears. Check for dust and debris, which can clog the chain and make it harder for your brakes to grip.

Tune your bike: Make sure everything is in working order. Start with the chain - after all, it is the link between the pedals and wheels. Check the links for wear and tear, and use a cleaning solvent to remove all grime so a proper inspection can be completed. Once your inspection is complete, lubricate the entire chain, let it absorb and wipe away any excess.



Sergeant B. Milligan

Check your front and rear brakes for proper operation, and make sure the brake pads are worn evenly and are making contact with even pressure on both sides of the rim. If your bike has gears, as most bikes do, run through all the gears, listening for any noises or grinding.

Do a visual check of your tires for any wear marks, and check the tread quality. Ensure your tire pressure is in accordance with the rating on the tire sidewall.

Once all these checks have been completed successfully, it is important to

check your bike still fits you (as your bike might have gained some weight over the winter). Make sure your seat height is still suitable.

Now you are ready for the road - but consider packing or carrying a few items: a spare tube, tire levers (to help you change a flat), a pump, multi-purpose quick-fix for a flat tire (zip ties and duct tape can also be used to fix almost anything, from a temporary chain repair to mounting a flashlight on your handlebars). Bring a little cash or a credit card, as you never know when you are going to pass a dairy bar

and you just can't resist the deep fryer smells. Finally, if you only have room for one item, make it a cell phone (charged!).

For any physical activity, follow the layering principle, using lightweight, waterproof and water-wicking clothing. Bright colours are preferred for visibility.

Start slowly. Don't start by attacking a mountain or hilly terrain; find a flat route for your first ride. Use the first 10 minutes of cycling as a warm-up. While it's important to stretch after a

ride, there's nothing wrong with getting off your bike and doing some stretches if you are feeling stiff and sore. If you have time, it is always a good idea to take your car and do a pre-ride inspection of your route to ensure the road is in good condition and the shoulder is adequate for a bicycle.

There are many riding groups, routes and events available for any and all types of cyclist. The next article will provide details on what is available in this area for your cycling pleasure.



Sean Keddy
Masonry & WETT Tech
902-825-1215 • 902-840-0610

<p>Masonry</p> <ul style="list-style-type: none"> • Chimney Top Outs • Full Re-builds • Culture Stone • Brick & Stone Veneer • Cement Block 	<p>WETT Certified</p> <ul style="list-style-type: none"> • Inspection • Cleaning • Installs • Tear Outs • Wood Stove Servicing • Factory Built Chimneys • Stainless Steel Liners
---	--

ED'S PROPERTY MAINTENANCE LTD.



Mini-Dumpsters • 8 • 10 • 12 Yards

- Renovations
- Home Clean-up
- Moving
- Spring Clean-up

Home Repairs • Drywall Repairs • Lawn Care • Carpet Laminate • Painting • Cut & Split Firewood for Sale

Call for Pricing & Booking • (902) 526-3156 • ededling1@gmail.com

Colin Fraser
Member of Parliament - West Nova
Député - Nova-Ouest




Colin.Fraser@parl.gc.ca
1-866-280-5302

2 George Street, P.O. Box 865,
Middleton, NS B0S 1P0
T: 902-825-3327 F: 902-825-3213




**HOUSE OF COMMONS
CHAMBRE DES COMMUNES**

Confederation Building
Suite 117, Ottawa, ON
K1A 0A6
613-995-5711

Defence Construction Canada (DCC) is a Crown corporation that provides innovative and cost-effective contracting, construction management, infrastructure and environmental services for the Department of National Defence (DND), the Canadian Forces (CF) and the defence of Canada. To achieve our mandate DCC requires private sector contractors to perform construction, renovation and maintenance projects.

DCC would like to invite contractors to an information session on how to work with us on these interesting and challenging projects. The briefing will provide contractors with information on tendering, including the new e-tendering process, health & safety, fire and security requirements, and our contract processes.

Where: Birchall Training Facility,
14 Wing Greenwood

When: 1:00 p.m. - 4:00 p.m., 12 May 2016

Contractors are asked to confirm their attendance by e-mail to agwadmin@dcc-cdc.gc.ca or by calling 902-765-1761, before 9 May 2016.

Assisting home sellers and buyers in their quest for the perfect property and making that journey smooth and worry free.

Let me handle the details!



Lisa (Lisa G) Giancarlo REALTOR®

Cell: 902-692-1170
Fax: 902-765-3214
Email: LisaLsells@eastlink.ca



Remax Banner Real Estate

962 Central Avenue
Greenwood, NS B0P 1N0
Each Office Independently Owned and Operated

- RE/MAX 2015 Executive Club award winner.
- Years of real estate sales and marketing.
- Past president of the Annapolis Valley Real Estate Board and Director on the Nova Scotia Association of Realtors.

