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UAV business taking flight

Sara Keddy,
 Managing editor

"I was ready for something new," is one way to describe John Saunders' approach to work.

The Harmony man built a Canadian Armed Forces career moving from branch to branch and trade to trade; now, having "retired," he's at the forefront of a private unmanned aerial vehicle contracting business.

Saunders is a military kid himself, born in Germany and

having lived across Cabada with his family. His own military experience started with Air Cadets as a youth, then the infantry Reserves, before he joined the Army as a full-on infantry weapons technician. He served with the Canadian Airborne – "loved it," he says – before remustering to the Air Force as an airborne electronic sensor operator. "Loved that work," he adds.

At 14 Wing Greenwood around 2003, he then signed on with Joint Task Force 2 for



John Saunders with his \$1000 unmanned aerial vehicle, just one piece of high-tech equipment in Tier 1 UAV Solution's growing Valley business. Submitted

a few years. He realized "I was away all the time," and his family was living with

his constant absences, so he requalified as an AESOP again and ended up back at

14 Wing.

In 2008, he deployed to Afghanistan with some of the

first UAVs in the Canadian military's arsenal. The early Sperwer had been in the field, but the new UAVs were being rolled out.

"They needed them in theatre right away, all contracted UAVs through MDA and pushed into service," Saunders remembers. "They needed technical documents."

He and another Royal Canadian Air Force member were tasked with coming up with those documents on the fly: standard operating procedures, tactics, manoeuvres....

"This was over the shoulders of the military personnel using them. We were build-

Continued on page 2...

Analysing, understanding, targeting Daesh

Major Mark Peebles,
 JTF-I Public Affairs

Understanding the enemy is key to defeating him. Since they stood up late last May, the men and women of the All Source Intelligence Centre have been contributing to the coalition's ability to understand and ultimately defeat Daesh.

The deployment of the All Source Intelligence Centre (ASIC) to Operation Impact is the result Canada's refocusing of the mission in February, which, amongst others capabilities, added more intelligence resources. While Joint Task Force - Iraq (JTF-I) had an intelligence staff deployed as a national intelligence centre, the

ASIC now adds a greater collection management capability to its core of analysts and became a line unit of approximately 50 personnel within JTF-I.

"Intelligence gathering and dissemination is a central pillar in our expanded military contribution to coalition efforts," says Brigadier-General Shane Brennan, Commander of JTF-I. "The fight against Daesh depends on credible and integrated intelligence, key to the planning and executing of operations. We need to understand what Daesh is doing, how they do it and why. The ASIC is conducting very important work in this area."

The ASIC has three key tasks within JTF-I. Force protec-

tion provides indicators and warnings of environmental and adverse activity so the JTF-I leadership can take informed measures to enhance the protection of the men and women of JTF-I. Situational awareness provides JTF-I with an understanding of Daesh, as well as the human activities and dynamics within the Joint

Operations Area to provide a better understanding of the environment and enhance their decision-making ability. Finally, targeting means collecting and analysing information about Daesh to identify points of interest and develop them into targets, which are vetted and validated before being shared with the coalition.

Continued on page 2...

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Analysing, understanding ...

...cover

The ASIC concept is not new to the Canadian Armed Forces (CAF). The concept was used by the 1st Canadian Division circa the mid-1980s with the Intelligence Collection & Analysis Centre, and has since been refined. Even so, it wasn't institutionalized until Operation Athena in Afghanistan in 2006. Now, the CAF has ASICs formed across Canada nested within the Canadian Army under the Canadian Army Intelligence Regiment, any of which may be deployed as formed teams instead of deploying as ad hoc organizations.

"The fact that we now have ASICs institutionalized under the Canadian Army Intelligence Regiment enhances cohesion when deploying on missions," says the JTF-1 J2 (Senior Intelligence Advisor). "They already have a formed core of personnel and leadership, to which you can add specialists as the situation demands, and away they go in a relatively short period of time."

Targeting is a particular area where the ASIC has improved JTF-1's contribution to the coalition. With the added intelligence collection and analysis



A tactical communications officer sends communication messages out while conducting a surveillance mission over Iraq in a CP140 Aurora during Operation Impact, over Iraq.

Operation Impact, DND (photo has been digitally altered due to operational security)

horsepower, the ASIC has been able to better feed what is an intelligence-driven effort. The commanding officer of the ASIC notes the ASIC is one of a number of coalition partners contributing to the targeting effort, and has produced a steady flow of high-quality targets to the coalition.

"We are at the forefront of the development of targeting and intelligence in the CAF. We are testing concepts and moving from theory into practical application," says the commanding officer of the ASIC. "We've become more efficient, and able to create a broader intelligence contribution to JTF-1

and the coalition. The lessons we are incorporating here are helping the evolution of the intelligence function throughout the CAF, and helping to keep pace with the changing threat environment."

The deployment of the ASIC to Operation Impact has created a significant demand on resources within the intelligence branch. The JTF-1 Intelligence advisor, however, notes this is the first opportunity since Afghanistan for many junior non-commissioned members and officers to get operational experience and put into practice what they have learned over countless training events.

UAV business ...

...cover

ing a document for the next group."

While he was on the job. MDA came recruiting.

"No way! You'd be continuing to work in Kandahar. The very next day, I heard I was going to be posted to Ottawa!"

Saunders wrapped up immediately with the RCAF and signed on with MDA – two months in theatre with the UAV contracting work and one month home, for the next five years.

"I worked by myself a lot, at night, as an MDA UAV pilot. There was a bit of pressure there, but I really enjoyed it. The challenges of working in that environment – UAVs, helicopters, transport aircraft - it was the busiest airport in the world for a few years. Intense."

He trained in Israel, taught in Australia and continued in Afghanistan until 2014. He describes the Canadian – and the international militaries' – experience with UAVs through that decade as "pretty transformational." And it was for him, too. "When I finished with MDA

and came home it was, 'What am I going to do?'" Saunders says. "I wanted to keep my hand in with UAVs."

With a sideline love of photography, "I had a plan in place."

Saunders bought his first UAV, but describes it as far beyond a recreational drone, becoming more common in laymen hands.

"A lot of people think 'a drone is a drone is a drone.' These are in a different category altogether – there's maybe one other person in Eastern Canada with personal commercial equipment like this."

His paired businesses, Tier 1 UAV Solutions and John Saunders Photography and Films, are slowly building a clientele, from drone footage for tourism promotions to in-the-air event imagery to commercial work for forestry and mining companies. He is very mobile, able to select an array of drone and UAV equipment to move high-quality photography and video cameras around the region. With a few other local experts in the area, with their own background in military and contracted UAV work,

what was a "one man show is starting to develop."

Saunders' operations and equipment re fully insured, and meet all Transport Canada's regulations for UAV flight, particularly around 14 Wing Greenwood and Halifax military airspace restrictions. He's fully aware of the impact recreational drone proliferation is having in the aviation world, and is determined Tier 1's professional approach will be the foundations for a professional, recognized business.

Recent contacts with Brican, an Ontario UAV company, are signs of optimism. Saunders expects Tier 1 will be flying Brican's test 25-kilogram aircraft in the new year and creating the same military-style operations and training documentation he once developed for the RCAF.

"Building this business is all about developing connections and getting visibility for the field, in Nova Scotia and across Canada," Saunders says. "Things are starting to come along – I'm confident, our core team is being built and I'm convinced this is going to happen – one way or another."

Canadian Forces Morale and Welfare Services: 1996-2016

Canadian Forces Morale and Welfare Services (CFMWS) is celebrating 20 years of dedication to helping Canadian Armed Forces members and their families with services tailored to handle many unique aspects of the military lifestyle.

Over the years, powerful relationships have been forged between CANEX and numerous business partners in support of the Canadian military community. To name a few, for 30 years, CANEX has partnered with The Personal Insurance Company to offer preferred group rates for home and auto insurance. Back in 1994, CANEX established another strong business partnership with Tim Hortons. Since then, this partnership continues to

grow, currently having 10 Tim Hortons restaurants and 14 kiosks located across Canada on Canadian Armed Forces bases/wings.

SISIP Financial has built strong partnerships with its financial planning partners Great West Life, as the investment provider for the Canadian Armed Forces Savings Plans; and FundEX Investments, who provide mutual funds. Manulife Financial continues to be a leader in the insurance industry, partnering with SISIP Financial since 1969 for all of SISIP Financial's optional group term life, disability and travel insurance plans.

Since October 2007, children of military parents who died while serving on an active mission with the Canadian

Forces are eligible to receive financial assistance for their post-secondary education from the Canada Company Scholarship Fund.

Canadian Defence Community Banking was introduced in 2008 to offer cost-effective banking plans to the military community with unique features tailored to the military lifestyle and needs, thanks to a partnership with BMO Bank of Montreal. Since then, BMO has contributed hundreds of thousands of dollars to sponsor morale and welfare programs, and purchases made with the Support Our Troops MasterCard have generated thousands more for the Support Our Troops Funds.

To help address many of the systemic challenges facing military families in Canada,

Military Family Services is working with a growing network of local, regional and national resources, services and programs directly benefiting the military family constituency in Canada.

Over 40 military and veteran leaders and delegates from business, community, government and the Canadian Armed Forces gathered at the second annual Canadian Military and Veteran Leadership Circle at the Canadian War Museum in Ottawa in January 2016 to build community knowledge around military and Veteran families. The event was co-hosted by Canadian Armed Forces' Commander of Military Personnel Command, Lieutenant-General Christine Whitecross, and Vanier Institute of Family.

Organizations in attendance had the opportunity to discuss their current involvement with military families, as well as future collaborations in an effort to address the continuing needs of military members and their families. One example of such an organization doing work on behalf of military families is Canada Company, a charitable, non-partisan organization that builds the bridge between business and community leaders to activate and promote a network of national employers seeking to actively recruit and hire military spouses. Another example is Calian Ltd, working with Military Family Services to develop a CAF family-specific referral service that links families with physicians in their Calian Primacy clinics

located in select communities across Canada. Leveraging the availability of that medical network, Calian has recruited dozens of family physicians in communities such as Winnipeg, Edmonton, Toronto and Halifax. More than 300 families have already been referred to family physicians.

In addition to these strategic business relationships, the Canadian Forces Appreciation Program gives back to the entire military community with great savings thanks to partnerships with thousands of businesses offering exclusive deals and discounts. Today, the program continues to expand to include some of the world's brands and major businesses, and is being enhanced and expanded into new markets.

Services de bien-être et moral des Forces canadiennes : 1996-2016

Les Services de bien-être et moral des Forces canadiennes (SBMFC) célèbrent 20 années de dévouement envers les membres des Forces armées canadiennes et leur famille durant lesquelles ils leur ont offert des services leur permettant de composer avec les nombreux aspects particuliers du mode de vie militaire.

Au fil des ans, des relations fortes ont été établies entre CANEX et de nombreux partenaires d'affaires en vue d'appuyer la communauté militaire canadienne. Entre autres, depuis plus de 30 ans, CANEX s'associe à La Personnelle, Compagnie d'assurances, en vue d'offrir des taux préférentiels de groupe pour l'assurance automobile et habitation. En 1994, CANEX a entamé un autre partenariat solide avec Tim Hortons. Ce partenariat continue de prendre de l'ampleur : on compte aujourd'hui dix restaurants Tim Hortons et 14 comptoirs Tim Hortons un peu partout au pays dans les bases et escadres des Forces armées canadiennes.

En 2008, les Services bancaires pour la communauté de la défense canadienne ont été créés pour offrir, en partenariat avec BMO Banque de MontréalMD, des programmes de services bancaires économiques comportant des avantages adaptés au style de vie et aux besoins des militaires. Depuis, la BMO a versé des milliers de dollars aux programmes de bien-être

compagnie d'assurance-vie, pour les investissements des Régimes d'épargne des Forces armées canadiennes, et FundEX Investments, pour les fonds de placement. La Financière SISIP depuis 1969 pour offrir tous les régimes d'assurance collective facultative temporaire, d'assurance invalidité et d'assurance voyage de la Financière SISIP.

Depuis octobre 2007, les enfants de militaires décédés au cours d'une mission active des Forces canadiennes peuvent recevoir du Programme de bourses d'études de la Compagnie Canada une aide financière pour leurs études postsecondaires.

En 2008, les Services bancaires pour la communauté de la défense canadienne ont été créés pour offrir, en partenariat avec BMO Banque de MontréalMD, des programmes de services bancaires économiques comportant des avantages adaptés au style de vie et aux besoins des militaires. Depuis, la BMO a versé des milliers de dollars aux programmes de bien-être

et de maintien du moral, et les achats effectués avec la carte MasterCardMD BMO Appuyons nos troupes ont permis de générer des milliers de dollars additionnels pour le Fonds Appuyons nos troupes.

En vue de s'attaquer à de nombreux enjeux systémiques auxquels font face les familles des militaires canadiens, les Services aux familles des militaires travaillent avec un réseau grandissant de ressources, de services et de programmes offerts à l'échelle locale, régionale et nationale et dont profite directement la population des familles des militaires au Canada. Le janvier 2016, à Ottawa, la deuxième réunion annuelle du Cercle canadien de leadership des familles de militaires et des vétérans a réuni plus de 40 chefs de file militaires, vétérans et délégués du monde des affaires, des communautés, du gouvernement et des Forces armées canadiennes; l'objectif de cette réunion est de mieux faire connaître les familles des militaires et vétérans dans la communauté. Le Lieutenant-général Christine Whitecross, commandant du Commandement

du personnel militaire des Forces armées canadiennes et l'Institut Vanier de la famille étaient les coorganisateurs de l'événement. Des représentants d'organisations participantes ont discuté de leur engagement actuel auprès des familles des militaires ainsi que de la collaboration à l'avenir en vue de répondre aux besoins continus des militaires et de leur famille. Compagnie Canada, par exemple, compte parmi les organisations qui déploient des efforts pour aider les familles des militaires. Cette organisation est une œuvre de bienfaisance et neutre qui sert de pont entre les entreprises et les dirigeants des communautés afin de mettre en œuvre et de faire la promotion d'un réseau d'employeurs nationaux à la recherche active de conjoints de militaires à titre de main d'œuvre. Un autre exemple de telles organisations est Calian Ltd., qui travaille avec les Services aux familles des militaires pour créer un service d'orientation visant les familles des militaires et qui les met en relation avec des médecins pratiquant dans les cliniques Calian Primacy,

qu'on retrouve dans certaines localités un peu partout au Canada. Tirant profit de la disponibilité de ce réseau de services médicaux, Calian a recruté des dizaines de médecins de famille dans divers endroits comme Winnipeg, Edmonton, Toronto et Halifax, et qui sont prêts à offrir dès maintenant leurs services aux familles des militaires dans leur cabinet. Plus de 300 familles ont été adressées à des médecins de famille.

Outre ces relations stratégiques d'affaires, le Pro-

gramme de reconnaissance des Forces canadiennes récompense l'ensemble de la communauté militaire en lui faisant réaliser d'importantes économies grâce à des partenariats avec des milliers d'entreprises offrant des aubaines et des rabais exclusifs.

Aujourd'hui, le Programme continue de prendre de l'expansion : il offre des marques réputées à l'échelle internationale, noue des partenariats avec d'autres grandes entreprises et s'oriente vers de nouveaux secteurs.

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
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Dwight Ross Elementary School will be holding their Primary Registration on March 6th for all students starting school in September 2017.

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404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Bruno Baker (left) and Chief Warrant Officer Conrad Wilson (right) December 12 presented Master Corporal Kelly Low with a Canadian Forces Decoration Medal for completing 12 years of dedicated service to the Canadian Armed Forces. Corporal C. Roche, 404 Squadron, Courseware Development



404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Bruno Baker (left) and Chief Warrant Officer Conrad Wilson (right) December 12 presented Master Corporal Jordan Cuming with a General Campaign Star - Expedition for 30 days of service deployed over Iraq. Corporal C. Roche, 404 Squadron, Courseware Development



404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Bruno Baker (left) and Chief Warrant Officer Conrad Wilson (right) December 12 presented Warrant Officer Dennis Boswall with a General Campaign Star - Expedition for 30 days of service deployed over Iraq. Corporal C. Roche, 404 Squadron, Courseware Development



404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Bruno Baker (left) and Chief Warrant Officer Conrad Wilson (right) December 12 presented Master Corporal Todd Detcheverry with a Commending Officer's Commendation for identifying a requirement to improve the CP140 HF antenna training, and improving it. Corporal C. Roche, 404 Squadron, Courseware Development



404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Bruno Baker (left) and Chief Warrant Officer Conrad Wilson (right) December 12 presented Master Corporal David Murray with a Canadian Forces Decoration 2nd Clasp for completing 32 years of dedicated service to the Canadian Armed Forces. Corporal C. Roche, 404 Squadron, Courseware Development



404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Bruno Baker (left) and Chief Warrant Officer Conrad Wilson (right) December 12 presented Master Corporal James Carpenter with a General Service Medal - Expedition for 30 days of service deployed in Kuwait. Corporal C. Roche, 404 Squadron, Courseware Development



404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Bruno Baker (left) and Chief Warrant Officer Conrad Wilson (right) December 12 presented Master Corporal Wayne Jones with a General Service Medal - Expedition for 30 days of service deployed in Kuwait. Corporal C. Roche, 404 Squadron, Courseware Development



404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Bruno Baker (left) and Chief Warrant Officer Conrad Wilson (right) December 12 presented Corporal Dominique Beauregard-Douaire with a General Campaign Star - Expedition for 30 days of service deployed over Iraq. Corporal C. Roche, 404 Squadron, Courseware Development



404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Bruno Baker (left) and Chief Warrant Officer Conrad Wilson (right) December 12 presented Master Corporal Christopher Baker with a General Service Medal - Expedition for 30 days of service deployed in Kuwait. Corporal C. Roche, 404 Squadron, Courseware Development



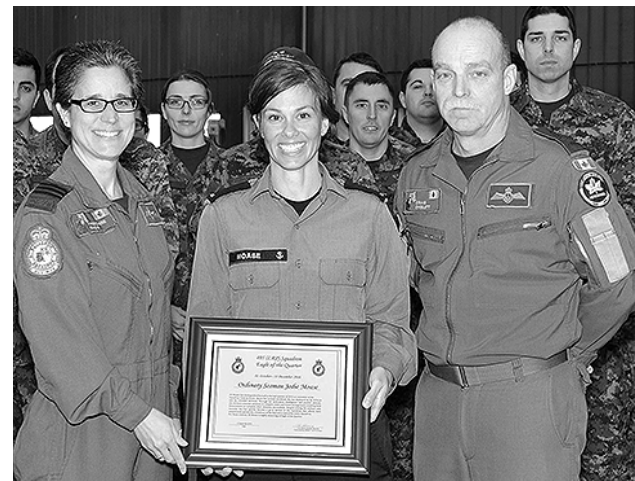
404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Bruno Baker (left) and Chief Warrant Officer Conrad Wilson (right) December 12 presented Sergeant Michael Richardson with a General Service Medal - Expedition for 30 days of service deployed in Kuwait. Corporal C. Roche, 404 Squadron, Courseware Development



404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Bruno Baker (left) and Chief Warrant Officer Conrad Wilson (right) December 12 presented Captain Wade Mayer with a General Campaign Star - Expedition for 30 days of service deployed over Iraq. Corporal C. Roche, 404 Squadron, Courseware Development



404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Bruno Baker (left) and Chief Warrant Officer Conrad Wilson (right) December 12 presented Master Warrant Officer David Pawulski with a General Campaign Star - Expedition for 30 days of service deployed over Iraq. Corporal C. Roche, 404 Squadron, Courseware Development



405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond (left) and Squadron Chief Warrant Officer Craig Chislett (right) December 12 presented Ordinary Seaman Jodie Moase the Eagle of the Quarter Commendation. Corporal D. Kirkwood, 405 Squadron Imaging



December 13, 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond (left) promoted Aviator (Basic) Matthew Mayne (center) to Aviator (Trained), with Squadron Chief Warrant Officer Craig Chislett in attendance. Corporal D. Kirkwood, 405 Squadron Imaging



December 13, 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond (left) presented Sergeant Francois Hamel (center) a Certificate of Service for his 26-plus years of service to the Canadian Armed Forces, with Squadron Chief Warrant Officer Craig Chislett in attendance. Corporal D. Kirkwood, 405 Squadron Imaging



December 15, 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond, left, and Squadron Chief Warrant Officer Craig Chislett, right; presented Captain Jonathan Appley the General Service Medal - Expedition. Corporal D. Kirkwood, 405 Squadron Imaging



December 15, 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond, left, and Squadron Chief Warrant Officer Craig Chislett, right; presented Captain Jonathan Sisk the General Service Medal - Expedition. Corporal D. Kirkwood, 405 Squadron Imaging



December 15, 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond, left, and Squadron Chief Warrant Officer Craig Chislett, right; presented Captain Sharlene Gillis the General Service Medal - Expedition. Corporal D. Kirkwood, 405 Squadron Imaging



December 15, 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond, left, and Squadron Chief Warrant Officer Craig Chislett, right; presented Corporal David Bigger the General Service Medal - Expedition. Corporal D. Kirkwood, 405 Squadron Imaging



December 15, 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond, left, and Squadron Chief Warrant Officer Craig Chislett, right; presented Corporal Philip Dixon the General Service Medal - Expedition. Corporal D. Kirkwood, 405 Squadron Imaging



December 15, 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond, left, and Squadron Chief Warrant Officer Craig Chislett, right; presented Corporal Gabriel St-Gelais with the Canadian Forces Decoration. Corporal D. Kirkwood, 405 Squadron Imaging



December 15, 405 (Long Range Patrol) Squadron Commanding Officer Lieutenant-Colonel Marie-Claude Osmond, left, and Squadron Chief Warrant Officer Craig Chislett, right; presented Corporal Alex Hughes the General Service Medal - Expedition. Corporal D. Kirkwood, 405 Squadron Imaging



Major Rodney Chongva, officer in command of 14 Wing Replenishment Squadron, left; recently presented Second Lieutenant Devon O'Rourke, centre, with his promotion to lieutenant. Also present was Major Gary Batt, acting Wing Logistics and Engineering Officer.



Major Rodney Chongva, left, officer in command of 14 Wing Replenishment Squadron; recently presented Second Lieutenant Jeffrey Prime, centre, with his promotion to lieutenant. Also present was Major Gary Batt, acting Wing Logistics and Engineering Officer. Submitted

Op Christmas

Members of 14 Construction Engineering Squadron took part in Operation Christmas Cheer with the Salvation Army in Bridgewater before the holidays, delivering food and toys to many families in the local community. This program has been running for 19 years and the organizers, Sergeant Nicole Wamboldt and Master Corporal Katherine Cheeseman, keep everything running smoothly.

Honorary Colonel D. Hennessey, 14 Construction Engineering Squadron



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Community volunteers wanted during tax time

Volunteers are needed to help file simple income tax returns for people in your community, on behalf of the Canada Revenue Agency's Community Volunteer Income Tax Program (CVITP). If you have a basic understanding of income tax and want to help out in your community, register to become a CVITP volunteer

at cra.gc.ca/volunteer from through to February. The CVITP has been helping individuals with modest incomes and simple tax situations prepare their income tax and benefit returns for free for 45 years. CVITP volunteers help complete more than half a million tax returns every year, lending a hand to thousands of people

in communities across the country. As a volunteer with the CVITP you will: give back to your community, help individuals get or maintain uninterrupted access to benefits and credits, increase your personal tax knowledge, gain new skills and improve existing ones, do work that is valued and

recognized and receive training, support and reference materials, including free tax software.

For more information about the CVITP, to find out how to become a volunteer or to find a participating community organization in your area, visit cra.gc.ca/volunteer or call 1-800-959-8281.

JANUARY / JANVIER **The Annapolis Mess** 2017

http://greenwood.mil.ca/cms/Community/AnnapolisMess/AnnapolisMessHome.aspx

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1 TOW BAR Darts Available	2 MESS CLOSED	3 MESS OPENS	4	5	6 NO TGIF OR TOW BAR ENTERTAINMENT	7
8	9	10	11 PAINT NIGHT PRIVATE FUNCTION	12	13 TGIF - JR RK HOSTS - CHINESE FOOD	14
15	16 OM COFFEE BREAK	17	18 LADIES BRIDGE TRIVIA NIGHT WJADEN	19	20 WOSM COFFEE BREAK	21
22	23	24	25	26 TGIF - WOSM HOSTS - KFC	27 TOW BAR ENTERTAINMENT "BROKE WITH MONEY"	28 ROBBIE BURNS NIGHT
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Greenwood set to send national squash, badminton contingent

The Canadian Armed Forces Atlantic Region Badminton/Squash championships were held at 14 Wing Greenwood December 5 through 9.

Expectations were high for both 14 Wing teams, and the tournament started with the team competition. After the first two days, it was evident all the hours of practice and hard work the Greenwood teams had put in had paid off: both the badminton team and squash team brought home the overall Atlantic team banners - by a significantly large number of points.

From there, attention switched to individual competition, as only the top nine players for squash and the top 10 for badminton would go on to represent the Atlantic Region at the national championship. All players competed at a high

level, with long and hard fought matches. In the end, the Greenwood players were able to secure five of the nine available spots on the regional squash team and five of the spots on the badminton team.

Of note, this was the last sports competition for Corporal (retired) J. Giles, a mainstay in the Greenwood sports program since the early 1990s. He excelled at volleyball, in which he competed at the CISM level, as well as tennis and squash. The team from Greenwood wishes him the best of luck in his future endeavours.

Atlantic Regional players now heading to the badminton and squash nationals in Borden, Ontario in early 2017 include Sergeant Jeff Parsons, 14 Wing; Warrant Officer Alain Chalifoux, 14 Wing; Lieutenant (Navy) Wight, Halifax; Corporal



The 14 Wing Greenwood squash team included, front row, from left: Corporal Cory Francis, Master Corporal Dominique Poulin, Sergeant Philip Kavanagh, and Captain Jason Yonom. In the second row are Warrant Officer Alain Chalifoux, Corporal Jeff Giles, Sergeant Brian Slaughter and Major Len Kosciukiwile.

Leading Seaman C. Moon, 14 Wing Imaging



The 14 Wing Greenwood badminton team included, front: coach Kevin o' Keefe; second row, from left: Corporal Thongsouvanh and Lieutenant-Commander Ikede; third row: Corporal Shane Dissanayake, Captain Kimberly Chisholm and Master Corporal Kelly Leduchowski; and, back row: Sergeant Jeff Parsons, Major Jacques Ricard, 2nd Lieutenant William Crooks and Sergeant Leigh Miller.

Leading Seaman C. Moon, 14 Wing Imaging

Cory Francis, 14 Wing; Captain Sebastian Therrien, Gagetown; Sergeant Doug Junkin, 12 Wing; Corporal Guertin, Goose Bay; Captain Nick White,

gagetown; Lieutenant-Commander Ajiri Ikede, 14 Wing; Lieutenant (Navy) Fergus Lavalle, Halifax; Corporal Shane Dissanayake, 14 Wing; Master Corporal Roger Snook, Gander; Sergeant Philip Kavanagh, 14 Wing; Captain Kimberly Chisholm, 14 Wing; Major Len Kosciukiwicz, 14 Wing; Lieutenant Alex Longfield, 12 Wing.

Increasing number of Canadians believe private sector obligated to help veterans find jobs

Although still a minority, the number of Canadians who believe the private sector has the highest obligation to help veterans find jobs more than doubled from five per cent last year to 12 per cent in 2016, according to a new national survey conducted by NANOS Research Group and released November 8 by Commissionaires.

"I was struck by the significant growth in the number of Canadians who believe the private sector bears some responsibility to help veterans find jobs," said Vice-Admiral (retired) Duncan Miller, national board chair, Commissionaires.

The views of Atlantic Canadians differed somewhat from the national average on the survey's central question: more than 14 per cent of respondents from Atlantic Canada believe the private sector has the highest obligation to help veterans find jobs, the highest in all of

Canada; the national average was lower, at just under 12 per cent.

Commissionaires is the largest private sector employer of Canadian veterans. Each year, Commissionaires hires more than 1,000 veterans in its 15 divisions across the country to provide a full range of security services to clients in the private and public sectors.

"We know how hard it is for veterans to find good jobs after their military service, particularly in this economic climate," says Bruce Belliveau, CEO, Commissionaires Nova Scotia. "This year's survey results reveal how strongly Atlantic Canadians feel about the private sector doing more."

The survey revealed men (15.3 per cent) are more likely than women (7.8 per cent) to consider the private sector as having the most important obligation to help veterans find jobs after leav-

ing the military. Eighty per cent of respondents rank the federal government as having the highest obligation to ensure veterans find meaningful employment.

Since 1925, Commissionaires have provided meaningful employment in the security services industry for veterans as they make the transition from the Canadian

Armed Forces to civilian life. Nanos Research conducted a hybrid telephone and online random survey of 1,000 Canadians of 18 years of age or older between Au-

gust 22 and 25, as part of an omnibus survey. The margin of error for a random survey of 1,000 Canadians is ±3.1 percentage points, 19 times out of 20.

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Deadline Feb. 16



Hamper-packing day: the results of months of planning, coordination and fundraising by volunteers with Friendly Neighbours and Kingston, Aylesford, Berwick and Coldbrook Lions Clubs. While toys and clothing went out the doors of the Aylesford fire hall December 21, 250 food hampers were packed and delivered December 22. Boxes included pancake breakfast items and turkey dinner essentials, plus a few treats, for families in the local community. S. Keddy

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A 'new look' for RCAF aircraft

Royal Canadian Air Force Public Affairs

In the coming months, you might notice Royal Canadian Air Force aircraft look a little different.

In 2011, to recognize Canada's military heritage, the

historic names of Canada's three military services were restored: the Royal Canadian Navy (RCN), the Canadian Army (CA) and the Royal Canadian Air Force (RCAF). Under these designations, Canadians emerged victorious from the Second World War and later defended Ca-

nadian interests throughout the Cold War and the Korean War.

The RCAF received its new insignia in 2013, followed by changes to members' uniforms and the redesignation of the rank private as

"aviator." Now, the next step in the restoration process is to bring RCAF aircraft livery – that is, aircraft paint scheme – in line with the earlier changes.

The new aircraft livery includes the bilingual designation "RCAF" and "ARC" (for Aviation royale canadienne)

on either side of an updated roundel.

The changes will be made in a way that minimizes any additional cost and does not take an operational aircraft out of service unnecessarily. The changes are expected to take

which includes any necessary repainting. This is done every few years to correct the effects



The Royal Canadian Air Force's new livery is shown on this leased King Air 350, which operates out of 8 Wing Trenton. It is the first RCAF aircraft, as of November 1, to receive the new paint scheme. Corporal R. Doucet

four to five years. Aircraft will receive their new livery when they are already undergoing scheduled routine maintenance,

of usage and exposure to the elements. As of the first of November, one aircraft – the King Air B200, located at 8 Wing Trenton, Ontario – has been painted in the new livery.

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Greenwood Girls Minor Basketball's U-10 and U-12 girls had a great opportunity December 19 to practice with Valley natives Abbey and Emma Duinker, both with university and international basketball experiences under their belts.

Practice with the pros

The Greenwood Minor Basketball program had a special pre-Christmas treat December 19. Joining them for a made-to-order evening basketball clinic were Valley basketball stars Abbey and Emma Duinker. Abbey is currently playing professional basketball in France, and her older sister, Emma, has recently returned to Canada after a few years playing professional basketball with a team in Germany. She is currently pursuing a master's degree related to sport management at the University of Windsor in Ontario. Both were all-stars at

Acadia University for many years, and are amazing role models for young girls. During the event, organized by minor basketball coach Mike Taylor, assisted by coaches Justin Vienot, Rose Vienot, Jamie Bramwell and Carrie Inglis; the U-10 and U-12 girls were

introduced to drills and skills tailored to their needs as young players. Dribbling, passing, defence and rebounding were all on the menu, as well as special shooting techniques introduced by Abbey and Emma - both renowned as great shooters. Christmas

music, a gift exchange and competitions with a Christmas theme added to the fun and excitement. To top it all off, the session ended with a full court scrimmage, during which all the children got to suit up with the pros. After practicing hard, each participant had team

and individual pictures taken with the Duinkers, and also received autographed photos of Abbey and Emma in their professional team uniforms. The basketball learning and excitement will follow these girls in to the New Year - and for years to come.



Abbey Duinker, left; Cassie Taylor, Emma Duinker and Greenwood Minor Basketball coach Mike Taylor.

Get your exercise in with F&S Centre class list

The 14 Wing Greenwood Fitness Centre is open daily, with a range of equipment and programs for community use. Access is through a Community Recreation Card, available at the 14 Wing Greenwood Community Centre, in a variety of member packages. Classes are free with your rec card. Or, drop in to the F&S Centre for \$6 a visit.

Multi-purpose room
Classes go to the end of May. Skipping - noon to 12:40

p.m., Monday and Friday
Mobility - noon to 12:30 p.m., Tuesday and Thursday
Yogalates - noon to 1 p.m., Wednesday
Yoga (military, Department of National Defence and Non Public Funds only) - 7:30 a.m. to 8:30 a.m., Thursday
Indoor cycling room
Spin classes go to the end of April.
Monday, Wednesday and Friday - noon to 12:45 p.m.

Tuesday and Thursday - 6 p.m. to 7 p.m.
Saturday - 9 a.m. to 10:30 a.m.
Gym floor
Military, Department of National Defence and Non Public Funds indoor soccer - 6 p.m. to 8 p.m., Wednesday
Pool
Make any booking requests through the aquatics supervisor, 902-765-1494 local 5564. Party rentals are available between 4

p.m. and 6 p.m., Saturday and Sunday.
Military and Non Public Funds - 6:05 a.m. to 7:30 a.m. Monday, Wednesday and Friday
Department of National Defence lane swim - noon to 1 p.m. Monday to Friday
Military aqua cardio - 2:45 p.m. to 3:45 p.m. Tuesday and Thursday
Adult lane swim - 1:15 p.m. to 2:15 p.m. Monday to Friday, 6:30 p.m. to 7:30 p.m. Monday

and Wednesday, 7:30 p.m. to 8:30 p.m. Tuesday and Thursday, 3 p.m. to 4 p.m. Saturday and Sunday
Youth lane swim (two lanes during casual swim, ages 10 to 17) - 6:30 p.m. to 7:30 p.m., Tuesday and Thursday
Casual swim - 6:30 p.m. to 7:30 p.m. Tuesday and Thursday, 1:15 p.m. to 3 p.m. Saturday and Sunday
Parent & Tots swim - 10 a.m. to 11 a.m. Monday, Wednesday

and Friday; 3 p.m. to 4 p.m., Saturday and Sunday
Aquaize - 8:45 a.m. to 9:45 a.m., Monday, Wednesday and Friday (free aquaize to October 28, sponsored by the County of Kings County)
Arena
Parent & Tots skating - 9 a.m. to 10 a.m., Tuesday and Thursday
Public skating - 4:30 p.m. to 5:30 p.m. Friday, and 6:30 p.m. to 7:30 p.m. Saturday

Youth Happenings

Lindsay McCormack, Recreation youth worker, 14 Wing Greenwood Community Centre

There is always lots on the go for youth at the 14 Wing Greenwood Community Centre. Join a scheduled program or drop into the youth centre and hang out with friends. Youth centre activity ages are: pre-teen, six to 12; teen, 13 to 18. Please be sure to pre-register for any activities you're interested in by calling 902-765-1494 local 5341.

Monday, January 9 - Boys Club, 6 p.m. to 7:30 p.m. Boys ages six to 12, bring your gym clothes and a water bottle: it's time to clean your garden!

Tuesdays: Creative Critters youth program for ages six to 12, 6 p.m. to 7:30 p.m. Get creative through art and cooking.

Wednesday, January 11 - Active Chicks, 6 p.m. to 7:30 p.m. Girls ages six to 12, it's time to embrace

winter! We will be making glitter snowflakes so wear something you don't mind getting messy!

Thursdays: through January, 6 p.m. to 7 p.m., we will be offering Zumba for youth ages six to 12, with a \$2 drop in fee.

Friday, January 13 - YTGIF, 4 p.m. to 7:30 p.m. Pasta and The Maze are on the agenda for tonight. Be sure to bring gym gear and \$5.

Bookmobile schedule - January

Tuesday, January 10	Springfield 11:15 a.m. to 12:15 p.m.	Cornwallis Park 1 p.m. to 2 p.m.
Centreville 3 p.m. to 4 p.m.	East Dalhousie 1:30 p.m. to 2:30 p.m.	Bear River 2:30 p.m. to 5 p.m.
Coldbrook Plaza 5:15 p.m. to 6:15 p.m.		
Wednesday, January 11	Funby Villa, Berwick 2:30 p.m. to 3:15 p.m.	Annapolis County Family Resource Centre 9:30 a.m. to 10:30 a.m.
		Beehive Centre, Aylesford 11 a.m. to 11:45 a.m.
Wednesday, January 18	Wilnot Family Matters 9:30 a.m. to 10:30 a.m.	
	Wednesday, January 25	Maitland Bridge 10:15 a.m. to 11:15 a.m.
	Thursday, January 26	Morden Noon to 12:45 p.m.
		Torbrook Mines 2 p.m. to 3 p.m.
		Nictaux 3:15 p.m. to 4:15 p.m.
	Tuesday, January 31	Centreville 3 p.m. to 4 p.m.
		Coldbrook Plaza 5:15 p.m. to 6:15 p.m.

Women's base volleyball team in search of players

The women's base volleyball team is in search of players to come out for practices immediately follow-

ing the holiday leave period. Practices will commence Tuesday, January 10 and timings are Tuesdays and

Thursdays, 4 p.m. to 6:30 p.m. The regional competition will be held in Halifax February 28 to March 3.

L'équipe féminine de volleyball de la base est à la recherche de joueurs

L'équipe féminine de volleyball de la base est à la recherche de joueurs pour les pratiques commençant im-

édiatement après la période de congé de vacances. Les cours débuteront le mardi 10 janvier et les horaires seront

le mardi et le jeudi de 16 h 00 à 18 h 30. La compétition régionale aura lieu à Halifax du 28 février au 3 mars.

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Primary Registration

AVRSB welcomes parents/guardians to contact their local school to register new Primary students for the 2017-2018 school year.

Primary registration takes place from January - May 2017. Each school organizes Primary registration and orientation dates, so please contact your school for details.

- To register for Primary:
- A child must have reached their fifth birthday on or before December 31, 2017
- Parents/Guardians must present the child's birth certificate or passport at the time of registration

To find out which school serves your home address, call the AVRSB Transportation Division at 902-538-4641 (toll free 1-800-850-3887), or click on the "Catchment Search" button at www.avrsb.ca/our-schools to search by your civic address.

Click on "Our Schools" at www.avrsb.ca for school contact information.



West Kings School Start Times | Public Consultations

During January 2017, public consultations on school start times will be held in the West Kings District High School family of schools.

All are invited to take part in a consultation at their community school.

Date:	Location:	Time:	For:
Monday, January 16	Kingston and District School	6:00 p.m.	Kingston and District School community members
	Pine Ridge Middle School	7:30 p.m.	Pine Ridge Middle School community members
Tuesday, January 17	Dwight Ross School	6:00 p.m.	Dwight Ross School community members
	West Kings District High School	7:30 p.m.	West Kings District High School community members
Tuesday, January 24	St. Mary's Elementary School	6:00 p.m.	St. Mary's Elementary School community members
	Berwick and District School	7:30 p.m.	Berwick and District School community members.

In case of cancellation due to weather/road conditions, Wednesday, January 25 will be the alternate date.

Visit www.avrsb.ca for background information on the process to examine school start times for the West Kings District High School family of schools.

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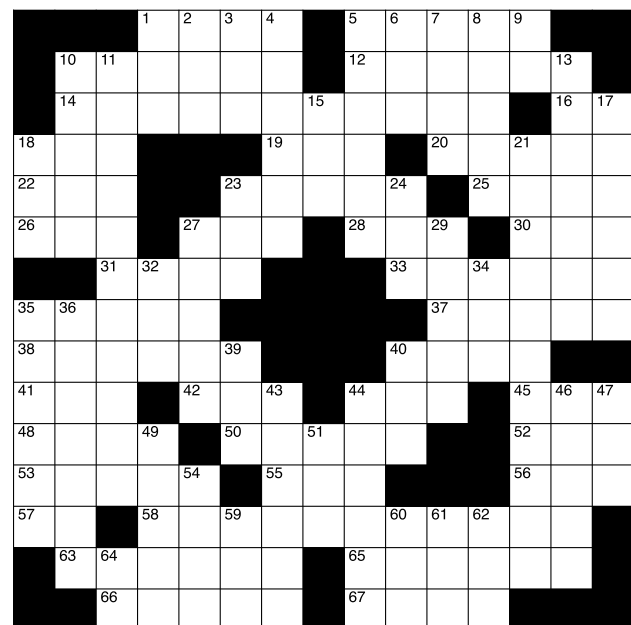


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 83A School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.alliantzinc.ca. 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.alliantzinc.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**
- Isodor __, American Nobel physicist
 - One a day keeps the doctor away
 - Extents
 - Noticing
 - Scriptural
 - Star Trek character Laren
 - "The Crow" actress __ Ling
 - Not good
 - Measures gold
 - TV network
 - Wasting
 - Money in Ghana
 - Young girls' association
 - Title of respect
 - High schoolers take this test
 - Crunches federal numbers
 - Wild or sweet cherry
 - Celestial bodies
 - Fruit of the oak tree
 - Royal Navy ship during WWII
 - Of cherished symbols
 - Satisfy
 - 5th. day (abbr.)
 - Swiss river
 - Royal Albert Hall (abbr.)
 - Cool!
 - Flat metal shelves
 - Enclosed
 - A way to pass
 - City in Iraq
 - Printing speed measurement
 - Twitch
 - Indicates position
 - Made lawful
 - Took down
 - A way to travel on skis
 - North winds
 - Tunisian metropolis
 - champs
 - A way to arrange
 - Talk
 - Serving no purpose
 - Container
 - Breathes new life into
 - Beloved dog Rin Tin __
 - A bag-like structure in a plant or animal
 - Yemen capital
 - Sacred book of Judaism
 - Make a mistake
 - Wrestlers wrestle here
 - Respiratory issue
 - In league
 - Resinous insect secretion
 - Unhappy
 - Turbulent area of a river
 - Neglectful
 - Sours
 - Calendar month (abbr.)
 - Grooves
 - Sony Pictures
 - Television
 - Monetary units
 - Command right
 - 1,000 cubic feet
 - Expression of triumph
 - Dinner jacket
 - The first two
- DOWN**
- Seafood
 - Incan god of mountains
 - Ritzly LA neighborhood
 - Air
 - Line that connect points of equal pressure
 - Audience-only remarks
 - Chest muscle (slang)
 - Pointed top
 - Lavender
 - Linear unit
 - Knives
 - 2016 World Series

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Story time

Tuesdays, 10:30 a.m.: enjoy "Under the Story Tree" in the 14 Wing Greenwood Library's Children's Room with Miss Sandra and Miss Amy. Bring your little ones to listen to stories, sing songs and enjoy a craft.

Community badminton

Tuesday, 6 p.m. to 7 p.m. (middle school age) and 7 p.m. to 8 p.m. (high school age and adult), at Pine Ridge Middle School. Use the rear school entrance, facing the soccer field. Info: recreation@

kingstonnovascotia.ca.

Knitting classes

Wednesday afternoons, the 14 Wing Greenwood Library invites anyone interested in learning how to knit, or becoming an advanced knitter, to join in classes at the library. For information, phone the library at 902-765-1494 local 5430.

Basketball

Mondays, 6:30 p.m. to 8:30 p.m., come play free recreational men's basketball at West Kings High School (back entrance). Contact

Glen - recreation@kingstonnovascotia.ca.

Meditation

Mondays, 5 p.m., 699 Vault Road. Learn breathing and other techniques that lead to quiet the mind and generate internal peace. Freewill offering. 902-765-1898 or joeben699@gmail.com.

Adult skating

Mondays, 10:30 a.m. to noon, at the Kingston Credit Union Centre, 1490 Westwood Street. Great fun, good exercise! Cost \$4/ person. You need a helmet: contact Glen at recreation@kingstonnovascotia.ca, or the rink at wkaa.ca/902-765-2800 to borrow.

Story time

January 9, 10 a.m., the Annapolis Royal Library hosts Monday Morning story time: books, a little music and simple crafts.

Youth hang-out

January 10, 6:30 p.m. to 8 p.m., the Bridgetown & Area Library invites youth ages 12 to 17 to hang out with friends in the library's new program room. Bring music. Bring instruments. Snacks provided.

Dungeons and Dragons

January 10, 6:30 p.m. to 8:30 p.m., the Rosa M. Harvey Middleton & Area Library is calling all warriors to join a group of hearty adventure seekers in the pursuit of the Dark Rider. This fantasy role-playing game promotes teamwork, co-operation and shared story-telling. Ages 14 to 17. To register: call 902-825-4835.

Community luncheon

January 10, noon to 1 p.m., the Kingston Lions host their com-

munity luncheon at the Lions' hall. Come out and enjoy chicken supreme with mashed potatoes, vegetables, dessert, coffee and tea. Cost is \$9 (\$9.50 delivered in the Kingston/Greenwood area only, must be ordered by 10:30 a.m.; call 902-765-2128).

Free community lunch

January 11, noon to 1 p.m., come in for a free hot soup lunch at the Kingston United Church, 733 Main Street. Open to everyone in the community.

Fairly Odd Fairy Tales

January 11, 3 p.m. to 4 p.m., the Rosa M. Harvey Middleton & Area Library hosts "Humpty Dumpty - How Not to Break an Egg." Join Julia and friends for snacks, crafts, a little science and stories; with a different theme each week. For ages five to 10.

Story time

January 11, 9:45 a.m. to 10:15 a.m., the Berwick Library invites preschoolers and caregivers to share the fun of reading, rhymes and songs. Every Wednesday, free.

Story time and craft

January 12, 10:30 a.m. to 11:30 a.m., the Rosa M. Harvey Middleton & Area Library invites preschoolers and caregivers to share the adventure of creating a craft with your child. This week: "Brrr! Baby, it's cold out there!" There will be stories, songs and a snack. Register at 902-825-4835.

Let them eat cake

January 12, 7:30 p.m. to 9 p.m., join Scott Brison, Kings Hants Member of Parliament and president of the Treasury Board, for a lively conversation on better

responses to income inequality, food insecurity and the precarious future of work. To be held at the Kentville fire hall. \$15 per person, to support public information efforts by the Annapolis Valley Regional Library on potential tax reforms, including a Basic Income Guarantee. Call Greg Hubbert, 902-670-3603, for tickets (complimentary tickets available). Snow date: January 19.

Youth games night

January 13, 6:30 p.m. to 8 p.m., the Rosa M. Harvey Middleton & Area Library is calling youth ages 10 to 14 to spend Friday night with your friends, listening to music and munching on snacks. The main theme is playing games: come join the fun! Register at 902-825-4835.

Breakfast

January 14, 8 a.m. to 10 a.m., there will be a community breakfast at the Kingston Baptist Church, Main Street. For a free-will offering, enjoy a delicious, traditional hot breakfast, with additional healthy choices such as fruit, yogurt and homemade muffins.

Crib tournament

January 14, the Kingston Legion hosts an open crib tournament. Registration at noon, with play at 1 p.m.. Doubles, \$20 per team. High hand, 1st, 2nd and 3rd prizes.

Walk

January 14, join the Valley Trekkers Volkspport Club for the Kentville PT walk. Meet at the Ultramar, Park Street, Kentville.

Registration begins at 9:30 a.m. for walking at 10 a.m. This is a 5/10km walk, 1B walk.

Chase the Ace

January 14, 1 p.m. to 3 p.m., get your Chase the Ace tickets at Royal Canadian Legion Branch 098 in Kingston, three for \$5. Draw will take place by 3:30 p.m. Must be 19 years of age to play, public welcome.

Blood drive

January 16 and 17, Canadian Blood Services will host a blood donation drive at the Morfee Centre, School Road, Greenwood. January 16: 1 p.m. to 3 p.m. and 5 p.m. to 8 p.m. January 17 1 p.m. to 3 p.m. and 5 p.m. to 7 p.m. New donors welcome. Book your appointment at blood.ca.

Quilting group

January 17 (third Tuesday of each month), 6:30 p.m., join the Greenwood/ Kingston Quilters at the Queen of Heaven Annex, Church Street, Greenwood. All levels of quilters welcome. For more info: jpn@ns.sympatico.ca or 902-765-0648.

Blood drive

January 18, 1 p.m. to 3 p.m. and 5 p.m. to 8 p.m.; Canadian Blood Services will host a blood donation drive at the Berwick Lions Hall, Veterans Drive, Berwick. New donors welcome. Book your appointment at blood.ca.

Support group

Fridays, 10 a.m. to noon, there is a mental health peer support group which meets in the Greenwood Sobey's community room at Sobey's: a non-judgemental place

for anyone working towards mental health recovery and in need of a supportive and empathetic mentor and listener. Facilitator can help identify community resources (housing, community, food, employment, social etc). Free, snacks provided. Program provided by CMHA Kings. For information, contact club@cmhaksings.ns.ca or 902-670-4103.

Crib

Thursdays, 7 p.m., double crib at the Kingston Legion. All welcome.

Unfinished Project Club

Tuesdays, 1 p.m. to 4 p.m. Need company doing some of those unfinished crafts in your closet? Bring your craft and equipment and join us for an afternoon of coffee, friends and crafting. We have lots of room to spread out.

Held at the hall at the Nazarene Church, 738 Tremont Mountain Road, Greenwood. For information, call Dianne, 902-526-0399. No charge.

Darts

Mondays, 7 p.m., weekly darts at the Berwick Legion Branch 69.

Crib

Tuesdays, 7 p.m., weekly cribbage at the Berwick Legion Branch 69.

Kingston Area Seniors Association

Wednesdays (every second of the month, at 10 a.m.), the Kingston Area Seniors Association (KASA) meets at Branch 98 Royal Canadian Legion, Kingston. Fun days (cards and games) every second and fourth Friday at 1 p.m. For more info, contact Marlene Deal, 902-765-0088.

sudoku

solution page 14

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

Level: Beginner

Fun By The Numbers

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

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patrick's puzzle

solution page 14

FITNESS TIME WORD SEARCH

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

WORDS

- ACTIVITIES
- AEROBIC
- AGONIST
- ANAEROBIC
- BODY
- CALISTHENICS
- CARDIOVASCULAR
- CIRCUIT
- CLASSES
- CONCENTRIC
- CONTINUOUS
- CORE
- CROSS-TRAINING
- ELECTROLYTES
- ENDORPHINS
- ENDURANCE
- EUSTRESS
- FLEXIBILITY
- IMPACT
- INDEX
- INTENSITY
- INTERVALS
- JOINTS
- LACTIC ACID
- LEAN
- MASS
- MUSCLE
- OVERLOAD
- OXYGEN
- PHYSICAL
- REPETITION
- RESISTANCE
- STRENGTH
- THRESHOLD
- TISSUE
- TRAINING

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horoscopes

January 8 - January 14

ARIES - Mar 21/Apr 20

Aries, emails and texts might fill your week as everyone wants to speak with you in the coming days. Schedule a break from your devices if you find yourself overwhelmed.

TAURUS - Apr 21/May 21

Career progress is more complicated than you had originally thought. Taurus. You might need to take a step back and reassess your career path.

GEMINI - May 22/Jun 21

Gemini, doors are opening for you all over the place, but you don't know which one to choose. Speak with someone you trust who can serve as an advisor and mentor.

CANCER - Jun 22/Jul 22

Cancer, you have a need to be emotionally connected to others at this time, but you also want to exert your independence. You might have to make some decisions.

LEO - Jul 23/Aug 23

Leo, others are on your mind this week. You feel a need to help in any way you can, so use this week to explore volunteer opportunities in your community.

VIRGO - Aug 24/Sept 22

You may need an adjustment period to tackle a new assignment, Virgo. This is not something to rush, so take your time even if the results are slow to come along.

LIBRA - Sept 23/Oct 23

Prior commitments this week may prevent you from doing something you've long wanted to, Libra. Keep your head up and another opportunity will present itself.

SCORPIO - Oct 24/Nov 22

It could be now or never, Scorpio. You want to make your mark but are cautious in keeping your intentions to yourself. Eventually your master plan will come to light.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, you're increasingly busy this week, but things are not what you expect. You could be running around for all of the wrong reasons. Reexamine your plan, if necessary.

CAPRICORN - Dec 22/Jan 20

Capricorn, your focus may be on personal gains this week, but you might want to shift it to something else. An unforeseen opportunity awaits if you can recognize it.

AQUARIUS - Jan 21/Feb 18

Aquarius, it's difficult to contain your excitement the next few days. But keep your cool so others do not start to look at you strangely. Your time to shine is coming.

PISCES - Feb 19/Mar 20

You have a secret to share, but you must wait to do so, Pisces. Do your best to avoid spilling the beans before the time has come.

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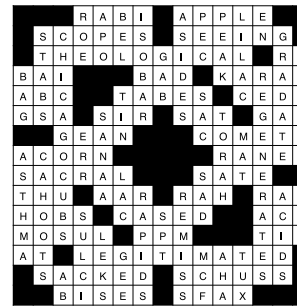
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Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 5833, ou un courriel à auroramarketing@ns.aliantzinc.ca.

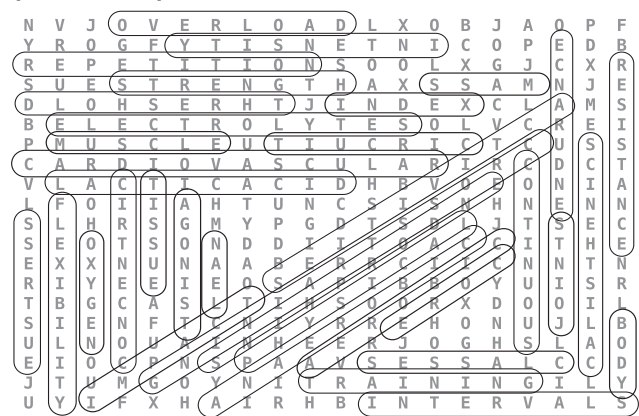
crossword solution



sudoku solution

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

patrick's puzzle



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FOR RENT – Middleton – Two-bedroom apartment, 492 Main Street, \$650/ month, utilities included, quiet building, coin operated laundry, rental application required. Please call 902-824-1112 or visit our website at www.parsonsinvestments.ca. (3736-ufn)

FOR RENT – Kingston – 3 or 4 bedroom, well insulated single family home, close to all amenities. Two full bathrooms, hardwood floor throughout, fridge and stove, washer & dryer hook-up, wrap around veranda, large yard in quiet neighbourhood. \$975.00 per month plus utilities. Available immediately. Call 902-765-4748. (3801-2tp)

FOR RENT – Available December 15, 2016, Victoria St. Middleton. Worry free retirement living at its' best. Two-bedroom apartment, 1100 sq ft living space. Kitchen has 5 appliances. Laminate floors, R2000+ construction, electric heat. Paved driveway. Snow & garbage removal, lawn care included. Very quiet area, 10 minute walk to all amenities. \$900.00 per month. Call Joan for further information 902-847-1365. (3742-ufn)

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IN THE COMMUNITY

CHURCH SERVICE – “The Peoples 25:40 Church” There will be a church service held every Sunday at the New Beginnings 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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Busy season chance to share support, community spirit

Pat Nixon, Kingston Lions Club

Kingston Lions wrapped up 2016 with a very busy schedule, including their successful fall yard sale, a Canadian Diabetes Association tag day, which raised \$1,000; participating with three other Lions Clubs in presenting the Christmas Mommies & Daddies Telethon, hosting Chris Palmer and Friends at his annual Christmas Musical Gift for the Upper Room Food Bank (\$2,258 was raised). All this, while hosting on- and off-site catering functions throughout November and December.

Over the past months, Lions have been able to make donations to Dwight Ross Elementary School, Kingston Elementary School, the Valley Community Learning Association, Paralympian Ben Brown, Chrysalis House, the Alzheimer's Society, Kidney Foundation, Diabetes Association and the Arthritis Society - just to name a few. Larger donations went to the Upper Room Food Bank (\$2,500), Christmas Mommies & Daddies (\$1,000), the Lions' District Hearing for All Project (\$1,000), the Canadian Lens and Eyeglass Recycling Centre here in Atlantic Canada (\$500) and the Lions Club International Foundation - LCIF (\$1,000). All told, over the past three months, Kingston Lions have



Local Scouts, MLA Leo Glavine and MP Colin Fraser work the breakfast - all being supervised by Santa and his #1 Elf.

made donations and given back to the community in excess of \$10,000! We could not do this without your ongoing support of fundraising efforts and initiatives. Thank you!

Lions love doing hands-on work and having fun. Over the past couple of months, Lions took their mobile BBQ to West Kings Regional High School to dish out hamburgers, hot dogs and fries; ran the annual Peace Poster Contest in local schools, helped with the Kingston Elementary School breakfast program, assisted the École Rose-des-

Vents parents' committee in preparing and serving a fundraising Christmas breakfast at their school, wrapped toys for Christmas hampers, read to young students in support of literacy, served chili and hot dogs at the Village of Kingston's annual Santa Come to Town and New Year's Eve celebrations - just to name a few.

We were extremely proud and honoured to have prepared and served the annual Remembrance Day dinner at the Kingston Branch #98 Royal Canadian Legion once again this year. This is an



Lions Rick Acker, Tom Bondy, Cecil Wilson and Ron Osmond are ready to serve up a hearty breakfast.



Lion Dave Cunningham and Mike Boucher proving a watched pancake never cooks!



Kingston Lions, busy wrapping up gifts for community Christmas hampers.

this year, Greenwood Sobey's donated all the food, and patrons were served a hearty breakfast by West Nova Member of Parliament Colin Fraser, Premier Stephen McNeil, Kings West MLA and Health Minister Leo Glavine, 14 Wing Commander Colonel Pat Thauberger and local county councillors. We ended up serving 762 full breakfasts over a four-hour time frame! Not a record, but tremendous none the less - and everyone had fun! This is a signature event for the Kingston Lions, a chance to thank the community for

support throughout the previous year. It was great to see a wide cross-section of our community mingling in the spirit of Christmas and fellowship.

Want to join? Careful - it is not for the faint of heart! We are a busy club, with tremendous opportunities for you to grow and put your strengths and talents to use to help others and your community. We are always looking for new members. Call 902-765-2128 or talk to any Lion: you may become part of the largest service organization in the world!

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The Kingston Branch 098 Legion
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The Middleton Branch 001 Legion
The Municipality of Kings County
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Sara Spongale of Up-beat Entertainment does her magic, face painting Chloe Hodge. M. Rolph



Logan Jenkins showing us his New Year new look. M. Rolph



Food donations were accepted by village recreation director Glen Abriel. M. Rolph



Danaka Mayhew was happy to have her fingerprints done. M. Rolph

New year in Kingston

Kingston residents and friends rang in the new year December 31, with the annual village rink party: food, skating, games and activities and fireworks early enough in the evening for all ages to enjoy.



Free family skating is always a big drawing card. M. Rolph



Children enjoy themselves on the dance floor, as the band plays on. M. Rolph



Guests were greeted with bags of popcorn, one of the many food items enjoyed throughout the evening. M. Rolph



Lions John Barkhouse, Mac Caines, Len Gregory, Pat Nixon and Bob McElman, serving up chilli and hotdogs. P. Nixon

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