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the Aurora

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Month for military kids

The Greenwood Military Family Resource Centre honored the contribution made by military children who support the Canadian Armed Forces by celebrating April is the Month of the Military Child. Throughout the month, military children enjoyed fun-filled activities just for them! The GMFRC rented out Roo's Playhouse exclusively for military families of 14 Wing for Mac Mania - a great success! Daily craft activities that highlighted military children are now showcased in a hallway gallery at the GMFRC, brightening the path to the centre's programs. The month ended with a huge weekend of celebration, including a concert with the 14 Wing Bands and guests and Easter on the Wing with the Community Centre. As the Month of the Military Child comes to an end, take time all year to remember the remarkable resilience of military children, truly the strength behind the uniform.

Submitted



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Show of thanks

National Volunteer Week 2019 has come to an end and the GMFRC would like to thank once more its amazing team of volunteers. At the GMFRC, they may be found in a variety of roles like facilitators in our children or adult programs, working on committees, helping with administrative duties or packing care parcels of love and support to our CAF members deployed. Volunteers are the backbone of the GMFRC. Our board of directors which govern the centre is staffed completely by dedicated volunteers who represent the unique needs of military families at 14 Wing Greenwood. We honoured the continued commitment of GMFRC and 14 Wing Community Recreation volunteers April 11 with a night at the movies, where they were spoiled and loved.

Submitted

Semaine nationale de l'action bénévole 2019 est arrivée à une fin et le CRFMG aimerait remercier une fois de plus son incroyable équipe de bénévoles. Au CRFMG, ils peuvent être dans une variété de position différentes d'animateur auprès des programmes pour enfants ou pour adultes, travailler au sein de comité, aider dans les tâches administratives ou aider avec l'emballage des paquets de réconforts envoyés aux membres des FAC déployés. Les bénévoles sont le fondement du CRFMG. Notre Conseil d'administration, qui gouverne le CRFMG, est entièrement constitué de membres bénévoles qui se dédient à représenter le caractère unique des besoins des familles de militaires de la 14e Escadre Greenwood. Nous avons honoré le constant engagement des bénévoles du CRFMG mais aussi de Centre récréatif de la 14e Escadre lors d'une soirée au cinéma le 11 avril dernier. Ils sont été gâtés et aimés!

NAOSH Week – May 5 to 11 People, Passion & Prevention: 'Together we can create safe workplaces & communities'

The goal of North American Occupational Safety & Health Week (NAOSH) 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 2019 theme, "People, Passion & Prevention," is to encourage all stakeholders to work together in creating safe workplaces and communities while promoting the importance of health and safety in our everyday lives. For 2019, businesses and organizations are encouraged to foster support for a safe workplace and a safe local community. Not only at this time, but all year through: we should focus on our people with purpose and passion, promoting prevention of illness and injury in our workplaces, at home and within our communities at large.

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
- promote safe workplaces and safe communities.

The 14 Wing General Safety staff encourages each 14 Wing commander/ officer commanding, in conjunction with their General Safety staff, to create their own unit slogan which reflects their support for safe workplaces and safe communities, and to promote such. Squadrons or units are encouraged to display their NAOSH Week slogan on local General Safety boards.



All of us, regardless of the role in our organization, have responsibilities for our own health and safety and those we work with. As community members, we need to set everyday examples for others through our actions and attitudes towards health and safety, and work with community partners in promoting such. Although NASOSH Week is traditionally, our annual "call to action," the Wing General Safety office encourages each and every one to focus on health and safety each and every day, with the ultimate goal of ensuring all workers go home safe at the end of every work day.

Safety is not an add-on; safety is integral to the task or activity. →

SNASST – 5 au 11 mai 2019

Les gens, la passion et la prévention : « Ensemble, nous pouvons créer des milieux de travail et des collectivités sécuritaires »

La Semaine nord-américaine de la sécurité et de la santé au travail (SNASST) a pour objet d'attirer l'attention de tous les employeurs, employés et membres du public sur l'importance de la prévention des blessures et des maladies au travail, à la maison et dans la collectivité.

Le thème de 2019, « Les gens, la passion et la prévention », est d'inciter tous les intervenants à travailler ensemble pour créer des milieux de travail et des collectivités sécuritaires, tout en soulignant l'importance de la santé et de la sécurité dans notre vie quotidienne. En 2019, on encourage les entreprises et les organisations à promouvoir le soutien des milieux de travail et de la collectivité locale sécuritaires. Non seulement en cette période,

mais tout au long de l'année, nous devons nous concentrer sur nos employés avec raison d'être et passion, et encourager la prévention de maladies et de blessures dans nos milieux de travail, à la maison et dans la collectivité.

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

Les employés du Bureau de la sécurité générale de la 14e Escadre encouragent chaque commandant de la 14e Escadre, en collaboration avec le personnel du Bureau de la sécurité générale, à créer un slogan unique pour leur unité qui reflète leur

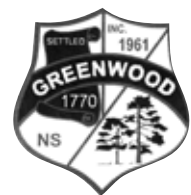
appui envers la création des milieux de travail et des collectivités sécuritaires et pour faire la promotion de la santé et la sécurité. Nous invitons les escadrons et les unités à afficher leur slogan de la SNASST sur leurs babillards locaux réservés à la sécurité générale.

Il incombe à chacun d'entre nous, peu importe le rôle que nous occupons au sein de l'organisation, de veiller à notre propre santé et sécurité

et à celle de nos collègues. Comme membres de la collectivité, nous devons donner l'exemple aux autres par nos actions et nos attitudes à l'égard de la santé et la sécurité, et travailler avec les partenaires de la collectivité pour promouvoir la santé et la sécurité. Même si la SNASST est généralement notre « appel à l'action » annuel, le Bureau de la sécurité

générale de la 14e Escadre encourage chaque personne à mettre l'accent sur la santé et la sécurité de manière quotidienne dans le but ultime de veiller à ce que chaque travailleur puisse rentrer à la maison sain et sauf après sa journée de travail. La sécurité n'est pas facultative.

La sécurité constitue un aspect intégral de toutes nos tâches et activités. →



NOMINATION DAY VILLAGE OF GREENWOOD Tuesday, May 14, 2019

The Clerk of the Village of Greenwood will receive nominations for the office of Two (2) Commissioners. The Nomination Period is May 1, 2018 to May 14, 2018. **Nominations must be accepted by the Clerk no later than 1:00 pm on Tuesday May 14, 2019**

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 of Greenwood, unless that person has been nominated as a candidate in accordance with the village 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 Tuesday, May 28, 2019 at 7:00 pm at the New Beginning Centre, 1151 Bridge Street, Greenwood, NS**

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



Village of Kingston

NOMINATION DAY

The Clerk of the Village of Kingston will receive nominations for the office of two (2) Commissioners. The Nomination Period is May 2, 2019 to May 15, 2019. Nominations must be accepted at the Village Office no later than 4:00pm on Wednesday, May 15, 2019.

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

If more than two candidates are nominated on Nomination Day, Election Day is designated as Saturday, June 1, 2019 with an advance poll on Tuesday, May 28, 2019. Poll location is Kingston Village Office, 671 Main St, Kingston.

Mike McCleave, Village Clerk
admin@kingstonnovascotia.ca

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both the community and local business for the wonderful level of support we have received over the past year. Without your participation, we could not provide this vital service.




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Application deadline May 17, 2019



the Aurora



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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 Mike Adamson, 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 Mike Adamson, commandant de l'Escadre.

The Aurora News

Useful links | Liens utiles

Royal Canadian Air Force website
Site Web de l'Aviation royale canadienne
www.rcfa-arc.forces.gc.ca

CAF Connection Site
Site du portail communautaire des Forces canadiennes
www.cafconnection.ca

14 Wing Greenwood Site
Site de la 14e Escadre Greenwood
www.airforce.forces.gc.ca/en/14-wing/index.page



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.cafconnection.ca

VPI | VPI
www.vpiinternational.ca



How to keep kids safe during emergencies

(NC) You may not be with your child when disaster strikes. Emergency Prepared-

ness Week 2017 (May 7 to 13) is the perfect time to make sure your child knows what to do

during an emergency situation. Here are some tips for you and your family:

1. Make sure your child knows the emergency exits from your home.
2. Create a designated family meeting place in case of emergency.
3. Assemble an emergency kit and make sure your children

know where it is.

4. Give your children the names of out-of-town contacts and have them practice getting in touch with these contacts.

5. Teach your children how and when to call 911.

6. Make sure you have a working carbon monoxide detector, smoke detector and fire extinguisher.

7. Ensure everyone in your home knows where to find the fire extinguisher.

8. Familiarize yourself with your child's school or daycare emergency policies. How will they reach you should a situation arise? What authorization is needed to release your child to someone other than yourself?

9. Make sure the school or

daycare has updated contact information for you, other parents and caregivers and the designated pick-up persons.

By planning ahead, you and your family will be better able to cope if an emergency happens. You can create your own emergency plan online and get more practical tips at www.getprepared.ca.

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Easy ways to eat more fruits and vegetables

(NC) Most of us know eating more produce will help us avoid cancer and heart disease, but eating at least five daily servings of fresh fruits and veggies can seem like a challenge.

The Canadian Partnership for Tomorrow Project is the country's largest health research platform. Through questionnaires, the project is studying the dietary and lifestyle habits of more than 300,000 Canadians. Fewer than half of participants achieved the daily target.

If you're trying to up your produce intake, check out these tips for increasing your daily fibre, vitamins and minerals:

- Eat at least one dark green vegetable (broccoli, green beans or spinach) each day.
- When fresh vegetables and fruit are not in season,



choose frozen or canned options that are low in sodium, fat and added sugar.

- Choose vegetables and fruit more often than juice.
- Add berries and other fruit to whole grain cereal or yogurt.
- Cook omelets and frittatas with vegetables (peppers, mushrooms and broccoli).
- Bake kale or zucchini as a

substitute for potato chips.

- Try spiralized vegetables like zucchini and sweet potatoes instead of pasta noodles.
- Add fruits and leafy greens to smoothies.
- Swap applesauce for oil when baking.
- Mash cauliflower instead of potatoes as a side dish.
- Mix a variety of vegetables

into soups and other one-pot meals.

- Ask for a side of vegetables instead of bread or fries at a restaurant.
 - Try one new fruit or vegetable each week, or a recipe that uses these items in a new way.
- Find more information at partnershiptomorrow.ca

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5 idées uniques et pratiques de cadeaux de mariage

(EN) Voici quelques suggestions d'idées innovatrices glanées dans les magazines et les listes de mariage un peu partout à travers le Canada cette année.

Un cadeau de choix. De nos jours, bon nombre de couples vivent ensemble depuis plusieurs années avant de se marier, ce qui signifie qu'ils ont déjà tous les articles de base pour leur intérieur. Comme cadeau de mariage, ils préféreraient sûrement de l'argent pour couvrir les dépenses

du mariage, ou une carte cadeau d'un bon restaurant ou d'un détaillant de produits pour la maison.

Souvenirs de cuisine. Bien que plusieurs couples possèdent déjà les articles de base pour la maison, la plupart n'auront pas pu se permettre des appareils haute performance durables et de qualité. Si vous avez des amis qui se marient, incitez-les à créer de nouveaux souvenirs ensemble dans la cuisine avec un appareil qui leur permettra de préparer de délicieux plats, comme

le batteur sur socle Cuisinart Precision Master. Ce puissant appareil est offert avec des instructions détaillées pour réaliser de nombreuses recettes, comme un soufflé aux épinards et au fromage féta ou des biscuits aux brisures de chocolat.

Escapade de fin de semaine. Comme la première année d'un mariage peut être stressante, donnez aux nouveaux mariés la chance de se reposer et de se retrouver lors d'un long weekend loin de la maison quelques mois après le grand jour. Pour-

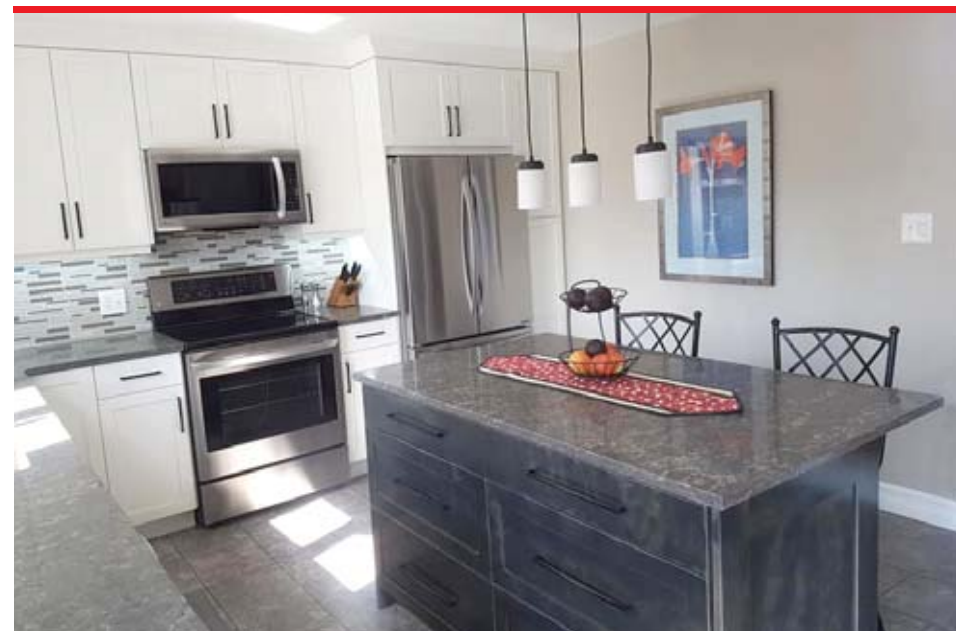


quoi ne pas offrir quelques nuitées dans un joli gîte de campagne? C'est un cadeau abordable et attentionné qui

sera fort apprécié. **Des draps luxueux.** Aucune femme ne peut se vanter d'avoir suffisamment

de jolis draps. Autant les nouveaux couples que les anciens seront ravis de recevoir des draps de pur coton de grande qualité et des oreillers confortables.

Ajoutez un monogramme. Pour commémorer cette occasion spéciale, il n'y a rien de plus ravissant que des articles identiques pour elle et lui. Pour un cadeau personnalisé, pourquoi ne pas envisager des serviettes, des robes de chambre ou des tasses de café avec monogrammes?



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Apprenez-en plus : veterans.gc.ca/pensionavie
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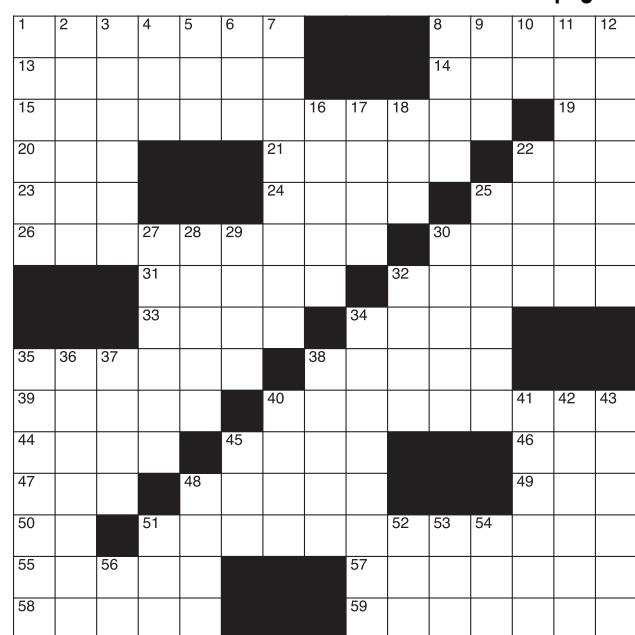


The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email auroraeditor@ns.aliantzinc.ca. Dated 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 61, School Road, (annexe Morfee), 14e Escadere Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ns.aliantzinc.ca. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le jeudi précédent la publication, à moins d'avis contraire.


metro crossword

solution page 10



- ACROSS**
- 1. Half-conscious states
 - 8. Strange
 - 13. Deep regret
 - 14. Rogue
 - 15. Took without permission
 - 19. An alternative
 - 20. Performer ___Lo
 - 21. Partner to flowed
 - 22. Best day of the week (abbr.)
 - 23. Body part
 - 24. Famed river
 - 25. Lake ___ one of the Great
 - 26. Make free from bacteria
 - 30. People native to Canada
 - 31. Japanese seaport
 - 32. Least clothed
 - 33. Horse of small breed
 - 34. Italian doctor and poet
 - 35. Moving away from land
 - 38. One who parks cars
 - 39. Some are front and some are back
 - 40. Views
 - 44. Ancient Greek shield
- DOWN**
- 1. Small amounts
 - 2. Duplicate
 - 3. Current unit
 - 4. Neither
 - 5. Chromium(II) oxide
 - 6. Second sight
 - 7. The absence of mental stress or anxiety
 - 8. Supplemented with difficulty
 - 9. Not the beginning
 - 10. Dorm employee
 - 11. Hard, white substances
 - 12. Scariest
- 16. Spanish island**
- 17. Having sufficient skill**
- 18. Where golfers start (abbr.)**
- 22. No charge**
- 25. Print errors**
- 27. Where rafters ply their trade**
- 28. Paintings of holy figures**
- 29. CNN host Lisa**
- 30. Gives whippings**
- 32. Type of tie**
- 34. Unbroken view**
- 35. Blamish**
- 36. National capital**
- 37. 'Captain Marvel' actress Larson**
- 38. Tenth pair of cranial nerves**
- 40. Arizona native peoples**
- 41. Confuse**
- 42. Body parts**
- 43. Plays a fast guitar**
- 45. Tub**
- 48. Pen parts**
- 51. Supervises flying**
- 52. Cars come with one**
- 53. Some are fake**
- 54. Calendar month**
- 56. American whiskey (abbr.)**

crossword brought to you compliments of



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Donations wanted
7Arts, a non-profit society in Greenwood, is accepting donations of craft, art and office supplies. We are opening our doors this summer. Donations may be arranged by emailing 7arts@7arts.ca or calling 902-804-0817. For more details, visit 7arts.ca/2019/04/16/donate-your-art-and-craft-supplies/.

Quilt exhibit
May 6, the Kings Historical Society Kings County Museum, 37 Cornwallis Street, Kentville; opens its summer show, "Expressions of Nature: Quilts by the Town & Country Quilters' Guild." This summer, the museum has planted a pollinator garden on the grounds of the site. In keeping with this, the guild has contributed works which reflect themes of nature, including florals and the bright bursting colour range of an Annapolis Valley spring and summer.



horoscopes

May 5 to May 11

ARIES - Mar 21/Apr 20
Reconciliation is important, Aries. That's especially so if you know you have been in the wrong. Others will respect you much more for your ability to make up and move on.

TAURUS - Apr 21/May 21
It's time to showcase all of your talents to an authority figure who can push you toward success, Taurus. All you need is a little reinforcement.

GEMINI - May 22/Jun 21
Fresh experiences are on the way, and you are craving an opportunity to broaden your horizons, Gemini. Sign up for classes or get a new hobby to open your eyes to new things.

CANCER - Jun 22/Jul 22
Sharing deep feelings with others can be healing, Cancer. Just be sure to choose your confidantes wisely, as the right mentor can make all the difference.

LEO - Jul 23/Aug 23
Spending quality time with a particular person who is close to you will brighten your week, Leo. It's just the change of pace you need to put a smile on your face.

VIRGO - Aug 24/Sept 22
You are more than willing to take on extra work that needs to be done to get a project completed, Virgo. Your team-first attitude is not going unnoticed or unappreciated.

Wildlife meeting
May 7, 7 p.m., the Kings County Wildlife Association holds its monthly meeting in Room 109 at NSCC Kentville. This meeting features the showing of two videos, the award-winning "Burned - Are Trees the New Coal," about clear cutting and what is being done to our forest; and another on the N.S. forestry and biomass. Members Marshall Jones and Pamela Davison will report from the annual provincial wildlife meeting. The public is invited to attend and there is no charge.

Grandparents' group
May 7, 10 a.m. to noon, Grand-Love meets at the Berwick town hall. Not all families look the same and many grandparents play a significant role raising their grandchildren. If you are a grandparent raising or helping to raise grandkids, join us for coffee/tea and discussion. If you need childcare or have questions, call SchoolsPlus, 902-538-4726.

LIBRA - Sept 23/Oct 23
Creative things catch your eye this week, Libra. Make it a point to stroll through an art gallery or catch a foreign film. Your appreciation for the arts will only grow.

SCORPIO - Oct 24/Nov 22
Calling your own shots is perfect for you. The idea of working independently is very attractive to you this week. Give it some thought.

SAGITTARIUS - Nov 23/Dec 21
Hobbies and leisure time activities with friends will provide a welcome break from work, Sagittarius. Use these opportunities to reconnect with people you care about.

CAPRICORN - Dec 22/Jan 20
Capricorn, you are considering a financial undertaking that takes you out of your comfort zone. Don't hesitate, as there's no reward without a little risk.

AQUARIUS - Jan 21/Feb 18
Speaking your mind is par for the course, as Aquarians tend to be opinionated. You have the ability to win over others without making them feel pressured in any way.

PISCES - Feb 19/Mar 20
Enjoy a few hours of hibernation this week, Pisces. Expect to feel recharged in no time. Relaxation for two also can fit the bill.

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Sisters of Science info session
May 9, 6:30 p.m., the Kingston Library hosts an info session/meet and greet with the "Sisters of Science" Lego Robotics Team. These young ladies will be travelling to the U.S. to compete and need your support. Light refreshments will be served.

Crafting club
May 9, 3:15 p.m. to 5 p.m., the Bridgetown & Area Library ages 10-plus Crafting Club meets. Olivia will be offering an awesome new crafting experience. All materials supplied. Registration required at 902-665-2758.

Volkssport walk
May 10, the Valley Trekkers Volkssport Club hosts a Kentville walk. Meet at the Ultramar Park St. Corner Store, 11 Park St., Kentville. Registration begins at 5:30 p.m. for walking at 6 p.m. This is a 5/10 km, 1B walk. More info: 902-678-5609.

Happy Kids Play Class
May 10, 10:30 a.m. to 11:30 a.m., the Bridgetown & Area Library hosts pre-school (ages three to five) yoga, stories, games, crafts and plenty of smiles! With a favourite caregiver. Pre-register as space is limited.

Mother's Day craft
May 10, 3:30 p.m. to 4:30 p.m., the Kingston Library invites youth ages five to 12 to join Shelly for a Mother's Day craft.

Tween Scene
May 10, 6:30 p.m., the Kingston Library hosts Tween Scene (crafts, games, etc). This program is designed for tweens ages eight to 12.

Bingo
May 10, annual spring bingo at Lawrencetown Consolidated School, 10 Middle Road, Lawrencetown (Annapolis County).

Doors Open at 6 p.m.; bingo starts at 7 p.m. All books just \$5. 15 games, cookie jar, 50/50 draw and door prizes; final game (full card) is a chance to win \$200 in groceries! Canteen available.



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Music evening
May 10, 7:30 p.m., the Berwick Legion, 232 Main Street, hosts a musical evening with the Las Vegas Trio. Ages 19-plus. Free admission (pass the hat).

Plant and bake sale
May 11, 8 a.m. to noon, the re will be a plant and bake sale at the Berwick Baptist Church Annex. Featuring house plants and perennials, bake table and what not table with treasures for sale. Enjoy a muffin with tea/ coffee for freewill offering. Proceeds for WWW Auxiliary.

Chase the Ace
May 11, 1 p.m. to 3 p.m., Chase the Ace at the Kingston Legion (Saturdays). Tickets also available during bar hours. Tickets are four for \$5. The draw takes place Saturday at 3:30 p.m. You must be over 19 years to purchase tickets. You do not have to be present to win. Half the take is split between Valley Autism and the new Valley palliative care centre.

Cemetery clean-up
May 11, 9 a.m. to 11 a.m., volunteers are needed for the Tremont Cemetery spring clean up at the cemeteries, 740 and 754 Tremont Mountain Road. All hands and all ages welcome. Great family / community service activity. More info 902-765-2642. Rain date May 18.

Breakfast
May 11, 8 a.m. to 10 a.m., teh Helping Hands Ladies Group hosts a Mother's Day breakfast at the Inglisville Community Hall. Breakfast includes eggs, bacon, sausage, hash browns, pancakes, toast, tea/ coffee and juice. Freewill offering, all welcome.

Plant sale
May 11, from 9 a.m., the Wilmot



Garden Club hosts its annual plant sale starting 9 a.m. (not before) until plants are gone. Located in the parking lot on the corner of Bridge and Main streets in Kingston. Shrubs, plants and seedlings will be on sale while supplies last.

Yard sale
May 11, 8 a.m. to 1 p.m., St. Monica's Catholic Women's League hosts its annual indoor charity yard sale at St. Monica's church hall, Connaught Avenue, Middleton. Bountiful items for men, women and children. Proceeds help charities in our Valley community.

Tea, ticket auction
May 11, 10 a.m. to 2 p.m., come on out for tea and treats with the family and peruse the locally donated items in the Millville Community Hall tea and ticket auction. Tea is freewill offering. Auction tickets are 20 tickets for \$1. Plants also for sale. All proceeds go toward the remaining renovations of the hall. Any questions may be sent to Candice at 902-840-1562 or cdavis224@yahoo.ca.

Quilt show
May 11, 10 a.m. to 3 p.m., the Anglican Parish of Wilmot hosts a quilt show at All Saints' Anglican Church, 521 Pleasant Street, Kingston. Freewill offering at the door. Proceeds will fund a variety of ministries.


Volkssport walk
May 11, the Valley Trekkers Volkssport Club hosts a walk from the Berwick fire hall parking lot (Exit 15 off Hwy 101). Registration begins at 9:30 a.m.

May 9 | 14 Wing Greenwood

CFMWS Health and Wellness Day

Day-long
10 a.m. to 2 p.m.
2 p.m. to 2:45 p.m.
3 p.m. to 4 p.m.

Respect in the CAF workshops – Health Promotion (pre-registered)
Drop in to a financial wellness info display – SISIP Financial
Join in a fitness trail walk from Community Recreation to the GMFRC
Finish the Health and Wellness Day at the GMFRC with free popcorn and fun exercises around self-care and mindfulness. Drop in and chat about ways we can take care of ourselves in our daily lives.



Morale & Welfare Services Bien-être moral

and care, games, goodie bags of donated retail items and a homemade carrot cake! All proceeds to the Lions Foundation of Canada dog guide sponsorship.

Social and potluck
May 13, from 1 p.m., there will be a pot luck and social time at Wilmot Baptist Christian Fellowship Centre, put on by Rays of Sunshine. Everyone welcome. Call Nancy at 902-765-4124 for info.

Lacrosse game
May 14, 7:30 p.m., Valley Thunder Lacrosse hosts the East Coast Junior Lacrosse League at Kingston's Credit Union Centre, as the Sackville Wolves and the St. Margaret's Bay Rebels showcase the highest level of amateur box lacrosse played on the East Coast. Featuring Valley Thunder Lacrosse's own Cameron Jackman on the Rebels' roster. Doors open at 6:45 p.m., warm-up at 7 p.m., game time 7:30 p.m. Adult admission is \$5, students are \$2 and youth under 12 are free. There will be a 50/50 draw and bake table fundraiser for Valley Thunder programs.

Gaelic Nova Scotia Month
May 14, 3:30 p.m. to 4:30 p.m., the Berwick and District Library hosts "Brigh na Bàrdachd - The Power of Our Songs." A delightful, free afternoon presentation of Nova Scotia Gaelic song during Gaelic Nova Scotia Month. Tea and cookies served.

PeopleWorx Outreach services
May 14, 10 a.m. to noon, the Berwick and District Library hosts Nova Scotia Works – Peo-

pleWorx, offering ongoing 1:1 assistance to residents requiring employment support (resumes, cover letters, job search, explore funding, workshops and career practitioner). To set up an appointment contact PeopleWorx at 1-866-609-9675 or jibby-macnabb@peopleworx.ca.

Luncheon
May 14, noon to 1 p.m., the Kingston Lions host their monthly community luncheon at the hall. The menu is roast beef, mashed potatoes, Yorkshire pudding, blueberry buckle dessert, tea and coffee. Cost \$9 (\$9.50 delivered, deliveries to Kingston/ Greenwood area only. Please call 902-765-2128 before 10:30 a.m.) All proceeds from this event will support Lions' work in the community.

T-shirts with the Circuit Maker
May 16, 6 p.m. to 7:30 p.m., the Annapolis Royal Library Innovation Lab invites you in to make your own T-shirt with the Circuit Maker: design, cut and apply your very own vinyl to a T-shirt. Bring in a shirt (cotton or cotton blend) and we'll supply the rest. Pre-registration at 902-532-2226.

Harry Potter Escape Room
May 16, 6 p.m. to 6:45 p.m. and 7 p.m. to 7:45 p.m., the Berwick and District Library hosts a Harry Potter-themed escape room for Potterheads, aspiring muggle sleuths... and undercover wizards! Sign up your family, grab some friends (maximum eight. Registration required. Ages seven to 107. Please call 902-538-8060.



Easter morning



About 40 people welcomed Easter morning early April 21, gathered at the French Cross in Morden, along the Bay of Fundy shore. The service was led by the Aylesford United Church, with guest piper Anne Scott. A light breakfast was offered at the nearby Morden Community Hall. M. Rolph

Soccer coach needed for base team

The 14 Wing Greenwood If you are interested, please women's soccer team is contact Graham White, 902- looking for a coach for the 765-1494 local 5753 or GRA upcoming season. HAM.WHITE2@forces.gc.ca →

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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 5699, visit the office, 61 School Road, Morfee Annex, Greenwood; email aurora-production@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 9 \$, taxes incluses. Chaque mot additionnel coûte 10 sous, plus taxes. Texte en caractères gras 10 \$, taxes incluses.

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#56386 for pictures. \$142,900. Call Debbie at 1-506-471-1421 or 902-765-9217 or by email at: catweed250@gmail.com. (4017-3tpb)

YARD SALE

INSIDE BARN - Rain or shine, Saturday, May 11, at 8 a.m. till done. 1144 Maple Avenue, Aylesford. Everything must go. Lots and great items, antiques, furniture, nick-knacks, dishes, shelving units, games and more. You cannot go wrong. We hope to see you there. (4016-2tp)

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Train now to try June 23 tri

Anyone can do a triathlon, and the Greenwood Triathlon Club wants to help prove you can!

The club is hosting a beginner friendly event at 14 Wing June 23. The distances offered will be Sprint (750m swim, 20km bike and 5km run) and Super Sprint (300m swim, 10km bike and 2.5km run). The swim will take place in the indoor pool, the bike course will be on the 14 Wing runways and the run will be on the roads between the 14 Wing Fitness & Sports Centre and the golf club.

If you are interested in learning more about what is required to complete the event and how to train for it, the triathlon club is always looking for new members. We have members of all levels and abilities, from people

looking to complete their first race to athletes who compete internationally - and all levels in between. We have two certified swim coaches and offer swimspecific clinics for those who may be a bit nervous about the swim. We also will offer a spring training camp/ clinic to go over the basics of how to properly train for a race and tips and tricks for how to make race day go as smoothly as possible. We also offer group workouts and training plans that may be tailored to any ability level.

If you are interested in joining or have any questions, contact any of Brad Allen, 506-261-7556 or bradsony@gmail.com; Mat Duheme, 902-349-6285 or mathew.duheme@forces.gc.ca; Shannon Archer, 250-

Slo-pitch season underway

14 Wing Greenwood's men's and ladies' slo-pitch teams are gearing up for the season.

Men's team practices are underway, happening Wednesdays, 4 p.m. to 5:30 p.m., at the Fitness & Sports Centre gym. New and experienced players are all welcome. For questions, contact coach Warrant Officer Alain Chalifoux, 902-765-1494 local 2003.

The ladies' team practices will commence Monday, May 6, 4 p.m. to 5:30 p.m., at the Fitness & Sports Centre gym. New and experienced players are all welcome. For questions, contact coach Warrant Officer Alain Chalifoux, 902-765-1494 local 2003.

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Taekwondo results

March 30, students from Durling's Taekwondo competed at the Annapolis Valley Taekwondo Challenge in Olympic-style sparring. Athletes also demonstrated their speed, power and accuracy in the board-breaking event. The students are now preparing to compete at the East Coast Cup in Halifax in May. In the back row, from left, are Hunter Bourassa-Goodyear, Judah Justice, Landon Carey, Addison Foley, Lucas Johnson, Meaghan Nejrup, Ewan Crawford, Renee Burns and Noland Hatfield. Across the front are Samuel Justice, Sterling Justice, Ashton Davis, Eliza Rose, Sawyer Baker, Kaitlenn McInnis, Katherine Cole and Raymond Wentzell.

898-9667 or Shannon.Archer@forces.gc.ca; Shawn Smith, 902-765-1494 local 3444 or shawn.smith5@forces.gc.ca; Lisa Giancarlo, 902-692-1170 or lisalsells@esatlink.ca or visit our Facebook page. →

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Complete the following questions from ads in this week's issue and win a \$20.00 coupon to play Friday Night BINGO from Aylesford & District Lions. Coupons valid for 1 year. Age 17+ on regular games.

1. Who carries Monidex panels and parts? _____
2. Who will you reach at mortgage.rbc.com? _____
3. Where can you win a Spa Shop prize? _____
4. Who makes two guest appearances May 11? _____
5. What is offered inside and heated? _____

Congratulations to last week's winner: KIM FREDERICKS

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Riptide Rollers show off game, host roller disco fun May 11

The Riptide Rollers are a flat track roller derby team based in Kingston. The group invites the community to watch its scrimmage, and then join in for a roller disco, May 11.

Bring out the whole family for the evening, from 5 p.m. until 9 p.m., at the Credit Union Centre Arena in Kingston.

The Riptide Rollers consists of a wide range of women - moms, aunts, nurses, career women, students, teachers, military members and everything in between. Day-to-day, members are normal, caring and compassionate; on roller skates, they get to be tough, silly, loud and in charge. Roller derby, for members, is all about community, friendship and showing how strong they can be together. It is a family that supports each other on - and off - the track.

The Rollers are excited to include you in their derby community. If you've never



Submitted

seen a game before, come out to cheer us on and learn about the rules as you watch a beginner match. Doors open at 5 p.m. and the game will go from 5:15 p.m. until 6:45 p.m. We will have a quick run down of the rules and lots of information for everyone. Roller derby is exciting to watch. Also, there will be treats, 50/50 tickets and the draw for our

lotto tree. Stick around after the game, from 7 p.m. until 9 p.m., for the roller disco in the rink. Get ready for some fun music, glow-sticks and disco lighting. Bring the whole family for \$5 per person, with kids 12 and under free. For all children, 18 and under, helmets are mandatory (and they are recommended for

all new skaters). If you don't have any wheels of your own, Coffin Skate shop has you covered, with roller skates to rent for \$10 (rental skates are first come, first served, available in a variety of sizes from child to adult).

The Riptide Rollers formed in 2009. Our mission is to play competitive roller derby and to serve our community

by encouraging athleticism, demonstrating positive role models for women, providing entertainment, and supporting charitable causes in the Annapolis Valley. Members embody the values of empowerment and dedication,

and have a "for the skater, by the skater" philosophy. Through alternative experience in sport, we challenge ourselves and each other, we are welcoming and inclusive and we celebrate our successes together. →



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