



Pipe band PT New class aims to get band members marching

Lieutenant Andrew Bruce

With spring rapidly approaching, the 14 Wing Pipes and Drums are ramping up for a very busy parade season, with an anticipated 45 appearances throughout the Annapolis Valley and Nova Scotia.

Winter training and lessons have been progressing and the weather has cooperated, allowing the band to meet all of its musical goals; however, winter does not allow the band any opportunity to work on marching and playing outdoors – something that takes a lot of coordination and physical strength.

Pipe band I/C and drum instructor Sergeant Calvin Gallant knew he needed to do something to get the band ready to perform.

“I was concerned that the static winter practices were reducing our capacity to com-

plete long marches while making quality music,” says Gallant. “It takes a lot of physical effort to play the pipes or drums on a hot summer day wearing 30 pounds of wool. You need to be in good physical condition to ignore the heat, keep your head in the game and have the energy to concentrate on your playing.”

That’s where Personnel Support Program fitness instructor Susie LaJoie comes in. A regular attendee at Highland Games, where she competes in the Scottish heavyweight athletic events, LaJoie is very familiar with the piping and drumming scene in Atlantic Canada and around the world. With her background in heavy weight competition and regular interactions with pipers and drummers, she feels at home in the competitive culture fostered in the pipe band community.

“When Sergeant Gallant



14 Wing Greenwood Pipes & Drums members, striking in as they start a get-fit spin class with PSP instructor Susie LaJoie.

Submitted

approached me for some ideas to increase the band members’ physical fitness for parading, I knew exactly what to do to help them prepare for the 2020 parade season,” says LaJoie, popping her earplugs out to hear questions being asked over the band warming up. “The band members have a challenging combination of cardio and strength training to develop, with each instrument hav-

ing similar requirements for increased cardio capacity but also specific core, back and upper body training. I’m looking forward to getting this going.”

Through careful consultation with fellow PSP staff at the 14 Wing Greenwood Fitness and Sports Centre, LaJoie has developed a fitness program for band members, including marching laps on the track - while playing - to

warm up, spin classes – while playing - to increase cardio stamina and instrument-specific strength training.

“Drummers are carrying 15- to 20-pound drums for long hours, so they need a strong core and lower back. Pipers carry their 15-pound pipes on one shoulder, so we need to balance out their upper bodies to ensure they aren’t over-training their left sides only,” she says.

The program exercises will see pipers and drummers playing for full 50-minute workouts to maximize their effectiveness. A new diet plan has also been paired with the program to ensure the band members are being given maximum opportunities for success. In addition to the physical workouts, LaJoie will have honest chats with band leadership about the band members’ diets, suggesting

Continued on page 3...

‘Evolving situation’

Command team social media event reaches across physical distance for members, family, community

Sara White,
Managing editor

For those of you who stayed to the end, 14 Wing Commander Colonel Brendan Cook’s a cappella version of Neil Diamond’s COVID-19 re-work of “Sweet Caroline”

was the lighthearted moment he hopes can be found in trying times.

“And there will not likely be a steady state for some time,” he said.

Cook and Wing Chief Warrent Officer Dan Campbell hosted a 1.5 hour Facebook

Live event March 23 for 14 Wing personnel and their families, catching all up on extraordinary measures all are facing in the effort to get ahead of the COVID-19 pandemic.

The base has dropped to about 17 per cent of its typical, daily on-site manning, focus-

ing only on critical search and rescue, NORAD and long range patrol sovereignty missions and the essential services needed to make those happen. Everyone else is working from home until at least April 6.

“I’ve told all my commanders I want 30 days, and also to

be ready to accept that for six months,” Cook said. “I don’t have that guidance, but that’s good military planning. We’re taking the long view now.

“We have new orders every two to three days, and I fully expect our orders will be updated and evaluated.”

Cook and Campbell emphasized the Province of Nova Scotia’s declaration of a state of emergency March 22, and its jurisdictional reach into the military community: the base gym, playgrounds and sports fields are closed; the dog park and walking trails through the

Continued on page 3...

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Everybody makes a difference One family's role in 'doing their part'

Sara White,
Managing editor

Sergeant Monica Fraser, IC with 14 Wing Greenwood's 14 Mission Support Squadron's Annapolis Cafe food production, was home from work March 18 with her daughter and son, as base operations reduced to have personnel reduce their footprint in workplaces and the community.

In the midst of social isolation and distancing related to COVID-19, they decided to do a little crafting, and show their neighbours in the Greenwood Residential Housing Units' community they are working as a family to "do their part."

Using an old pillowcase

- which everyone has, they decorated and hung it in their front lawn to show they support and take seriously the containment effort underway to prevent the virus' spread.

"Some may think I'm crazy, but it's a visual sign we hope will give some comfort during all the unknown," Fraser says.

In the hours and days since, countless signs now hang from poles and trees, in windows, along road signs, chalked on pavement and sidewalks and more - here in Greenwood, around Nova Scotia - and even photos from friends in Belgium, showing the reach of the #staysafestayhealthy message.

"Be safe... sending support and well wishes to you all." →



Sergeant Monica Fraser and her kids crafted community, caring messages at their kitchen table in Greenwood; messages that have since been picked up by friends - and strangers - around the world.

Submitted

Base medical service managing 'in flux' COVID-19 response

Sara White,
Managing editor

As of March 25, 14 Wing Greenwood's medical service team is "all right," but "still all in flux."

26 Canadian Forces Health Services Group Major Matt Tucker, wing surgeon, says new guidance comes every day on how to prepare for any impact from the COVID-19 virus.

"We fall under the national Health Services group and, ages ago - although it was a week-and-a-half ago; we were told to pare down our services and reduce what we could," he said. "So then it became, 'How do we do that?'"

March 17, 26 CFHS advised the wing on changes to sick parade, appointments, prescription renewals, release processes and more - including what military members should do if they feel ill with COVID-19-like symptoms.

"When the aircrew came

back from Italy March 4, we were in constant contact with the provincial public health office, and we followed all the provincial and federal guidelines," Tucker said. The wing offered 71 members the option to self-isolate on base, rather than returning home; two did, with COVID-19 swab tests done by 26 CFHS, which came back negative March 7.

"We can do the tests, but we're not prepared to do lots," Tucker said, indicating the regional, national and international shortage of supplies as COVID-19 spreads. "That's why it's imperative we act on the precaution and prevention side of things. We can't re-emphasize it enough."

26 CFHS has posted a medic at its entrance, who will ask all entrants screening questions related to travel, potential exposure to COVID-19, or any feelings of illness. A separate area of the health facility has been designated for those who need further

evaluation to reduce any full-facility contamination.

Under a dozen 26 CFHS members have also ended their medical services or training roles in civilian hospitals and health services, avoiding movement from one medical facility to another.

Since March 18, just 17 per cent of the wing's workforce has been working on-site in critical and essential roles; all others are working from home. Physical distancing is the best way to counter the spread of the virus on the wing, and in the wider community. Tucker is well aware, though, there are concerns for members on base working in spaces where physical distancing is difficult.

"We always balance the medical needs of our members, but we also support the work of the organization and its mission," Tucker said. "At the end of the day, we do have an actual mandate: to care for every member on the wing, and prepare to make sure a

small crew of people stays healthy for critical operations. We really do care about all of the members, and we're doing the best we can."

Adjustments have been made across the base, everywhere possible: smaller class sizes for members on course, fewer flying operations, split-shifting to lighten the number of people at work at any time, heightened cleaning and more. Some military members, though, are working in close quarters.

Since March 17, 26 CFHS has been re-evaluating what cancelled services it could safely resume. That could include acute injuries and chronic conditions, some aircrew medicals and more - but Tucker said it is day-by-day. "We're a small clinic," he said.

As for conversion to in-patient care should military members require COVID-19-related treatment, he said 26 CFHS is not configured or equipped for that. →

Evolving situation...

...cover

Residential Housing Units' neighbourhood are open, with restrictions on physical distancing. Anyone entering Nova Scotia after 6 a.m. March 23 is subject to mandatory 14-day self-isolation. Recommendations for essential shopping are must follow, particularly for military members as first responders: "we belong to a group of people that may be called upon," Campbell said. "The decisions being taken on this wing are not being taken lightly."

The Facebook Live video is posted in full on the Greenwood Military Family Resource Centre's Facebook page, with follow on posts here and through the 14 Wing Personnel Support Program on support services, exercise, mental health, children's activities, guidance on physical distancing. Cook and Campbell answered dozens of questions related to cleaners, Reservists, isolation options in base quarters, medical appointments and testing, spouses losing community employment and financial

stress, parents travelling for custody visits with their children in other areas, how best to work in the cockpit of an Aurora aircraft with three people and no space - and more.

"This is an evolving situation," Cook said. "The decisions we make today may change tomorrow. We ask for your patience, and we'll do our best to communicate information to you." →

canada.ca/coronavirus
novascotia.ca/coronavirus
#staysafestayhealthy

Pipe band PT...

...cover

a reduced haggis intake and perhaps substituting lentils and chickpeas, salads and vegetarian curries.

"I think the program will be paying off as our first street parade is in May, and it's 3.2 kilometres mostly uphill at the Apple Blossom Parade. I want the 14 Wing Pipes and Drums to be able to complete that parade and outplay any civilian

pipe band who attends," says Lieutenant Andrew Bruce, acting pipe major for the band.

Greenwood gym attendees may participate in the pipe band's PT, as band instructors will set up non-functional instruments that will give a similar air resistance to a working bagpipe but without the added noise of an untrained piper.

"It takes about 30psi, give or take a breath, to make a set

of functioning pipes work but, unless you know how to use them, we'll be saving some ears from hearing some bad sounds," Bruce says. "We'll try to prevent too much sound exposure for the general public when the band is working out - a box of ear plugs will be available at the front desk - but, to be honest, our trial runs so far have ended with positive results. A lot of people find the sound of the


pipes really motivates them. It invokes the 'warrior spirit.'"

Pipe band classes will soon be offered Mondays, Wednesdays and Thursdays from 7 a.m. to 8 a.m., after the first official public offering of the unique fitness training class April 1. 14 Wing P&D would like to thank PSP for its dedication to the band's training and physical fitness and wishes 14 Wing a Happy April Fools Day. →




14 Wing Greenwood Commander Colonel Brendan Cook left, and Wing Chief Warrant Officer Dan Campbell hosted a Facebook Live event March 23, offering military members, their families and the community the opportunity to hear of 14 Wing changes in the face of COVID-19, and ask questions.

Facebook



the Aurora



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A sand hill near the Kingston Ravenwood Subdivision.

C. Larsen



Along the Old French Road, an original portion from the early 1800s still seen in today's Ravenwood Subdivision.

C. Larsen

Reflections on our past

A look back on the history of Kingston Village and Greenwood Square

SAND!

Chris Larsen

If you live in the Valley, you understand what it is to live with sand – in your gardens, on your laundry and sometimes during a good gust, in your drink.

There are no beaches close by, so it is not as if we have the volumes of sand in every yard due to the erosion expected on a seacoast. In fact, north and south of the Valley are hills comprised of hard rock (basalt to the north, massive amounts of granite to the south). Yet, when you start to dig a garden, within six inches of the surface, we invariably find sand, of all different types.

Sand played a role in the

shaping of today's roadways. For example, the original Old French Road originally ran through the Ravenwood subdivision. An early settler (Henry Van Buskirk) complained the old road through the "sand hills" under what is today's subdivision was too difficult to traverse for the horses, so he entreated the Assembly in Halifax to authorize and pay for the road to be moved to the south. This work was completed in the 1820s, and the #1 Highway follows this path today.

When British and Canadian engineers arrived in 1940 to locate the airfield for the arrival of the Royal Air Force's Operational Training Unit (OTU), it would have quickly become apparent the levelling of the land would be quite simple. Sand is easy to move,

and it was everywhere. It took roughly a year to break ground and complete most of the air base that we know today. By 1941, RAF Hudsons were flying training missions, in the sand. So bad were the conditions unknown writers of the day enjoyed poking fun at their lot in life:

"One problem, however, which most affected morale, was to persist for the next year or two. Sand! When it was wet, knee-deep mud was everywhere. When it dried, it became fine sand which on windy days was known to obscure visibility on the airfield to such a degree it curtailed flying."

The following is from the station's first monthly magazine, "Over Seas," published in June 1942:

"Menu for today - Wind

velocity - 30 MPH. Direction - any direction

Breakfast - no breakfast, party last night

Lunch - Sandy beer and more sandy beer

Tea - Sanded egg sandwiches and Tea (with sand)

Dinner - Soup a la desert

Fish fried in sand

Sand dressed potatoes

Pudding a la beach

Sand and coffee"

Where did all of this sand come from? You would think a valley created by rivers would be covered in mud, bogs and swamps.

In the Natural History of Nova Scotia (Volume 2), our home is described as "Area 600: Triassic Lowlands." Over 200 million years ago, this portion of Nova Scotia was part of the Pangea super-

continent (the land mass that existed prior to the separation of today's continents). At that time, the area was a hill-fringed basin that caught sand and sediment deposits washing down from ancient mountains. The area was later flooded by extensive lava deposits, with remnants being evident on the North Mountain and along the Fundy shores. As erosion took place, the basalt cover over the sandstone disappeared due to the action of rivers. Later, glacial erosion led to some of the characteristic shapes (sand hills) we see today.

An interesting aside: the original rivers that flowed across the Valley actually ran from the south to the north, from the high ground in the Nova Scotia interior and into

a river that eventually became the Bay of Fundy. After the basalt cover eroded away, the sandstone underneath eroded much faster. Eventually, the water drainage followed in an east-west course leading to the development of the current Annapolis River, as well as the five rivers in Kings and Hants counties. Evidence of the ancient rivers exist in the improbable-seeming valleys that cut through the North Mountain and are known locally as "wind gaps" (such as the valley to the north of Melvern Square).

So, as you wipe the grit from your eyes and curse the ever-degrading state of your lawn or garden due to all that sand, just remember this isn't a new problem. Now you know where all that sand came from. →

March 31 opportunity to raise trans awareness

Captain Arne Backhouse, Positive Space ambassador, 14 Wing Greenwood

International Transgender Day of Visibility is honored every year March 31. It was created to celebrate the transgender community in a positive light, to raise awareness of the trans community and fight transphobia through education. Trans activist Rachel Crandall of Michigan created TDOV in 2009, frustrated the only well-known transgender centered day, Transgender Day of Remembrance (November 20) focused on

mourning those murdered for simply being themselves.

Transgender people are your coworkers, neighbors, members of your family and greater community. They are any age and have diverse backgrounds, including race, ethnicity and faith. While in Canada we have the Charter of Rights and Freedoms as well as the Human Rights Act that protect transgender folk from discrimination due to gender identity or expression, there are still many countries where simply existing is a crime, and trans people are at a higher risk of being beaten or murdered. TDOV is not just a day for



those who are transgender to celebrate their authenticity and live openly (if that's what they choose), but also a day for others to show their support and recognize the contributions to society made by the trans community. There are many resources

online to help - or simply ask. 14 Wing Greenwood has a number of volunteer Positive Space Ambassadors here to assist. →
It's not a matter of learning to accept, but rather accepting, then learning.



The government of Nova Scotia has declared a provincial state of emergency to prevent the spread of COVID-19.

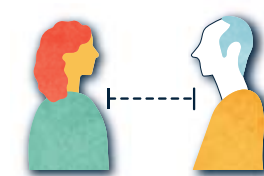
We all must follow Public Health Orders and Direction:



If you have travelled outside of Nova Scotia you **MUST STAY HOME** and self-isolate for **14 DAYS** upon your return



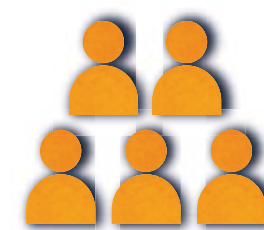
Businesses that continue to operate with more than 5 employees must practice social-distancing



Practice social-distancing Keep **2 METRES/6 FEET AWAY** from others



Wash your hands often



No social gatherings anywhere of more than 5 people

We all must do our part. Be kind, be compassionate, and use common sense. Together we can help prevent the spread of COVID-19.

novascotia.ca/coronavirus



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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 Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ns.alianzinc.ca. Les annonces avec date sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le mercredi précédant la publication, à moins d'avis contraire.

NOTICE: Many community events are being cancelled in coming weeks to avoid public gathering. Please check ahead with the organizers, as submission dates and Aurora press deadlines are in advance of distribution.

Blood donor clinic
April 6, noon to 3 p.m. and 5 p.m. to 8 p.m.; April 7, 5 p.m. to 8 p.m.; and April 8, noon to 3 p.m. and 5 p.m. to 8 p.m.; Canadian Blood Services will hold a blood collection clinic at the Berwick Lions Club, Kings Mutual Century Centre, 250 Veterans Drive, Berwick. New and returning donors may book an appointment at blood.ca.
Volunteers wanted
The Friends of the Greenwood

Library Society is looking for volunteers to meet with us once a month for about an hour to advance the interests of the library. If interested, please contact the librarian, 902-765-1494 local 5430.

Donations accepted
The Opportunity Shop, located in the Greenwood Mall, accepts donations of clean, used clothing, shoes, purses and also linens and small kitchen appliances. No electronics please. All money earned goes to local health care projects.

Hall rental
The Brickton Community Hall is available for rentals (birthday parties, weddings, meetings and more). Contact James or Cathy, 902-584-3047 for details.

Caregiver support group
Thursdays (first of each month, 1:30 p.m. to 3:30 p.m.), a caregiver support group meets at the Kingston United Church, 733 Main Street (ramp access). Are you caring for a parent, spouse, child or friend due to a physical or mental health condition, frailty or chronic illness? Our support

group offers a confidential, friendly atmosphere for you to discuss your experiences, and receive helpful information in a supportive environment. For information, contact Jennine Wilson, 902-680-8706 or 1-877-488-7390. caregiversNS.org

Stamp drive
The Middleton & District Lions Club, and clubs all over Canada, saves used stamps to help fund many projects. Turn in used stamps to a Lion in your local area, or mail to Stuart Crawford, 157 Vault Road, Kingston, NS, B0P 1R0. Please leave at least 1/4" of paper around the stamp; or, just tear them off the envelopes and Lions will trim to size.

Rental space
Having a wedding, anniversary, birthday or any other function? RCAFA 107 Valley Wing in Greenwood offers a hall and catered services for up to 100 people. Call 765-8415 or drop in to see us.

Lions membership drive
The Middleton and District Lions Club is recruiting new members. If you are interested in becoming

a member of one of the largest organizations in the world, please call membership chair Terry Gaudet, 902-825-1736, for more info.

SPCA foster program
Volunteer foster care homes are needed to support the rescue, care and adoption of Kings County SPCA cats and dogs. If you can provide a safe, happy temporary home for an animal and meet SPCA volunteer training and screening requirements, there are many animals who would appreciate your involvement. All costs (food, litter, medical care) are covered by the SPCA. For info, contact foster care coordinator Cynthia Gallagher, cmgalls1@gmail.com; or the shelter at 1285 County Home Road, Waterville.

Diabetes donations
Diabetes Canada accepts gently used clothing and household items in the Kingston and surrounding area at red clothing donation bins at several locations. Or, call 1-800-505-5525 to arrange a free household pickup or visit decluster.diabetes.ca.

Proceeds from donations support diabetes research, education, programs, services and advocacy for 11 million Canadians living with diabetes.

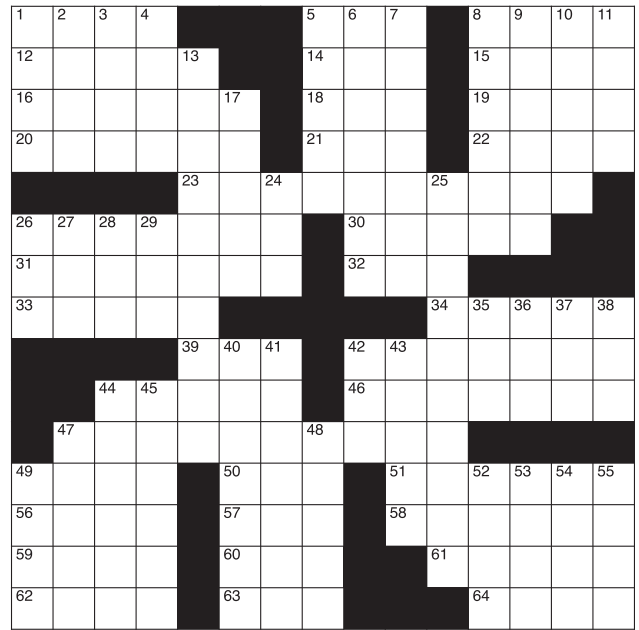
Cemetery history
Are your ancestors buried in the Tremont cemeteries? The Tremont Community Cemetery Society would love for you to share their stories/ photos. Contact 1stladymuse@gmail.com or 902-765-2642.

Volunteers wanted
The Kingston Greenwood Mental Health Association is recruiting volunteers to join its board. The association meets monthly. For information, please call 902-765-3902.

911 civic signs
Purchase your 911 Civic Sign(s) by contacting any Lions Club member or by calling your local Lions Club and leave a message. Aylesford: 902-847-9374, Kingston: 902-765-2128. Please call for pricing and remember if emergency responders can't find you, they can't help you. Thank you for your support.

metro crossword

solution page 7



- ACROSS**
1. Bond villain Mikkelsen
 5. A team's best pitcher
 8. French river
 12. Mountain nymph (Greek)
 14. City of Angels airport
 15. Military force
 16. Scrawny
 18. Value
 19. One billionth of a second (abbr.)
 20. Highly seasoned sausage
 21. Trouble
 22. Prong
 23. Showing varying colors
 26. Cloaked
 30. Renters sign one
 31. Acquires
 32. Type of language (abbr.)
 33. Partner to pains
 34. Third portion of the small intestine
 39. Excessively theatrical actor
 42. Infraction
 44. Classical music for the stage
 46. Slugged
 47. One who terminates
 49. Breakfast is an important one
 50. Moved earth
 51. Medical procedures
 56. Genus of clams
 57. Not well
 58. Comparative figure of speech
 59. Covered thinly with gold
 60. Principle underlying the universe
 61. A parent's sisters
 62. Professional engineering group
 63. Coniferous tree
 64. Impudence
- DOWN**
1. Female parents
 2. Region
 3. Transaction
 4. Heroic tale
 5. Of algae
 6. Luminous intensity unit
 7. Uncovers
 8. French commune name
 9. Poisonous gas
 10. Pearl Jam's bassist
 11. Horse groom in India
 13. Destroyed
 17. A way to alter
 24. Promotional materials
 25. American state
 26. Extinct flightless bird of New Zealand
 27. Modern Family network
 28. Last or greatest in an indefinitely large series
 29. Exercise system —bo
 35. Type of bulb
 36. Opposite of beginning ones
 37. Utilize
 38. Type of student
 40. Deficiency of moisture
 41. Areas of the eye
 42. Select
 43. Sheets of floating ice
 44. Priests who act as mediums
 45. Roof of the mouth
 47. Unnatural
 48. Illuminated
 49. There are three famous ones
 52. Large, fast Australian birds
 53. 'Dracula' heroine
 54. Substitutes (abbr.)
 55. Tax

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2. Fax: 902-765-1717
3. Drop into our office located at 61 School Road (Morfee Annex)

Entry deadline:
4 p.m., April 1, 2020

Full name _____ **Phone number** _____
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 has an expert marketing suite? _____
2. What is the required social-distancing distance? _____
3. What's always fresh. Always? _____
4. What due date has your next interim tax bill been changed to? _____
5. Who offers a stress free service? _____

Congratulations to last week's winner: KIM FREDERICKS



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Shearwater Flyers win regional old timers' hockey gold

The Shearwater Flyers Old Timers' hockey team came out on top at the Atlantic Regional Championship, January 29 to 31 at 12 Wing Shearwater.

After dominating Greenwood in a 7-1 semifinal, the Flyers took on the CFB Halifax Mariners in the final. Teams went into the third tied 1-1, but a quick goal from Shearwater got the momentum roll-

ing, and the Flyers took a 4-1 victory. Lieutenant (Navy) Joel Cormier of FDU(A) received the tournament MVP award for the Flyers.

The championship also included a tribute to the late Sergeant (retired) Rob Sneath in front of many who called him a friend and shared the ice with him. Sneath was one of Canada's top military

hockey players and won an impressive 22 medals from Canadian Armed Forces' nationals during his 24-year career. A permanent banner featuring Sneath's name and his jersey, #27, was recently hung above the ice at the Shearwater Arena, replacing a temporary banner that went up shortly before his passing in late 2017. →

WAR AMPS key tags protect keys, help child amputees

Deji Disu, five, was born a left arm amputee and, as a member of The War Amps Child Amputee (CHAMP) Program, is eligible for financial assistance for the cost of artificial limbs and adaptive devices, regional seminars and peer support.

Deji was recently fitted with a myoelectric arm, which can sense muscle impulses, allowing him to open and close the hand by simply flexing his muscles.

"This artificial arm allows Deji to be independent and do whatever he sets his mind to," says mom Sara.

The War Amps many programs for Canadian amputees, including CHAMP, are funded by donations to its Key Tag and Address Label Service. The association does not receive

government grants. For information, or to order key tags or

address labels, call 1-800-250-3030 or visit waramps.ca. →

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horoscopes

ARIES - Mar 21/Apr 20

Things are not always what they seem. Aries. Keep this in mind when dealing or working with people you have never met. It may take some time to figure things out.

TAURUS - Apr 21/May 21

Taurus, asking a bunch of questions may not unveil the answers you were hoping for. You may not be asking the right questions. Keep forging ahead.

GEMINI - May 22/Jun 21

The ability to listen is an important skill, Gemini. This ability is especially valuable when others come to you for advice. Listen intently and do your best to help.

CANCER - Jun 22/Jul 22

Cancer, even if things do not entirely make sense this week, you can glean certain bits of information here and there that can help you to paint the bigger picture.

LEO - Jul 23/Aug 23

Leo, imitation is the highest form of flattery. Keep a keen eye on someone you admire at work, and then try to mirror this person in your actions.

VIRGO - Aug 24/Sept 22

Virgo, certain responsibilities may seem like a drain on your time. But right now you are not seeing how even small tasks can add up to big results in the end. Remain patient.

March 29 to April 4

LIBRA - Sept 23/Oct 23

Libra, certain battles cannot be won no matter how hard you try. Do not focus unnecessary energy on things that cannot be scaled. Direct your focus to more important projects.

SCORPIO - Oct 24/Nov 22

A project you started may come to a screeching halt, Scorpio. This does not mean you should abandon it entirely. It just means you will have to take a brief hiatus and restart.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, people naturally want to be around you, but sometimes you need to take a step back and focus on yourself. Clear your schedule for some personal time this week.

CAPRICORN - Dec 22/Jan 20

Spring is a time of new beginnings, Capricorn. You may be presented with several new opportunities. Travel, a new job or even expanding your family may be in the cards.

AQUARIUS - Jan 21/Feb 18

Aquarius, even if you do not have all the answers, you can take steps that address many of the changes that have occurred in your life lately.

PISCES - Feb 19/Mar 20

Channel your creativity into projects that let you express yourself, Pisces. Artwork, writing and crafting are a few examples.

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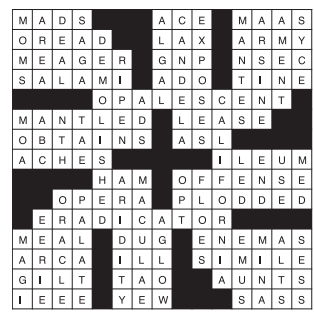
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Local speed skater qualifies for Canadian Youth Short Track Championships – East

Georgia Lloyd of the Annapolis Valley Speed Skating Club (AVSSC) has been named to Team Nova Scotia for the Canadian Youth Short Track Championships – East.

The championships were to be held in Sherbrooke, Quebec at the end of March. Unfortunately, the event has been cancelled



Georgia Lloyd, of the Annapolis Valley Speed Skating Club. Submitted

due to the spread of COVID-19.

While the event is cancelled, Speed Skate Nova Scotia felt it was still important to name the team to recognize the athletes for their hard work and achievements over the season. Lloyd, who started speed skating when she was six, made the team by achieving the provincial standards in both the 200-metres and 1,500-metres distances.

“Georgia demonstrated that she is a determined athlete, continuously working hard and pushing herself to achieve goals she didn’t think she could reach,” says AVSSC coach Lauren Muzak-Ruff. “Despite not being able to attend this year, Georgia already has her sights set on next year’s qualifying times!”

The Annapolis Valley Speed Skating Club formed in 2012. Its home arena is the Credit Union Centre in Kingston, where it offers learn to speed skate, skills development, recreational and competitive programs. For information, email valleyspeedskating@gmail.com or check out Annapolis Valley Speed Skating on Facebook. →



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EMPLOYMENT OPPORTUNITY

Greenwood Military Family Resource Centre (GMFRC)



Coordinator of Volunteer Services

Do you believe in the power of volunteerism? If you are humbled by the generosity, kindness, and immeasurable contributions of a volunteer team, the GMFRC is the place for you! Our Coordinator of Volunteer Services is responsible for the recruitment, training, and support of the GMFRC's team of 100+ volunteers. The Coordinator will work closely with the staff team to ensure that volunteers are offered meaningful volunteer opportunities for personal and professional growth. This position will also be responsible for coordination of some community special events.

Who we are looking for:

We are looking for someone with an Undergraduate degree in the Social Sciences/Community Development field.

Experience you should have:

- Five years' experience in program development, management, evaluation.
- Minimum of 2 years working with volunteers.
- Experience in group facilitation and training.
- Advanced ability to work independently and as part of a multi-disciplinary team.
- Awareness of risk management issues as they pertain to volunteers
- Experience working in a not-for-profit organization with an in-depth knowledge of volunteer management and community development.
- A sound understanding of the unique needs of military families.

Your contribution to the team will include:

- Excellent verbal and written communication skills. Ideal candidate is bilingual.
- Excellent organizational skills.
- Sensitivity and tact in dealing with people.
- Working knowledge of community resources.
- Strong belief in the principle of volunteerism.
- Knowledge of Microsoft Office programs.
- Advocating for/creating meaningful volunteer opportunities.

New Team members must complete a Child Abuse Registry Check, Criminal Record and Vulnerable Sector screening, and an Enhanced Reliability Check. The work week is 37.5 hours with occasional evening and weekend hours required.

If you are interested in joining our team, please submit your resume on or before noon on Friday, April 3, 2020, to:

Margaret Reid, Executive Director
email: home@greenwoodmfr.ca (MS Word or PDF format)
Subject line: resume – Volunteer
mail: Greenwood MFRC PO Box 582, Greenwood, NS, B0P1N0
fax: 902-765-1747

Drop off in person: The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood.

The Greenwood MFRC is committed to employment equity. You can read more about the GMFRC at: cafconnection.ca

POSSIBILITÉ D'EMPLOI

Centre de ressources pour les familles
militaires de Greenwood (CRFMG)



Coordonnateur/Coordonnatrice des services de bénévolat

Croyez-vous au pouvoir du bénévolat? Si vous êtes humilié par la générosité, la gentillesse et les contributions incommensurables d'une équipe de bénévoles, le CRFMG est l'endroit pour vous! Notre Coordonnateur/Coordonnatrice des services de bénévolat est responsable du recrutement, de la formation et du soutien de l'équipe de plus de 100 bénévoles du CRFMG. Le/la Coordonnateur/Coordonnatrice travaillera en étroite collaboration avec l'équipe du personnel pour s'assurer que les bénévoles se voient offrir des opportunités de bénévolat significatives pour leur développement personnel et professionnel. Ce poste sera également responsable de la coordination de certains événements spéciaux communautaires.

Qui nous cherchons

Nous cherchons un(e) candidat(e) qui détient un diplôme universitaire de premier cycle dans le domaine des sciences sociales ou du développement communautaire.

Expérience que vous devriez avoir

- Expérience de cinq ans dans l'élaboration, la gestion et l'évaluation de programmes
- Minimum de 2 ans de travail avec des bénévoles.
- Expérience en animation de groupe et en formation.
- Capacité avancée de travailler de manière autonome et au sein d'une équipe multidisciplinaire.
- Sensibilisation aux problèmes de gestion des risques liés aux bénévoles
- Expérience de travail dans un organisme à but non lucratif avec une connaissance approfondie de la gestion des bénévoles et du développement communautaire.
- Une bonne compréhension des besoins uniques des familles militaires.

Votre contribution à l'équipe comprendra :

- Excellentes habiletés de communication orales et écrites. Le/la candidat(e) idéal est bilingue.
- Excellent sens de l'organisation
- Fait preuve de sensibilité et de tact avec la clientèle.
- Connaissance pratique des ressources communautaires.
- Forte conviction dans le principe du volontariat.
- Connaissance des programmes Microsoft Office.
- Plaidier pour / créer des opportunités de bénévolat significatives.

Les nouveaux membres de l'équipe doivent passer les vérifications suivantes : registre des cas d'enfants maltraités, casier judiciaire et vérification de références. La semaine de travail est de 37,5 heures et comprends à l'occasion des soirées et des fins de semaine.

Si vous désirez joindre notre équipe, veuillez soumettre votre curriculum vitae avant midi le vendredi 3 avril 2020, à l'attention de :

Margaret Reid, Directrice exécutive
Courriel : home@greenwoodmfr.ca (en MS Word ou en PDF)
Sujet : résumé – Bénévolat Poste : CRFM Greenwood C.P. 582, Greenwood, N-É, B0P 1N0
Télécopieur : 902-765-1747 En personne : Le CRFMG est situé dans le Centre AVM Morfee, School Road à Greenwood.

Le CRFM de Greenwood souscrit au principe d'équité en matière d'emploi. Pour de plus amples renseignements sur le Centre, visitez : connexionfac.ca

CHANGES TO TAX & WATER BILLS

In response to the economic impact of COVID-19, the Municipality of the County of Kings is implementing the following changes:

MORE TIME

This year, the Municipality is spreading out the two tax bills as much as possible to provide relief for those who are out of work or facing financial hardship due to the COVID-19 pandemic.



EXTENDED DUE DATES



The interim tax bill will be issued May 1, 2020 and payment will not be due until July 31, 2020.

The next water bill will be issued in April 2020 and payment will not be due until July 31, 2020.

NO INTEREST CHARGES

Effective immediately, the Municipality will not be charging interest on all tax and water accounts. Interest will resume for the month of July for those accounts not paid by July 31st, 2020.



QUESTIONS?

If you have questions about your property tax or water bills, Municipal staff can be reached through the general office at (902) 678-6141 or 1-888-337-2999 or by emailing inquiry@countyofkings.ca.

www.countyofkings.ca

For information on Novel Coronavirus (COVID-19) including social distancing, self isolation, when to get help and more, please visit novascotia.ca/coronavirus.



MUNICIPALITY OF THE
COUNTY OF KINGS