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# the Aurora

Vol. 39 No. 21

MAY 28, 2018 NO CHARGE

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## RCAF bands represent at Virginia Tattoo

**Lieutenant Andrew Bruce,  
Pipe Major, 14 Wing Greenwood**

The 14 Wing Pipes and Drums recently joined with 8 Wing, 12 Wing, the RCAF Pipes and Drums and the Cameron Highlanders of Winnipeg; to all attend the 2018 Virginia International Tattoo. The 1.5 hour show featured military bands and acts from the United States, South Korea, New Zealand, Italy, Belgium, the Republic of Ireland and Norway in a very fast paced, patriotic show; celebrating veterans awarded the Congressional Medal of Honour.

The Tattoo, similar in some ways to the Royal Nova Scotia International Tattoo, was held in conjunction with the Virginia Arts Festival and the NATO Festival of Nations celebrations. In addition to completing two shows daily, the CAF bands participated in many outreach events, including visits to local schools and community groups, as well as the NATO Festival of Nations Parade. Most days saw members in uniform rehearsing, performing and interacting with the public 14 to 18 hours a day. Pipes and drums were featured in five of the 17 acts that made up the show run.

The most enjoyable aspect of



**14 Wing Pipes and Drums musicians joined Canadian Armed Forces representatives at the Virginia International Tattoo.**

the event, according to many band members, was the school visits, which allowed them to interact with local schools. 14 Wing joined with 12 Wing to complete the school visits. Following interactive concerts

featuring Highland dance lessons, instrument demonstrations and explanation of uniform pieces; band members then visited one-on-one with many of the children, answering questions and allowing them the

opportunity to bang on the drums or take a closer look at a set of pipes.

As the theme of the Tattoo was "Above and Beyond the Call of Duty," members of the 3rd Infantry Regiment – the Old Guard – were in

Continued on page 2...

## Wing SAR crews out and about

May 18, just before 1 p.m., the Halifax Joint Rescue Coordination Centre tasked both a 14 Wing Greenwood 413 (Transport and Rescue) Squadron Cormorant helicopter and a CC130 Hercules to assist in transporting a 21-year-old with an apparent collapsed lung aboard the fishing vessel Maud Adams, 92 nautical miles southwest of Cape Sable; to Yarmouth General Hospital.

May-21, just after 2 p.m., Cormorant Rescue 909 was tasked to respond to a marine mayday near Huckleberry Gully, New Brunswick. A fishing vessel with three people on board was disabled and taking on water, with the occupants having difficulty keeping the water out.

May 23, just after 5 p.m., a Greenwood Cormorant was tasked to assist a fisherman experiencing a possible heart attack aboard a vessel approximately 30 nautical miles north of Charlottetown. The crew and aircraft successfully delivered the man to an ambulance and returned to Greenwood just after midnight May 24.

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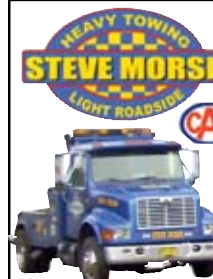
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# Tattoo...

...cover

attendance. The 3rd Infantry Regiment is responsible for funeral duties at Arlington National Cemetery and for guarding the Tomb of the Unknown Soldier. They performed a guard change during each show to honour the fallen, and were accompanied by two horses from the Caisson Platoon.

A strong bond of mutual respect developed between members of the 14 Wing Pipes and Drums and members of the Caisson Platoon. On the 14 Wing band's trip home following the Tattoo, an early morning diversion to Arlington was arranged between Pipe Major Andrew Bruce and the Caisson Platoon's Staff Sergeant Timothy French. 14 Wing Pipes & Drums members observed a guard change at the Tomb of the Unknown Soldier and then met up with members of the 3rd Regiment with whom they had participated in the Tattoo. The band was escorted into Fort Myers and taken to the Caisson Stables, where a guided tour of the facilities occurred. The dedication to service was evident, as the



**Lieutenant (Navy) Dan Knee demonstrates how the bass drum works to children at the Berkley/Campostella Early Childhood Education Center.**

Lieutenant A. Bruce band members were taken through the historic facilities and serving personnel explained the intense attention to detail put into their daily duties.

While the trip was a high-paced adventure with plenty of long days, the impact made by the CAF bands on the local area was evident. An audience of 38,485 attendees watched the Tattoo. With the added NATO Festival of Nations Parade and school visits, the CAF bands were noticed. Dedication and professionalism was demonstrated by all military and civilian members.



**Canadian Road and Vehicle Safety Week May 14 to 18 asked the question, "Are you fit to drive?" 14 Wing Greenwood marked the initiative May 8, setting a display at the main gate. From left are Colonel Mike Adamson, Wing Chief Warrant Officer Luc Emond, Major R.K. Chongva, acting commanding officer of 14 Mission Support Squadron; Chief Warrant Officer J.P. Martin, 14 MSS; Major G.M.T. Batt, officer commanding Transportation and Electrical & Mechanical Engineering; Master Warrant Officer W.J. Feeney, Tn Controller; Lieutenant S. Khan, Tn O; Master Corporal A.K. Hattie, Road & Vehicle Safety 2 I/C; Sergeant T.H.L. Higgs, I/C SPV; and Corporal B.J.Z.M. Mailloux, safety clerk, R&VS.**

Corporal B. White-Finkle, 14 Wing Imaging

# Safe driving starts with the right questions

**Sergeant Michelle Tremblay, Road and Vehicle Safety, Transportation and Electrical & Mechanical Engineering, 14 Mission Support Squadron**

May 14 to 18, the Canadian Armed Forces conducted its annual National Road and Vehicle Safety Week campaign. This year's theme was, "Are you fit to drive?"

To promote this year's Road and Vehicle Safety Week at 14 Wing Greenwood, the Safety cell increased its patrols to observe both good and poor driving habits, and handed out promotional arti-

cles, such as pens, lanyards and pass reels. Well done to 14 Wing personnel we met through the campaign.

The trend in the CAF has been to do more with less: people work more, and stressors increase. The same can be said for the average household, where both members work and strive to succeed in their jobs, while managing to care for their families and homes. In today's society, we have become accustomed to burning the candle at both ends to get things done.

The added stressors impact our lives, and can also have a detrimental affect on our behaviour behind the wheel of a vehicle. We need to be able to

stop and ask ourselves, "am I fit to drive? Did I get enough sleep? Am I already stressed trying to get the kids out the door for school on time? Am I going to be late for my other commitments? Will I bring my stress along with me while driving my car? How will I react in traffic or when faced with an unforeseen event, such as a sudden stop or a collision? Will I be mentally and physically prepared to react?"

In the summer season, we tend to get out more often and socialize with family and friends at parks, picnics and barbecues. There are often opportunities to have an alcoholic drink or two. After

a beautiful afternoon in the sun, with drinks and good food, you should be asking yourself, "should I use my vehicle? Am I fit to drive? Will the sun and the alcohol in my system alter my reactions on the road?" These are extremely important questions that should never be ignored: you should never drive if you have been drinking. Even one drink can impair your judgement when operating vehicles.

Be responsible, and take the time to stop and ask yourself, "am I fit to drive?" Are you willing to take responsibilities for a situation you didn't see coming because you weren't "fit" to be behind the wheel? Being smart saves lives.



**Major Eric Travis**

File

# Travis named RCAF male athlete of year

May 18, the Royal Canadian Air Force announced its 2017 RCAF Sports Achievement Award recipients, with CISM triathlete Major Eric Travis, 14 Wing Greenwood, named male athlete of the year.

The awards recognize members and teams of the RCAF who, in the previous calendar year, distinguished

themselves through athletic endeavours as competitors, coaches and officials as part of a military or civilian sports program or combination thereof. Winners also include female athlete of the year Captain Sarah Graves, 4 Wing Cold Lake; coach of the year Captain Gerard Caron, 3 Wing Bagotville; official of

the year Sergeant Giancarlo Pavone, 4 Wing Cold Lake; and team of the year the 3 Wing Bagotville ball hockey team.

Individuals and team identified will be submitted as the RCAF nominations for the Canadian Armed Forces Sports Awards in their respective categories.

# Middleton man to assist Legion track team

With the Royal Canadian Legion National Youth Track and Field Championships fast approaching in August in Brandon, Manitoba, athletes across the province will soon be running, throwing and jumping their way to achieve team standards to be named to the team. The NS/NU Legion Command and Athletics Nova Scotia

has been busy compiling the best coaching and support staff possible to help 38 athletes be the best they can be at the championships this year.

This year's team support staff includes Ryan Elmore (Middleton) as a chaperone.

The Legion Team Trials will be held June 23 and 24 at Beazley Field in Dartmouth.



**Village of Kingston**

**ELECTION DAY SATURDAY JUNE 2, 2018**

TAKE NOTICE that the Village of Kingston will be holding elections for the position of two (2) Commissioners.

Polls will be open from 9:00am until 7:00pm on Saturday, June 2, 2018. An advance poll will be offered from 11:00am until 7:00pm on Tuesday, May 29, 2018. Poll location is the Kingston Village Office, 671 Main St, Kingston.

Voting is open to all residents of the Village. Per section 403 of the Municipal Government Act, an elector means a person resident within the village entitled to vote at a municipal election, and who will have resided in the village for at least six months immediately prior to the village election.

Please visit the Village website at [www.kingstonnovascotia.ca](http://www.kingstonnovascotia.ca) for updates and more information.

Village of Kingston  
671 Main St, PO Box 254  
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p: (902) 765-2800 f: (902) 765-0807  
[admin@kingstonnovascotia.ca](mailto:admin@kingstonnovascotia.ca)  
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**Managing Editor** | Directrice de rédaction  
Sara White • 902-765-1494 local/poste 5441  
[auroraeditor@ns.aliantzinc.ca](mailto:auroraeditor@ns.aliantzinc.ca)

**Advertising Contractor** | Publicité entrepreneur  
Christianne Robichaud • 902-765-1494 local/poste 5833  
[auroramarketing@ns.aliantzinc.ca](mailto:auroramarketing@ns.aliantzinc.ca)

**Graphic Designer** | Graphiste  
Brian Graves • 902-765-1494 local/poste 5699  
[auroraproduction@ns.aliantzinc.ca](mailto:auroraproduction@ns.aliantzinc.ca)

**Administrative Clerk** | Commis à l'administration  
Dejah Roulston-Wilde • 902-765-1494 local/poste 5440  
[auroraneews@ns.aliantzinc.ca](mailto:auroraneews@ns.aliantzinc.ca)

**Editorial Advisor** | Conseiller à la rédaction  
Captain John Pulchny • 902-765-1494 local/poste 5101  
[john.pulchny@forces.gc.ca](mailto:john.pulchny@forces.gc.ca)

**Circulation** | Circulation: **4,900 Mondays** | Lunds  
**Agreement No.** | Numéro de contrat : **462268**

**Fax:** 902-765-1717

**Website** | Site Web : **[www.auroranewspaper.com](http://www.auroranewspaper.com)**

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

**Location** | Emplacement : **61 School Road, Morfee Annex**  
61 School Road, Annexe Morfee

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

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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.

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**CAF Connection Site**  
Site du portail communautaire des Forces canadiennes  
[www.cafconnection.ca](http://www.cafconnection.ca)

**14 Wing Greenwood Site**  
Site de la 14e Escadre Greenwood  
[www.airforce.forces.gc.ca/en/14-wing/index.page](http://www.airforce.forces.gc.ca/en/14-wing/index.page)

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# bravo zulu promotions & presentations

14 Wing Imaging  
unless otherwise indicated.



Members of 404 (Long Range Patrol and Training) Squadron’s Operational Mission Simulator were presented with the 14 Wing Commander’s Commendation in recognition of their ongoing deployment school simulation serials in support of Operation Impact; by Wing Commander Colonel Mike Adamson, left, and Wing Chief Warrant Officer Luc Emond. The presentation took place during the 14 Wing town hall.

Corporal T. Matheson, 14 Wing Imaging



Sergeant Timothy Fowler, the wing chief warrant officer’s assistant, centre, April 24 was presented with the General Service Medal - Expedition Second Rotation Bar for his deployment in support of Operation Impact; by Wing Commander Colonel Mike Adamson, left, and Wing Chief Warrant Officer Luc Emond. The presentation took place during the 14 Wing town hall.

Corporal T. Matheson, 14 Wing Imaging



Hilary Ward, Greenwood Military Family Resource Centre, centre, April 24 was presented with the 14 Wing Commander’s Commendation in recognition of efforts providing exemplary support to deployed members of 14 Wing and their families; by Wing Commander Colonel Mike Adamson, left, and Wing Chief Warrant Officer Luc Emond. The presentation took place during the 14 Wing town hall.

Corporal T. Matheson, 14 Wing Imaging



Lieutenant Commander Ajirogho Ikede, 26 Canadian Forces Health Services, centre, April 24 was presented with the Special Service Medal NATO Bar for his recent deployment as part of the Enhanced Forward Presence mission to Latvia; by Wing Commander Colonel Mike Adamson, left, and Wing Chief Warrant Officer Luc Emond. The presentation took place during the 14 Wing town hall.

Corporal T. Matheson, 14 Wing Imaging



Corporal Alex Hughes, 14 Air Maintenance Squadron, centre, April 24 was presented with the Canadian Joint Operations Command Commander’s Commendation in recognition of outstanding performance carrying out a non-standard repair on an Aurora CP140 aircraft while deployed to Kuwait, as part of the Middle East Stabilization Force; by Wing Commander Colonel Mike Adamson, left, and Wing Chief Warrant Officer Luc Emond. The presentation took place during the 14 Wing town hall.

Corporal T. Matheson, 14 Wing Imaging



Captain Tyler Stacey, 14 Operations Support Squadron, centre, April 24 was presented April 24 with the Canadian Joint Operations Command Commander’s Commendation in recognition of his efforts in strengthening Joint Task Force-Iraq’s intelligence, surveillance and reconnaissance capabilities while deployed to Kuwait as part of the Middle East Stabilization Force; by Wing Commander Colonel Mike Adamson, left, and Wing Chief Warrant Officer Luc Emond. The presentation took place during the 14 Wing town hall.

Corporal T. Matheson, 14 Wing Imaging



Corporal Nasser Kouri of 413 (Transport and Rescue) Squadron, centre, April 24 was presented with the Chief of Defence Staff Commendation in recognition of his actions as a first responder during a serious motor vehicle accident; by Wing Commander Colonel Mike Adamson, left, and Wing Chief Warrant Officer Luc Emond. The presentation took place during the 14 Wing town hall.

Corporal T. Matheson, 14 Wing Imaging

## Nominate a great volunteer

The call for nominations for Canada’s Volunteer Awards is now open. “I encourage everyone in West Nova to nominate a volunteer who is making a difference in our region. Let’s tell volunteers how important they are by thanking them for

the work they do,” says Colin Fraser, Member of Parliament for West Nova. Canada’s Volunteer Awards recipients are nominated by Canadians, for Canadians. This year, 21 awards will be presented at the award ceremony on International Volunteer

Day, December 5. Recipients will also have a chance to give back: regional award recipients are eligible to identify a not-for-profit organization to receive a \$5,000 grant, and the national award recipient is eligible to identify a not-for-profit organization to receive a

\$10,000 grant.

Nominations are being accepted in the following categories: one national award – Thérèse Casgrain Lifelong Achievement Award, for individuals who have volunteered for at least 20 years; five regional awards – Emerging

Leader, for young volunteers between the ages of 18 and 30; five regional awards – Community Leader, for individuals or groups of volunteers; five regional awards – Business Leader, to recognize businesses that demonstrate social responsibility; and five regional

awards – Social Innovator, to recognize the contributions of not-for-profit organizations. Nominate a volunteer, a not-for-profit organization or a business today! The deadline is June 15. For information and to submit a nomination, visit [Canada.ca/volunteer-awards](http://Canada.ca/volunteer-awards).



Warrant Officer Jamieson recently received the General Service Medal - Expedition from 415 (Long Range Patrol Force Development) Squadron Commanding Officer Lieutenant-Colonel Bernie Thorne, left, and Master Warrant Officer Jean Plamondon.

Submitted



415 (Long Range Patrol Force Development) Squadron’s administration team - Mrs. Bourdon, second from left; Mrs. Johnstone, centre; and Master Warrant Officer Simmons, second from right; were recently presented the squadron’s Team Swordfish of the Quarter Award by Commanding Officer Lieutenant-Colonel Bernie Thorne, left, and Master Warrant Officer Jean Plamondon.

Submitted



Sergeant Anthony Edwards, 14 Mission Support Squadron, centre, April 24 was presented with the 14 Wing Commander’s Commendation in recognition of efforts as deputy chairman for the 2018 14 Wing Winter Carnival; by Wing Commander Colonel Mike Adamson, left, and Wing Chief Warrant Officer Luc Emond. The presentation took place during the 14 Wing town hall.

Corporal T. Matheson, 14 Wing Imaging



Captain Lonnie Goldstein, 14 Mission Support Squadron, centre, April 24 was presented with the 14 Wing Commander’s Commendation in recognition of efforts as chairman for the 2018 14 Wing Winter Carnival; by Wing Commander Colonel Mike Adamson, left, and Wing Chief Warrant Officer Luc Emond. The presentation took place during the 14 Wing town hall.

Corporal T. Matheson, 14 Wing Imaging



Captain Jeffrey Prime, 405 (Long Range Patrol) Squadron, centre, April 24 was presented with the 14 Wing Commander’s Commendation in recognition of efforts while coordinating multiple deployments over the last year; by Wing Commander Colonel Mike Adamson, left, and Wing Chief Warrant Officer Luc Emond. The presentation took place during the 14 Wing town hall.

Corporal T. Matheson, 14 Wing Imaging



Major Allan Baillie, 14 Wing Greenwood Command Cell, centre, April 24 was presented with the Royal Canadian Air Force Commander’s Commendation in recognition of his contribution to the relocation of several aircrafts to the 14 Wing Air Museum; by Wing Commander Colonel Mike Adamson, left, and Wing Chief Warrant Officer Luc Emond. The presentation took place during the 14 Wing town hall.

Corporal T. Matheson, 14 Wing Imaging



Master Corporal Gregory Hudson, 413 (Transport and Rescue) Squadron, centre, April 24 was presented with the 1 Canadian Air Division Commander’s Commendation in recognition of efforts to prevent injury and loss of life during a search and rescue training exercise; by Wing Commander Colonel Mike Adamson, left, and Wing Chief Warrant Officer Luc Emond. The presentation took place during the 14 Wing town hall.

Corporal T. Matheson, 14 Wing Imaging



Lieutenant Brandy Jacobs, 14 Wing Comptroller, centre, April 24 was presented with her commissioning scroll by Wing Commander Colonel Mike Adamson, left, and Wing Chief Warrant Officer Luc Emond. The presentation took place during the 14 Wing town hall.

Corporal T. Matheson, 14 Wing Imaging

## Walk right into June is Recreation Month fun

**Jill Jackson, Manager, 14 Wing Greenwood Community Recreation**

To kick off 14 Wing Greenwood Community Recreation’s celebration of “June

is Recreation Month - Get Up, Get Out and Get Active,” Community Recreation will host a walk at 11:45 a.m. Friday, June 1.

Meet at the 14 Wing Community Centre on Church

Street for the three-kilometre walk, with prizes and lots of fun. What a great way to kick off June is Recreation Month with a casual, midday recreational activity!

For more information on

Community Recreation programs and services, contact the centre at 902-765-1494 locals 5341, 5337 or 5331. There is lots of fun planned for the month, so keep watching.





# Fit to train

## Aldershot's renovated fitness facility opens for soldiers

Sara White,  
Managing editor

“Spirited” floor hockey games will continue, now in renovated digs at 5th Canadian Division Support Base Detachment Aldershot.

Soldiers at camp will now have full access to a modern and well-equipped fitness centre and gym floor, following a winter's worth of improvements. The ceremonial ribbon opening the facilities was cut April 24.

“This is a big deal here,” said Major Brian Brooks, detachment commander. “It’s a gym: in and of itself, not much – but emblematic of something much greater. ‘Army strong starts here’ is true: this is where soldiers come to be trained, and it starts here at camp as they learn to do the job they need to do for the government, and around the world.

“This is a great facility, troops are using it on a daily basis, it’s clean and well put together and we’ll get more out of it.”

The renovations to the former drill hall, making it a functional gym floor, and combining three smaller gyms around camp into one equipped facility also comes with support: the addition of Personnel Support Program staffer Matt Gillis, now on board as the camp’s first fitness and recreation coordinator.

“This is one project of many,” said Lieutenant-Colonel Patrick McLaughlan, commanding officer of the Operational Service Branch, Gagetown. “Aldershot is growing. There are 700 students coming this summer: that’s the Canadian Armed Forces realizing we have the potential to contribute to an expanded mission set.

The fitness centre is currently open for camp personnel; and the hope is to expand access to families and the wider community. And, as Gillis settles into his role, he can begin to offer new recreational programs.

“The detachment is committed to offering an excellent place to train – and have fun doing it,” said McLaughlan.

## ‘Book bikes’ rolling in to Valley libraries this summer

The Annapolis Valley Regional Library (AVRL) has received a Community Development Grant from the Department of Communities, Culture and Heritage, Community Sport & Recreation Division; to offer bikes for loan this summer. The Book Bikes program will be offered in Berwick and Wolfville in early summer and, later, in Annapolis Royal. The grant also provides funds for bicycle fixing stations, available in the three locations.

By offering free bikes to

borrow, the libraries will increase access to recreational bikes, promote the Harvest Moon Trail and active living in public libraries and promote bicycling awareness for fitness, enjoyment and transportation.

The seven-speed, free-wheel-style bikes will be available for adults to borrow during library open hours; borrowers must have a valid AVRL library card. Helmets and locks will be provided as part of the loan, and the bikes will be equipped with bells, lights and a basket.



5th Canadian Division Support Base Detachment Aldershot Major Brian Brooks and fitness and recreation coordinator Matt Gillis describe improvements to the camp's new fitness facilities.

S. White



Annapolis Valley First Nation representative Keshia Toney conducts a traditional smudging, part of the official opening of 5th Canadian Division Support Base Detachment Aldershot's new fitness facilities.

S. White



Kings North MLA John Lohr, left, and Lieutenant-Colonel Patrick McLaughlan, commanding officer of the Operational Service Branch, Gagetown; officially opened the new fitness facilities at 5th Canadian Division Support Base Detachment Aldershot April 24.

Sergeant J. Cowell, 14 Wing Imaging



The new fitness centre at 5th Canadian Division Support Base Detachment Aldershot now replaces several scattered facilities around camp with a modern, equipped space.

Sergeant J. Cowell

JUNE/JUIN

<http://greenwood.mil.ca/en/communities-of-interest/annapolis-mess/index.aspx>

The Annapolis Mess

14 Wing Greenwood

2018

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SET UP FOR WEST KINGS PROM		SET UP FOR WEST KINGS PROM	WEST KINGS PROM		OM HOSTS TGIF - THAI FOOD HOSTING 70 COLS TOW BAR ENTERTAINMENT POISON CHERRY	GMFRC FASHION SHOW
10	11	12	13	14	15	16
INFO Internet/wireless available in TV Lounge/Mess	GRAHAM WHITE MEET & GREET 4:45 PM	COC 517 NATIONAL SAFETY WEEK BBQ	415 SQN INDUSTRY DAY & MESS DINNER	JR RK HOSTS TGIF - CHILI 26 CF H POSTING OUT DWD - CWO CHITTICK TOW BAR ENTERTAINMENT - KARAOKE		
17	18	19	20	21	22	23
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24	25	26	27	28	29	30
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# SPRING FLING

## Find out how your money is working for you

(NC) As you give your home a good spring cleaning this year, you may come across investment statements - and it's a good time to take a closer look.

Your 2017 statements contain new, personalized information about how well your investments performed and how much you paid for services from your dealer (the company your advisor works for) in the past year. This information will help you on your path to becoming a more knowledgeable investor.

Your report will tell you how well your investments performed after costs have been deducted. It's called your "personal rate of return," and it's unique to you. For example, you and your neighbour

could each have a different personal rate of return even if you've invested in the same fund, because you each move money in and out of the fund at different times. Your personal rate of return includes the timing of your own deposits and withdrawals and changes in the market value of your securities.

Your report will list the fees you paid for the services that you received from your dealer over the past year. Services could include understanding your finances and risk tolerance, guiding you to build and maintain your financial plan, buying and selling units based on your needs, and keeping detailed records of your account.

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# Cinq astuces pour organiser et optimiser l'espace de votre maison

(EN) L'organisation de la maison est une étape cruciale du ménage du printemps, mais parfois, on se retrouve avec des objets qu'on ne sait ni trier, ni ranger. Lorsque vous aurez terminé de récurer et de dépoussiérer, essayez ces trucs afin de désencombrer la maison et éviter un nouveau désordre.

*Utilisez la vaisselle dans des endroits inusités.* Les produits de toilette et de beauté sont souvent difficiles à organiser, alors pensez différemment et utilisez les objets que vous gardez normalement dans la cuisine. Un pied pivotant à gâteau se transforme facilement en plateau pour les bocaux de

boules de ouate, d'épingles à cheveux, de crème et autres bricoles. Les séparateurs pour ustensiles font aussi de parfaits contenants pour le maquillage, alors que les porte-bouteilles peuvent servir à ranger les produits coiffants.

*Étiquetez tout.* Débarrassez-vous des emballages qui traînent dans la cuisine, les placards et votre coin bricolage en rangeant tout dans des contenants empilables. Vous pourrez alors trouver facilement ce que vous cherchez à l'aide d'étiquettes personnalisées fabriquées avec les produits Stampin' Up! Étampez, tampons encresurs, rubans, outils, papeterie et marqueurs sont tous des éléments que la compagnie offre pour vous aider à égayer votre maison.



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les écrous et les boulons, les billes et les boutons, ou les bagues et les épingles. Vous pouvez également utiliser le carrousel pour ranger les bijoux, les vernis à ongles, ou encore les livres et magazines.

*Créez des cadres parfaits.* Recyclez de vieux cadres à photo afin de désencombrer votre esprit et votre espace. Jetez ces post-it qui se retrouvent partout! Transformez plutôt un cadre en tableau en recouvrant le verre de peinture à tableau noir. Ou alors, remplacez le verre par un panneau de liège pour y épingler votre liste d'épicerie et votre courrier. Essayez les produits de papeterie Stampin' Up! pour embellir le liège avec de jolis motifs. Assurez-vous de peindre le cadre avec des couleurs agencées à celles de la pièce où il se trouve.

*Choisissez des meubles minimalistes.* Meubler votre maison avec des éléments aux lignes épurées, sans trop de coins et de recoins, facilite la façon dont vous conservez, donnez ou jetez les objets dont vous n'avez plus besoin. Gardez seulement ce que vous utilisez chaque jour! Par exemple, installez des étagères plutôt que des bibliothèques fermées, et utilisez un tabouret ou un bac en guise de table de chevet.



# Spring into delicious baked treats

(NC)The warmer months are all about celebrating and spending time with friends and family. Try your hand at baking something special for loved ones the next time you entertain guests or bring a hostess gift. This recipe combines potassium-rich bananas, peeled and cut into 1-inch (2.5 cm) pieces



**Banana Chocolate Chip Bread**  
Makes: One 9-inch loaf, about 12 servings

- Ingredients**

  - 1/3 cups (325 mL) unbleached, all-purpose flour
  - 1 tsp (5 mL) baking soda
  - 3/4 tsp (4 mL) baking powder
- 1/4 tsp (1 mL) kosher salt
  - 2/3 cup (150 mL) granulated sugar
  - 6 tbsp (90 mL or 3/4 stick) butter, cut into 1-inch (2.5 cm) pieces, plus more for

- buttering pan
  - 2 large eggs
  - 1/2 tsp (2 mL) pure vanilla extract
  - 1 1/4 cups (310 mL) ripe banana, peeled and cut into 1-inch (2.5 cm) pieces
  - 1/2 cup (125 mL) mini chocolate chips
- Directions**

  1. Preheat oven to 350°F (176°C). Generously butter a 9-inch loaf pan.
  2. Combine flour, baking soda, baking powder and salt in a medium bowl. Reserve.
  3. Put sugar and butter into the Cuisinart mixing bowl.
- Attach the flat mixing paddle and mix on speed 2 until creamy, about 2 minutes. Scrape the entire bowl.

  4. Continuing on speed 2, add eggs, one at a time, and mix until each is incorporated. Scrape the entire bowl. Add vanilla extract and then banana and continue to mix until banana is well combined, about 1 minute. Scrape the bowl.
  5. Add flour mixture and mix until just combined. Scrape the bowl well and add chocolate chips and
- mix to fold. Transfer the batter to the prepared loaf pan.

  6. Bake until deep golden brown and a cake tester comes out clean, about 40 to 50 minutes. Remove from oven and cool on wire rack until cool to touch; remove from pan and allow to cool completely.
- Nutrition information:** Calories 210 (38 per cent from fat); carbohydrates 31g; protein 3g; fat 9g; saturated fat 6g; cholesterol 51mg; sodium 190mg; calcium. 9mg; fibre 1g.

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## Simple ways to brighten your home

(NC) Small adjustments to everyday items you rarely think about can create a big impact. Try these easy, chic ideas the next time you're looking for a weekend project.

**Fresh furniture.** Use white or light-coloured furniture to open up any space. Think cream couches and white dressers or side tables. De-

sign experts are loving acrylic furniture right now, so if you're feeling fashion forward, try it in a coffee table or shelving unit.

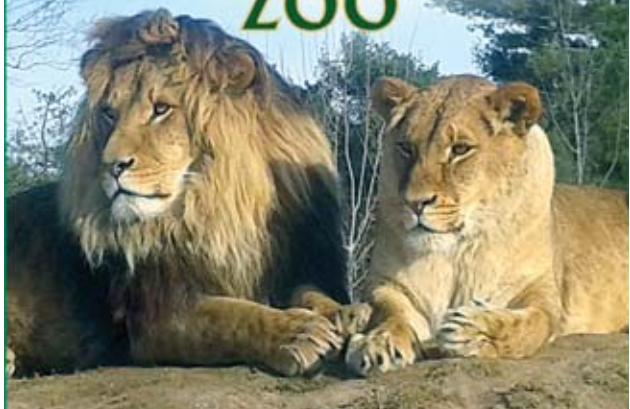
**Seamless window treatments.** Sleek and streamlined window treatments allow sunlight to stream through without glare. A sheer shade in a natural material like linen

is key, which you can find in the Pirouette line from Hunter Douglas. The shadings feature soft fabric vanes attached to a sheer backing that appears to be floating, drawing natural light into your room.

**Magic mirrors.** Fake extra square footage with strategic use of mirrors. A cramped



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entryway with mirrored closets will double in size, while a decorative mirror in a dark corner will make your space appear bigger and brighter. Metallic finishes in semi-reflective materials, like on-trend copper, are another way to get this look.

**Bright bulbs.** Clean dusty lamps and switch out yellow-tinted bulbs for bright white LEDs in the highest

recommended wattage. You can also try "invisible lighting" — clear glass lamps that hang for the ceiling to illuminate without taking up valuable floor space.

**Curated accessories.** Select accents and decorative elements thoughtfully to eliminate visual clutter and create a cheery mood. Artisan pieces like glass-blown vases and handcrafted baskets are sure to make a statement.

**Paint power.** Almost nothing is easier and quicker than using a fresh coat of paint to update a space. Choose pale pastels, which are perfect for spring and summer décor and will keep you calm and cool in warmer months. Don't think you have to commit to painting a whole room — choose an accent wall to highlight or revive kitchen cabinets to breathe new life into your home.

**Open shelving.** Closed bookcases and shelves darken and break up the flow of a room. Opt for open shelving instead, showcasing pretty items with a nautical or tropical theme for the season.

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Interested in career guidance? Need help getting on the right path for your post-military life? Check out our new and enhanced benefits and services for veterans! From education and training to well-being and financial support, Veterans Affairs Canada has you covered.

Do your career goals mean more education? The Education and Training Benefit can provide the funding you need to achieve your education and career goals. If you released since April 1, 2006 and served at least six years, you may be eligible for this benefit. Whether you are furthering your education journey or beginning a new one, this is the place to start.

A meaningful career is an important part of your well-being. The Career Transition Services program has been redesigned to support you the whole way, from career counseling and coaching, job search and resume building; to interview preparation and job placement assistance.

Are you a veteran of the Canadian Armed Forces who has medically-released within the last 120 days? Or do you have a health problem resulting from your military service that is making it difficult for you to adjust? You may qualify for rehabilitation services. Our purpose is to ensure that you improve your health to the fullest extent possible and adjust to life at home, in your community or at work.

And, access to the Veteran Family Program is now available across all Military Family Resource Centres.

We have also introduced the Caregiver Recognition Benefit, which provides a caregiver \$1,000 a month, tax-free.

Applying for these benefits is easy. You can do it in just a few steps. Do you have a My VAC account? If not, you can register for one anytime.

To learn more about these programs and how they may help you or your family, please visit veterans.gc.ca.

## Safety first

Workplace safety is a team effort at 14 Wing Greenwood. In recognition of North American Occupational Safety and Health Week May 6 to 12, 14 Wing displayed several key public awareness messages. May 6, representatives – from left, Deputy Wing General Safety Officer David Mailman, Wing Commander Colonel Mike Adamson, Wing Chief Warrant Officer Luc Emond and Wing General Safety Officer Roger Walsh hoist the NAOSH flag at the main gate to the base.

Corporal T. Matheson, 14 Wing Imaging



## New programs and services for veterans

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## Nouveaux programmes et services pour les vétérans

Vous êtes à la recherche d'une nouvelle carrière? Vous aimeriez obtenir des services d'orientation de carrière? Vous avez besoin d'aide pour trouver la bonne voie pour votre vie après le service militaire? Jetez un coup d'œil à nos nouveaux avantages et services améliorés pour les vétérans! Qu'il s'agisse d'éducation et de formation, de bien-être ou de soutien financier, Anciens Combattants Canada est là pour vous.

Vous êtes à la recherche d'une nouvelle carrière? Vous aimeriez obtenir des services d'orientation de carrière? Vous avez besoin d'aide pour trouver la bonne voie pour votre vie après le service militaire? Jetez un coup d'œil à nos nouveaux avantages et services améliorés pour les vétérans! Qu'il s'agisse d'éducation et de formation, de bien-être ou de soutien financier, Anciens Combattants Canada est là pour vous.

Vos objectifs de carrière requièrent-ils des études plus poussées? L'allocation pour études et formation peut vous fournir le financement dont vous avez besoin pour atteindre vos objectifs en matière d'éducation et de carrière. Si vous avez été libéré depuis le 1er avril 2006 et que vous avez servi pendant au moins six ans, vous pourriez être admissible à cette allocation. Que vous poursuiviez vos études ou que vous en commenciez de nouvelles, c'est le point de départ idéal!

Une carrière valorisante est une partie importante de votre bien-être. Le Programme de services de réorientation

professionnelle a été remanié pour vous fournir un soutien complet : du counselling professionnel et de l'encadrement, en passant par la recherche d'emploi et la rédaction de curriculum vitae, jusqu'à la préparation à l'entrevue et à l'aide au placement.

Êtes-vous un vétéran des Forces armées canadiennes qui a été libéré pour raisons

médicales au cours des 120 derniers jours? Ou avez-vous un problème de santé résultant de votre service militaire qui nuit à votre adaptation? Vous pourriez être admissible à des services de réadaptation. Notre but est d'assurer que vous améliorez votre santé dans toute la mesure du possible et que vous vous adaptez à la vie à la maison, dans votre

collectivité au travail.

L'accès au Programme pour les familles des vétérans a également été élargi dans tous les centres de ressources pour les familles des militaires.

Nous avons aussi créé l'allocation de reconnaissance pour aidant. Il s'agit d'une allocation mensuelle non imposable de 1 000 \$ qui est

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**Village of Kingston**

### NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the Ratepayers of the Village of Kingston will be held on Wednesday, May 30, 2018 at 7:00pm at the Kingston Fire Hall, 570 Sparky Street.

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E-Mail legion98sect@eastlink.ca • Facebook: Kingston Legion Branch 098												
Sun	Mon	Tues	Wed	Thu	Fri	Sat						
Last General Meeting until fall is on Mon. June 25th @ 7pm, see you there.						1	Chase the Ace!					2
						No Breakfast Til Fall						
						Meat Draw						
						DANCE: Stagecoach						
3	4	5	Approx. 110 Cdn 6 warships participate in the Allied landings in Normandy, 1944	7	8	Chase the Ace!					9	
BINGO 1:30	EUCHRE	BINGO 7:00		CRIB 7 pm	K.A.S.A.							
				REG. GOLF	REG. GOLF	Meat Draw						
BINGO 1:30 10	11	12	13	14	15	Chase the Ace!					16	
Annual Decoration of the Graves Middleton 7pm	EUCHRE	BINGO 7:00		CRIB 7 pm		Meat Draw						
						Father's Day Fun Golf						
						DANCE: Lady Rogue						
17	18	19	20	21	22	Chase the Ace!					23	
HAPPY FATHERS DAY	EUCHRE	BINGO 7:00		CRIB 7 pm	K.A.S.A.							
BINGO 1:30	EXEC. MTG. 7 pm			IT'S SUMMER!	Karaoke 8 pm w/Shellerella	Meat Draw						
						Chase the Ace!					30	
24	25	26	27	28	29							
BINGO 1:30	GENERAL MEETING 7 pm	BINGO 7:00	EUCHRE	CRIB 7 pm		Meat Draw						
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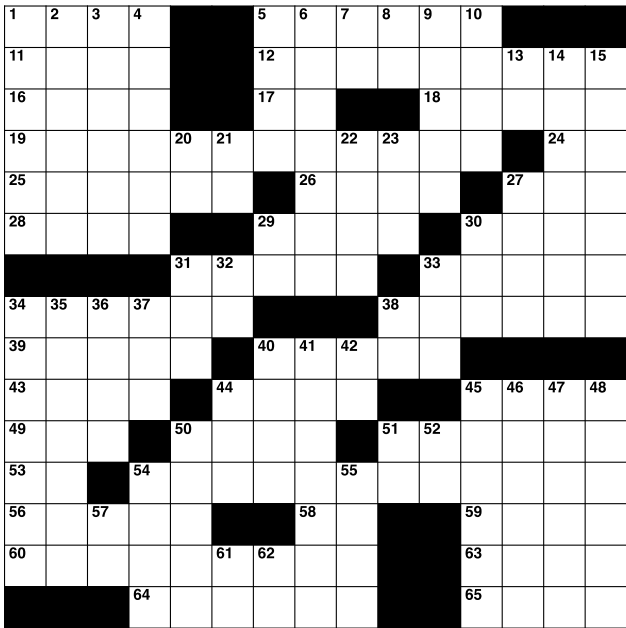




The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood; by fax, 902-765-1717; or email [auroraeditor@ns.aliantzinc.ca](mailto:auroraeditor@ns.aliantzinc.ca). 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 Escadre Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse [auroraeditor@ns.aliantzinc.ca](mailto: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



- ACROSS**  
1. In bed  
5. Composition headings  
11. Close by  
12. Cannot be removed  
16. Take upon oneself  
17. \_ \_ \_ denotes past  
18. Denotes ancient Greek dialect  
19. "American History X" actor  
24. Millihenny  
25. Town in Sonora, Mexico  
26. Netherlands river  
27. Insect associated with honey  
28. Adjacent  
29. Change shape  
30. Pattern in Indian music  
31. Genus of finches  
33. Australian clover fern  
34. Caused to curve  
38. Ability to make good decisions  
39. King of Thebes  
40. Belgian city  
43. Basic unit  
44. Phonograph recording  
45. Flew off!  
49. Moved quickly  
50. Chums  
51. Stick fast to
53. Megabyte  
54. Perceives something not present  
56. Fitzgerald and Eyre are two  
58. Milliampere  
59. Remain as is  
60. Honors  
63. Norse goddess of old age  
64. Minimum  
65. Rulers of Tunis  
**DOWN**  
1. About Andes  
2. ESPN hostess  
3. Cerumen  
4. Perceived  
5. A right related to property  
6. Blessed with  
7. Mendelevium  
8. Of I  
9. Viscous liquid  
10. Suffix  
13. Bromine  
14. Beverage  
15. Level in an organization  
20. Star Trek character Laren  
21. Bad grades  
22. Mars crater  
23. Small amount  
27. Froth on fermenting
- liquor  
29. Bachelor of Divinity  
30. Follows sigma  
31. Human foot  
32. Commercial  
33. Company that rings receipts  
34. Experiencing a sudden sense of danger  
35. Taxable  
36. Alternative credit investment firm  
37. Ho- \_ \_  
38. Gold  
40. Will not (obsolete)  
41. Supposes without proof  
42. Rapper \_ Hammer  
44. Split lentils  
45. Carried out systematically  
46. Condition  
47. Without restraint  
48. Produces reproductive cells  
50. One of Washington state's Tri-Cities  
52. Elliptic function  
54. Pearl Jam song "Hail \_ \_"  
55. People in a film  
57. Lethal dose  
61. Root beer maker  
62. Tellurium

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## Military Christian Fellowship

Tuesdays, 11:30 a.m. to 1 p.m., the Military Christian Fellowship (MCF) meets in the annex at St. Mark's Chapel, Greenwood. All welcome, bring your lunch. Coffee/ tea served.

## Chase the Ace

May 28, 6 p.m. to 7:30 p.m., come Chase the Ace at Paddy's Pub (second floor), Kentville, Monday evenings. Ticket cost: three for \$5, 12 for \$10 and 30 for \$20. Hosted by Valley Cheer Athletics. Facebook: Chase the Ace Valley Cheer Athletics.

## Blood donor clinic

May 28 and 29, Canadian Blood Services holds a blood donor clinic at the Morfee Centre, School Road, Greenwood. Make an appointment for Monday, 5 p.m. to 8 p.m.; or Tuesday, 12:30 p.m. to

3 p.m. and again 5 p.m. to 8 p.m. Book at [blood.ca](http://blood.ca).

## Luncheon

May 29, 11 a.m. to 1 p.m., the Middleton Fireflies host their monthly luncheon at the Middleton fire hall, featuring your choice of ham and cheese quiche or chicken and broccoli quiche at \$10 each. Also available will be corn chowder and split pea/ ham soup, at \$9 each. Desserts will be "almost" Black Forest cake and rhubarb crisp. Arrange free home or business deliveries in the Middleton area: Bonnie, 902-825- 3062, by Monday, May 28.

## Security while using social media

May 29, 2 p.m. to 3:30 p.m., the Lawrencetown - Dr. Frank W. Morse Memorial Library invites those ages 50 + for a detailed look

at privacy and security settings within Facebook and other social media accounts. Tips on avoiding scams will also be covered. Register at 902-584-3044.

## Book launch

May 29, 6:30 p.m. to 8:30 p.m., the Lawrencetown - Dr. Frank W. Morse Memorial Library hosts Bob Bent for his latest book launch of "The Last Time I Saw Alice."

## Artist talk

May 29, 7:30 p.m. the Kings County Museum hosts Twila Robar-DeCoste, a self taught artist and illustrator living and working in the Annapolis Valley. Elected to the Society of Canadian Artists in 2009 and currently president of the Botanical Artists of Nova Scotia Association, she will be giving a brief history of botanical art and the renewed interest in

plants and art worldwide. Admission: freewill offering. Kings County Museum, 37 Cornwallis Street, Kentville; [kingscounty-museum.ca](http://kingscounty-museum.ca).

## Security while using social media

May 29, 12:30 p.m. to 2 p.m., the Annapolis Royal Library invites those ages 50+ for a detailed look at privacy and security settings within Facebook and other social media accounts. Tips on avoiding scams will also be covered. Register at 902-532-2226.

## Blood donor clinic

May 30, Canadian Blood Services holds a blood donor clinic at the Berwick Lions Hall, Veterans Drive, Berwick. Make an appointment for Wednesday, 12:30 p.m. to 3 p.m.; or 5 p.m. to 7 p.m. Book at [blood.ca](http://blood.ca).

# patrick's puzzle

## IT'S ALL RELATIVE WORD SEARCH

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

## WORDS

ADOPTIVE AUNT	CELEBRATE CHILD	FOSTER FRIENDLY	IMMEDIATE LESSONS	PATERNAL PETS
AUTHORITY BABY	COMPANION COMPASSION	GRANDFATHER GRANDMOTHER	LINEAGE MATERNAL	RELATIVE SISTER
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# horoscopes

May 27 - June 2

## ARIES - Mar 21/Apr 20

Aries, if you are seeking pleasure, try some healthy pursuits. These can include exercise, soothing baths, hiking trips, or other activities that benefit the mind and body.

## TAURUS - Apr 21/May 21

Try to be as perceptive as possible when dealing with individuals in the days to come, Taurus. This will help you help them as effectively as you can.

## GEMINI - May 22/Jun 21

Your confidence may surprise you this week, and you may feel like there is nothing you cannot do, Gemini. Others will respond positively to your advice.

## CANCER - Jun 22/Jul 22

Cancer, if you are commanding enough, you can accept a position of leadership in the near future, even if you haven't yet had authority over others. This is a turning point.

## LEO - Jul 23/Aug 23

Take shifting emotions in stride, Leo. There is no right or wrong way to feel. If something does become troublesome, talk it out with a confidante.

## VIRGO - Aug 24/Sept 22

Virgo, a long to-do list may leave you wondering why you decided to take on so much. Consider the ways you can lighten your load and approach remaining tasks one by one.

## LIBRA - Sept 23/Oct 23

Libra, your efforts will soon begin to bear fruit. You may feel like you have finally begun to realize your goals. Just don't steer off path, and take time to reflect on your success.

## SCORPIO - Oct 24/Nov 22

Take time to reflect on your relationships this week, Scorpio. Such reflection can help you ensure you let others know just how much they mean to you.

## SAGITTARIUS - Nov 23/Dec 21

Take pride in your accomplishments and those of your associates, Sagittarius. You have collectively been working hard and deserve all the recognition you get.

## CAPRICORN - Dec 22/Jan 20

Look for ways to be more independent this week, Capricorn. Explore different events or possibilities where you can hang solo. You can use some time alone.

## AQUARIUS - Jan 21/Feb 18

Aquarius, you may find yourself dealing with mixed feelings that you can't get to the root of. Relieving stress can ease any worries you have.

## PISCES - Feb 19/Mar 20

A greater sense of clarity is coming your way, Pisces. Remind yourself to be inspired by the sights and people around you.

## Walk

May 30, join the Grand Pre Historic Site walk. Meet at Robie Tufts Memorial, 117 Front Street, Wolfville. Registration begins at 9 a.m. for walking at 9:30 a.m. This is a 5/10km, 3B walk. For more info: 902-678-8278. Hosted by the Valley Trekkers Volkssport Club.

## VPI meeting

May 31 is the monthly meeting for VPI Greenwood. Pre-flight 1500 Hrs, take off 1600 Hrs, land approx 1630 Hrs followed by debrief. See you all there for an afternoon of business and comradeship.

## Book Talk for Teens

June 1, 7 p.m. to 8 p.m., the Berwick and District Library teen (ages 15 to 18) book club is reading "Ready Player One," by Ernest Cline. Pick up a copy at the library or read your copy from home, and come for snacks and a fun discussion of the book.

## Berwick Book Club

June 1, 10 a.m. to 11:30 a.m., the Berwick and District Library adult book club is discussing "Red Notice," by Bill Browder. Join at any time. Pick up a copy of the book at the library or attend a book club session. The book may be available to download.

## Yard, plant and bake sale

June 2, 8 a.m. to 1 p.m., the Aylesford United Church hosts a yard, plant and bake sale. Refreshments available. Sponsored by the Committee of Stewards for church expenses.

## Book sale

June 2, 10 a.m. to 1 p.m., the Berwick and District Library hosts a book sale. Lots of books for all ages. Prices \$1 or less. All pro-

ceeds will purchase new materials for the Annapolis Valley Regional Library.

## Yard sale

June 2, 8 a.m. to 1 p.m., the Kingston Lions host a spring yard sale, 1482 Veterans Lane. Lots of treasures.

## Relay for Life

June 2, 5 p.m. to 11 p.m., the Middleton Relay for Life will take place at the Middleton rink. Join teams of family, friends and colleagues to celebrate cancer survivors, remember those we've lost and commit to raising funds to fight all types of cancer. The luminary ceremony will take place at 8 p.m. Honour and remember loved ones with a purchased luminary (online, at the Credit Union in Middleton or from teams). Event highlights: local bands, Precision dance group, bingo, ticket auction, King's Chorale Children's Chorus, minute-to-win-it games, Zumba and more. For information or to register: Tina, 902-825-6981 or [uhlman.tc@eastlink.ca](mailto:uhlman.tc@eastlink.ca), relayfor-life.ca or Facebook.

## Breakfast

June 2, 8 a.m. to 10 a.m., come for breakfast at the Berwick Lions Hall, Veterans Drive, Berwick. Full breakfast: eggs (fried or scrambled), our own baked beans, pancakes, bacon, sausage, toast, juice, coffee and tea. Freewill offering.

## Fishing derby

June 2, 9 a.m. to 2 p.m., the 2nd Family Fishing Derby will be hosted by the West Dalhousie Community Hall at Durling Lake. A free, fun day for the whole family! The derby will wrap up at 2 p.m.

with prizes! BBQ hot dogs and sausages and a small canteen will be available (cash only). For info: Jon, 902-665-2409.

## Dart tournament

June 3, 10 a.m. to 6 p.m., there will be a mixed triple darts tournament at the RCAFA 107 Valley Wing, Greenwood. Teams may register with Denis at 902-824-4626.

## Concert

June 3, 3 p.m., the Middleton Choral Society, directed by Maureen MacLean, and accompanied by Evelyn Keddy and Jasmine MacMorran, present a spring concert in Holy Trinity Anglican Church, 45 Main Street, Middleton. Special guests will be individual members of the choir. A freewill offering will be taken.

## Chase the Ace

June 4, 6 p.m. to 7:30 p.m., come Chase the Ace at Paddy's Pub (second floor), Kentville, Monday evenings. Ticket cost: three for \$5, 12 for \$10 and 30 for \$20. Hosted by Valley Cheer Athletics. Facebook: Chase the Ace Valley Cheer Athletics.

## Story time

June 5, 10:30 a.m. to 11:30 a.m., the Rosa M. Harvey Middleton & Area Library invites youth under age five with caregivers to story time: reading, singing, crafting and snacking. Registration required.

## Greenwood Players present

June 5 to 9, the Greenwood Players present "Deathtrap," at the AVM Morfee Centre, School Road, Greenwood. Ira Levin's "Death-trap" holds the record for the longest running thriller on Broadway.

Sidney Bruhl, a playwright, once the toast of Broadway, has had a series of box office flops. Clifford Anderson, a student of Sidney's, has sent Sidney a script which Sidney is certain will be a hit. Out of desperation, Sidney cooks up an unthinkable scheme: he and his wife, Myra, lure Clifford, the would-be playwright, to their home. Shortly after Clifford's arrival, it's clear that things are not what they seem! Curtain time is 7:30 p.m. Tickets are \$10, available at the door; at both the Middleton and Kingston Pharmasave, the Greenwood Military Family Resource Centre, and the 14 Wing Greenwood Community Centre. For reservations, contact [gwdplayers@gmail.com](mailto:gwdplayers@gmail.com) or 902-844-0053.

June 7, 7 p.m., Rosalee Peppard, nationally recognized for her songs and tales of Nova Scotia, will be performing at Old Holy Trinity Church, 49 Main Street, Middleton. Tickets are \$20. Doors open at 6 p.m. Reception to follow.

## LEGO at the library

June 7, 3:30 p.m. to 4:30 p.m., the Bridgetown & Area Library invites kids ages five to 10 to come and create with LEGO... all you need is your imagination. All LEGO provided. Registration required.

## Film screening: A Plastic Ocean

June 8, 5:30 p.m. to 7:30 p.m., the Berwick and District Library hosts a screening of "A Plastic Ocean" to celebrate World Ocean's Day. Pizza, veggies, dip and beverages provided.

## Supper

June 8, 4:30 p.m. to 6 p.m. Enjoy

a hot turkey dinner, includes dessert, coffee, tea. \$12 per person. Located at Church of the Nazarene, 738 Tremont Mountain Road. Eat in or take out. For more info, call 902-526-0399.

## Walk

June 8, take in a 5/10 km, 1B walk

through Annapolis Royal with the Valley Trekker Volkssport Club. Meet at Ye Olde Towne Pub, 9 Church Street (take Exit 22 from Hwy 101 to Annapolis Royal). Registration begins at 5:30 p.m. for walking at 6 p.m. For info: 902-847-1772.

# services & trades

Call 902-765-1494 local 5833 for info

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<b>Full name</b>	<b>Phone number</b>
Complete the following questions from ads in this week's issue and win a 14 inch 2-topping pizza from <b>Mimie's Pizza, Greenwood</b> . Coupon valid for 30 days.	
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2. Where can you get tomato basil soup?	_____
3. What's located at exit 16 off Hwy 101?	_____
4. Where can find hair care for the whole family?	_____
5. How do you join the Navy Trident Triathlon Team?	_____
<b>Congratulations to last week's winner: JACOB STEPHEN</b>	



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# classifieds

Classified advertisements, 35 words or less, are \$9 tax included. Additional words are 10 cents each, plus tax. Bold text \$10, tax included. Classified advertising must be booked and prepaid by 10 a.m. Thursday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/or services advertised. To place a classified, contact 902-765-1494 local 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.

Les annonces classées doivent être réservées et payées à l'avance avant 10 h, le jeudi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au 902-765-1494 poste 5699, visiter notre bureau au 61, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à auroraproduction@ns.aliantzinc.ca ou nous transmettre un fax au 902-765-1717.

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

### crossword solution

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

### patrick's puzzle

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

### SERVICE

**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)

**FIREWOOD FOR SALE – Hardwood, \$219 a cord, cut, split and delivered. Softwood, \$175 a cord, cut, split and delivered. 8 foot lengths available. Call Darren for details at 902-825-2643 and leave a message please. (3918-4tpb)**

### APARTMENT FOR RENT

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**FOR RENT** – Very clean modern one, two & three-bedroom apartments. Middleton to Cambridge. Well managed properties. Seniors units available. References

required. Call Ross at 902-840-0534. (3539-ufn)

**FOR RENT** – Two bedroom apartment, quite, no smoking building. Close to stores and hospital. Coin operated washer and dryer, small storage room. \$685 per month including heat and hotwater. Call 902-825-2338. (3918-3tp)

**FOR RENT** – 286 Commercial St., Middleton. Spacious two bedroom apartment with balcony, in quite non smoking building, with security entrance. Coin operated washer and dryer. \$585 per month plus utilities. Call 902-825-2338. (3921-3tp)

### FOR LEASE

**FOR LEASE** – 7000 sq ft commercial retail/warehouse building. 418 Markland Rd., Kingston, NS. Willing to sub-divide building if necessary. Please contact Greg 902-824-1450 or Joann 902-847-1365. (3842-ufnb)

## Afternoon covers women's health issues, awareness

14 Wing Greenwood's Defence Women Advisory organization hosts a women's health-themed afternoon June 1.

Featured speakers include Captain Katie Peddle, 26 Canadian Forces Health Services; and Lisa White, Health Promotion, Personnel Support Program. Topics include menopause, endometriosis, regular pap and mammogram screening guidelines, stress, nutrition and alcohol.

All members of 14 Wing are invited to attend the event, including military members, civilian personnel and spouses. The event runs from 1:30 p.m. to 3:30 p.m. at the Annapolis Mess (dress of the day).

## Youth Happenings

The 14 Wing Greenwood Community Centre offers a weekly program of activities for youth ages six to 12, of all interests. Pre-register by calling 902-765-1494 local 5341, or stop by the community centre, located in Building 110 on Church Street. No registrations will be taken after noon on the day of the activity.

Monday, May 28, 6 p.m. to 7:30 p.m. - *Boys Club*: Bring your Nerf gun and ammo, as well as any protective gear you may have.

Tuesday, May 29, 6 p.m. to 7:30 p.m. - *Creative Critters*: Tonight, we will be making 3D paper snails.

Thursday, May 31, 6 p.m. to 7:30 p.m. - *Active Chicks*: We will be walking from the centre to Avery's tonight for an ice cream treat. Please remember to bring your \$3.

Friday, June 1, 4 p.m. to 7:30 p.m. - *YTGIF*: Our main game tonight will be Hurling Horses, with pizza for supper. \$5 pre-registration.

## Apple Cup hosts East Coast lacrosse June 1 to 3



Valley Thunder Lacrosse (VTL) hosts the only box lacrosse tournament in Nova Scotia in 2018 June 1, 2 and 3 at the club's home rinks in Kingston and Berwick.

Seventeen teams are involved, including four Valley Thunder teams – Novice, Pee wee, Bantam and Midget; two visiting Pee wee teams from the Co-

diac Storm in Moncton, and both Lacrosse Nova Scotia's provincial female Bantam and Midget teams, preparing for the Canadian Lacrosse Association's nationals in Halifax in July.

Weekend admission is \$5, with access to action in both rinks (all those under 18 are free). The event includes a two-day BBQ at the Berwick

rink Saturday and Sunday, the launch of eight VTL-designed lacrosse collector pins, a vendor showcase at the Berwick rink and more. Halifax Archery Tag will bring its outdoor challenge course to the Kingston rink Friday, June 1, 6 p.m. to 9

p.m.; and the Berwick rink Saturday, June 2, 11 a.m. to 5 p.m. Tournament-arranged admission rates are available to the wider community, and visitors are welcome.

Valley Thunder Lacrosse plays box lacrosse in the

Kingston and Berwick rinks April through June, with divisions for Mini-Tykes to Midget athletes. For more information, visit valleylacrosse.ca, Valley Thunder Lacrosse on Facebook or follow valleythunderlacrosse on Instagram.

### Congratulations

Congratulations to **Capt. Michael Hiltz** on this promotion to Major.

Michael is the elder son of the late Mr. Sharon L Hiltz, Kingston, NS and Mrs. Judy Dunning, Meadowvale, NS.

Mike with his wife Lt. Nadine Landry-Hiltz and family now reside in Ottawa.

*Love from Mom and brother, Andrew and family.*

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**2015 Toyota Corolla S** • \$88 BIWEEKLY  
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FOR MORE INFORMATION, OR TO FIND OUT ABOUT VOLUNTEER OPPORTUNITIES, PLEASE EMAIL CYRUS JOHN AT [CYRUS.JOHN@FORCES.GC.CA](mailto:CYRUS.JOHN@FORCES.GC.CA)

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### GMFRC invites you to the Veteran Family Program launch

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1 JUIN 2018 | 15 h à 17 h  
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