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The Aurora

newspaper



The Silver Dart and pilot, astronaut Bjarni Tryggauson over frozen Baddeck Bay.



Historical Flight in Baddeck

Alexander Graham Bell and his team made history over 100 years ago when they designed and flew the Silver Dart aircraft on the ice of the Baddeck Bay in Cape Breton, Nova Scotia on February 23, 1909.

This was the first heavier than air flight ever made in Canada and set the stage for the nation to contribute to the development of future aircraft as well as the mapping of the northern part of the country.

A replica of the original Silver Dart was built by the Aerial Experimentation Association from Welland, Ontario and they attempted to duplicate the flight in Baddeck on Monday,

February 23, 2009, but unfortunately, the weather did cooperate as gusty winds along with snow and freezing rain made it impossible for the flimsy craft to take off. Fortunately, the weather the day before was absolutely beautiful and it was decided by the organizers of this event (the Silver Dart Centennial Association (SDCA)) to try and fly the Silver Dart a day before the 100th Anniversary.

The Silver Dart replica made two attempts to

fly with hundreds of on lookers watching and taking pictures, but unfortunately the aircraft could not get the front wheel to lift off of the ground. It was also during the second attempt that the nose wheel was damaged and the craft then had to be towed back to its make shift hangar on the lake for repairs. After the repairs were made the Silver Dart made another couple
...continued on page 2.

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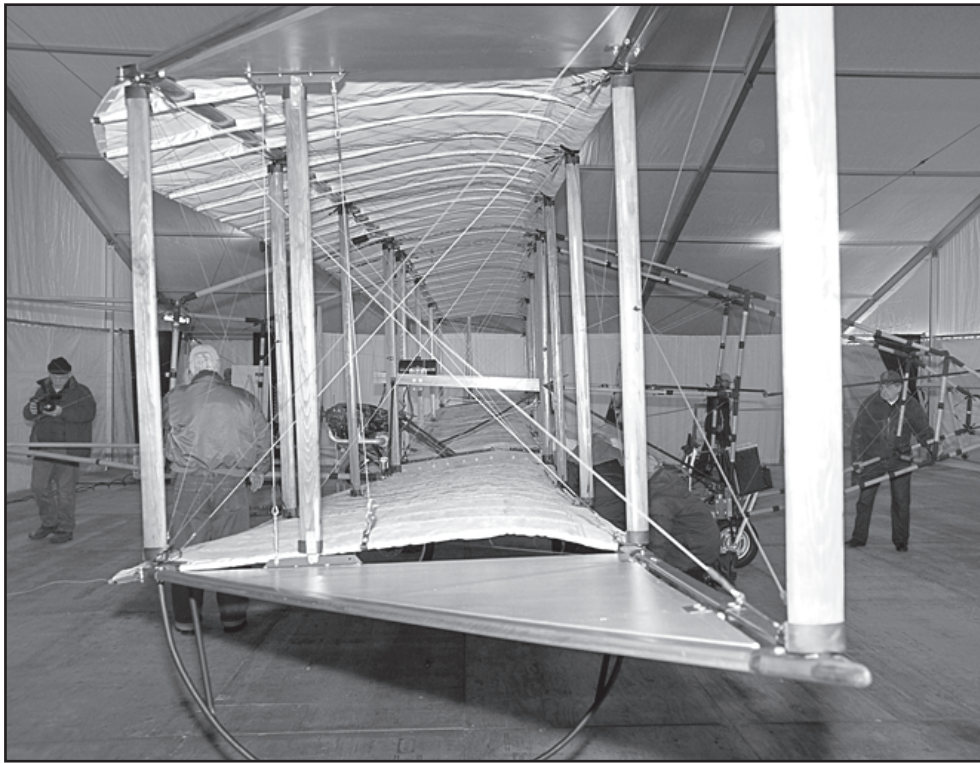
Historical Flight in Baddeck

...cover continued.

of attempts and was successful in lifting off into the cool sunny skies over Baddeck Bay. The aircraft got about ten to twelve feet into the air before the pilot, former astronaut Bjarni Tryggvason brought it back down for a smooth landing.

The flight was the highlight of a weekend of a series of planned events that the SDCA had organized which included a static display of a CF-18 fighter aircraft cockpit, curling bonspiel, official stamp and coin unveiling to mark the occasion and a gala dinner to name a few.

The Air Force also contributed to the marking of the Anniversary by having planned flybys, but due to the weather a limit flyby was done after the Silver Dart's flights on Sunday. Hawk One, a vintage Sabre jet made numerous passes over the Bay as well as two CF-18's with one painted in Centennial colours as well as a Griffon helicopter that three members of the elite parachuting team, the SkyHawks jumped from. Jumpers had either a large United States, Canadian or British Flag trailing behind them as they landed on the frozen lake. A Tutor aircraft from Moose Jaw, Saskatchewan was the last flyby of the day. Originally, aircraft from 14 Wing were to participate in the flyby as well, but due to the weather they



The Silver Dart replica being checked out in the canvas hangar prior to the first flight in Baddeck, Nova Scotia during the Centennial of Flight event held 22 Feb 2009.

(photo: Maj A Baillie, 14 AMS DCO)

were stood down.

The Wing did send a contingent of personnel to be on hand to witness the historic flight and also to capture it through still photography and video. The Chief of the Air Staff, Lieutenant General Angus Watt was also in attendance for some of the events and the Governor General was supposed to attend as well, but the weather prevented her

from doing so.

Many members were on hand from the families of Alexander Graham Bell as well as the J.A. Douglas McCurdy who was the pilot of the original Silver Dart. Gerald Haddon, the grandson of McCurdy and his daughter Emma were there to watch the replica take off and Mr. Haddon actually was quite involved with the building of it.

14 Wing Greenwood played

a significant role in this historic flight as the Wing was instrumental in having the replica transported from Ontario to Baddeck. The aircraft now is sitting in a hangar on the Wing and will remain here for the upcoming 85th Anniversary of the Air Force where the Wing will hold its annual Mess Dinner on March 31, 2009. The Air Forces demonstration team, The Snowbirds will be performing here on the Base



Members of 14 Wing as well as members from the Aerial Experiment Association 2005 (AEA) unload the C-119 Silver Dart replica in 14 Hangar, 14 Wing Greenwood in the evening of Friday, 27 February 2009.

(photo: Pte Vicky Lefrancois, 14 Wing Image Tech)

on May 20, 2009 and there is a possibility that the Silver Dart will fly here either before, or after their performance.

The Wing has planned several events throughout the year to commemorate the Centennial of Flight and these events are posted on the following website: www.greenwood100years.com So, once again Baddeck has played host to another historical flight and the residents can now look forward to the 150th Anniversary where hopefully ice will still form in the Baddeck Bay in 2059!

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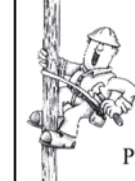


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Warrant Officer Dennis Raymond Brown
(credit/source: CF Photo)



Corporal Dany Olivier Fortin
(credit/source: CF Photo)



Corporal Kenneth Chad O'Quinn
(credit/source: CF Photo)

Trois membres des Forces canadiennes tués et deux autres blessés en Afghanistan

COMFEC
OTTAWA—Trois membres des Forces canadiennes (FC) ont été tués et deux autres blessés lorsque leur véhicule a été la cible d'une attaque à l'aide d'un engin explosif de circonstance. L'incident est survenu le 3 mars 2009, vers 17 h 40, dans le district d'Arghandab, au nord-ouest de la ville de Kandahar. Les membres des FC effectuaient des opérations de sécurité dans le secteur au moment de l'explosion. Les militaires décédés sont l'Adjudant Dennis Raymond

Brown, du Lincoln and Welland Regiment, le Caporal Dany Olivier Fortin, du 425e Escadron d'appui tactique à la 3e Escadre Bagotville et le Caporal Kenneth Chad O'Quinn, du Quartier général et Escadron des Transmissions 2e Groupe-Brigade Mécanisé du Canada. Le processus de notification des plus proches parents est terminé. Les militaires blessés ont été évacués par hélicoptère aux installations médicales multinationales de rôle 3 de

l'aérodrome de Kandahar. Leur état est jugé bon et leurs noms ne seront pas publiés. Les membres de la Force opérationnelle Kandahar se sont engagés à améliorer la sécurité et à accroître le développement dans la province de Kandahar. Nous pensons et nos prières accompagnent les familles et amis de nos camarades décédés au cours de cette période de deuil, mais nous demeurons déterminés à collaborer avec nos partenaires afghans et internationaux afin d'offrir un meilleur futur aux Afghans.

Three Canadian Forces personnel killed and two injured in Afghanistan

CEFCOM
OTTAWA (March 4, 2009) – Three Canadian Forces personnel were killed and two were injured when an improvised explosive device detonated near an armoured vehicle during a patrol in the Arghandab District. The incident occurred northwest of Kandahar City at around 5:40 p.m., Kandahar time, on 3 March, 2009. The CF personnel were conducting security operations in

the area when the explosion occurred. Killed in action were Warrant Officer Dennis Raymond Brown, from The Lincoln and Welland Regiment, Corporal Dany Olivier Fortin, from 425 Tactical Fighter Squadron at 3 Wing Bagotville, and Corporal Kenneth Chad O'Quinn, from 2 Canadian Mechanized Brigade Group Headquarters and Signals Squadron. The injured CF personnel were evacuated by helicopter to the Role 3 Multi-National Medical Facility at Kandahar Airfield.

They are in good and fair condition, and their names will not be released. Members of Task Force Kandahar are committed to improving security and increasing development in Kandahar Province. We are all thinking of the family and friends of our fallen comrades during this sad time, but are determined to continue working with our Afghan and international partners towards a better future for the people of Afghanistan.

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Card of Thanks

JUDITH ANN “JUDY” MORRIS

We the family of the late Judith Ann “Judy” Morris would like to extend our heart felt thanks to the many relatives, friends, neighbours and community members for their kindness and support during the illness and loss of our dear wife/mother.

We were deeply touched by the daily expressions of love and acts of compassion towards our family. It was very comforting to hear that our beloved wife/mother/sister, Judy, had such a tremendous impact on others as she had on our lives. Stories of encouragement and courage were truly a source of strength to the family in our time of need.

The many phone calls, notes, visits, flowers, food and donations to the charities she loved, have certainly confirmed the affection that so many of you had for her. This outpouring of her generosity, courage and grace has given us comfort during our bereavement.

A special thanks to Dr. P. McGuire & wife Cathy, to the doctors & staff of the Annapolis Valley Palliative Care Unit – Drs. McNally and Burgess, RN K. Patterson, to Fr. Gerald Saunders and Rev Deacon Don Boudreau assisted by Fathers B. D’Entrenmont, J.C. MacPherson, David Stokes and Joe Hattie at the funeral Mass.

We would especially like to thank the ladies of the CWL, the Annapolis Valley Grandmothers, and Others for Africa, the nurses and staff of the Victorian Order of Nurses.

Thanks Carol for your guidance and strength throughout our time of deep sorrow.

Husband Wayne, Daughter Kina, Sons Keith & Chris



Through the eye of the PSI

Submitted by Shannon Doubleday, Coordinator of Prevention, Support and Intervention Services at 765-1494 local 1811

People walk through the door of Prevention, Support and Intervention Services for many reasons; the motives are as varied as each individual client. Many conversations that I have in the security of the PSI office communicate a sense of being the only one with this experience, “I don’t know anyone else who has gone through this... I must be crazy, no one sees how I feel... no one would ever think this way”. As days turn into weeks, and weeks months, I have the benefit of bearing witness to themes, general social issues which bring in many individual clients all, unbeknownst to one another, sharing much in common.

Prominent themes that I have watched evolve and demand attentions are: managing deployments within intimate relationships and relationship breakdown. By virtue of the external demands of our unique military culture, couples are challenged to work through experiences that the average civilian relationship is not expected to endure: lengthy deployments, unpredictable schedules, and inherent risks associated with the work of a service member are a few examples. These unique stressors can serve to solidify the foundation of a strong relationship, or magnify the presence of structural cracks. Many couples have described an array of tactics once the cracks were exposed: look the other way - after all no other couples are complaining of a shaky foundation, close my eyes – if I don’t see it then I won’t be mad at him when he returns, pull out the jack hammer – I stuffed it down for so long, we can’t live like this anymore, pull out the putty – we can fix this. The tactics are clear to many, the tools are not... this is where PSI has entered the dance. There is a role for professional supports; in addition there is power within a peer group related by virtue of similar experiences, for example individuals struggling with relationship breakdown. This opportunity to gather proves that you are not alone, provides opportunity to talk freely, and enables the sharing of unique lived expertise.

The GMFRC offers a wide variety of services designed to increase health and wellness within our military families: resources, referrals, workshops, activities, and childcare. If you have experienced an issue, chances are many others in your community have as well. Perhaps you are interested in starting a self-help group to offer a supportive environment for people struggling with changes in their intimate relationships as well. We can provide information and guidance in support of you reaching your goals. Whether in need of support or curious, we invite you to enter the doors of the GMFRC.

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\$35 Million for Defence Science and Technology Projects

DRDC
OTTAWA – The Government of Canada is investing more than \$35 million for 24 new research projects to enhance Canadian security.

These projects will strengthen Canada's ability to deal with potential chemical, biological, radiological-nuclear and explosives threats.

Private sector and academic recipients were chosen to receive funding based on how their project responds to science and technology priorities for public safety and security. These research projects are funded under the Chemical, Biological, Radiological-Nuclear, and Explosives Research & Technology Initiative (CRTI) managed by Defence Research and Development Canada, an agency of the Department of National Defence

"In partnership with the

first responder community, the Department of National Defence plays an important role protecting Canadians from serious threats to their security," said Minister of National Defence, Peter MacKay. "These research projects will give first responders, including police officers, fire fighters and other public safety officials, some of the tools necessary to help prevent the most serious threats."

"The additional benefit of these projects is that they will help foster innovation amongst the recipients from the private sector and academia," added Minister MacKay. "Investments such as these projects, and others funded by Defence Research and Development Canada, can act as seed money for economic activity and job creation in the advanced science and technology sector."

YOU AUTO KNOW

~ Detecting Brake Problems ~

Jim Luddington, Service Manager for Canadian Tire, Greenwood says brake problems vary greatly with the make of the car, the age of the car plus a lot of other variables. If you find that your car is experiencing brake problems you should bring it

into Greenwood Canadian Tire, where our experts can have a look at it.

At times you can narrow down some of the possible problems yourself. Here are some guidelines we suggest you use.

Step on the brakes, with the car turned off. A soft or mushy brake pedal indicates that you may be low on brake fluid, or may need to bleed your brakes.

If it is safe, drive the car at a low speed, braking as needed. If they squeal that is a good indication that they need

new brake pads or a good cleaning.

When you get to a clear area, step on the brakes sharply. Several things may be wrong if the brakes do not stop the car effectively. It could be worn pads, contaminated brake fluid or even contaminated brake pads.

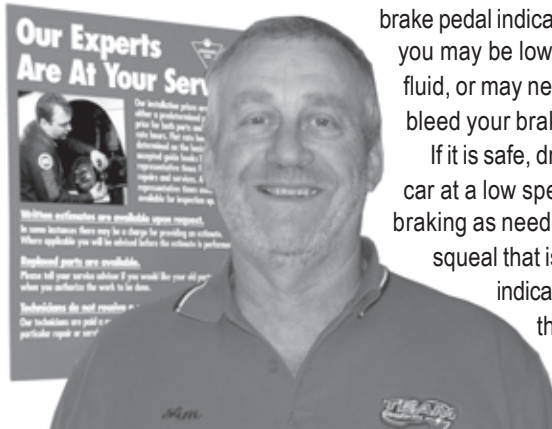
If the brakes pull the car to one side, you may have to adjust the brake's clearance or have to replace the pads and rotors or it may even have insufficient hydraulic pressure in one part of the brake system.

Begin driving forward slowly. If the brakes bind or drag, it

could be caused by grease on the pads of scored rotors. Jim says, if this happens bring the car in and describe the performance to one of our brake specialists and we will give you recommendations for repair.

Also you must check brake fluid regularly. We would also advise against driving the vehicle if the brakes are bad and come in for repair. Computerized brakes, which are standard in many cars, need to be repaired in our shop.

Remember, if you have a feeling your brakes are bad we will inspect them for you.



For more information on detecting brake problems and other automotive needs contact Jim at Greenwood Canadian Tire 765-6338.

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Historic Aircraft that Played a Significant Role in Canadian Aviation Heritage

Submitted by: Bryan Nelson, Executive Director, Canadian Aeronautical Preservation Association



Canadian Vickers Vedette

Laurentide Air Service operated the lone civilian Vickers Viking in Canada, but determined that a smaller more powerful aircraft was required. The Society of Forest Engineers also examined the requirements for a forestry aircraft and reached the same conclusion. In response, Vickers Ltd in the United Kingdom prepared the design for the Vedette, with their subsidiary Canadian Vickers being responsible for the detailed planning and construction. In the meantime, the RCAF also issued a specification for a forestry aircraft.

The Vedette first flew on 4 November 1924, although aileron redesign and engine changes delayed the official ceremony for the aircraft until 9 May 1925. The prototype was put immediately into RCAF service where it was found highly suitable for forestry work, thus being put into production 1926.

Used for aerial photography and forestry patrols, the Vedettes were well liked, with the RCAF eventually ordering 44. The last one was struck off the RCAF's strength in January 1941.

In commercial service, the Vedette received mixed reaction. Western Canada Airways leased two in 1928 for fisheries patrols but found that in comparison to the Boeing B-1E flying boats they also operated, the Vedettes were not as good. Those operating in Quebec were well liked. In 1932 and 1933, the RCAF transferred a total of 12 Vedettes to the fledgling air services of Manitoba and

Saskatchewan, where they continued to serve in the forestry patrol role for many years. Canadian Airways operated one while private individuals bought several. Six Vedettes were exported to Chile where they served with Naval Air Service's No 1 Amphibious Squadron at Puerto Montt where they provided an airlink with the capital Santiago, 900 kms away.

The Vedette was the first aircraft designed and built to a Canadian specification and was the most successful Canadian Vickers aircraft. A total of 60 were built.

Le Vedette de la Canadian Vickers

La Laurentide Air Service exploitait le seul *Vickers Viking* civil au Canada, mais elle avait établi qu'un avion plus petit et plus puissant était requis. La Society of Forest Engineers était pour sa part arrivée à la conclusion qu'elle avait besoin d'un avion forestier du même type. La Vickers Ltd, au Royaume-Uni, a réagi en préparant les plans du *Vedette*, sa filiale Canadian Vickers étant responsable de la planification détaillée et de la construction. Parallèlement, l'ARC a publié une spécification concernant un avion forestier.

Le *Vedette* a volé pour la première fois le 4 novembre 1924, mais la reprise de conception des ailerons et des modifications apportées au moteur ont retardé la cérémonie officielle de mise en service de l'appareil

au 9 mai 1925. On a immédiatement mis en service le prototype à l'ARC, où on l'a trouvé très bien adapté au travail forestier. Il est donc entré en production en 1926. Utilisés pour la photographie aérienne et les patrouilles forestières, les *Vedette* étaient très appréciés, et l'ARC en a par la suite commandé 44. Le dernier a été rayé de la flotte de l'ARC en janvier 1941.

Dans le domaine du service commercial, le *Vedette* avait suscité des réactions contradictoires. La Western Canada Airways en a loué deux en 1928 pour la patrouille de surveillance des pêches, mais ne les a pas trouvés aussi efficaces que les hydravions à coque *Boeing B1E*, qu'elle utilisait également. Ceux qui étaient exploités au Québec étaient très appréciés. En 1932 et en 1933, l'ARC a transféré au total 12

Vedette aux nouveaux services aériens au Manitoba et en Saskatchewan, et ces appareils ont continué à assurer la patrouille forestière pendant de nombreuses années. La Canadian Airways en a exploité un, alors que des particuliers en ont acheté plusieurs. Six *Vedette* ont été exportés au Chili, où ils ont servi avec le 1^{er} escadron amphibie du service aéronaval, à Puerto Montt, ville à partir de laquelle ils assuraient une liaison aérienne avec la capitale, Santiago, sise à 900 km de là.

Le *Vedette* a été le premier avion conçu et construit conformément à une spécification canadienne et il a été l'aéronef de la Canadian Vickers qui a connu le plus de succès. On en a construit 60 au total.



Greenwood Horse and Recreation Club Upcoming Events

Submitted by: Rhonda Sanford

Exciting changes are underway at Greenwood Horse and Recreation Club (GRHC).

Beginning in April, three riding instructors will be available teaching both english and western riding instruction to all ability levels.

We will also be providing a venue for children's birthday parties complete with pony rides.

During the week of March break we will be hosting two open houses to invite the community in to see the facility and meet the friendly, knowledgeable staff, and, of course, the horses as well. Dates are March 14th and

21st from 11:00 a.m. to 1:00 p.m. A hot dog barbeque and hot chocolate will be provided as well as horse related activities for the kids. All in attendance will receive a ballot for a chance to win an introductory riding lesson in April.

On March 28 GRHC will be hosting a "Fat n Furry" fun show. The community is encouraged to come out and watch the fun. Start time is 10:00 a.m. The day will consist of games on horseback with prizes awarded for the "fattest" and "furiest" horses. Great entertainment for the whole family.

Canteen facilities on site.

For more information call 765-2310.



This is the Greenwood Horse and Recreation Club's lesson pony Lucy.

(photo submitted)

GMFRC Second Language Training Spring 2009

Second Language Service - Coordinator: Janie Gagnon at 765-1494 local 5938 or email at janie.gagnon@forces.gc.ca

Dates: Tuesday, April 14, 2009 to Monday, June 22, 2009

Duration: 10 weeks for a total of 60 hours (three hours twice a week)

Location: Birchall Centre

on the Base, 2nd floor, Language School.

Cost: For military spouses, Canadian Forces members, and dependants over 14 years of age: \$50.00 refundable upon completion of 85% of classes

All other participants: \$100.00

(Free childcare is offered to Military Families during GMFRC childcare hours)

Registration: Before Friday, April 03, 2009 at the GMFRC reception.

LIMIT of 8 students per class – register early to avoid disappointment!

Phone: Reception 765-5611

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|------------------|--------------------|------------------|--------------------|------------------|
| 9:00-12:00 | | | French Modules 2 | | French Modules 2 |
| 1800-2100 | English Module 9 | French Modules 3-5 | English Module 9 | French Modules 3-5 | |

Cours de langues secondes printemps 2009

Service de langue seconde - Coordonnatrice: Janie Gagnon au 765-1494 local 5938 ou courriel janie.gagnon@forces.gc.ca

Dates: Du mardi, 14 avril 2009 au lundi, 22 juin 2009

Durée: 10 semaines pour un total de 60 heures (trois heures par jour, deux fois par semaine).

Endroit: Centre Birchall,

deuxième étage à l'École des Langues.

Coûts: Pour les conjoint(e)s des membres des FC, dépendant(e)s de militaires qui ont 14 ans et plus, et membre des FC, 50\$ remboursable après avoir complété au moins 85% du cours.

Pour les autres participants: 100\$

Garderie offerte gratuitement pour les familles militaires durant les heures d'ouverture de la garderie du CRFMG

Inscription: Avant le vendredi 3 avril 2009 à la réception du CRFMG

Le nombre de place est limité – *inscrivez-vous le plus tôt possible!*

La réception au 765-5611

| | Lundi | Mardi | Mercredi | Jeudi | Vendredi |
|------------|------------------|----------------------|--------------------|----------------------|--------------------|
| 9:00-12:00 | | | Français Modules 2 | | Français Modules 2 |
| 1800-2100 | Anglais Module 9 | Français Modules 3-5 | Anglais Module 9 | Français Modules 3-5 | |

Canadian Forces Set to Pay Tuition

By: Shelley Lipke

In an effort to recruit college students into technologically advanced occupations in the Canadian Forces, a Non-Commissioned Member Subsidized Education Plan (NCM SEP) has been launched.

The NCM SEP will pay for a new recruit's complete tuition and enrol them as an Ordinary Seaman.

During their first year of studies, candidates receive \$31,020; in the second year they are promoted to Able Seaman and receive \$37,932. All tuition, books and academic equipment expenses are reimbursed to the student, and the Canadian Forces also guarantees employment for the candidate for three years as a Leading Seaman (\$52,140) employed in their specialty field.

During the five-year process they also receive the same benefits as other Canadian Forces members.

To help promote the plan at community colleges, the Canadian Forces hosted 48 members of the Association of Canadian Community Colleges from Feb. 16 to 18 so they could experience highly technical air force and navy occupations.

"Various college members, professors and deans were chosen because they are the right people to influence their students to consider this opportunity," said LCdr Mike Wood, Commanding Officer Canadian Forces Recruiting Centre Toronto, who oversaw the organization of the visit to Vancouver Island with LCdr Allan Dale and MWO Joseph Walsh.

Participants who went to CFB Comox flew in an Aurora and a Sea King helicopter and met Airborne Electronic Sensor Operators, Aviation and Avionics Systems Technicians, Aircraft Structures Technicians and Aerospace Control

Operators. The mornings and evenings were filled with presentations geared to promote an understanding of these military occupations.

During a day sail in HMCS Calgary, members received a tour of the ship and an understanding of the ship's capabilities manoeuvring at sea. This also provided an introduction to such occupations as Naval Electronics Technician (sonar, radar and communications), Naval Weapons Technician and Marine Engineering Mechanic.

"They loved the experience, and the feedback we received was very positive. The members couldn't believe how advanced our systems are, and the high level of training and professionalism they saw in our members," said LCdr Wood. "This program benefits the colleges because it helps them to expand their programs and offers a

potential employer for their students, and at the same time the Canadian Forces receives well-trained technicians in fields for which we are recruiting."

The association members have returned to their colleges to review their programs to

assess if they are compatible with the CF's needs for technical trades or to modify them so they can become full-fledged members of this program.

Interested applicants ages 17 to 55 can visit www.forces.ca or call 1-800-

856-8488 to find out further details of this program.

"I'm really thankful for the work that LCdr Allan Dale and MWO Joseph Walsh did to put this program together," said LCdr Wood. "There is a lot of excitement across Canada with this program."

Ski Martock Family Fun Trip during March Break!

By: Brendan Loughnane
Youth Recreation Worker

Hello everyone, it's time for our second trip to Ski Martock! The last trip, on February 21st was a blast, and we expect this trip to be even more fun. We'll be leaving later in the day to have the opportunity to ski under the lights! The trip will take place on **Monday March 16th** and not the 17th as previously advertised.

Transportation will be provided and the bus will depart from the Community Centre at 12:00

p.m. and will be arriving back here at approximately 9:30pm. The rates are as follows:


Package #1 - Full Equipment Rental, Lift Ticket and- Lesson - \$24.00

Package #2 - Lift Ticket and Lesson - \$14.00

All who wish to attend must pre-register here at the Community Centre. We only have so many seats on the bus so it will be based on a first come first serve basis. There are not many weeks of skiing left so this is a great opportunity to enjoy a day

on the slopes, with your friends, during March Break!

Please note that this trip will not be a supervised event. Therefore, if any youth who wish to attend this trip they must have their parent or guardian give permission to attend and any youth aged 12 and under must be accompanied by an adult (over the age of 18). If you have any questions, please call Brendan at the 14 Wing Community Centre at 765-8165 or Eric MacKenzie at 765-1494 ext. 5337.



Vous considérez l'éducation en français pour vos enfants?
Thinking about French education for your children?

L'école Rose-des-Vents de Greenwood...


- + Fait partie du Conseil scolaire acadien provincial;
- + Est la seule école publique francophone dans la Vallée de l'Annapolis;
- + Va de la pré-maternelle à la 12^e année;
- + Suit le programme du Ministère de l'Éducation de la Nouvelle-Écosse;
- + Vise la maîtrise des 2 langues officielles;
- + Enseigne le français langue première (et non langue seconde comme les écoles d'immersion) et l'anglais langue première (même programme que les écoles anglophones);
- + Offre le programme de 4 ans « Grandir en français » gratuit à temps complet;
- + Offre les services de transport à la grandeur de la Vallée;
- + Offre une vie étudiante riche et stimulante en français!

VOUS AIMERIEZ DISCUTER DES POSSIBILITÉS D'INSCRIRE VOS ENFANTS À L'ÉCOLE FRANCOPHONE?

VOUS AIMERIEZ EN SAVOIR D'AVANTAGE SUR NOS PROGRAMMES D'ÉTUDES ET LES OPTIONS DISPONIBLES AU SECONDAIRE?

VOUS N'ÊTES PAS CERTAINS DE RÉPONDRE AUX CRITÈRES D'ADMISSIBILITÉ?

Venez nous rencontrer le 10 mars prochain à 19h00:
École Rose-des-Vents
6, chemin Bedford
Greenwood, Nouvelle-Écosse
<http://erdv.ednet.ns.ca>



Mon école,
mes avantages de vie,
ma réussite!

Communiquiez en tout temps:
Téléphone: (902) 765-7100
Télécopieur: (902) 765-7107
erdv@csap.ednet.ns.ca

You would like to know if your children are eligible for French education?

Emergency Childcare – Do you have a childcare plan?

Submitted by: **Kim Dixon,**
GMFRC Coordinator of
Child, Youth and
Parenting Services

The GMFRC offers Emergency Childcare Services that will assist families during an emergency childcare situation. Our goal is to provide CF families with the tools & resources you

need to prepare for the challenges & emergencies this unique lifestyle may bring. In order to support the CF member's ability to be available for operational duty, the family's needs must be acknowledged & identified so we can prepare ourselves for emergency situations. For those CF families with

children, Emergency Childcare Services will offer you the resources you need for emergency preparedness.

This childcare plan is *not* the same as the "Family Care Plan" form you are required to have on file with your unit. Our Childcare Plan requires more information- is used as a tool in preparing for the

family's emergency childcare arrangements - and is kept on file with the GMFRC. We maintain a list of screened, qualified emergency childcare providers who will provide childcare to our military families in the event that your childcare arrangements are not working. Specifically, we will provide care for the following situations:

- When the CF member is employed/deployed away from home and the spouse/caregiver is unavailable due to illness or any other family emergency
- When the CF member is required to report for duty on

short notice and the spouse/usual caregiver is unavailable

- When a single parent or both parents are CF members and they are unable to access the regular childcare provider in a deployment or emergency situation
- When there is illness of a child that would prevent a parent from accessing regular childcare arrangements for care at a time when the CF member's presence at work is critical to the military operation
- When there is a need for respite childcare due to the total family situation- in-

cluding the CF member's work commitments

- When there are other circumstances not covered above and childcare is believed to be the solution to the problem (in these cases, approval must be given by the GMFRC Child Youth & Parenting Services Coordinator in consultation with DMFS)

If you would like more information on our Emergency Childcare Services or would like assistance completing an emergency childcare plan, please contact Kim Dixon at 765-1494 local 1812 or email Dixon.k@forces.gc.ca



discover
the value of a smile.

Consider helping a senior feel special, supporting a disabled child as they take their first step, or guiding a stroke victim through recovery. Consider a career where every day is filled with small victories that make a big difference.

Become a Continuing Care Assistant.

As a **Continuing Care Assistant (CCA)**, you will provide personal care and support services to people of all ages, enriching their quality of life. This unique opportunity allows you to make a difference to those who need ongoing assistance in the comfort of their homes or nursing homes.

For those interested in becoming a CCA, we offer:

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prescriptionnovascotia.com 1-866-265-9900

A Great Way to Meet New Friends!

Submitted by: **Kim Dixon,**
GMFRC Coordinator of
Child, Youth and
Parenting Services at
765-1494 local 1812

Children attending the GMFRC Children's Deployment Support Group meet monthly to share our deployment experiences as children & youth with each other in a relaxed and fun environment. Our program is

developed for children & youth, aged 3 years and up who have a parent/caregiver currently deployed, or who have experienced a deployment in their family with in the past six months. The goal of our group is to provide opportunities for children & youth to connect with others who are also experiencing a deployment in their family. Parents are not required to stay

for these meetings, however are welcomed to attend our Adult Deployment activity that is offered during the same time as the Children's Group. Please contact Paula Davison, our Coordinator of Deployment Services at local 5583 for information on this activity. If you would like to register your child/youth for our group, please contact our receptionist at local 5611.



The Greenwood Golf Club Offices
 are now open and taking membership applications
 for the 2009 Golf Season.

Full Adult memberships
 are available for as little as
\$549 or \$49 a month

on a pre-authorized debit plan or DND payroll deduction.

Full Couple's memberships
 start at **\$949 or \$86 a month**

on a pre-authorized debit plan or DND payroll deduction.

For more information please call Karen at
 765-1494, ext. 5821, or check our website
www.greenwoodgolfclub.ca

The Greenwood Golf Club
 Golf the Way it Should Be... *Golf Fore You!*

Skater of the Week

The Greenwood Skating Club Presents the Morse Auto Centre Skater of the Week:

Name: **Lesley Jacob**
 Age: 9
 School: Ecole Rose-des-Vents
 Grade: 4
 Started Skating: 7 years-old
 Skating Level: Junior StarSkater
 Highest Tests Passed: CanSkate Level 6
 Favourite Part of Skating: Freestyle
 Other Hobbies: Swimming, Reading, Having fun!



Annual GMFRC Couples Retreat

"Hands On: Reconstructing Relationships Through Touch"

The GMFRC Couple's Retreat will provide opportunity to reconnect with one another through the tool of touch. You will have the opportunity to participate in workshops designed for fun, laughter, and above else,

rekindling connection. This year's retreat will be held in the secluded and rustic Milford House Resort, located approximately one hour out of Greenwood toward Annapolis Royal. Milford House Resort offers an environment reflective of simpler times, free of the

distractions of the television, internet, and the general daily grind. Come; take the opportunity to just focus on your relationship.

Retreat fees include cabin rental, all meals and snacks, canoe rental, 3 interactive workshops, and stay tuned for details regarding

workshops. For more information contact the GMFRC at 765-5611, or Shannon Doubleday at 765-1494 local 1811.

What: Annual GMFRC Couples Retreat

When: Friday June 12 – Saturday June 13, 2009

Cost: \$75.00 per couple



Kingston Recreation March Break Day Camp 2009!

Come enjoy some fun, crafts & games at the Kingston Recreation Hut next to the Kingston Rink throughout March Break! All welcome ages 5-12.

- Monday :** **Healthy Me**
Walk to the Superstore for a Healthy Snack before lunch in the community room.
- Tuesday :** **Green is Good – Happy St. Patty's Day!**
Happy St. Patrick's Day – Wear Green, Eat Green, See Green, Be Green.
- Wednesday :** **Dress up Day**
Dress up as your favorite character or person!
- Thursday :** **Detective Day**
We'll be detective for the day and have a scavenger hunt.
- Friday :** **Under the Sea**
We'll take a swim to the Kingston Library for a craft & snack!

Sign up at the Kingston Village Office. \$55.00 for the week per child or \$15 per day. 8:00am – 3:30pm Monday March 16th to Friday March 20th. Bring a healthy snack, a healthy lunch and lots of juice and/or water to drink. Call 765-2800 for further details.

THANK YOU!

Jean Gendre and Cindy Teal from Greenwood 5 Pin Bowling Association would like to thank the following for helping us reach our goal to go to Nationals in Regina:

Greenwood Bowling Centre, Charlie Costin, Bill Purcell, Mid-Annapolis Valley Kinsmen, A Special Touch, Abatement Massage Therapy, Atlantic Superstore, Balloon Boutique, Dairy Queen, Eclipse, Greenwood Subway, Maxwell Shoes, Miss Kelly, Petro Canada, Pizza Delight, RONA, Shoppers Drug Mart, Sobeys, Valley Credit Union, Venus Video

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\$20,000

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Vous pourriez gagner...

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* Auto insurance not available in Manitoba, Saskatchewan or British Columbia due to government-run plans. Complete rules available at canex.thepersonal.com

* L'assurance automobile n'est pas offerte au Manitoba, en Saskatchewan ni en Colombie-Britannique, ou il existe des régimes d'assurance gouvernementaux. Règlement complet disponible au canex.lapersonnelle.com

EMPLOYMENT OPPORTUNITY
Greenwood Military Family Resource Centre



COORDINATOR of SPECIAL EVENTS and PROMOTION

Full Time Position

The Greenwood MFRC is hiring for a new position: Coordinator of Special Events and Promotion. As a member of a multi-disciplinary team of professionals, the Coordinator will be responsible for the promotion of GMFRC programs, services and activities as well as relevant community programs through advertising and awareness. This Coordinator is also responsible for the development, delivery, & promotion of GMFRC and community special events.

Advanced verbal and written communication skills are necessary to fulfill need for public speaking, facilitating activities, and report writing. Ability to organize and prioritize workload effectively to meet deadlines is also essential.

Experience in program/event development, management and evaluation as well as experience in supervising staff. Excellent interpersonal skills will aid the requirement to work with people experiencing a challenging lifestyle. Strong belief in the principle of volunteer involvement and leadership is required. A solid understanding of not-for-profit board governed organizations is necessary, along with the advanced ability to work both independently with little supervision and as part of a team.

To learn more about the GMFRC, please visit our website at www.greenwoodmfrfc.ca.

Probationary Period: 3 months
Responsible to: Executive Director

Qualifications:

- Undergraduate degree in public relations, marketing/promotion, or an acceptable combination of education, training and experience
- Experience working with individuals/families is essential
- Must have experience working in an effective multi-team environment
- Knowledge of public relations practices
- Possess a friendly, outgoing, cooperative personality
- Ideal candidate is bilingual
- Excellent communication and interpersonal skills; ability to function collaboratively in a flexible and creative manner is required.
- Clear understanding of the community development process and a working knowledge of community resources is vital.
- Skilled in office procedures, administration, operation of office equipment, and computer programs.
- Knowledge of and appreciation for the unique challenges of the military family lifestyle
- Awareness of Risk Management
- Good knowledge of electronic media for promotional purposes
- Previous experience in event planning is definitely an asset

Hours and Salary

- 37.5 hours per week (evening & weekend hours are required. Flexibility is a must.)
- Salary: \$33,000 annually

The successful candidate will be prepared to commence employment on 6 April 2009.

Must complete a Child Abuse Registry Check, Criminal Record Check, and Enhanced Reliability Check.

Eligible candidates should submit by fax, mail, or email a cover letter and resume clearly outlining their ability to fulfill all position requirements, on or before 4:00pm on Monday, March 23, 2009 to:

Margaret Reid
Executive Director
Greenwood Military Family Resource Centre
PO Box 582, Greenwood, NS, B0P 1N0
email: margaret.reid@forces.gc.ca
(MS Word or PDF format)
fax: (902) 765-1747

Applications can also be dropped off at the GMFRC Front Desk. The GMFRC is located in the AVM Morfee Centre, School Road, in Greenwood.

Please note: Only candidates selected for further consideration will be contacted.

The Greenwood MFRC is committed to employment equity.

Subway Swimmers of the Week



Savannah LeBlanc
FL Competitive
9 yrs old
3rd year with GDSC
Favourite Stroke:
Freestyle
Other Interests:
gymnastics and dancing



Danielle Prout
Novice
8 yrs old
2nd year with GDSC
Favourite Stroke:
Breaststroke
Other Interests:
piano and reading



Maggie McIntyre
Future League
10 yrs old
2nd year with GDSC
Favourite Strokes:
freestyle and breast-stroke
Other Interests:
reading and music



Mya Gagnon
AA Competitive
11 yrs old
2nd year with GDSC
Favourite Stroke:
Freestyle
Other Interests:
horseback riding, Aikido and skiing

Support Businesses That Support your Military Newspaper

CENTRE DE RESSOURCES POUR LES FAMILLES MILITAIRES DE GREENWOOD
AU SERVICE DES FAMILLES

Centre AVM Morfee, route School, C.P. 582, Greenwood (Nouvelle-Écosse)
B0P 1N0 Téléphone: (902) 765-5611 Télécopieur: (902) 765-1747 • Courriel : home@greenwoodmfrfc.ca • Site Web : www.greenwoodmfrfc.ca

Services de renseignements à la communauté

- Site Web du CRFMG (www.greenwoodmfrfc.ca)
- Service de renseignements par courriel (trimestriel)
- Services d'accueil pour les nouveaux arrivants
- Base de données sur les services offerts à la communauté
- Services d'orientation vers des agences gouvernementales et civiles
- Documentation sur diverses ressources disponibles
- Pochettes d'accueil provenant des autres CRFM

Services à la famille lors d'un déploiement

- Services d'approche, information, soutien et aide aux familles des membres des FC lors de déploiement et d'affectation temporaire
- Trousse d'information sur le déploiement
- Sans frais 1-888-739-0339 et accès gratuit à un service de courriel
- Consultation confidentielle
- Rencontres sociales
- Sensibilisation auprès de la communauté

Service d'information sur l'éducation à l'affectation Programmes pour enfants, jeunes et parents

- Service de halte-garderie
- Programme éducatif pour la petite enfance
- Prêt d'équipement pour bébés
- Programmes pour parents et bambins
- Rencontre pour parents et nouveaux-nés
- Listes de gardiennes et de gardiens d'enfants (adolescents et adultes)
- Ateliers pour enfants et adolescents (pour les 0 à 18 ans)
- Service de prêt de jouets (ludothèque)
- Service de tutorat à court terme
- Service de garde en situation d'urgence
- Service de relève de la garde
- Préparation de plans de garde des enfants
- Renseignements reliés à l'éducation parentale

Programme de prévention, soutien et intervention

- Programmes de prévention
- Intervention à court terme
- Intervention en temps de crise
- Appels téléphoniques durant la période de déploiement

- Foyer d'accueil d'urgence
- Collection de ressources
- Animation de groupes d'entraide et orientation
- Médiation familiale
- Ressources disponibles à l'enfance en difficulté d'apprentissage

Services de bénévolat

- Placements faits selon les intérêts et les talents individuels
- Formation pratique : acquérir de nouvelles aptitudes ou développer celles déjà existantes
- Accumuler de l'expérience pour améliorer son curriculum vitae
- Cours et ateliers de perfectionnement professionnel disponibles
- Activités de reconnaissance des bénévoles
- Jeunes bénévoles (pour les 12 à 18 ans)

Services de langue seconde

- Cours de langue seconde
- Activités en français
- Soirée cinéma en français

Programmes pour adultes et services d'aide à l'emploi

- Cours ou ateliers pour adultes axés sur l'acquisition de connaissances ou de compétences nouvelles
- Programmes reliés à la santé et au bien-être
- Services en langues secondes
- Services aux réservistes
- Échange de livres et de magazines
- Rencontres sociales
- Événements spéciaux
- Recherche d'emploi et techniques d'entrevue
- Orientation professionnelle et choix de carrière
- Liste à jour des emplois disponibles
- Préparation de curriculum vitae
- Documentation sur le marché du travail
- Accès à des programmes de recyclage et de formation
- Information sur le recyclage scolaire
- Groupe des petites entreprises (pour les conjoint(e)s militaires)
- Service de recherche d'emploi pour les jeunes travailleurs

Le CRFM de Greenwood adhère au Code de protection des renseignements personnels des services aux familles des militaires tiré du Code type sur la protection des renseignements personnels de l'Association canadienne de normalisation. Pour de plus amples renseignements sur le Code de protection des renseignements personnels, veuillez communiquer avec le CRFM ou consulter notre site Web à l'adresse suivante : www.greenwoodmfrfc.ca.

Employment Tip

Interviews can cause a great deal of worry and stress for many people. Often when individuals are called in for an interview they feel unsure of themselves because they have not had an interview for a while and feel unprepared for potential questions that the interviewer could ask. When you are called for an interview it is very important that you take time to prepare how you will address the interviewer(s) and their potential questions. Write down your responses and have someone role-play with you so that you can perfect your answers. This will allow you to come across as confident and knowledgeable on the topics the potential employer will inquire about. For mock interviews or details on questions that could be asked of you during an interview, see Stephanie, your Employment Services Coordinator at the GMFRC. Help prepare yourself for your possible future!

NEW LOCATION OPENING

APRIL 2009!

We are excited to Announce that we will be offering the following services:

- Hairstylists/Colour Technicians • Esthetics including Hair Removal, Manicures, Pedicures, Facials • Reflexology, Foot and Hand Massage • Infrared Sauna • Stand-up State of the Art Tanning
- Natural Skin Care and Make Up Line • Gehwol Foot Care Products • Redken & Matrix Products • Stop in and visit our Gift Shop.

Welcome to our Day Spa: Reflexologist ~ Nikki Musgrove.

Call today to book your appointment with our Experience and Knowledgeable Staff. We strive to exceed your expectations.

Hiring Master Hairstylist, Esthetician, Nail Technician.
Call for more information.

If you have any questions please call
242-2887

1518 Bridge St. in Kingston
www.cathyandcompanyhairstudio.com



FUNDY FORD SALES LIMITED

451 Main Street, Middleton, N.S Tel: (902) 825-5555
E-mail: mail@fundyford.com Website: www.fundyford.com

Toll Free: 1-800-565-6372



CUSTOM TRUCK EVENT

GET THE JOB DONE. AND LOOK GOOD DOING IT.



NOW PERSONALIZE YOUR TRUCK WITH UP TO

\$1000[†]

OF NO EXTRA CHARGE
GENUINE FORD ACCESSORIES

ON ALL 2009 F-150, SUPERDUTY, RANGER AND SPORT-TRACK



Canada's
Energide Award winner
for six years running.^{††}

Best-selling compact
pickup in Atlantic Canada
for 3 years running.[‡]

Best selling
compact pickup
in Canada.[‡]

2009 FORD RANGER FEL
PURCHASE FOR ONLY

\$12,999*



FUEL ECONOMY^{***}
HIGHWAY 7.5L/100KM - 38MPG
CITY 9.9L/100KM - 28MPG



2009 FORD RANGER SUPERCAB SPORT 4X2
PURCHASE FOR ONLY

\$13,999*



FUEL ECONOMY^{***}
HIGHWAY 9.7L/100KM - 29MPG
CITY 14.0L/100KM - 20MPG



Get a Delivery Price Adjustment of

\$5,000^{**}

up to On select models.

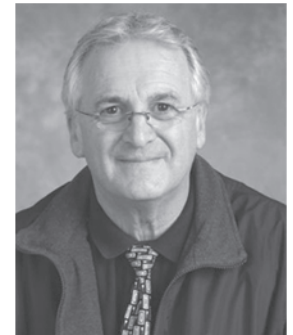
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Bill Sampson, President



Reg Gaul



Scott Adsett



Heather Veinot
General Manager

2007



Ford Motor Company's
President's Award recognizes
and rewards Dealers who have
excelled in achieving superior
Customer Satisfaction and are
Blue Oval Certified.
The President's Award recipients
exemplify commitment and resolve.

** Receive the following delivery price adjustment (delivery allowance) on the cash purchase, purchase finance or lease of the following new 2009 model vehicles: \$5,000 on Ranger Super Cab, excluding XL models / \$3,000 Ranger Reg. Cab and Ranger Super Cab XL models. *Cash Purchase a new 2009 Ford Ranger XL FEL (manual transmission) / Ford Ranger SuperCab Sport 4X2 (manual transmission, no-air) for \$12,999/\$13,999 (reflects Canadian delivery allowance of \$3000/\$5,000 dealer contribution of \$30/\$300 and down payment of \$0/\$0. Taxes payable on full amount of purchase price after delivery allowance deducted. Offer does not include freight and air tax (\$1,300/\$1,300), license, insurance, registration, PPSA, administration fees and other applicable taxes. † Receive \$1,000 of selected Genuine Ford truck accessories at no extra charge with the purchase or lease of all new 2009 Ford F-150 and new 2009 Ranger, or most new 2009 Super Duty (excluding Chassis Cab models) delivered on or before April 30, 2009. Taxes payable on total price of the vehicle, including accessories. Offer is subject to vehicle and accessory availability. Accessories may not be exactly as shown. \$1,000 is not redeemable for cash and can only be applied to accessories shown. Total may exceed \$1,000. Factory installed accessories are not eligible under this offer. Only one offer may be applied toward the purchase or lease of an eligible vehicle. This offer can be used in conjunction with most consumer offers made available by Ford of Canada at the time of purchase. This offer is not applicable to any Fleet or Government delivery and not combinable with CFIP, CPA, GPC, Daily Rental Allowances, the Commercial Connection Program and the A/X/Z program. Limited time offer. Offer may be cancelled at any time without notice. Some conditions apply. See Dealer for details. Not all accessories shown are available on all 2009 Ranger, F-150 and Super Duty. ‡ 52.8%/51.3% of all new compact pick-up trucks sold in Atlantic Canada/Canada (NB, NF, NS, PE) in 2008 were Ford Rangers based on R.L. Polk Canada, Inc. vehicle registrations, January 2008 through December 2008. ***Estimated fuel consumption ratings based on Transport Canada approved test methods. Vehicles equipped with 5-speed manual transmission. Actual fuel efficiency may vary based on driving conditions, vehicle load, and certain vehicle accessories. †† Based on 2002-2008 Fuel Consumption Guide Data published by Natural Resources Canada for the 2.3L 4 cylinder 5-speed manual transmission Ford Ranger FEL Model. Dealer may sell or lease for less. Factory order may be required. Limited time offers. Offers may be cancelled at any time without notice. Some conditions may apply to the Graduate Recognition Program. See Dealer for details. Atlantic FDA: 1595 Bedford Highway, Bedford, Nova Scotia B4A 3Y4.

ToePics - 10 Medals - 5 Provincial Champions!

The results are in, and the performances were fantastic!

As reported last week, our skaters were impressive and strong in their events at the recent StarSkate Provincial Championships.

Claiming bragging rights and Provincial titles were:

Double Gold Medalists Erika Rice in Intro Interpretive and Senior Silver Skills and Jenna Breckon in Senior Bronze Short and Open Creative Skills. Provincial Champion in only his first year competing is Alex Robert in Introductory Men. Alex was the Greenwood Skating Club's Canskater of the Year just last season and is improving very quickly. Adding to the hardware won by the Greenwood Skaters were; Hayley VandenHuevel - bronze in Bronze Triathlon / Faith-Anne Fowler - Bronze in Introductory Interpretive / Erika Rice - bronze in Junior Bronze women / Meghan

Breckon - silver in silver Interpretive and rounding out the medals was our own Pre-Juvenile Synchro Team 'Aurora' with a bronze medal. Other skaters competing included; Diane Malo - gold triathlon - 4th / Alyssa Aquino - Silver Triathlon - 4th / Gabrielle Crossley - Introductory Ladies - 4th / Audrey Duquette - Introductory Ladies - 5th / Faith-Anne Fowler - Junior Bronze 'S' Ladies - 7th / Ashley Chater - Introductory Ladies - 9th.

This week we will recap the results from the Karen Norman Memorial Funskate held on March 8th...and hopefully report that the Greenwood Club has won the Club Trophy again!

As we wrap up our winter season, the final day for Canskate is Monday March 9th - 4:00-4:45 - Final Report Cards and awards will be given out at this session.



Centennial of Flight Contests

Model Essay Photography Poster

Each entry has a chance to win one of many exciting prizes, based on the age category for each contest. First place winners of the Rookie and Primary categories will have their pictures in The Aurora Newspaper. Senior first place winners will win a framed Centennial of Flight poster. Winners of the Junior and Intermediate categories will win exclusive Silver Tickets, admitting the winners into an exciting "Night at the Museum" event in May.

For contest rules go to: www.greenwood100years.ca

Prizes! Prizes! Prizes!

| Age Categories | |
|----------------|--------------|
| 6 and 7 | Rookie |
| 8 and 9 | Primary |
| 10 and 11 | Junior |
| 12 -14 | Intermediate |
| 15 -18 | Senior |

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The More You SAVE !!

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Want to find out more about how you can target one of the largest payrolls in the Annapolis Valley?

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www.auroranewspaper.com

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Ph: 613-967-6560

www.staikoshomes.com

Attention! Attention! Attention!

Town Hall Meeting

Thank you for completing the Survey. The results will be presented at the 11th March Meeting

**Everyone
Welcome
Please Attend!**

**Arena
Partnership
Project**

On Tuesday the 27th of January at the Kingston Fire hall a Town Hall meeting was held by the steering committee and consultant for the Arena Partnership Project proposed for the Kingston / Greenwood area. Over one hundred participated in this the first of two Town Hall meetings.

This initial meeting was to offer what had taken place to date by the partners and the findings learned from the facility stakeholders by the consultant hired to

determine the feasibility of such a venture.

This meeting also featured the introduction on the Arena Partnership Project survey which will provide valuable feedback from the community that will be communicated at the second Town hall meeting scheduled for Wednesday the 11th of March, 7:00 p.m. at the Kingston Fire Hall.

Should you have any questions please contact Fred Williams 765-1494 ext 5927.

**11 March • 7:00 p.m.
Kingston Fire Hall**

Tonight everything Glows!

Friday March 13th

WONDERLAND DANCE

\$2 Pre-Teens 6:00-8:00
\$3 Teens 8:30-11:30

add \$1 to entry price & receive a Mask & Beads

At the 14 Wing Community Centre

**Centennial of Flight Committee
Presents :**

CHARITABLE BINGO NIGHT

Flyers Bingo

Mon, 16 Mar 09, 7:00 PM
14 Wing Greenwood,
Annapolis Mess



| B | I | N | G | O |
|---|---|---|---|---|
|  | 24 | 37 | 48 |  |
| 9 |  | 42 |  | 68 |
| 6 | 28 |  | 60 | 75 |
| 13 |  | 36 |  | 74 |
|  | 18 | 31 | 56 |  |

17 PRIZE GAMES

- Admission
 - \$10.00 (2 books)
- For additional books
 - One for \$6.00
 - Two for \$10.00
- 15 Games
 - 50/50 Cash prize
- 2 Wild Cards
 - One 50/50 Charity
 - One Take-all

DOORS OPEN AT 6:00 PM
OPEN TO MILITARY AND GENERAL PUBLIC
MUST BE 19 OR OLDER
WHEELCHAIR ACCESSIBLE
Permit # AGA-221863-08

Sports Trivia

By: Bill Sheridan

1. How many nations are in the IIHF?
2. In which rinks were game five to eight played during the summit series in 1972?
3. Who was nicknamed Le Gros Bill?
4. Who was on the Production Line and Production Line II?
5. What was the curse of Muldoon?
6. What was the Redwings home arena before the Joe?
7. What was the Kraut line?
8. How long is the overtime in regular season games in the NHL?
9. What is Koora and where was it played?
10. Who was nicknamed the Chicoutimi Cucumber?
11. What was nicknamed the Capital Club?
12. What is the King Clancy Memorial Trophy given for?
13. The Toronto Tecumseh's, Ontario's and Shamrocks moved from which Ontario town in the NHA?
14. Who holds the Montreal Canadien's record for goals?
15. What position was dropped from hockey to make it six per side?
16. What did Raymonds Hardware of Montreal sponsor for the Habs?
17. Where did Hockey originate?
18. Which college was the game of hockey played and quite possibly the first game played?
19. Where were the last three Gold Medals for Canada in Olympic Hockey won?

20. Who holds the LA Kings record for goals in a season?

- Answers:**
1. 65
 2. Luzhniki Sports Palace
 3. Jean Beliveau
 4. Howe, Abel & Lindsay, & PII, Howe Mahovlich, & Delvecchio
 5. Hex apparently put on the hawks by coach Pete Muldoon after being fired
 6. Olympia
 7. Boston line with Dumart, Bauer and Schmidt.(all were born in Berlin-Kitchener-)
 8. Five minutes and if no one scores it is followed by a shootout.
 9. Georges Vezina
 10. Algerian hockey-like game played at Christmas time until the 30's.
 11. The Ottawa Silver Seven.
 12. Humanitarian contribution in the NHL.
 13. Renfrew where they were the Creamery Kings.
 14. Maurice 'The Rocket' Richard with 544 regular season goals
 15. Rover, playing between the forwards and defence.
 16. Their sticks.
 17. There is no consensus, but Windsor NS, Kingston On and Montreal are the locations believed to be the starting point for a game called Hurley on ice.
 18. Kings College, Windsor NS, Canada's first college. Circa 1800.
 19. 2002 Salt Lake City, 1952, Oslo Norway and 1948, St Moritz Switzerland.
 20. Bernie Nicholls 70, in 1989.

GMFRC • Feature of the Week

Child/Youth and Parenting & Emergency Childcare Services
Coordinator: Kim Dixon at 765-1494 local 1812 or email at dixon.k@forces.gc.ca

Babysitting Course

Monday, March 16th, 2009
8:30 a.m. – 3:30 p.m.
Youth aged 11 yrs and up
\$25.00

Registration deadline: Monday, March 9th, 2009

Providing care to children is a big responsibility. You are the person who ensures their safety and well being while their parent/caregivers are away. Whether you are babysitting for an hour for a neighbor, or wanting to make some extra money during the summer at the GMFRC Teen Sitter Program, a Babysitter Training Course is an essential workshop that provides youth with valuable life-skills training. Our goal at the GMFRC is to offer programs that promote optimal development for our youth. Youth are required to bring a brown bag lunch. This course is limited to 15 participants. If you would like further information, please contact Kim.

Haven't yet visited the Learning and Career Centre?

Are we still the best-kept secret on the Base?

If you are a **military member or civilian** employee, you have access to all services the LCC offers.

VISIT OUR WEBSITE

<http://hr.ottawa-hull.mil.ca/lcc-cac/>

or drop in!

We are located on the upper level of the Birchall Training Centre
We're so much more than just courses:

- Career Development/Advisory • Learning Advisory
- Personal and Professional Development Courses
- Computer Courses • Loaning Resource Library
- Internet Café • Book Club • Career and Learning Software

Want to relax on your lunch hour?

Why not drop over and browse our shelves, lounge while watching a video, borrow a book and listen to your favourite tunes, surf the net on our high-speed internet computers, or simply drop in and say hello.

You're always welcome!

Why not drop in and check us out!

We're open daily

Monday to Friday, from 0800-1600 hrs
(including lunch hour).

Mental Health Services

26 Canadian Forces Health Services Centre

Confidential services are available to all military personnel and their families. Our primary mandate is to ensure the deploy ability of all Military personnel. This includes suitability screenings for deployments as well as postings to isolated units. Secondary services provided are: individual, marital and family counselling which may include counselling to assist with relationship difficulties, addictions, PTSD, emotional problems, issues arising from childhood experiences, family violence, separation/divorce, stress, grief and loss. We also provide information regarding referrals to local community services and military resources.

Mental Health Services Team:

Manager: SLt Yvonne Luedee, MSW, RSW

Social Work Officers:

- 2 i/c Capt Michelle MacIsaac, MSW, RSW
- Michelle Hammond, MSW RSW
- Joe Beninati, MSW, RSW

Mental Health Nurse: Dale Young, BN, RN

Psychologist: Eileen Donahoe, PhD, Registered Psychologist

Psychiatrist: Dr Mark Johnston, (Medical Referral required)

*A referral is not required for appointments to see Social Work Officers.

We are located at the Morfee Centre, School Road
Please contact Pat Ferguson, Admin Support at local 5215 to book appointments or to make contact with any of our team members.

Phone: 765-1494 ext 5215 • Fax: 765-1742

Princess Kingston

The Village of Kingston is currently looking for candidates for Princess Kingston and Child Attendant for the **77th Annual Annapolis Valley Apple Blossom Festival.**

Candidates must be between the ages of 19 and 23 (by December 31, 2009), and be from the Kingston Fire District area. Child attendant must be 7 or 8 (by May 2009).

Candidates must have completed high school with a graduation certificate or equivalent and be available between May 25th and June 1st, 2009.

Applications may be picked up at the Kingston Village Office at 671 Main St. Monday to Friday between 8:00 a.m. and 4:00 p.m.
The deadline to apply is March 13, 2009 by 4:00 p.m.

For further information please contact the Village Office at 765-2800 or email at kingsvil@ns.aliantzinc.ca

Greenwood Military Aviation Museum

"Saving your past for your future"

June to August
7 days a week 9 am to 5 pm
September to May
Tuesday to Saturday 10 am to 4 pm

We invite you to drop in and see what a difference a year makes! Join the thousands that have visited the museum over the past year and see the "new and improved facilities".

For that "hard to find item for that someone special" browse in the **Museum Store** for items such as mess dress items, videos, books, badges, clocks, flags, licence plates, clothing, lapel pins, caps, limited edition prints and an extended selection of models, decals and paints. Remember us for your medals and mounting requirements. If we don't have it, we will order it!

The display aircraft are now part of the museum complex and are located next to the parking lot.

The museum is now located in the Canex building, East Side, and remember:

Admission is free!

For further information, contact the museum at 765-1494 local 5955. Meet you at the museum!



DEADLINES

for The Aurora Newspaper are as follows:

12:00 noon Wednesday for classified ads; 3:00 p.m. Wednesday preceding publication date for all other advertising and those requiring proofs. Editorial material **MUST** be typed and **MUST** be accompanied by an electronic/digital (MS-Word® file) and a printed hard copy, the originator's name, address and telephone number no later than 9:30 a.m. Thursday.
Or E-mail us at aurora@auroranewspaper.com



NOW OUR MOST POPULAR VEHICLES COME WITH YOUR CHOICE OF FOUR BONUS OFFERS.

**#1 SELLING
CROSSOVER IN
CANADA^Ω**

**LOWEST PRICED
7 PASSENGER VEHICLE
IN CANADA^{††}**

2009 DODGE JOURNEY SXT

Hwy: 7.9L/100 km 36 mpg^Δ
City: 11.0L/100 km 26 mpg^Δ



★★★★★
NHTSA 5 Star Front and Side Impact[‡]



2009 DODGE CALIBER SXT

Hwy: 7.3L/100 km 39 mpg^Δ
City: 9.0L/100 km 31 mpg^Δ



★★★★★
NHTSA 5 Star Front and
Side Impact[‡]



CANADA'S CHOICE

CHOOSE

**\$1500 IN
MOPAR[®]
ACCESSORIES***

OR

**\$1000 IN
EXTENDED
SERVICE PLAN****

OR

**\$750 IN
NO CHARGE
OPTIONS[†]**

OR

**\$500 IN
BONUS
CASH REBATE^{‡‡}**

Made in
Canada!



**#1 SELLING
MINIVAN IN
CANADA**

2009 DODGE GRAND CARAVAN SE
- CANADA VALUE PACKAGE -

1 of 17 vehicles that get 9.4L/100 km
(30 mpg) Highway or Better!

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NHTSA 5 Star Front and Side Impact[‡]

Ask your retailer about the
2009 Dodge Grand Caravan



2009 DODGE RAM CREW 1500 LARAMIE 4X4

AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA

BEST NEW PICKUP TRUCK



chrysler.ca

jeep.ca

dodge.ca

FOR INNOVATION, SAFETY, FUEL EFFICIENCY AND VALUE
JUST LOOK FOR THE SIGN.

VISIT YOUR ATLANTIC CHRYSLER, JEEP®, DODGE RETAILER OR CHRYSLERCANADA.CA

Wise customers read the fine print: *, **, †, ‡ — These limited time offers apply to retail deliveries of selected new and unused 2008/2009 models purchased between March 3rd and April 30th 2009 from participating retailers. Offers must be used at the time of purchase or lease of an eligible vehicle. Offers do NOT apply to Dodge Caliber Base (PMDL49), Dodge Grand Caravan C/V (RTKE53) and Dodge Challenger models. Retailer order/trade may be necessary. Offers subject to change without notice. See participating retailer for specific details and conditions. * Mopar accessories rebate amount includes taxes and installation and must be used at time of purchase or lease of an eligible vehicle towards the purchase/installation of Mopar parts and accessories. Any unused portion of the Mopar accessories rebate will not be refunded and may not be banked for future use. ** Extended service plan rebate may be used towards the purchase of any Chrysler Canada Service Plan. Any unused portion of this rebate will not be refunded and may not be banked for future use. † No-charge option discount will be deducted from the price of eligible options and upgrades before taxes. See your retailer for details regarding eligible options/upgrades. Any unused portion of this discount will not be refunded and may not be banked for future use. ‡ Bonus Cash will be deducted from the negotiated purchase/lease price of an eligible vehicle after taxes. Bonus Cash may be used to reduce vehicle price or reduce monthly payments. Alternatively customers may choose a cheque for the Bonus Cash amount. ‡‡ Based on starting MSRP. Ω Based on June through December 2008 R.L. Polk sales total registrations. Δ Caliber SXT with 2.0L engine Continuously Variable Transmission. Based on 2009 Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption may vary. ‡ Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2009 model year Dodge Journey, Caliber, Grand Caravan, Ram 1500. ™ SIRIUS and the dog logo are trademarks of SIRIUS Satellite Radio Inc.

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SATELLITE RADIO**
INCLUDES 1 YEAR PREPAID SUBSCRIPTION



CUCINA AURORA



Cream Fraiche

- 1 1/2 cups Heavy cream
- 1/2 cups Lowfat buttermilk
- 1 tsp. Sugar; (optional)
- 1/2 tsp. Vanilla extract; (optional)

Pour cream and buttermilk into a lidded jar. Replace lid, shake, and let mixture rest at room temperature 6 to 8 hours. Refrigerate at least 24 hours; mixture reaches optimal thickness after 4 to 5 days. In a large metal bowl, whip refrigerated cream, sugar, and vanilla with a balloon whisk until it achieves the consistency of whipped cream.

Greenwood Bowling Centre

Open 7 Days a Week
MAKE Your Reservation Today
 Every Monday & Wednesday Afternoon 1-4 p.m.
 All U Can Bowl Just \$ 5.00
 Every Monday & Wednesday Eve 6-9 p.m.
 ALL GAMES \$ 1.00
Help us Celebrate 100 Years of 5 Pin Bowling • 1909-2009
 For more info call 765-1494 ext 5631
www.5pinbowling.ca
*Family Fun for Everyone
 Keep Fit Bowl a Bit*

Alternative Dispute Resolution

Greenwood Dispute Resolution Centre



Maj. Bob Sealby
Call 5530

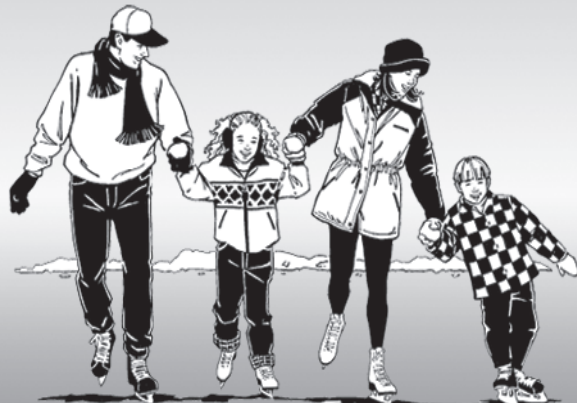
- Are you involved in a conflict in the workplace and unsure of how to handle it?
- Do you have issues with a work situation that you want resolved?
- Do you want to know how to approach a co-worker during a dispute?

Call DRC Coordinator Maj. Bob Sealby for assistance or visit the Greenwood Dispute Resolution Centre (DRC) at the AVM Morfee Centre (MFRC), School Road or for a DRC nearest you National Phone Number: 1-888-589-1750

DRC services are available to all Regular and Reserve Force members, Civilian and NPF employees, and members of the Cadet organizations.

Public Skate Come One Come All

Greenwood Gardens Public Skating takes place Saturday evenings from 7:00 to 8:00 p.m. and Sunday mornings from 11:00 a.m. to 12:00 noon. The skate is free for Military and valid Rec Card holders. There is a drop-in fee of \$4.00 for those without Rec Cards. Although helmets are not mandatory they are strongly suggested. Come out and enjoy a great winter tradition.



GMFRC • Feature of the Week

Adult Programs and Employment Services
 Coordinator: Stephanie Townsend at 765-1494 local1816 or email at Townsend.SC@forces.gc.ca

Emergency First Aid (EFA/CPRC) Level A

Tuesday, March 17th, 2008
 8:30 a.m. – 4:30 p.m.
 GMFRC Classroom 1
 \$30.00

Registration Deadline: March 13th, 2009

GMFRC is offering an Emergency First Aid/CPRC course, suitable for workplaces with less than 20 employees on shift or for in-home use. This is a 6 1/2 hour course covering the basics of CPR/First Aid. The course will include Emergency Scene Management, Shock, choking, CPR and severe bleeding, plus 2 hours of training in other areas. For this course, the extra 2 hours will focus on CPR level C (child, Infant, 2 man CPR). This is a convenient one day course that will fill up quickly so call or come in to the GMFRC to register today!

The Anglican Parish of Wilmot Welcomes You!

Holy Trinity in Middleton
All Saints' in Kingston

244 Main St. (across from Tim's)
Pleasant St. (off Bridge St.)

8:00 a.m. BCP Eucharist
9:30 a.m. BAS Eucharist

11:00 a.m. BAS Eucharist & Sunday School
& Sunday School

Information: call the Parish Office 825-2326 or Administrator 825-2474

Contemporary Faith, Catholic Worship & Living Community



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

TENDER #09-01

Supply of Chemicals for the Greenwood Water Utility

The Municipality of the County of Kings' Department of Engineering and Public Works invites tenders for the supply of the following chemicals for the Greenwood Water Utility from April 1, 2009 to March 31, 2010:

- 13,200 kg Sodium hydroxide, 50% solution
- 2,400 liters Sodium hypochlorite, 12% solution

Specification packages are available at the office of the Dept. of Engineering and Public Works, 87 Cornwallis St., Kentville from Monday to Friday between the hours of 8:30 a.m. and 4:30 p.m.

Sealed tenders will be received up to 2:00 p.m. **Thursday, March 19, 2009** and should be addressed to:
 Satu Peori, Operations Manager, Dept. of Engineering and Public Works, Municipality of the County of Kings, P. O. Box 100 Kentville, N. S. B4N 3W3

Opening of tenders will be public and held at 2:00 p.m. in the Boardroom of the Municipal Complex, 87 Cornwallis St., Kentville, N. S.

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

Satu Peori, Operations Manager
speori@county.kings.ns.ca

Tel: (902) 690-6195 Fax: (902) 679-0911
 Local from Kingston & Greenwood (902) 847-3051
www.county.kings.ns.ca

Need a Hand?

Community Volunteer Income Tax Program

Besoin d'un coup de main?

Programme communautaire des bénévoles en matière d'impôt

Volunteers, trained by the Canada Customs and Revenue Agency, can help you complete your income tax and benefit return. Des bénévoles, formés par l'Agence des douanes et du revenu du Canada, peuvent vous aider à remplir votre déclaration de revenus et de prestations.

To find out if you are eligible or to make an appointment call: Pour savoir si vous êtes admissible, ou pour prendre rendez-vous, téléphonez au:

765-1494 Local 5430

*You can meet with the volunteers!
 Vous pouvez rencontrer les bénévoles!*

**March 13, 17, 24 & 31
 April 7, 14 & 21 (if needed)**

**To be held at the 14 Wing Library, Greenwood
 By appointment only (765-1494, local 5430)**

Bring all your tax papers and forms with you.

This service is free!

Apportez tous vos feuillets et formulaires d'impôt.

Ce service est gratuit!

www.ccrca.gc.ca/volunteer www.adrc.gc.ca/benevole

Together in Church

Queen of Heaven Chapel

Sunday Schedule

11 a.m. (English Mass)

St. Mark's Chapel

Sunday Schedule

10:30 a.m. Divine Worship

Switchboard..... 765-1494

Wing Chaplain

Padre Art Crawley ext 5119

Wing Chaplain's Admin Assistant

Ms Diane McKeage ext 5883

Chapel Life Coord - St. Mark's

Padre Harold King ext 5541

Chapel Life Coord - Queen of Heaven

Father Tim Nelligan ext 1960

Unit Chaplain

Padre George Helou deployed

Chaplain (BTL)

Padre Mike Peterson ext 5835

Chaplain (BTL)

Padre Gord Poley ext 5545

Emergencies

In an emergency, you can reach a chaplain anytime through Wing Operations at (902) 765-1494 ext. 5457.



Bravo Zulu

Promotions and Presentations

Photos by 14 Wing Imaging unless otherwise stated.



Cpl Jennifer Furey a RMS clerk receives her promotion to that rank from 405 LRP Sqn Commanding Officer Lt Col Jim Irvine. (photo submitted)



Cpl Cheryl Hope receives her 10-month accelerated promotion to MCpl from WOpsO LCol Cummings. (photo: Cpl DJ Brooks, WTIS)



MCpl MacKeigan promoted, 23 Jan 09 by Hon Col Arsenault. (photo submitted)



Cpl Hughes receiving the CD, 23 Jan 09 by Hon Col Arsenault. (photo submitted)



WO Pat Henry presents the first 50th Anniversary Commemorative Patch to Major Andre Gloumeau.

(photo submitted)



2009 marks 50 years of service for the Maritime Proving and Evaluation Unit.

(photo submitted)



Cpl Korth receiving the CD, 23 Jan 09 by Hon Col Arsenault. (photo submitted)



Cpl Porter promoted 25 Feb 09 by LCol Ubbens. (photo submitted)

14 WING LANGUAGE SCHOOL – SPRING 09 SCHEDULED COURSES ÉCOLE DES LANGUES DE LA 14^E ÈRE – HORAIRE DE PRINTEMPS 09

... une version française suit ce message

The WCOL section is looking for any level candidates in both French and English for the upcoming spring course session which is due to begin on 01 April 2009. We need 4 candidates requesting the same level to start a course.

Last chance to do your French or English Level 1 & 2, prerequisite to get on the Year Long French or English Course.

Please contact the WCOL Manon Dubé loc 5671 or Sgt Lisa Gresko loc 1402 for further information and instructions.

The deadline to send your application form is Monday March 23, 09. We are looking forward to hearing from you ;)

SPECIAL ATTENTION TO THE FOLLOWING COURSES...

- **French Progress Level 1 Full Time** (Apr 1st – May 7th) followed with PL 2 (May 8th – June 12th 2009)
- **French Progress Level 3 Full Time** (Apr 1st – May 7th) followed with PL 4 (May 8th – June 12th 2009) – eligible for the Public Service Commission Tests after this level
- **English Progress Level 5 Full Time** (Apr 1st – May 7th) followed with PL 6 (May 8th – June 12th 2009) – eligible for the Public Service Commission Tests after this level
- **French Maintenance Part Time** (Apr 2nd – June 9th 2009) followed by the Public Service Commission Tests if requested. You need to be classified PL6 or have a valid linguistic profile AAA to be eligible for this course.
- **Administrative English Writing Part Time** (Apr 2nd – June 9th 2009) Public Service Commission Tests available for ELS if requested. Francophone must have a valid linguistic profile AAA to apply for this course.

Version française...

L'école des langues de Greenwood est présentement à la recherche de candidats pour des cours de français et d'anglais de tous les niveaux et ce débutant le premier avril 2009. Pour débuter une classe, nous devons avoir 4 candidats nécessitant le même niveau.

Dernière occasion de suivre les cours de français ou d'anglais niveau 1 & 2, préalable pour suivre le cours d'un an d'anglais ou de français.

Veuillez contacter la CLO Ere Manon Dubé au poste 5671 ou le Sgt Lisa Gresko au poste 1402 pour plus amples renseignements.

La date limite pour faire parvenir votre demande de cours est le lundi le 23 mars 09. Au plaisir de vous rencontrer ;)

ATTENTION TOUTE PARTICULIAIRE AUX COURS SUIVANTS...

- **Français, niveau de progrès 1 à temps plein** (premier avril – 7 mai) suivi du NP2 (8 mai – 12 juin 2009)
- **Français, niveau de progrès 3 à temps plein** (premier avril – 7 mai) suivi du NP4 (8 mai – 12 juin 2009) – le candidat pourra faire les tests de la Fonction publique après ce niveau s'il le désire.
- **Anglais, niveau de progrès 5 à temps plein** (premier avril – 7 mai) suivi du NP4 (8 mai – 12 juin 2009) – le candidat pourra faire les tests de la Fonction publique après ce niveau s'il le désire.
- **Français, Maintien de l'acquis à temps partiel** (2 avril – 9 juin 2009) – le candidat pourra faire les tests de la Fonction publique après ce niveau s'il le désire. Pour suivre ce cours, vous devez vous classer NP6 ou posséder un profil linguistique AAA à jour.
- **Anglais écrit administratif à temps partiel** (2 avril – 9 juin 2009) – le candidat pourra faire les tests ELS de la Fonction publique après ce niveau s'il le désire. Pour suivre ce cours, un francophone doit posséder un profil linguistique à jour.

M:\14 Wing Public Shared Folders\ Branches\Wing Administration\Wing Coordinator of Official Languages (WCOL)

14 Wing Health Promotion Winter/Spring 2009 Program Schedule

Register now to ensure a seat!

| Program | Date | Time | Location |
|---|---|--|------------|
| Alcohol, other Drugs & Gambling Supervisor Training | 12 March 09 | 0830-1600 hrs | F&S Centre |
| Applied Suicide Intervention Skills Training (ASIST) | 14 – 15 Apr 09 | 0800-1600 hrs | F&S Centre |
| Basic Relationship Training (BRT) | 11 Mar – 16 Apr 09 (Wednesdays) | 1800-2000 hrs | F&S Centre |
| | 19 May – 23 Jun 09 (Wednesdays) | TBA | F&S Centre |
| Butt Out – Self-Help Program | Mondays (by apt only) | 1330 - 1430 | F&S Centre |
| | Fridays (by apt only) | 0930 - 1030 | F&S Centre |
| Managing Angry Moments | 30 Apr – 18 Jun 09 (Thursdays) | 1330 – 1530 hrs | F&S Centre |
| Stress Take Charge | 24 – 25 Jun 09 | 0830 – 1530 hrs | F&S Centre |
| Top Fuel for Top Performance | 23 – 24 Apr 09 | 0830 - 1600 hrs Day 1 0830 – 1130 hrs Day 2 | F&S Centre |
| Take a Stand Lose Grand (combining Weight Wellness and personal training) | 22 Apr info session – 29 Apr-17 Jun 09 (Wednesdays) | 1200 – 1400 hrs | F&S Centre |
| Stay Strong. Eat Like a Champion | 26 Mar 09 | 0830 – 1530 hrs | F&S Centre |

For more information or to register, please contact:

Health Promotion Office (PSP)
F&S Centre (Gym)
(902) 765-1494 ext: 5388

www.14winghealthpromotion.com
EMGB.TREMBLAY@forces.gc.ca

Greenwood Military Family Resource Centre Offerings

The workshops, programs, and services offered in this issue only covers for the next couple of weeks. For future and ongoing programs and services, please visit our website at www.greenwoodmfrcc.ca or call 765-5611. To register, drop-in at the Centre located at the AVM Morfee Centre on School Road (Greenwood).

Note: We are sorry for any inconvenience this may cause, but to keep costs down, the only methods of payment accepted for workshop registrations is cash or cheque. To ensure your spot for a workshop, payment is required at the time of registration.

Adult Programs and Employment Services

Coordinator: Stephanie Townsend at 765-5611 local 1816 or email employmentgmfrcc@eastlink.ca

Upcoming Programs or Services

Emergency First Aid (EFA/CPRC) Level A
Tuesday, March 17th, 2008
8:30 a.m. – 4:30 p.m.
GMFRC Classroom 1
\$30.00
Registration Deadline: March 13th, 2009

Stampin' Up! Class
Wed, March 18th, 2009
6:00 p.m. – 9:00 p.m.
Classroom 2
\$15.00
Registration Deadline: March 16th, 2009

CF Recruiting
Monday, March 23rd, 2009
1:00 p.m. – 5:00 p.m.
Classroom 1
Free

8th Annual 14 Wing Education & Career Fair
Thursday, March 26th, 2009
9:30 a.m. – 2:30 p.m.
Annapolis Mess, 14 Wing Greenwood
Free

Easter Photos with Tammy Pyette
Wednesday, April 1st, 2009
9:00 a.m. – 1:00 p.m.
Classroom 2
\$15 for CD of 1 copyright free image, \$10 per additional image

Employment Ongoing Services

- Resume and Cover Letter Creation and Modification
- Resume Updating
- Career Assessment / Coun-

selling

- Job Search Assistance
- Interview Skill Building
- Information on Small Business Planning
- Information on Military Home-based Business Network
- Magazines and Books exchange
- Employment Computer Available
- Portfolio Development

Community Information Services

Coordinator: Nicole Godin at 765-1494 local 5941 or email godin.n@forces.gc.ca

Ongoing Services

- Greenwood Welcome package
- GMFRC Virtual Welcome package
- New Arrivals Registration
- Welcome GMFRC visit/tour and Welcome Gift
- GMFRC Welcome Calls
- GMFRC Email Information Newsletter
- GMFRC Website
- Community Information Database
- GMFRC Family Fun Day

Deployment Services

Coordinator: Paula Davison at 765-1494 local 5583 or email at Davison.PL@forces.gc.ca

Upcoming Programs or Services

Deployed Families Card/Craft Club & Children's Fun/Support Group
Tues, February 17th, 2009
6:00 p.m. – 8:00 p.m.

GMFRC
Cost: Complimentary
Deployed Families Fun Sunday Tobogganing /Pot Luck

Sunday, February 22, 2009
2:00 p.m. – 5:00 p.m.
Location: The Annex at Queen of Heaven Chapel
Registration deadline: Call 765-5611 by Wednesday, February 18th, 2009

Deployed Families Adult Pool Night at Dooly's
Monday, March 09, 2009
8:00 p.m. – 10:00 p.m.
Location: Dooly's, 963 Central Avenue, Greenwood
Cost of pool compliments of Dooly's
Registration deadline: Call 765-5611 by Friday February 6th, 2009

Is your military member away?
If you have a military family member who is away (spouse, son, daughter, partner, grandchild, etc) on operational duty - including deployments, courses, TD, & so on - & you haven't heard from the GMFRC, please give Paula a call & we'll set you up with any of our programs/services/activities that may interest you. We do not know you're out there unless you let us know.

All of our ongoing activities are open to ALL families experiencing a family separation due to operational requirements. We offer pre, during, & post deployment information, assistance, outreach, & support to anyone who chooses to participate. Just give us a call!

*** For respite childcare offerings for deployed families, see details under Child/Youth & Parenting Services**

Prevention, Support and Intervention Services

Coordinator: Shannon Doubleday at 765-5611 or email Doubleday.CS@forces.gc.ca

Connecting Friends
Every Wednesday
9:30 a.m. to 11:30 a.m.
At the GMFRC
Open to the public
Childcare is available through the GMFRC Casual Childcare Service. For more information about Connecting Friends please call Shannon and to schedule childcare please call Coreen at 765-1494 local 1817.

Couples Retreat
Friday, June 12th and Saturday, June 13th, 2009
At GMFRC

Watch the Aurora for pending details on costs and workshops

Ongoing Services

- Emergency Shelter

- Resource Library
- Assessment and referral
- Short term support
- Crisis Intervention

Child/Youth and Parenting & Emergency Childcare Services

Coordinator: Kim Dixon at 765-1494 local 1812 or email Dixon.K@forces.gc.ca

Upcoming Programs or Services

Youth Council
Tuesday, March 10th, 2009
3:30 p.m. – 4:30 p.m.
14 Wing Community Centre
FREE

Academic Tutoring Service
Monday, Tuesday, Wednesday
Time scheduled with families & tutor
Children in grade P-12
FREE

A tutor request form is available at GMFRC

Parent & Tot Program
We meet every Monday
9:30 a.m. – 10:30 a.m.
Children 3 – 5 years
FREE

Drop in – no registration required

Toddler Tuesdays Program
We meet every Tuesday
9:30 a.m. – 10:30 a.m.
Children 1 – 2 years
FREE

Drop in – no registration required

Tumble Tots
Every Wednesday in the gym
9:30 a.m. – 10:30 a.m.
Children 1 – 5 years
FREE

Drop in - no registration required

Baby Club
First and third Thursday of every month at the GMFRC
10:00 a.m. – 12:00 p.m.
Parents with infants aged 0 – 1 yr.
FREE

Drop in – no registration required

Respite Dates
Saturday, March 14th, 2009
GMFRC
12:00 p.m. – 4:00 p.m.
Children aged 12 years and under who currently have a deployed parent/caregiver.
Registration deadline: Thursday, March 12th, 2009

Volunteer Services
Coordinator: Janie Gagnon at 765-1494 local 5938 or email at Gagnon.JMC@forces.gc.ca

Upcoming Workshop
Babysitting Course (for 11 years to 18 years old) *
Monday, March 16th, 2009

8:30 a.m. – 3:30 p.m.
GMFRC
Free for Volunteers
Register by calling 765-5611

Stampin' Up with the GMFRC
Wed, March 18th, 2009
6:00 p.m. – 9:00 p.m.
GMFRC Classroom 2
Free to the first 5 volunteers who register or \$15 per person
Register by calling 765-5611

Employment Fair*
Thursday, March 26th, 2009
9:30 a.m. – 2:30 p.m.
Annapolis Mess
Open to everyone

Conflict Resolution Phase 1 (RCE)
Tuesday & Thursday, April 7-8-9, 2009
8:30 a.m. – 4:00 p.m.
Community Centre Multipurpose Room
Free for volunteers and only open to volunteers and military members
Register by calling 765-5611

Interview Skills Workshop*
Thursday, April 16th, 2009
1:00 p.m. – 3:00 p.m.
GMFRC Classroom 1
Free for volunteers
Register by calling 765-5611

Conflict Resolution Phase 2 (CML)
Wednesday & Thursday, April 22nd & 23rd, 2009
8:30 a.m. – 4:00 p.m.
Community Centre Multipurpose Room
Free for volunteers and only open to volunteers and military members
Register by calling 765-5611

Volunteer Opportunities
Luck Duck Ticket Sales
Tuesday, March 17th, 2009 and/or Thursday, March 19th, 2009
11:00 a.m. – 1:00 p.m.
Greenwood Mall (food court)
Volunteers Needed: 2 - 4

Easter Deployment Mail Out
Friday, March 13th, 2009
9:00 a.m. – 12:00 p.m.
GMFRC Classroom #1
Volunteers Needed: 6

Warm Line Callers
Ongoing need
Flexible (2 hours per month)
GMFRC or from home
Registration deadline: Open
Volunteers needed: Many (you will receive a prior training)

Gym Preparation and Facilitator for Tumble Tots
Every Wednesday
9:00 a.m. – 11:00 a.m.
GMFRC Gym
Volunteers Needed: 1
Set up and facilitate Wednesday gym program
* Suitable for our awesome Youth Volunteers!

Zedex Theatre
765-8848

March 8-12 • 7 p.m.

Pink Panther 2
Rated PG

Returning March 13th
Hotel For Dogs
Rated PG

While you are at the theatre enter to win an iPod Nano. We will be giving away 1 a month.

Dolby EX Digital Sound
Come See it on the Big Screen www.zedex.ca

Kingston Legion

BINGO
Prize Money Guaranteed: \$2,500

BOOKLET BINGO

Sunday, 1:45 p.m.
Tuesday, 7:45 p.m.

Regular Games - \$100

- 1 Early bird - 60/40
- 2 - 60/40
- Letter H - 80/20
- 1 Lucky 7 - Progressive
- 1 Bonanza - Progressive
- Jackpot - 3 Chances
- Double Action

Lic.#
35542-96



Paper Carriers

WANTED

We are compiling a waiting list for all paper route areas ~ **except for** ~ **Ravenwood Sub.**

Please apply at our office at the Morfee Annex on School Road.

Applications are also available on our website
www.auroranewspaper.com



Volunteer Services
Coordinator: Janie Gagnon at 765-1494 local 5938 or email at Gagnon.JMC@forces.gc.ca

Upcoming Workshop
Babysitting Course (for 11 years to 18 years old) *
Monday, March 16th, 2009

Business of the Week is Back!

Due to popular demand, The Aurora Newspaper is delighted to once again offer you the opportunity to participate in our **Business of the Week** advertising feature. The idea is simple:

- Six businesses run a business card ad for six weeks

- Each week one of the businesses will be featured as the **Business of the Week**

- The featured business will have the opportunity to work with the Marketing Consultant in developing a write up that can include a photo and approximately 500 words of copy

- The cost for this is only ~~\$220.00~~ **\$199** tax incl. per



business

For more information on how you can take part in this exciting feature (**space is limited so don't delay!**), please contact:

Anne Kempton
Marketing Consultant
The Aurora Newspaper
765-1494 ext. 5833

www.auroranewspaper.com

Learning and Career Centre

"People working together to foster a learning culture – within the Defence Team – many places, many ways."

LCC Upcoming Workshops

Please note prices on LCC Computer courses are as follows: full-day course \$110.00

MARCH 2009

- 09 Access Level 3, \$110.00 per person • 1 day
- 10 Outlook Level 2, \$110.00 per person • 1 day
- 16 Introduction to Internet, \$110.00 per person • 1 day
- 17 Excel Level 1, \$110.00 per person • 1 day
- 23 Power Point Level 1, \$110.00 per person • 1 day
- 24 Word Level 3, \$110.00 per person • 1 day
- 24 Joint Learning Program: Employment Equity (TBC) • 1 day
- 30 Introduction to Computers, \$110.00 per person • 1 day
- 31 Excel Level 2, \$110.00 per person • 1 day

APRIL 2009

- 06 Outlook Level 1, \$110.00 per person • 1 day
- 07 Access, Level 1, \$110.00 per person • 1 day
- 14 Word, Level 1, \$110.00 per person • 1 day
- 20 Project, Level 1, \$110.00 per person • 1 day
- 21 Visio, \$110.00 per person • 1 day
- 27 Publisher, Level 1, \$110.00 per person • 1 day
- 28 Access, Level 2, \$110.00 per person • 1 day

MAY 2009

- 04 Power Point, Level 2, \$110.00 per person • 1 day
- 05 Front Page, Level 1, \$110.00 per person • 1 day
- 11 Project, Level 1, \$110.00 per person • 1 day
- 12 HTML, \$110.00 per person • 1 day
- 19 Windows XP, \$110.00 per person • 1 day

- 25 Project, Level 2, \$110.00 per person • 1 day
- 26 Front Page, Level 2, \$110.00 per person • 1 day

JUNE 2009

- 01 Excel, Level 3, \$110.00 per person • 1 day
- 02 Word, Level 2, \$110.00 per person • 1 day
- 08 Outlook, Level 2, \$110.00 per person • 1 day
- 09 Access, Level 3, \$110.00 per person • 1 day
- 15 Excel, Level 1, \$110.00 per person • 1 day
- 16 Introduction to Internet, \$110.00 per person • 1 day
- 22 Word, Level 3, \$110.00 per person • 1 day
- 23 Power Point, Level 1, \$110.00 per person • 1 day
- 29 Excel, Level 2, \$110.00 per person • 1 day
- 30 Introduction to PC, \$110.00 per person • 1 day

JULY 2009

- 06 Access, Level 1, \$110.00 per person • 1 day
- 07 Outlook, Level 1, \$110.00 per person • 1 day
- 13 Word, Level 1, \$110.00 per person • 1 day
- 14 Power Point, Level 2, \$110.00 per person • 1 day
- 20 Publisher, Level 1, \$110.00 per person • 1 day
- 21 Project, Level 1, \$110.00 per person • 1 day
- 27 HTML, \$110.00 per person • 1 day
- 28 Access, Level 2, \$110.00 per person • 1 day

GMFRC • Feature of the Week

Deployment Services

Coordinator: Paula Davison at 765-1494 local 5883 or email at Davison.PL@forces.gc.ca

Deployed Families Card/Craft Club & Children's Fun/Support Group

Tuesday, February 17th, 2009

6:00 p.m. – 8:00 p.m.

GMFRC

Cost: Complimentary

Come on out and enjoy a night of card and craft making, good conversation and lots of laughs. This is a great opportunity to make valuable connections with other deployed spouses/parents. Bring your children and they can enjoy a night of fun at the Children's Fun/Support Group. Registration: Call 765-5611 and register before Friday, February 13, 2009. Don't forget to register your children for the Fun/Support Group.

GMFRC • Feature of the Week

Volunteer Services

Coordinator: Janie Gagnon at 765-1494 local 5938 or email at Gagnon.JMC@forces.gc.ca

Easter Deployment Mail Out

Friday, March 13th, 2009

9:00 a.m. – 12:00 p.m.

GMFRC Classroom #1

Volunteers Needed: 6

To prepare packages and get boxes ready for mail out to send to troops. It is a fun time and a way to feel connected to the member and to give back to them for what they sacrifice each and every day.

JOIN THE FUN!!

14 Wing Library is having a

Reading Challenge

during the month of March.

Open to all members.

Come in and register.

Start Reading ... PRIZES!



ANNAPOLIS EAST ELEMENTARY SCHOOL



~ The following items are available at the Cafeteria daily ~

Sandwiches: \$2.00; Wraps - \$2.00; Sub Sandwiches - \$2.00; All sandwiches, wraps & subs will include fresh vegetable or fruit on the side.

Vegetables & Dip - \$1.50; Cheese & Crackers - \$1.50;

Fruit & Dip - \$1.50; Tossed Salad - \$2.50 sm \$1.50;

Caesar Salad - \$2.50 sm \$1.50; Spinach Salad - \$2.50 sm \$1.50;

Yogurt - \$1.00; Yogurt Tubes - \$1.00; Yogurt Parfaits - \$1.25;

Fresh Fruit: Apples, Oranges & Bananas - \$1.00; Fruit Squiggles - \$1.50;

Gold Fish Crackers - \$.45; Baked Lays - \$1.50; Flat Earth - \$1.50;

Smart Popcorn - \$1.50; Frozen Juice Bars: Orange & Cherry - \$1.00;

Rice Crispy Squares - \$.80; Smoothies: Mon, Wed, Fri - \$1.25;

Juice: Apple, Orange & Seven Fruit - \$1.00; Milk - \$.35; Water - \$1.00;

~~~~ Canteen Items - CASH ONLY ~~~~

There will be a cost for ALL condiments if your child is not purchasing lunch from the cafeteria.

Ketchup, Mustard, Relish - \$.15 each; Mayo & Salad Dressings - \$.30 each;

Barbecue/Sweet & Sour Sauce - \$.40 each

We are a NUT & SCENT sensitive school with a smoke-free environment.

Mar 9th: Chicken Rice Soup 1.75 • Macaroni & Cheese 2.50 • Baked Potato 1.25 • Caesar Salad 1.50 • Fresh Fruit Cup 1.00

Mar 10th: Chicken Noodle Soup 1.75 • Hamburger with Lettuce & a Slice of Tomato 2.50 • Cheeseburger with Lettuce & a Slice of Tomato 3.00 • Jellied Fruit 1.00

Mar 11th: Minestrone Soup 1.75 • Chicken Dinner 2.50 • Toss Salad 1.50 • Apple Slices 1.00

Mar 12th: IN-SERVICE • No School for Students

Mar 13th: Corn Chowder 1.75 • Minipizza with Apple Slices 2.50

• Caesar Salad 1.50 • Yogurt 1.00

Daily Specials can be purchased for \$3.25 • Main Entree, Milk & Daily Dessert

## Annapolis Café

### 14 Wing Food Services

All Prices include HST

Breakfast Full ..... \$5.55

Breakfast Light ..... \$3.30

(Beverage & Toast or Cereal)

Lunch Full ..... \$11.10

Lunch Light ..... \$6.65

(Beverage, Soup or Salad; Choice from A La Carte menu or Sandwich; French Fries and Fruit or Cookie)

Dinner Full ..... \$11.10

Dinner Specialty (Steak Night, etc.) \$13.90

### Meal Hours

Breakfast ..... 0600 - 0900

Weekend & Holidays ..... 0600 - 1100

Weekend Brunch ..... 1100 - 1315

Lunch ..... 1100 - 1315

Dinner ..... 1600 - 1830

OPEN TO AUTHORIZED PATRONS ONLY

## KINGSTON & DISTRICT SCHOOL

### school lunch menu

| Whole Sandwiches                             | Snacks                               |
|----------------------------------------------|--------------------------------------|
| 1/2 Sandwiches (Asst. fillings) ..... \$1.15 | Cheese & Crackers ..... \$1.00       |
| Subs/Kaisers/Wraps ..... \$2.25 - \$2.50     | Fresh Fruit ..... \$0.75 - \$1.25    |
| <b>Hot Foods</b>                             | Gold Fish Crackers ..... \$0.50      |
| One Hot Food Daily ..... \$2.50              | <b>Miscellaneous</b>                 |
| Cup of Soup ..... \$1.00                     | Bread & Butter ..... \$0.50          |
| Bowl of Soup ..... \$2.00                    | Bagel ..... \$1.25                   |
| <b>Beverages</b>                             | Cream Cheese ..... \$0.50            |
| Milk ..... \$0.35                            | Cheese Whiz ..... \$0.50             |
| Choc. Milk ..... \$1.30                      | <b>Freezer Items</b>                 |
| Juice Small ..... \$1.00                     | Frozen Yogurt ..... \$1.25           |
| Juice Medium ..... \$1.25                    | Yogurt Tubes ..... \$1.00            |
| Bottled Water ..... \$1.25                   | <b>Desserts</b>                      |
| Yop ..... \$1.25                             | Muffins ..... \$1.00                 |
| V8 Juice ..... \$1.00                        | Cookies (small) ..... \$0.35         |
| <b>Salads</b>                                | Biscuits ..... \$1.00                |
| Assorted Salad Plates ..... \$2.50           | Yogurt ..... \$1.25                  |
| Fruit Plate ..... \$1.75 - \$2.25            | Fruit Salad ..... \$1.00             |
| Veggies & Dip ..... \$1.00                   | Other Assorted Desserts ..... \$0.75 |
| Apple Snacks ..... \$1.00                    | Special Treat Days ..... \$1.50      |

Daily Specials (Mon-Thur): Price Includes Main Course, Drink and Dessert - \$3.25

Mon: Pizza Subs; Tues: Lasanga; Wed: Fish Wedges & Home Fries; Thurs: Chicken Burgers; Fri: Home Made Pizza

This menu brought to you compliments of:

## FRASER'S PRO Home Centre




BERWICK • 1-800-959-3727  
KINGSTON • 1-902-765-3111  
KENTVILLE • 1-902-678-8044  
BRIDGETOWN • 1-902-665-4449  
www.frasers.ca



# FOR YOUR INFORMATION

**UP-COMING EVENTS • CLUBS • ORGANIZATIONS • GROUPS**  
 FYI is The Aurora Newspaper's format for publishing items of interest to the community submitted by NOT-FOR-PROFIT Service Groups, Clubs and Organizations. Due to space limitations, submissions are limited to approximately 25 words. Items MUST be submitted each week either in person to our offices located on School Road (Morfee Annex), 14 Wing Greenwood, by FAX to (902)765-1717 or e-mail: [aurora@auroranewspaper.com](mailto:aurora@auroranewspaper.com). These announcements will be published on a first-come, first-served basis and are limited to the space available for that particular publication. To guarantee that your announcement will be published, you may choose to place a paid advertisement at our current advertising rates. The deadline for FYI submissions is Thursday at 9:30 a.m. previous to publication unless otherwise notified.

**Discover the Magic of Reading**  
 ...visit 14 Wing Library



Located at AVM Morfee Centre, School Street  
 Monday ..... 1-5pm & 6-8pm  
 Tuesday ..... 10am-1pm & 2-5pm  
 Wednesday ..... 1-5pm & 6-8pm  
 Friday ..... 12-4pm  
 \* Sunday ..... 1-4pm

**765-1494** 24 hour drop-off box • Phone for Renewals  
 Loc. 5430 Closed on holidays and holiday weekends throughout the year.

# HOROSCOPES

March 8 to March 14

**ARIES - Mar 21/Apr 20**

Aries, don't get frustrated if you hit some unexpected bumps at work. Think creatively and you'll discover that there is more than one way to get things done.

**TAURUS - Apr 21/May 21**

A serious discussion with a loved one will make you realize something good about yourself. You'll discover that you may have to step back to move ahead.

**GEMINI - May 22/June 21**

Be true to yourself and others this week, Gemini. Don't make promises you can't keep. In fact, try not to say anything you're not absolutely certain of.

**CANCER - Jun 22/Jul 22**

Caught in a rut? Pull yourself out by doing something you have always wanted to try. Don't be afraid to make a change. Libra will help you overcome adversity.

**LEO - Jul 23/Aug 23**

A heated argument could lead you to say something you'll regret, Leo. Hurtful words may leave long-lasting scars, so try not to act out too rashly. A major change is looming.

**VIRGO - Aug 24/Sept 22**

Don't be generous with other people's money, Virgo. A promotion at work is likely, since an associate's blunder will end up benefiting you. Be strong when you're promoted.

**LIBRA - Sept 23/Oct 23**

Libra, a loved one's harsh words should be taken with a grain of salt. Don't let words said in anger get you down. Instead, look at the big picture and you will feel much better.

**SCORPIO - Oct 24/Nov 22**

Take the first step in accomplishing a long-term goal. You'll find that taking action gives you a sense of control. You'll be happy with what you initiated, Scorpio.

**SAGITTARIUS - Nov 23/Dec 21**

Sagittarius, a younger family member will call on you for advice. Be sure to give an unbiased opinion. New love could be on the way later in the month. Be on the lookout.

**CAPRICORN - Dec 22/Jan 20**

Don't let a period of doubt and uncertainty damage a good relationship, Capricorn. A heart-to-heart conversation will probably help clear things up.

**AQUARIUS - Jan 21/Feb 18**

This week you may find yourself reflecting on the past, Aquarius. A mistake you made some time ago will serve as a guideline for today. Take some time to ponder that.

**PISCES - Feb 19/Mar 20**

You feel confident to reach for what you want, Pisces. Do you deserve a promotion? Well, don't be afraid to go in and ask for one.

**FAMOUS BIRTHDAYS**

- MARCH 8 Freddie Prinze, Jr., Actor (33)
- MARCH 9 Juliette Binoche, Actress (45)
- MARCH 10 Carrie Underwood, Singer (26)
- MARCH 11 Thora Birch, Actress (27)
- MARCH 12 James Taylor, Singer (61)
- MARCH 13 William H. Macy, Actor (59)
- MARCH 14 Taylor Hanson, Singer (26)

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Auto Clubs Accepted

**Tax Time!**

Got questions? Get answers. On March 18 from 7:00 – 9:00 p.m. a free Tax Seminar will be held with tax specialist Doug Morgan at Emmanuel Church, 37 Gates Ave., Middleton. Come and bring your questions. It could save you some money! Refreshments will be served.

**Toastmasters**

The mission of a Toastmasters club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skill, which in turn fosters self-confidence and personal growth. We learn by doing. The Annapolis Valley Toastmasters Club invites you to the Air Commodore Birchall Centre, Building 221, Classroom 3 at 14 Wing, Greenwood to experience a meeting from 6:30 to 8:00 p.m. every Tuesday. Further information is available at <http://annapolis.freetoasthost.net/> or contact Kay at 765-0574.

**Greenwood Skating Club**

The Greenwood Skating Club will be holding its Annual Meeting on Tuesday, March 24/09, at the Greenwood Arena in the Bomber Room (located upstairs in the arena) at 6:00 p.m.

**Annual Pancake Supper**

Kingston United Church, Wed March 11, 4:30 – 6:00 p.m. Homemade pancakes, real maple syrup, sausages, homemade hash browns, homemade pies, tea & coffee. Proceeds for General Fund of KUC. All welcome.

**Coffee Party at the Beehive in Aylesford**

Coffee party at the Beehive in Aylesford, March 16, 10 a.m. - 12:30 p.m. Free will offering. There will be door prizes and a Baked Goods and Fabric Sale. Everyone Welcome.

**Mid Valley After 5 Women's Connection**

The Mid Valley After 5 Women's connection invites you for dessert and coffee on Thursday, March 12, 2009 from 7:00 – 9:00 p.m. Our special feature is Terri Thomas from the Telegraph Tea Room – the valley's newest tea room and gardens. All free trade and organic products. Our special speaker is Heather Lemmon her topic: Super Woman I Am Not. Please join us at Melvern Square Community Hall at 165 Bridge Street, Melvern Square. Cost is \$6. inclusive. For reservations, contact Velma at 825-4747 or email [veljour@gmail.com](mailto:veljour@gmail.com) Affiliated with Stonecroft Ministries.

**French Immersion - Important Meeting**

Date: March 11<sup>th</sup>, Time: 7:00 p.m. Place: Berwick School cafeteria. Superintendent of AVRSB will be in attendance to hear your concerns regarding the future viability of our French Immersion (Early and Late) Programs – please come out and show your support!

**Valley Cardiac Rehab Benefit**

On behalf of the Kingston Lions Club, we wish to extend our sincere appreciation for the excellent support of our February 27th Fundraising dinner. Due to a sell-out, we regret we were unable to accommodate some who arrived at the door without tickets or reservations. All profits will be forwarded to the Valley Cardiac Rehab Program. Once again, our heartfelt thanks. Chairpersons Lions Ed & Tanis Bryson.

**Haven Ministries**

There will be an evangelistic church service on March 14th at 7:00 p.m. at Haven Ministries, 1447 Westwood Street, Kingston. Gerry Bezanson and Steven Lane will be speaking. Everyone welcome.

**Kingston Area Seniors Association**

The Kingston Area Seniors Association meets the second Wednesday of each month at 10:00 a.m. at the Kingston Branch No. 98 of the Royal Canadian Legion Kingston. Fun day (Cards & Games) every

second and fourth Friday of the month at 1:00 p.m. For more information contact Minnie Roger's at 765-3292.

**Gospel Concert**

Middleton Baptist Church is hosting a Gospel Concert, March 21 at 7:00 p.m. Some of the musicians include: Sonlight, Jean Marshall, Brad Hewey, and many more. Free-will offering and canteen with proceeds going to Kenya Mission Team.

**Annual Meeting**

Melvern Square & Area Community Association will hold its Annual Meeting on Thursday, March 19th at 7:00 p.m. in the Melvern Square Hall. Everyone Welcome.

**Kingston Lions Monthly Community Luncheon**

The Kingston Lions Monthly Community Luncheon will be held on Tuesday 10 Mar 09 at the Kingston Lions Hall from 11:30 a.m. – 1:00 p.m. Menu Roast Beef dinner with desert. Cost \$8.00 per person and \$8.50 delivered. For delivery call 765-2128. Proceeds for Lions charitable work.

**Knights of Columbus Brunch**

The Knights of Columbus would like to thank all who attended our Brunch at Queen of Heaven chapel annex last month. Our next brunch is March 29th at St. Monica's church in Middleton. Everyone is welcome.

**Overeaters Anonymous**

(OA) is a fellowship of men and women who through shared experience and mutual support are recovering from eating disorders that include Bulimics, Anorexics and Overeaters. No dues... no fees... no weigh-ins. We are not a diet and calories club. Every Friday at 7:30 p.m., the Kingston Freedom Group meets at the Multi-Addiction Centre Society (MACS), 2080 Bishop Mountain Road, North Kingston. For more information, contact Lorraine at 681-0613. To learn more, visit [www.oa.org](http://www.oa.org).

**Ex-Airwomen (R.C.A.F.)**

Ex-Airwomen (R.C.A.F.) are holding a luncheon at the Top Hat on the 16th of March 2009 at 12:00 noon. For more info contact Marie Vautour at 765-0584.

**Kingston Lion's St. Patrick's Day Dinner**

There will be a Corned Beef and Cabbage dinner with desert, coffee, and tea at the Kingston Lions Hall on March 17, 09. From 5:00 – 7:00 p.m. Cost \$10.00 per person. Proceeds for Lions charitable work.

**Stuffed Pork Loin Supper**

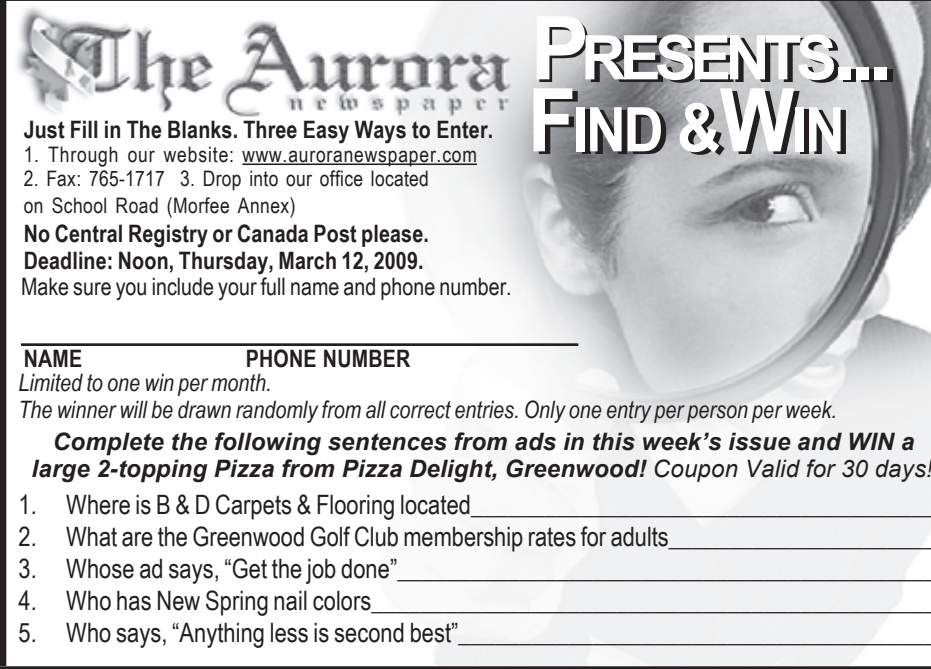
Stuffed Pork Loin Supper with all the trimmings. Saturday March 21, 5:00 - 6:30 p.m. \$12.00 Per Person, Emmanuel Church 37 Gates Ave., Middleton. Advance Tickets Available. For Info: Sally 825-3087 or Shirley 825-2381.

**Church Library Hours**

The Kingston United Baptist Church Library is open to the public Thursday evenings 6:30 to 7:30 p.m. Located upstairs in the Christian Education wing. Please use upper side door off main parking lot. Excellent selection of Christian books, videos, CDs, DVDs and other resources. For further info call 765-6735.

**Kingston/Greenwood Living With Cancer Support Group**

The Canadian Cancer Society "Living With Cancer" Support Group will be holding its March "Get-Together" in the St. Mark's Protestant Chapel, 14 Wing Greenwood from 7:00 – 9:00 p.m. Monday 16 Mar 09. This is an important, timely topic on "Tax Benefits" by tax professional Mr. Gordon Way. Cancer patients, their family and friends or anyone seeking information on cancer is welcome to attend. For information call Lloyd 765-6133 or Lynda 765-3055.



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**No Central Registry or Canada Post please.**  
**Deadline: Noon, Thursday, March 12, 2009.**  
 Make sure you include your full name and phone number.

**NAME PHONE NUMBER**  
 Limited to one win per month.  
 The winner will be drawn randomly from all correct entries. Only one entry per person per week.

**Complete the following sentences from ads in this week's issue and WIN a large 2-topping Pizza from Pizza Delight, Greenwood! Coupon Valid for 30 days!**

- Where is B & D Carpets & Flooring located \_\_\_\_\_
- What are the Greenwood Golf Club membership rates for adults \_\_\_\_\_
- Whose ad says, "Get the job done" \_\_\_\_\_
- Who has New Spring nail colors \_\_\_\_\_
- Who says, "Anything less is second best" \_\_\_\_\_

**This contest is brought to you by:**  
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**Congratulations to last week's winner: BURTEN STRONG**

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# Youth Happenings at the 14 Wing Community Centre

**By Brendan Loughnane,  
Youth Recreation  
Worker**

Hello everyone it is a little unfortunate that we lost an hour of sleep. On the other hand it is much better knowing that we are getting closer and closer to summer. I am sure that I am correct in saying that all of you are waiting patiently for the warm weather too and it is probably so that you won't have to read my articles about me saying that summer is almost here. I'm a summer person but all of you have already figured that out. Last week we had Hockey Night at the Community Centre and I am proud to say that the Toronto Maple Leafs defeated the Ottawa Senators 4-3 in overtime. Although neither team is ranked very high it was an important game down here at the C.C and let's just say there were a few upset fans that night, but not me hahaha! Thanks for all those who attended and I will keep

you posted on when we will be having another one.

Don't forget on **March 16<sup>th</sup>** we are hosting another trip to Ski Martock. Please note that this trip has been rescheduled from the 17<sup>th</sup> to the 16<sup>th</sup>. This time we will leave at 12:00 p.m. and stay until roughly 8:00 p.m. so we can Ski or Board under the bright lights. Come on down and pick up your forms there are only so many seats on the bus. Here is what's going on this week at that Community Centre. Have a great week.

**Boyz Club**

**Monday March 9<sup>th</sup> 2009  
Sponge Polo  
4:30-6 p.m.**

Hello boys this week we are going to try a new game called sponge polo. It's kind of like hockey but instead of a hockey stick you will use a stick with a sponge on the end and instead of a puck we will use a ball. This game is a lot of fun and I can't wait to play. See you all there.

**Teen Activities**

**Tuesday March 10<sup>th</sup> 2009**

**Pool Ping Pong and  
Foosball  
6-7 p.m.**

Hey teens this week we are going to shoot some pool and rally the pong set in the games room. It's always a fun time in the pool room so come on out and join us. See you all there.

**Active Chicks**

**Wednesday March 11<sup>th</sup>,  
2009**

**Wacky Relays  
6-7:30 p.m.**

Girls, grab your running shoes, tonight we'll be dividing into teams and running in some wacky relays!! We'll play a few warm-up games first and then the crazy, wacky relays will begin! Invite a friend, Active Chicks is a blast!!

**Wonderland  
Dance**

**Friday March 13<sup>th</sup> 2009**

**Pre-Teens 6-8 p.m. \$2.00  
or \$3.00 to purchase a  
mask and beads!**

**Teens 8:30-11:30 p.m.  
\$3.00 or \$4.00 to purchase  
a mask and beads!**

Hey everyone this Friday we are having a Wonderland Dance. The theme is all based around Alice in Wonderland and we will be selling Masks to wear during the dance. It is going to be an awesome night so come on down and dress up as your favourite character from the movie. Hope to see you all there.

**Look What's  
Playing at the  
Community Centre  
Pre-Teen Movie Night**

Every Saturday is pre-teen movie night. The fun starts at 6 pm and runs until 8 pm. Admission to the movie is free with your membership

card or \$1 drop in fee. This week will be watching Ace Ventura: Jr. Pet Detective. This movie is rated G In this sequel to the original Ace Ventura movies Ace's son decides that he is going to take over the family business. Ace Jr. Assumes that this would be an easy job but he soon finds out how difficult it is when he gets caught up in a very important case.

**Teen Movie Night**

Teen movies run from 8:30 - 10:30 p.m. Admission to the movie is free with your

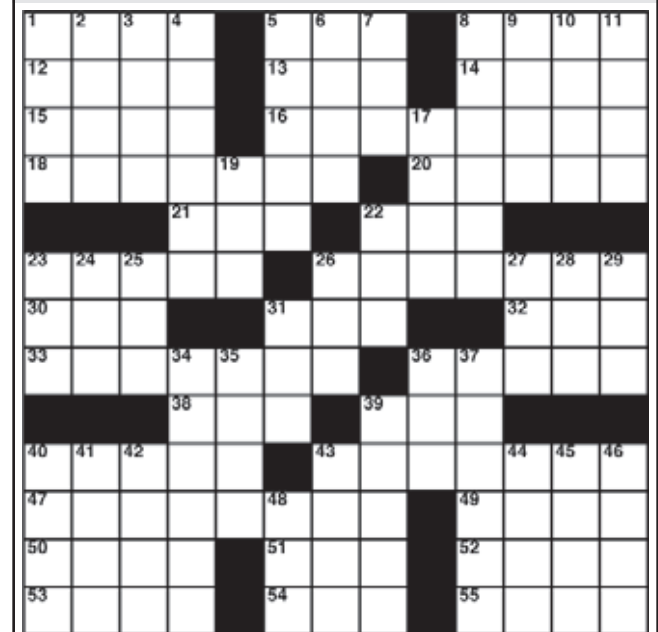
membership card or \$2 drop-in fee. This week the teens will be watching The Transporter III. This movie is rated PG-13. Frank is back and this time he is forced to complete a delivery by a gang of mercenaries. He is forced to transport the daughter of a rich environmentalist who they kidnapped. The mercenaries underestimate Frank's skills other than just driving and they find themselves in a heated battle as Frank try's to save the girl and overthrow her kidnappers.

## Canadiana Crossword

**Performin' Norman**

**Solution page 22**

By Bernice Rosella and James Kilner



- |                          |                       |                          |
|--------------------------|-----------------------|--------------------------|
| <b>ACROSS</b>            | 39 Reverence          | 10 _____ Struck          |
| 1 Buffalo _____          | 40 Malice             | (1987 film by 33         |
| 5 Legislative assembly   | 43 1984 film by 33    | Across)                  |
| member                   | Across                | 11 Swiss river           |
| 8 Mother                 | 47 Slow to Sibelius   | 17 Beige                 |
| 12 Floral soother        | 49 Ottawa NHL-ers     | 19 Meadow (ME)           |
| 13 Paddle                | 50 Portent            | 22 Demure                |
| 14 Miniature buffalo     | 51 The Cincinnati     | 23 Muslim pilgrimage     |
| 15 Divinity              | _____ (1965 film by   | 24 Open, to Pope         |
| 16 Movie maker           | 33 Across)            | 25 Kitty cry             |
| 18 _____ on The Roof     | 52 Suffix denoting    | 26 Preserve              |
| (1971 film by 33         | small                 | 27 Take rays             |
| Across)                  | 53 Fall guy?          | 28 Whiskey genre         |
| 20 Hoist                 | 54 Employ             | 29 Affirmative           |
| 21 19th letter of Hebrew | 55 Blue Jay Alex      | 31 Witty remark          |
| alphabet                 | <b>DOWN</b>           | 34 Focused               |
| 22 _____ magnon          | 1 Fisherman's friend? | 35 Plaintiff             |
| 23 Cozy                  | 2 Kyrgystan           | 36 Cobbler's concern     |
| 26 In _____ (1989        | mountains             | 37 Natural spring        |
| film by 33 Across)       | 3 Raucous             | 39 Electrode             |
| 30 Imitate               | 4 _____ No Flowers    | 40 Polluted air          |
| 31 Spring month          | (1963 film by 33      | 41 California aboriginal |
| 32 Nautical affirmative  | Across)               | 42 Notion                |
| 33 Celebrated Canadian   | 5 Internet connector  | 43 Elevator guy?         |
| director                 | 6 Den                 | 44 Abominable one        |
| 36 _____ of God (1985    | 7 Itinerary ref.      | 45 In the know           |
| film by 33 Across)       | 8 Diacritical mark    | 46 Exploits              |
| 38 Pecan                 | 9 Pier                | 48 Skipjack tuna         |

Weekly Crossword brought to you compliments of:

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Patrick's Puzzle brought to you compliments of:



**ComParrot** by Bonnie J. Malcolm  
Can you spot 12 differences between these pictures?



www.comparrotpuzzles.com © 2009 Bonnie J. Malcolm



Solution: 1. Buckle on man's hat is missing. 2. Extra team on mug. 3. Leaf on plant is missing. 4. Dart behind backpack is missing. 5. Target on dartboard is colored in. 6. Pocket on man's pants is colored in. 7. Shamrock on tablecloth has moved. 8. Dart on floor has moved. 9. Shamrock on lady's shirt has moved. 10. Man's vest is different. 11. Pot on shelf is larger. 12. Stripe on rug is wider.

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765-1494 ext. 5833**

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FOR SALE – Piano, asking \$1500.00 please call 825-4875 (3010-1tp)

**FOR RENT**

FOR RENT – 2 bedroom duplex in country but close to amenities. Few minutes from Kingston or Greenwood perfect for seniors or retirees. In floor heat, attached garage, 5 appliances, front veranda and back patio. All ceramic and laminate floor-

**FOR RENT**

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FOR RENT – 43 Geiger Dr, 2 bedroom duplex available Jan 15<sup>th</sup>. Fridge/stove, washer/dryer hook-up provided. Large Living room, partially renovated, lawn care/snow removal provided, electric heat. \$500.00 per month plus utilities. For more info contact Glengary Properties at 765-2421.

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FOR RENT - 3 bedroom house for rent, centrally located between Greenwood and Kingston, lots of storage, no smoking, references required, \$625/mo + Util. 847-0664 (3009-2tp)

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FOR RENT – 2 bedroom duplex, 23 Oakwood Dr Forest Brook S/D. Fridge/stove, washer/dryer hook-up included. \$525.00 per month plus utilities. Available Apr 1<sup>st</sup>. Please call 765-

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**Crossword Solution**

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | A | L | S |   | M | L | A |   | M | A | M | A | A |
| A | L | O | E |   | O | A | R |   | A | N | O | A |   |
| F | A | U | N |   | D | I | R | E | C | T | O | R |   |
| F | I | D | D | L | E | R |   |   | C | R | A | N | E |
|   |   |   |   | M | E | M |   |   | C | R | O |   |   |
| H | O | M | E | Y |   |   | C | O | U | N | T | R | Y |
| A | P | E |   |   |   | M | A | Y |   |   | A | Y | E |
| J | E | W | I | S | O | N |   |   | A | G | N | E | S |
|   |   |   |   | N | U | T |   |   | A | W | E |   |   |
| S | P | I | T | E |   |   | O | N | L | Y | Y | O | U |
| M | O | D | E | R | A | T | O |   |   | S | E | N | S |
| O | M | E | N |   | K | I | D |   |   | E | T | T | E |
| G | O | A | T |   | U | S | E |   |   | R | I | O | S |

Submitted by: Mona Arsenault

There has been a lot of discussion in recent weeks about a new arena complex in Greenwood. This facility would service the surrounding communities including Kingston, Greenwood, Wilmot, Aylesford and surrounding areas. The Board of the Western Kings Rink Association wants to remind everybody that should this project go ahead as planned, it will still be a minimum of 3 to 5 years before the new twin-pad facility would be up and running. In the meantime, Western Kings Arena will continue to serve the local communities.

The Western Kings Rink Association will need to continue to fundraise in order to pay off the balance of their existing debt and to subsidize its regular day-to-day operations. Currently, in order to keep ice rentals at an affordable rate for minor hockey and other local organizations, Western Kings Arena

operates at a loss. This operating shortfall is \$15,000 to \$20,000 annually. It is through the fundraising efforts of the board, local businesses and area residents that the rink is able to stay in operations and continue the valuable role that it serves in the community.

Please continue to support the Western Kings Arena in its fundraising efforts. The 2<sup>nd</sup> Annual Western Kings Arena Golf Tournament will be held Friday, May 15<sup>th</sup>, 2009 at the Paragon Golf and Country Club. For further information regarding this event, please contact Peter Morse at 760-2922 (email [peter.morse1@gmail.com](mailto:peter.morse1@gmail.com)) or Wayne Fowler at 844-0011. If you would prefer to make a monetary donation, you can call 765-8360. The Western Kings Rink Association is a registered charity for tax purposes and charitable donation receipts will be issued for all donations.



## Western Kings Arena Needs Your Ongoing Support

# MARCH BREAK DAY CAMP

The break is almost here, and what more fun way to spend it than at the 14 Wing Greenwood Community Centre! If you are between the ages of 6-12, you can sign up for your favorite days or for the whole week of fun-filled activities, costing only \$15/day or \$60/week (\$55/week for additional family members). The camp will run from Monday, March 16<sup>th</sup> to Friday, March 20<sup>th</sup> from 9am-3pm, with before and after care available from 7:30-9:00am and 3:00-4:30pm for an extra cost of \$5/week per service or \$2/day.

Here is what we have planned each day:



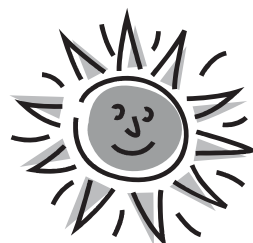
## Monday: "Meet and Greet Monday!"

It is our first day at camp so we are going to have a big meet and greet. We will start off the morning with some fun ice breaker games that will help you to learn all the other campers' names. Then we will go up to the gym for some fun relay games. Finally we will do some tobogganing. After lunch we will head over to the hill behind the Community Centre for some sledding. Once we are all done sledding we will come back inside and warm up with some Hot Chocolate.

## Tuesday: "Mad Science Day"

Tuesday is mad science day. All day we will be conducting some crazy and fun science experiments like making Alkalsalser bottle rocket and Egg capsules. You can even dress up like a mad scientist would.

## Wednesday: "Fun in the Sun"



Wouldn't it be nice to jump ahead to summer for a day...well you can here with our fun in the Sun day! Join us for a day full of beach fun with the visiting Berwick camp, including swimming in the morning and glow-bowling in the afternoon.

## Thursday: "Wild Animal Safari!"

Today we will be doing a bunch of activities that are all about animals. Some of the activities are a wild animal show and tell, wild animal scavenger hunt, wild animal paint art session and much more. If you love animals this day is perfect for you

## Friday: "Chillaxing day"



This whole week has been a lot of fun so on the last day we are going to be chilling and relaxing. We will make some yummy delicious chocolate chip coolies and bake them right here. Then in the afternoon we will be watching Beverly Hills Chihuahua (rated G) and eating the yummy cookies we made that morning. If you like cookies and movies you should sign up for this day.

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Registration starts March 4<sup>th</sup> at 9am! For more info, please call the Community Centre at; 765-1491 ext. 5337, 5331, or 5341.

# Greenwood Novice Nitro at the Middleton Minor Hockey Tournament

On the weekend of Feb. 20-22 the Greenwood Novice Nitro attended the Middleton Minor Hockey Tournament and put all their practice to test. Displaying hard work, fair

play and teamwork were: Geordie Backhouse, Jeffrey Fewer, Jacob Gagnon, Brielle Bagnall, Jordan Jackson, Derek Haines, Owen St. Nicholaas, Etienne Labarre, Cole Peters,

Robbie Dowell, Justin Vincent, Grant Whiting, Jackson Mofford, Christian Hodder and Jaiden Pugsley De bruyn. Coaching the kids are Mike Fewer, Steve Mofford, Jeff

Dowell, Rich De bruyn, Craig Bagnall, Brian Jackson, Hoyles Whiting and Rene Labarre. The team would like to thank the Middleton Hockey Club for putting on such a great tournament. The Novice Nitro are now working hard to get ready for their own tournament in Greenwood during March Break which is sure to be a success. *GO NITRO!*

## Congratulations!

What an achievement – 50 years as a member in the Catholic Women’s League of Canada. Last Sunday, 1 Mar 09, parishioners heartily congratulated Jean Spencer on this remarkable testimony of her faithful dedication to this fine organization. Jean is pictured seventh from the right in the photo.

Church and her Community was read during Mass. The Queen of Heaven Council President, Katherine Stevenson, read a congratulatory e-mail from the National CWL. Members of local CWL Councils attended to share in this event. And after Mass, many people stayed behind for a delicious lunch and a time of friendship and sharing. Well done, Jean!

Jean’s long history of loyalty and service to both her



## 14 Wing Greenwood presents the 8<sup>th</sup> Annual Education & Employment Fair

\* Bring your whole family! \*

**26 March 2009**

**9:30 am – 2:30 pm**

Annapolis Mess (upstairs, all lounges)

### Exhibitors:

- 20+ Educational Institutions
- 20+ Local Employers & Career Assistance Service Providers
- CF Recruiting and RCMP
- Apprenticeship Training & Skills Development Division, N.S. Dept of Education
- N.S. Student Assistance Program
- Prizes to Win!

### Presentations:

- **10:00** RCMP Brief
  - **11:00** Education Reimbursement Reg Force & PRes
  - **12:00** CF Recruiting Brief
  - **13:00** CF Aptitude Testing
- Must pre-register for testing NLT March 13<sup>th</sup> by phoning 5390 & provide proof of age and citizenship.



**14 Wing Greenwood**



The Maritime Proving and Evaluation Unit will be hosting their 50<sup>th</sup> Anniversary / Reunion July 7-10 in Greenwood, N.S.

Former alumni interested in attending are encouraged to contact event organizers using the information below.

**NOVAM QUAERE SCIENTIAM**

Maritime Proving and Evaluation Unit  
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