



The Aurora

newspaper



"Blue Whale" of a Good Time



Submitted by:
Judy McCool, 14 Wing Library

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All Classified Ads, Advertising & Articles for our next issue is 10 a.m., Wednesday, **April 8th**
Our next issue is Tuesday, April 14th

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Safety is a State of Mind - Accidents are an Absence of Mind

Submitted by: Cheryl C. Arsenault, WLEO AA

According to 2008 statistics from the Industrial Accident Prevention Association of Ontario; nearly 1 million workplace injuries and 1,000 deaths occur annually within Canadian workplaces. One may pose the question; how could such stats occur and why do we have to sell the benefits of ensuring the health

and safety of workers when it's the law? Senior management within any organization should understand that a strong safety culture is imperative in sustaining and expanding on core safety values and beliefs, and guide their workforce towards this ultimate goal with determination and uncompromised values.

The cornerstones for a strong, positive safety

culture within any organization must be laid by the leaders as their vision ultimately guides and controls the workforce. In a strong safety culture, all employees will feed off of this positive vision and take ownership and responsibility for safety, while pursuing it on a daily basis. Safety requires strong commitment from the top with the realization that you will only achieve the level of

safety that you demonstrate you want to achieve. We are fortunate in that DND/CF has a strong GS Program with "safety" hopefully embedded as a core aspect of our work.

What is this mysterious "Safety Culture" anyway? Perhaps it could be considered "A way of life", the sum total of one's philosophy, beliefs, norms, values, morals, habits, and customs, regarding safety

both at work or at home. Traditionally this "culture" will only be as strong as the "culture" conveyed and displayed by the senior safety and management team at work.

A robust health and safety culture is synonymous with being a successful organization and fosters a culture of trust and respect, support and cooperation, communication and recognition whereby, most

importantly, everyone takes responsibility for health and safety within the workplace.

Whether for moral, social or economic reasons, a health and safety culture helps instill a mind set where risks are controlled because everyone believes suffering and loss are morally, socially, and economically unacceptable. So remember, *Safety is a state of mind that starts with "S" but begins with "YOU"!*

Request to GMFRC Users!

Submitted by: Annette Davidson, GMFRC Board of Directors Chairperson

Hello families! The Board of Directors for the Greenwood Military Family Resource Centre would like to ask for your help. We are looking for success stories and experiences of users of our Centre. This year's AGM will be held on May 27

at 4pm. The theme is "Appreciation from the Families" and we would like to read out experiences, successes and positive thoughts from our users to our staff during the presentation. We also would like to invite families to come to this event and share their own heartfelt thoughts to the staff as to how they have touched their lives and helped them integrate into this

wonderful community. If you have a story to share, please email the Board at gmfrboard@eastlink.ca or drop off your written statement to the front desk at the Centre. If you would like to be able to present your own appreciation sentiments, please include your name and phone number. Thank you for your participation and look forward to hearing from you!

Thank You!

The 14 Wing Personnel Selection Office and Greenwood Military Family Resource Centre would like to extend their deepest gratitude to all the

educational institutions, employers, government departments, community organizations and volunteers who helped to make the Education & Employment

Fair held on 26 March 09 a great success. Thank you to the many exhibitors who generously donated numerous door prizes.

The fair was open to the whole community, military members (seeking further education or transitioning to a second career) and 14

Wing civilian employees and their spouses and dependants. Nearly 50 educational institutions, community organizations, government departments and employers gathered at the Annapolis Mess to provide information and answer questions about the

opportunities they provide. We were very pleased with the turn out of approximately 300 attendees and we hope to see you all again next year!



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PUBLIC MEETING

**TELECOMMUNICATION TOWER
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A PUBLIC MEETING will be held on WEDNESDAY, APRIL 15, 2009 at 7:00 p.m. at the Morden Community Hall, 2321 Morden Road, Morden, NS. The meeting is intended to provide an opportunity for the public to ask questions and comment on the alternate site for the Telecommunication Tower in Victoria Harbour. In case of a storm, the meeting will be held on Wednesday, April 22, 2009 at the same time and location.

Further information may be obtained by contacting Dawn Sutherland, Planner, at 678-1472 or by email at dsutherland@county.kings.ns.ca.

Any interested persons who wish to speak on the matter are invited to attend and make their opinions known. Written submissions may be directed to Dawn Sutherland, Planner, Municipality of the County of Kings, PO Box 100, Kentville NS B4N 3W3 or by email at dsutherland@county.kings.ns.ca.

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Through the Eye of the PSI

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

Most couples do not have a problem with communication....

it's a problem with not liking the messages they're hearing.

Within Prevention, Support and Intervention Services I see many families who walk through the doors stating, "we have a communication problem, we just can't talk to one another". This perceived lack of communication presents as a barrier to so many alternatives: close relationship, family activity,

cherishing the moments with your children. However, in many families this "barrier" is in fact a choice rooted in personal perception and need. Often a lack of communication is in fact a lack of loving the message that you are receiving.

Several years ago I worked with a mother and her teenage son; similar to many other clients, they entered my office stating that they need to work on their communication skills. During the intake session these clients bickered incessantly and spoke louder and louder to ensure their individual messages were heard over the meele. They both seemed quite adept at communicating their individual needs and wants, eloquent even. What they lacked was respect for the other

persons stance, therefore rather than hearing one another they remained stuck in defending why "mine is the right way"! Rather than focusing counselling on communication, we instead explored mutual respect, and the conflicting messages and responsibilities of a teenage son who is balancing on the verge of adulthood. Ultimately, communication was a source of strength in this family unit.

When you encounter a perceived communication problem, step back and consider the source of the challenge. When we accept that we are uncomfortable with our partner's stance or message, we move from focusing on the façade of communication, to looking at the real source of conflict.

Peacekeeping Buffalo Dedication

This might be of interest to members of 14 Wing who have an active interest in peacekeeping operations and/or who may have served with 116 ATU at sometime. If you could circulate

116 ATU REUNION

During the weekend of August 8-9, 2009, a 116 ATU Reunion will be held at the Canadian Warplane Heritage Museum to coincide with the August 9 dedication ceremony for the museum's De Havilland Buffalo. The highlight of the event will be an informal dinner at the museum on the evening of August 8. This event is open to anyone who has been associated with 116 ATU, the De Havilland Buffalo, the Buffalo Restoration Project, or any Peacekeeping activities. Anyone who is genuinely interested in this reunion is welcome.

For more information contact Gerry Frazer at gerfraz@sympatico.ca or go to www.buffalo461.ca



Letter to the Editor

this amongst your units we at the CWH would appreciate it.

The Canadian Warplane Heritage Museum is holding a dedication ceremony for its restored DeHavilland Canada CC-115 Buffalo transport aircraft.

The aircraft is being refinished to represent a Canadian Forces Buffalo serial 115461 in a United Nations paint scheme. Buffalo 461 was assigned to 116 Air Transport Unit based in Ismailia, Egypt. On the 9th of August 1974, it was flying on a UN mission over Syria. While descending to land at Damascus the aircraft was struck by two Syrian surface-to-air missiles. As a result 14 Canadian peacekeepers lost their lives in what has become the greatest loss of life of Canadian peacekeepers on a single day. Thirty-five years later the Canadian Warplane Heritage Museum will dedicate

its Buffalo to all Canadians who have lost their lives while on peacekeeping duties.

Should anyone wish further information they can check the CWH website www.warplane.com or contact Mr Keith Urbasik, the team leader for The CWH Buffalo Restoration Crew kurbasik@liburdi.com

They may also contact the undersigned as well.

Thanks in advance,

Keith Clifford keithclifford@mountaincable.net

CWH Volunteer

On behalf of the CWH Buffalo Restoration Crew

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VOLUNTEER OF THE YEAR AWARD

The Village of Kingston is looking for nominations for Volunteer of the Year Award for 2008.

If you would like to nominate an individual or organization please contact the

Kingston Village Office at 765-2800 for details or email us at kingsvil@ns.alianzinc.ca.

Nominations must be submitted no later than 4 p.m. on April 17th, 2009

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Before You Fill Out Your Tax Return...

Now that the RRSP season is behind us, Canadians turn their attention to income tax time. The deadline for filing your 2008 tax return is April 30th 2009. Depending on your situation, non-refundable tax credits can help reduce your tax base. Here are a few simple tips you should keep in mind.

Charitable Donations

Those of you who make donations to your favourite charity will get a tax credit when these are claimed on your tax return. Keep in mind that the federal credit is 15% on the first \$200 and 29% on amounts above \$200. In addition, there are corresponding provincial credits based on your province's tax rates.

Charitable donation

receipts can be transferred to your spouse. The higher income earner should claim all donations if the province of residence has a provincial surtax and the higher income earner is subject to it. This way you will get the maximum credit against the income in the highest tax bracket. If surtaxes do not apply, either spouse can claim the donations.

Medical Expenses

Medical expenses are also transferable between spouses. Medical expenses can include amounts paid outside of Canada and they must be more than 3% of your net income or \$1,962, whichever is less. Therefore, the spouse with the lowest income should claim all expenses.

You can claim the expenses of all immediate family members (child, spouse, parent, grandparent, brother, uncle, niece...) who depended

upon you for support during the tax year. The total of these expenses must be more than the lesser of \$1,962 or 3% of the dependent's net income for the year up to a maximum of \$10,000.

You can claim medical expenses paid in any 12-month period ending in 2008 that were not claimed in the previous year.

Tuition and Education Amounts

You can claim fees paid for post-secondary courses. Each claim must be \$100 or more for each educational institution and the institution should provide you with an official tax receipt or a form T2202A. A portion of the education amounts can also be transferred from spouses and children. To find out what amount is eligible, complete the calculation on the back of your T2202A or schedule 11 in your income tax forms.

Spouse or Common-Law Partner Amount

If your spouse or common-law partner earned less than \$9,600 last year, follow the calculation on line 303 of your return to see what amount you can claim.

If you were single, divorced, separated, or widowed you can claim a maximum amount of \$9,600 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule 5 of your return.

Age and Pension Credits

These amounts are based on your age and whether you are receiving a pension and can also be transferred to your spouse.

All of the above mentioned credits and further explanations are in your General Income Tax and Benefit Guide 2008.

Take the time to read the portions of the guide that apply to your claims. It may save you money or prevent you from making a costly mistake.

This article is for general information purposes only and is the opinion of the writer.

From: Pierre Goulet, CFP, FMA, FCSI
Practice Manager –
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CFHA – ALFC News

Residential Housing Units – Notice to Vacate

Residential Housing Unit (RHU) occupants are reminded that when you intend to vacate, be it for Posting, Release and/or just moving to the local area, you are required to advise CFHA in writing at least 30 days in advance of the day you wish to vacate. It is also desirable that a pre-inspection of your RHU be arranged 60 days in advance of your scheduled March-Out. The knowledge obtained during this pre-inspection will assist you in your March-Out. Your cooperation is appreciated. Please call 765-1294 for information on written notice and to arrange your pre-inspection and march out appointments.

Logements résidentiels – avis de départ

Les occupants des unités de logement résidentielles (ULR) ne doivent pas oublier que, s'ils prévoient quitter leur logement, que ce soit pour une affectation, une libération ou un simple déménagement dans la zone locale, ils doivent en aviser l'ALFC par écrit au moins 30 jours avant la date prévue du départ. Il est en outre souhaitable qu'une inspection préalable de votre ULR soit organisée 60 jours avant la date prévue de votre déménagement. L'information obtenue au cours de cette inspection préalable vous sera utile pour votre départ. Nous vous remercions de votre collaboration. Veuillez téléphoner au 765-1294 pour obtenir de l'information sur l'avis écrit et pour fixer les rendez-vous pour l'inspection préalable et celle au moment du départ.

Changes?

Please be reminded that if you did not provide your PO box number, home phone number, or work number when you picked up your RHU keys, you are asked to contact CFHA and provide this information as soon as possible. In addition, if there have been any changes in your household since you marched in (such as promotions, change of phone number or change in household size) please call 765-1494 x5903 to update your information. Please help us keep our records up to date!

Des changements?

Nous vous rappelons que, si vous n'avez pas donné votre numéro de case postale, votre numéro de téléphone à la maison ou celui au travail quand vous avez récupéré les clés de votre ULR, vous devez communiquer avec l'ALFC pour transmettre cette information dès que possible. Par ailleurs, si votre ménage a subi des changements depuis votre emménagement (comme une promotion, un nouveau numéro de téléphone ou un changement à la taille de

vosre ménage), nous vous demandons de téléphoner au 765-1494 (poste 5903) pour modifier votre dossier. Aidez-nous à garder nos dossiers à jour!

Moratorium on Inter-Base Moves

Due to the upcoming active posting season and to ensure that we have sufficient styles and quantities to meet the needs of incoming personnel, CFHA placed a moratorium on inter-base move requests through 1 September 2009. As a general guideline, requests for local moves will only be considered if there are exceptional circumstances. When in doubt, occupants are encouraged to submit their request to CFHA for consideration. This policy does not apply to occupants requesting a larger RHU due to an increase to family size. These requests will still be processed accordingly.

Moratoire sur les déménagements interbases

En raison de la nouvelle période achalandée des affectations et afin de disposer d'un nombre suffisant de logements de différents modèles pour répondre aux besoins du personnel entrant, l'ALFC impose un moratoire sur les demandes de déménagement interbase qui sera en vigueur jusqu'au 1^{er} septembre 2009. Comme directive générale, les demandes de déménagement local seront prises en considération seulement dans des circonstances exceptionnelles. En cas de doute, les occupants sont invités à présenter leur demande à l'ALFC à des fins d'examen. Cette politique ne s'applique pas aux occupants qui demandent une ULR plus grande en raison d'une augmentation de la taille de leur famille. Ces demandes seront encore traitées en conséquence.

MQ insurance

As a condition of occupancy, it is mandatory for Married Quarter occupants to carry public loss payable liability and property damage insurance covering loss or damage to the Married Quarter and/or garage and to carry fire insurance for the contents of the Married Quarter and/or garage.

Canadian Forces Housing Agency regulations require that a copy of your current policy be kept on file at all times. Therefore, if you have not provided us with a copy of your current insurance policy please do so as soon as possible. We also ask that you review your policy dates to ensure that CFHA has a copy of the most recent and valid policy for your unit. You can forward a copy of your policy agreement to our Greenwood office either by fax at (902)-765-1274 or by mail.

Failure to maintain insurance coverage constitutes a breach of Articles 7 and 8 of the Conditions of Occupancy so it is imperative that we have a current copy of your insurance on file at all times. Your co-operation in this matter is requested, and appreciated.

Assurance des LF

Pour être en droit d'occuper un logement familial, l'occupant a l'obligation de souscrire une assurance de responsabilité civile contre les pertes ou dommages que pourrait subir le logement familial et/ou le garage, ainsi qu'une assurance contre l'incendie couvrant le contenu du logement familial et/ou du garage.

Conformément aux règlements de l'Agence de logement des Forces canadiennes (ALFC), une copie de votre police d'assurance en vigueur doit être conservée en tout temps dans votre dossier. Ainsi, si vous ne nous avez pas fourni une telle copie, nous vous prions de le faire dès que possible. Nous vous demandons aussi de vérifier les dates de votre police afin de vous assurer que l'ALFC a une copie de la plus récente police valide pour votre unité.



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Part-time Retail Sales Representative

We are currently accepting applicants for the position of Part-time Retail Sales Representative in our Greenwood Mall location.

The ideal candidate will display the following qualifications:

- Attention to detail and strong organizational skills
- Dedicated to meeting sales targets
- Previous retail experience
- High energy, time management, and communication skills

Interested parties are asked to forward a resume by April 13th, 2009 indicating job # RANGW09-01 to:

Erin Westhaver, Human Resources Department
Fax: 902-484-6102
E-mail: jobs@downeast.ca
www.downeast.ca

DownEast Communications is an Equitable Employer



ANNAPOLIS VALLEY REGIONAL SCHOOL BOARD
INTERNATIONAL STUDENT PROGRAM

Welcome the World into Your Home...

The Annapolis Valley Regional School Board is seeking host families for various student programs.

The Korean Elementary Program requires families for students from grades 2 to 8, for a 2 month term. Students arrive in October and January.

The International Student Program requires families for students from grades 7 to 12, for 5 and 10 month terms. Students come from, Japan, Korea, Brazil, Mexico, Germany, Taiwan, Thailand, Columbia. Students arrive in September and February.

The Teacher Internship Program in Canada is seeking host families for Korean 4th year University students, ages 22-24yrs enrolled in English Education for a 5 month term. Students arrive in September and February.

The heart of our programs is the host family. The generous hospitality and concern of our host families is what makes a student's time in Nova Scotia special...providing guidance and support to the students as they learn a new language and meet new friends.

Hosting a student in your home is a rewarding and challenging experience. It is an exciting adventure that enriches your life and brings a world of new ideas and experiences right to your doorstep.

Be an integral part of a student's learning experience. Become a host family.

Contact Information:
International Student Program Director, AVRSB
Shirley Drake
(902) 798-6640 or 1-800-850-3887
email: shirley.drake@avrsb.ednet.ns.ca
www.studyinnovascotia.ca



Vous pouvez envoyer une copie de votre police à notre bureau de Greenwood, soit par télécopieur au (902) 765-3039, soit par courrier à l'adresse ci-dessus.

Ceux qui ne maintiennent pas une protection enfreignent les articles 7 et 8 des modalités d'occupation. Il est donc impératif que nous ayons toujours une copie de votre police actuelle dans nos dossiers. Nous vous remercions de votre coopération à cet égard.

Housesitter

A reminder that occupants are responsible for notifying CFHA when they will be absent from their RHU for a period of over 48 hours. You must provide CFHA, and the Military Police, with the name and phone number of the person who will be responsible for the RHU in your absence. This designated individual should check your home for maintenance issues regularly. CFHA does not have keys for your house and cannot enter without an occupant or designated person present.

Personne surveillant le logement

Nous rappelons aux occupants des logements résidentiels qu'ils doivent prévenir l'ALFC lorsqu'ils prévoient s'absenter de leur logement pendant plus de 48 heures. Le locataire doit fournir à l'ALFC et à la police militaire le nom et le numéro de téléphone de la personne qui surveillera le logement en son absence. Cette personne devrait régulièrement venir s'assurer qu'il n'y a pas de problèmes nécessitant des travaux de maintenance. L'ALFC n'a pas les clés des logements et son personnel ne peut y entrer sans que le locataire, ou une personne qu'il a désignée, ne soit présent.

Nova Scotia Power and Heating Oil Accounts

Occupants that are either vacating or moving into Residential Housing Units (RHUs) are reminded to contact the oil company provider and Nova Scotia Power to either cancel or commence accounts on the date of March In or March Out. This makes billing from companies you are dealing with a lot easier, and saves future confusion about which party is responsible for invoices received after the date of March In or March Out. Thank-you.

Comptes d'électricité et d'huile de chauffage – Nouvelle-Écosse

Les occupants qui quittent leur unité de logement résidentielle (ULR) ou qui emménagent

dans leur ULR ne doivent pas oublier de communiquer avec le fournisseur d'huile de chauffage et Nova Scotia Power pour fermer ou ouvrir leur compte le jour de leur départ ou de leur arrivée. Il est ainsi beaucoup plus facile pour les entreprises visées d'effectuer leur facturation, et cela permet aussi d'éviter toute confusion quant à la personne responsable des factures reçues après la date de départ ou d'arrivée. Merci.

Occupant Concerns

At the Canadian Forces Housing Agency (CFHA), the provision of quality client service is our main focus. As part of our commitment to deliver that service to you, our customers, we rely very much on your input to identify areas of concern.

If you have specific concerns about CFHA's maintenance programs or issues related to housing management, we ask that you bring your concerns to the attention of our office staff, by telephone, fax, e-mail, or in person.

If the matter is neighbour or community related (i.e. pets, noise, disputes between neighbours, etc.), you are urged to discuss the situation with the source of the complaint and/or with the applicable ward representative of the Community Council, for their involvement and resolution.

Sujets de préoccupation chez les occupants

À l'Agence de logement des Forces canadiennes (ALFC), notre priorité est d'offrir un service de qualité à nos clients. Comme nous nous sommes engagés à vous fournir ce service, nous comptons beaucoup sur vos commentaires pour cerner vos sujets de préoccupation.

Si vos sujets de préoccupation sont liés à un programme d'entretien de l'ALFC ou à la gestion des logements, nous vous prions de bien vouloir vous adresser à notre personnel de bureau, soit par téléphone, télécopieur ou courriel, soit en personne.

Si vos sujets de préoccupation ont trait à un voisin ou à la collectivité (p. ex., animaux, bruit, dispute entre voisins, etc.), nous vous incitons à en parler directement avec les personnes concernées et/ou avec le représentant de votre quartier, de sorte que le Conseil communautaire intervienne et règle le problème.

Avant de remplir votre déclaration de revenus...

Maintenant que la saison des REER est terminée, les Canadiens dirigent leur attention vers l'impôt sur le revenu. La date limite pour produire votre déclaration de revenus 2008 est le 30 avril 2009. Selon votre situation, les crédits d'impôt non remboursables peuvent vous permettre de réduire votre assiette fiscale. Voici quelques conseils simples à retenir.

Dons de bienfaisance

Ceux et celles parmi vous qui faites des dons à votre œuvre de charité favorite recevront un crédit d'impôt si vous les indiquez dans votre déclaration de revenus. Rappelez-vous que vous recevez un crédit fédéral de 15 % sur les premiers 200 \$, et de 29 % sur tous les montants supérieurs à \$200. En outre, il existe des crédits provinciaux équivalents suivant les taux d'imposition de votre province.

Les reçus de dons de bienfaisance peuvent être transférés à votre conjoint. La personne touchant le revenu le plus élevé devrait déduire tous les dons si sa province de résidence impose une surtaxe et si elle est assujettie à cette surtaxe. Vous obtiendrez ainsi le crédit maximal pour le revenu dans la tranche d'imposition la plus élevée. En l'absence de surtaxe,

l'un ou l'autre des conjoints peut déduire les dons.

Frais médicaux

Les frais médicaux payés peuvent également être transférés d'un conjoint à l'autre. Les frais médicaux peuvent englober les frais payés à l'extérieur du pays et doivent être supérieurs à 3 % de votre revenu net ou 1 962 \$, selon le moindre des deux montants. Donc, le conjoint ayant le revenu le moins élevé devrait déduire tous les frais médicaux.

Vous pouvez réclamer les dépenses de tous les membres de votre famille immédiate (enfant, conjoint, parent, grand-parent, frère, oncle, nièce...) qui étaient à votre charge pendant l'année d'imposition. Le montant total de ces dépenses doit être supérieur à 1 962 \$ ou à 3 % du revenu net de la personne à charge pendant l'année, soit le moindre des deux montants, jusqu'à concurrence de 10 000 \$.

Vous pouvez déduire les frais payés pendant toute période de 12 mois se terminant dans l'année d'imposition 2008 et qui n'ont pas été déduits l'année précédente.

Frais de scolarité et montants relatifs aux études

Vous pouvez déduire les frais versés pour des cours

postsecondaires, pourvu que les frais pour chaque établissement d'enseignement soient d'au moins 100 \$ et que l'établissement vous remette un reçu officiel ou le formulaire T2202A. Vous pouvez réclamer une partie des frais que votre conjoint ou vos enfants ont encourus pour fins d'études. Pour connaître le montant admissible, faites le calcul au verso du formulaire T2202A ou à l'annexe 11 de votre déclaration de revenus.

Montant pour époux ou conjoints de fait

Si votre époux ou conjoint de fait a touché moins de 9 600 \$ l'an dernier, faites le calcul à la ligne 303 de votre déclaration de revenus afin d'obtenir le montant que vous pouvez déduire. Si vous étiez célibataire, divorcé, séparé ou veuf, vous pouvez réclamer le montant de 9 600 \$ moins le revenu de toute personne à charge. Il s'agit du « Montant pour une personne à charge admissible » qui figure à l'annexe 5 de votre déclaration.

Âge et crédits de pension

Ces montants sont fondés sur votre âge et sur vos revenus de pension, le cas échéant, et ils peuvent aussi être transférés à votre conjoint.

Vous trouverez l'ensemble des crédits susmentionnés ainsi que d'autres explications dans le Guide général d'impôts et de prestations 2008. Lisez les parties du guide qui traitent de vos crédits; vous pourriez économiser de l'argent ou éviter de commettre une erreur qui pourrait vous coûter cher.

Cet article est publié à titre informatif et représente uniquement l'opinion de l'auteur.

de Pierre Goulet, CFP, CGF, FICVM

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CUCINA AURORA



Peanut Sauce

1/2 cup Chunk-style peanut butter
1 1/2 tbs. Soy sauce
1 tbs. Water
1/2 tsp. Sugar
2 drops Tabasco sauce
1 Clove garlic, minced
1/2 cup Water

Thoroughly combine the first 6 ingredients; slowly stir in the 1/2 cup water, mixing until smooth. Makes about 1 cup.

...let's talk about

Send your articles and photos to:
aurora@auroranewspaper.com

YOU

Eastern Canadian Tumbling & Trampoline Championships - Athlete profiles

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

- APRIL 2009**
- 06 Outlook Level 1, \$110.00 per person • 1 day
 - 07 Person Learning Plans • ½ day
 - 07 Access Level 1, \$110.00 per person • 1 day
 - 14 Word Level 1, \$110.00 per person • 1 day
 - 16 Orientation to New Employees • 1 day
 - 20 Project Level 1, \$110.00 per person • 1 day
 - 21 Person Learning Plan • ½ day
 - 21 Visio, \$110.00 per person • 1 day
 - 23 Job Experience Training (JET) Info Session, 1100-1200hrs • 1 hour
 - 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
 - 5-7 Pre-Retirement Planning, civilian age 45 and older • 3 days
 - 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
 - 20-21 Interpersonal Communication Skills • 2 days
 - 25 Project Level 2, \$110.00 per person • 1 day
 - 26 Harassment Prevention for Employees • 1 day
 - 26 Front Page Level 2, \$110.00 per person • 1 day
 - 28 Harassment Prevention for Supervisors • 1 day
- JUNE 2009**
- 01 Excel Level 3, \$110.00 per person • 1 day
 - 02 Word Level 2, \$110.00 per person • 1 day
 - 3-4 Understanding My Leadership Style • 2 days
 - 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
 - 18 Lunch & Learn: Commercial Safety College • 1 hour
 - 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
 - 09 Stress Management • 1 day
 - 13 Word Level 1, \$110.00 per person • 1 day
 - 14 Power Point, Level 2, \$110.00 per person • 1 day
 - 14-16 Negotiation Skills • 3 days
 - 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



Breanne Markey-Peach
Hometown: Kingston
School attending: Pine Ridge Middle School
Daughter of: Maureen Markey and Dave Peach
Competing in: Power Tumbling and Double mini trampoline
Favourite gymnastics memory: When I first did my back tuck.



Ceilidh McGean
Hometown: Kingston
School attending: Kingston and District School
Daughter of: Carol and Sheldon McGean
Competing in: Trampoline, Double mini and Power Tumbling
Favourite gymnastics memory: My first Easterns.



Miranda Taylor
Hometown: Kingston
School attending: Kingston and District School
Daughter of: Cindy Taylor
Competing in: Trampoline
Favourite gymnastics memory: When I placed 3rd on Trampoline.

2009

Enter by calling
1-900-565-3337

Applications accepted 24 hours a day,
7 days a week from April 1 - May 31.

Select your preferred ZONE and SEASON before calling the application line!

2009 Moose Hunting Licences Available			
ZONE	First Season Sept. 28 - Oct. 3	Second Season Oct. 5 - Oct. 10	Third Season* Dec. 8 - Dec. 10
1	55	54	33
2	50	50	0
3	33	33	0
4	25	22	0
Total	153	150	33

* Applicants are advised that winter weather can make travel hazardous in Season 3. Motorized vehicle use is restricted in some areas and few facilities and services are available. Visit the Moose Draw website for more information BEFORE applying.

PLEASE NOTE: You must be eligible to hold a 2009 Resident Moose Hunting License. To check your individual eligibility, visit www.gov.ns.ca/natr/draws/moosedraw

How To Apply

Step 1 BEFORE YOU CALL

- Decide when you want to hunt
 - Season 1: September 28 to October 3
 - Season 2: October 5 to October 10
 - Season 3: December 8 to December 10 (Zone 1 only)
- Decide where you want to hunt (see map). For legal description of zones visit the website.
- 2008 Moose Harvest success rates are available on the website.
- Have your Wildlife Resources Card in hand.

Step 2 CALL 1-900-565-3337 TO APPLY

This is not an information line. Calls cannot be made using a cell phone. You will be charged \$6.11 (plus tax) every time this number is called. The charge will be billed to the phone used to make the call. Charges cannot be billed to another number. You cannot apply using a cell phone. You may apply only once. If you have questions about the draw, contact your local DNR office before you call the application line.

Step 3 PUBLIC DRAW

DATE: Tuesday, June 23 at 11:00 am
LOCATION: East Bay Legion, Sydney Forks, Cape Breton County, NS

Step 4 DRAW RESULTS

After June 23, visit the website to check the status of your application. You will need your Wildlife Resources Card number. Winners' names will only be announced at the draw. Winners will be notified by mail.

Remember . . .

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Real Quality

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Contact Mike Hartshorne
DFH Real Estate
250 474 6003

Employment Tip

Submitted by Stephanie Townsend, GMFRC Coordinator of Employment Services

Thinking of volunteering in a local community or organization? We often overlook the benefits of volunteering and what it can do to boost our personal and career development. A person is not an island and cannot ensure the prosperity of a community alone. Community members need to be co-dependant on each other and support each other in order to see growth and survival, and is a great way for its members to become an integral part their community's prosperous future. Many organizations welcome volunteers and consider their volunteers to be a strong backbone in their success. Volunteer work can be added to your resume to beef up your skills, show your dedication and hard work ethic and can allow you to explore different fields if you are looking for a change in your employment goals. Whether you are volunteering to develop yourself on a personal level or to boost skills for a job prospect, make volunteering part of your life and help ensure the growth and success of your community.

For more information about this tip or on volunteering at the GMFRC, please contact Stephanie at 765-1494 local 1816 or email at employment@eastlink.ca

2009 CF Running National Championship

This year's Ottawa Race Weekend is being held in Ottawa, ON., 22-24 May. Our annual CF National Running Championship is being held in conjunction and in partnership with the Ottawa race weekend.

All CF members who wish to participate in this year's CF National Running Championship must contact the 14 Wing Sports Coordinator Mr. Graham White with your

intent to participate and copies of your official race results for the distance you wish to participate in (5k, 10k, ½ or full marathon).

Your result(s) must demonstrate that the member has:

a. met the qualifying times for their respective gender and age category and race distance he or she wishes to compete in as per chart below, and;

b. ensure that race result must have been achieved on a certified course at a sanctioned race within the last 12 months of the race day including results of last year CF National Championship if you attended.

Please Note: Those who wish to compete as part of the Atlantic Region entry must register through your Sports Coordinator and not with the Ottawa Marathon. This will be done for you through your Regional Sports Director. Last year over 20 participants from the Atlantic Region were sent to Ottawa to participate.

AGE (Years)	Marathon		Half Marathon		10 KM		5 KM	
	Male	Female	Male	Female	Male	Female	Male	Female
UNDER 19	3:15:00	3:30:00	1:35:00	1:45:00	38:00	44:00	18:00	22:00
20-24	3:15:00	3:30:00	1:35:00	1:45:00	38:00	44:00	18:30	24:00
25-29	3:15:00	3:30:00	1:35:00	1:45:00	38:00	44:00	18:30	24:00
30-34	3:15:00	3:30:00	1:35:00	1:45:00	39:00	45:00	19:00	25:00
35-39	3:30:00	3:45:00	1:40:00	1:50:00	44:00	50:00	22:00	27:00
40-44	3:30:00	3:45:00	1:45:00	1:55:00	45:00	51:00	22:00	27:00
45-49	3:40:00	4:00:00	1:48:00	1:58:00	45:00	53:00	25:00	30:00
50-54	3:45:00	4:00:00	1:53:00	2:05:00	50:00	58:00	30:00	35:00
55 & OVER	4:30:00	4:45:00	1:55:00	2:20:00	55:00	65:00	35:00	45:00

Those qualifying and wishing to run in multiple races are to indicate their times and events at the same time for ease of registration.

For more information please contact Mr. Graham White Loc 5753 and check the race weekend web site out at www.runottawa.com

GMFRC • Feature of the Week

Employment and Education Services
Coordinator: Stephanie Townsend at 765-1494 local1816 or email at stephanie.townsend@forces.gc.ca

Brush up your Interview Skills Workshop

Thursday, April 16th, 2009
1:00 p.m. – 3:00 p.m.
Classroom 1
Free

Registration Deadline: April 13th, 2009

Are you finding yourself faced with an interview and unaware of how to prepare? Whether you find yourself struggling in the interview process or would just like to get some tips on how to better prepare yourself and hone your skills, join us for our Interview Skills workshop coming up soon! We'll discuss topics from what you should bring with you and how you should dress, to helpful practice questions that will make sure you are confident and feel positive about the experience. This is a free workshop for all military family members and volunteers of the GMFRC so sign up as seats will go fast!

14 Wing Library

BOOK SALE

Hard covers ~ \$1.00
Paperbacks ~ \$0.25

Located at AVM Morfee Centre, School Street • 765-1494 Loc. 5430

GREENWOOD MILITARY FAMILY RESOURCE CENTRE
WORKING FOR FAMILIES

AVM Morfee Centre, P.O. Box 582, School Road, Greenwood
Tel: (902) 765-5611 • Fax: (902) 765-1747
Email: home@greenwoodmfr.ca • Website: www.greenwoodmfr.ca

Community Information Services

- GMFRC Website (www.greenwoodmfr.ca)
- E-Mail Information Service (quarterly)
- Welcome Program for new arrivals
- Information database on the services available to the community
- Referral to governmental and civilian agencies
- Documentation on existing resources
- Welcome Packages from other MFRCs
- Education information on posting service

Deployment Services

- Outreach, Information, Support and Assistance to CF Family Members during deployment and temporary duty
- Deployment information packages
- Toll free 1-888-739-0339 and free e-mail access
- Confidential consultation
- Social gatherings
- Community awareness

Child, Youth and Parenting Services

- Casual childcare services
- Early Childhood Education Program
- Baby equipment loan
- Parent/tot programs
- Baby Club
- Adult/teen sitters lists
- Infant to teen workshops (0-18 yrs old)
- Toy lending library
- Short-term tutoring service
- Emergency childcare
- Respite Care
- Childcare plans
- Parenting Information

Prevention, Support and Intervention Program

- Preventative programs
- Short term intervention
- Crisis intervention
- Warm line contacts during separation
- Emergency shelter
- Resource library
- Self-help group facilitation and referral
- Family Mediation
- Resources for special educational needs

Volunteer Services

- Placements designed for individual interests and talents
- On-the-job training: develop new or existing skills
- Gain experience to enhance resume
- Professional development courses and workshops
- Volunteer recognition activities
- Teen volunteers (for 12-18 yrs old)

Second Language Services

- Second Language Training (SLT)
- Francophone Activities
- French movies

Adult Programs and Employment Services

- Adult workshops and training sessions to develop new skills and knowledge
- Health and well-being programs
- Service to reservists
- Book and Magazine Swap
- Social gatherings
- Special events
- Job search and interviewing skills
- Career mapping/profile
- Up-to-date job board
- Resume writing
- Career resource library
- Access to retraining programs
- Information on academic upgrading
- Home Business Group (for military spouses)
- Youth Employment

The Greenwood Military Family Resource Centre adheres to the Military Family Services Privacy Code that was developed from the Canadian Standards Association Model Code for the Protection of Personal Information. For more information on the MFSP Privacy Code, please contact the GMFRC at 765-5611 or visit us online at www.greenwoodmfr.ca.

Under The Story Tree

Tuesdays at 10:30 a.m.
at 14 Wing Library.

To register your little ones please phone
765-1494 local 5430.

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

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

Services de renseignements à la communauté

- Site Web du CRFM (www.greenwoodmfr.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 d'urgence
- 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.greenwoodmfr.ca.

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.

TARGET MARKET PROMO

Are you aware of the excellent advertising opportunities available through The Aurora Newspaper?

14 Wing Greenwood's economic impact on the Annapolis Valley is over \$135 MILLION.

It is important to understand that the military has a well trained and a very competitive population. They've travelled a lot, they have a lot of variety in their interests, they're all very mobile, both on a temporary basis with their vehicles and on a permanent basis. This is a population whose demands are fairly high.

The Aurora Newspaper located on the base is pub-

lished weekly on Monday morning. Approximately 1500 copies are delivered to occupants of military housing. Paper carriers deliver 2550 copies to homes in most local subdivisions in Kingston and Greenwood. Distribution is carried out in strategic locations in business establishments from Kentville to Lawrencetown as well as all Canadian military bases, overseas and to all deployed members.

The Aurora Newspaper is offered **FREE** of charge to readers who wish to pick up

a copy at one of our locations or the entire newspaper can be viewed on our website. The 51 most recent issues are available there as well as our 14 Wing Information Booklet and other interesting topics.

At present the Annapolis Valley is a much sought after location for posting and retirement. A vibrant Wing in a vibrant community is proving to be a very successful combination. This is the perfect opportunity for you to promote your business or service at its best.

Target your Market with a Promo Ad

Grand Opening, New Product,
Anniversary, or Just Because...

**Here's
How:**

Purchase this advertising space (3 columns x 8 1/2 inches) and The Aurora Newspaper will include a 200 to 250 word article about your business, of your composition, at **NO EXTRA CHARGE.** (Sample above.)

Go ahead, tell everyone about your business and why they should visit you. Tell them who you are, what you do, what you offer, what's on sale, etc.

What a great way to introduce yourself!

For **ONLY \$180.00** tax included.

Call Anne at
765-1494
ext. 5833
For more info!

www.auroranewspaper.com

Fire Chief's Corner - Barbecue Season is here!

So let's get the grill ready to go! Spend a few minutes on your "B - Q", and you'll have a cleaner, safer running barbecue, that cooks food more evenly.

First let's give the barbecue an inspection.

You should make a point of doing this every time you change a propane tank as well.

1. Spray soapy water on the connections, and supply lines. If you see bubbles, turn off the tank, and try re-connecting. If it still bubbles, then gas is still leaking. Shut off the tank and get the leaky part replaced.
2. Remove the grates and lava rocks, and check out the burner. If it looks good visually, then fire it up and make sure that you have an even flame throughout. If not, then replace it. Most burners only last 1 or 2 seasons, depending on how much you use your barbecue. Since you already have the lava rocks out, why not clean out all the ash and grease that's accumulated at the bottom of the barbecue. While you're cleaning, check the unit for rust, and any signs of deterioration.
3. Don't forget to check and clean out the venturi tubes that deliver the gas to the burner. If they get plugged up, the gas will get diverted elsewhere, and could pose a hazard.

Whenever you barbecue...

Make sure that the barbecue is at least 5 feet (1.5 meters), or better yet 10 feet (3 meters) from the house, or any other material that could catch fire.

Only open your propane tank a quarter to one-half turn. That's all the gas your barbecue needs to operate, and if you have a problem, then it's much easier to shut off.

Unless you're keen on joining the space program, always open the barbecue lid before you light it. If it doesn't fire up the first time you try it, then shut it down, and try it again in about 5 minutes.

From the time you light the barbecue, till you're finished cooking, stay with your fire. Accidents can happen when you leave a barbecue unattended.

Safety First!

Always make sure that the barbecue is in a safe place, where kids and pets won't touch or bump into it. Keep in mind that the barbecue will still be hot after you finish cooking, and anyone contacting the barbecue could be burned.

If you use a barbecue lighter, make sure you don't leave it lying around where the kids can access it. It won't take long for them to figure out how to use it.

When you're finished barbecuing, always make sure that you not only shut off the barbecue, but shut off the propane tank as well.

Always store propane tanks outside, in a well-ventilated area.

A few tips for charcoal grillers

- Never use gasoline to get the coals going. Instead, use charcoal lighting fluid.
 - Let the lighter fluid soak into the coals for a minute or so before lighting it. That gives the explosive vapours a chance to dissipate.
 - Stand back from the coals when you ignite them, and make sure you didn't accidentally spill any fluid on yourself, or on any area surrounding the grill.
 - Before you light the coals, make sure that you put the lighter fluid at a safe distance away from the fire.
 - If the coals start to die out on you, don't spray lighter fluid on the hot coals. You could end up with explosive results.
 - Always extinguish the coals when you're finished barbecuing. Here's a safe way to do it. Wearing oven mitts, take the coals out of the barbecue with tongs, and submerge them in a metal pail of water.
 - Always make sure that you keep your fire safe from children.
- Lets all enjoy our summer of barbecuing.



**THE MUNICIPALITY OF
THE COUNTY OF KINGS**

87 Cornwallis Street PO Box 100
Kentville, NS B4N 3W3

NOTICE TO RESIDENTS

REMOVAL OF DERELICT VEHICLES

The Municipality of the County of Kings, with limited funds provided through the Resource Recovery Fund Board Nova Scotia has launched its 2009 program to assist residents with the removal of Derelict Vehicles.

In order to receive funding from the Municipality, residents must ensure the vehicles are taken to a salvage yard facility, which holds an active approval from Nova Scotia Environment.

For a list of approved salvage yard facilities please contact:

Gary Smith, Manager of Protective Services
gsmith@county.kings.ns.ca 690-6117

Tel: (902) 690-6117 Fax: (902) 679-0911
Local from Kingston & Greenwood (902) 847-3051
www.county.kings.ns.ca

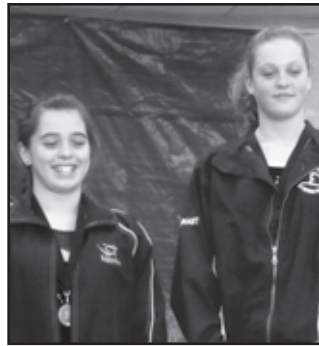
Amherst Aerials Artistic Meet - Results from Rainbow Riders Gymnasts



Tumbling Regional 2 - Britney Markey-Peach - 1st, RR • Miranda Taylor - 2nd, RR.



Tumbling Provincial D 12 & under - Logan Gibson - 1st, RR.



Tumbling Provincial D 13 & over - Kayla Salsman - 1st, RR • Hannah Kelley - 2nd, South Shore Kippers.

March 14 - 15th

Novice 1
Emily Holland - 3rd overall out of 12

Vault - 2nd, bars - 4th, beam - 10th, floor - 6th
Nicole Verstichelen - 4th overall out of 12

vault - 7th, bars - 1st, beam - 9th, floor - 10th

Breanne Markey-Peach - 10th overall out of 12

vault - 3rd, bars - 5th, beam - 12th, floor - 12th

Tyro 2
Ceilidh McGean - 26th overall out of 32

vault - 26th, bars - 25th, beam - 26th, floor - 19th

Open 2
Sarah Calder - 2nd overall out of 8

vault - 2nd, bars - 2nd, beam - 6th, floor - 3rd.

The following Rainbow Riders gymnasts have achieved qualifying scores in at least one meet and are eligible to compete at Provincial Championships in Lower

Sackville April 3rd to 5th :
Duncan Gagnon, Sandon Gagnon, Sheldon McGean, Ceilidh McGean, Nicole Verstichelen, Emily Holland, Rachel Holland, Kayla Salsman, Lauren Prost, Breanne Markey-Peach, Sarah Calder

Rainbow Riders Trampoline & Tumbling Meet - Results for RR gymnasts

March 21st-22nd
Trampoline

Regional 1 Female
Hannah McGean - 2nd

Regional 2 Female
Brianna Motty - 1st

Leisa Weymer - 2nd
Leah Vidito - 3rd

Alissa Bergeron - 5th
Emma Sheridan - 6th

Regional 2 Male
Logan Gibson - 1st

Sheldon McGean - 2nd

Provincial C 12 & under female
Katie Currie - 2nd

Miranda Taylor - 3rd
Ceilidh McGean - 5th

Britney Markey-Peach - 6th

Lauren Prost - 7th

Provincial C 12 & under Male
Duncan Gagnon - 2nd

Sandon Gagnon - 3rd

Provincial C 13 & over Female
Breanne Markey-Peach - 8th

Serena Flawn - 9th

Provincial C 13 & over Male
Coburn Brown - 1st

Provincial B Female
Jessica Dort - 2nd

Emily Holland - 3rd
Brianna Coombs - 4th

Provincial A Male
Graham Killen - 1st

Power Tumbling Regional 1 Female
Brianna Motty - 1st

Emma Sheridan - 2nd
Leah Vidito - 3rd

Liesa Weymer - 4th
Alissa Bergeron - 5th

Hannah McGean - 6th

Regional 1 Male
Sheldon McGean - 1st

Regional 2 Female
Britney Markey-Peach - 1st

Miranda Taylor - 2nd

Provincial C 12 & under Male

Duncan Gagnon - 1st
Provincial D 12 & under Female

Lauren Prost - 1st

Provincial D 12 & under Male
Logan Gibson - 1st

Provincial D 13 & over Female
Kayla Salsman - 1st

Provincial C 12 & under Female
Ceilidh McGean - 1st

Rachel Holland - 2nd

Katie Currie - 3rd

Provincial C 13 & over Female
Sarah Calder - 2nd

Emily Holland - 3rd

Breanne Markey-Peach - 5th
Nicole Verstichelen - 6th

Provincial A Male
Graham Killen - 2nd

Double Mini Trampoline Regional Female
Leisa Weymer - 1st

Emma Sheridan - 3rd

Hannah McGean - 4th

Provincial C 12 & under Female
Rachel Holland - 1st

Ceilidh McGean - 2nd

Britney Markey-Peach - 3rd

Lauren Prost - 5th

Miranda Taylor - 8th

Brianna Motty - 9th
Leah Vidito - 10th

Katie Currie - 11th

Provincial C 12 & under Male
Logan Gibson - 1st

Sandon Gagnon - 2nd
Duncan Gagnon - 3rd
Sheldon McGean - 4th

Provincial C 13 & over Female
Kayla Salsman - 2nd

Breanne Markey-Peach - 7th

Serena Flawn - 9th

Alissa Bergeron - 13th

Provincial C 13 & over Male
Coburn Brown - 1st

Provincial B Female
Emily Holland - 1st

Nicole Verstichelen - 2nd

Jessica Dort - 3rd

Brianna Coombs - 4th

Provincial A Male Masters
Graham Killen - 1st

Dave Coombs - 1st



ANNAPOLIS VALLEY HEALTH



Where fresh healthcare opportunities grow

Rewarding and excellent career opportunities exist within the **NURSING TEAM at Annapolis Valley Health.**

- ✓ Support rural communities, learn about models of care at a community hospital, community health centre and develop your leadership skills.
- ✓ External applicants willing to re-locate will be eligible for support.
- ✓ Support for educational opportunities.
- ✓ Flexible scheduling to achieve work/family balance.

Annapolis Valley Health is one of the nine District Health Authorities in Nova Scotia, located in the beautiful Annapolis Valley. We provide an integrated community-based continuum of health services and support to our communities.

If you are looking for an exciting opportunity in a dynamic organization that **values employees**, is **committed to excellence**, and offers opportunities and support for **professional growth and development**, we invite you to bring your passion and expertise to our team!

Currently seeking:

Soldiers Memorial Hospital, Middleton, NS

Two Clinical Leaders – Permanent Part Time 60% AVH 1235

Soldiers Memorial Hospital is community hospital which supports a 25 bed medical unit, 12 bed transitional care unit, 9 bed ALC unit, Emergency Department, Addictions Unit, Veterans Unit with an emphasis on developing a strong team approach to primary care and seniors care. Annapolis Community Health centre is a leader in interprofessional teams and supports a short stay/outpatient department.

As a registered nurse licensed in the Province of Nova Scotia with current Basic Cardiac Life Support, you have a minimum of two years recent (within five years) nursing experience. Your strong clinical background is evident in your ability to manage complex patient care issues with a commitment to safety, quality and organizational health.

Complete position vacancy details are available on our website: www.avdha.nshealth.ca
Come join our Team today...we look forward to getting to know you!

Apply in writing by April 10, 2009 quoting Competition # AVH 1235.

Annapolis Valley District Health Authority
Matthew Lever, Human Resources
15 Chipman Drive
Kentville, NS B4N 3V7
Fax: (902)678-2019

E-mail mlever@avdha.nshealth.ca

We thank all applicants for their interest, however, only those selected for an interview will be contacted.

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. X 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

Organized Campers



1st Greenwood Sparks went "camping" last weekend and enjoyed games, songs and crafts. The event was to prepare the girls for year-end camp, but they surprised the Leaders by how organized and well packed they were! There were fewer items left behind than there usually is with the older girls! Good job, Sparks!

Toastmasters International Speech Contest



The Annapolis Valley Toastmasters Club recently held the Toastmasters International Speech Contest for the club level. Six of our members presented wonderful speeches. Great job contestants!! In the picture above are Marshall Ennis, Dan Moore and Edward Wedler.

We will be hosting the area contest at our venue, the Birchall Centre, 14 Wing Greenwood on April 18th (Saturday) at 10 a.m. Congratulations to Dan Moore (Table Topics contest winner) and Marshall Ennis (International Speech contest winner) who will represent the Annapolis Valley Toastmasters.

Guests are most welcome. This upcoming contest will be especially enjoyable so we encourage you to come out and support our local group. For more information please contact Kay Wynne - 765-0574 or log onto <http://annapolis.freetoasthost.net>.

Canniff Mill Estates
BELLEVILLE

STAIKOS HOMES LTD

No-charge Cabinet Upgrades

Buy Direct from the Builder

Serving Quinte's Military Families Since 1973

Call us today to see why so many military families have saved tens of thousands of dollars by choosing a Staikos Home.

15 Minutes to CFB Trenton - Country Setting - City Conveniences

Office and Model Home at
59 Simcoe Dr., Belleville, ONTARIO. Take Hwy #62 North. Turn Right on Midland and follow the signs. Off Farnham Road.
Ph: 613-967-6560
www.staikoshomes.com



Image: Department of National Defence

SERVING THOSE WHO SERVE

The Royal Canadian Legion Service Bureau Network

- Representation Services
- Advocacy
- Benevolent Assistance

The Legion Service Bureau Command Service Officers are here to serve members of the Canadian Forces, Veterans, RCMP members, and their families while representing their interests in dealings with Veterans Affairs Canada (VAC) and the Veterans Review and Appeal Board (VRAB) in claiming disability benefits under the Pension Act or the New Veterans Charter.

The Legion professional Service Officers, whose role is mandated through legislation, provide representation services, advocacy and benevolent assistance FREE OF CHARGE, whether or not you are a Legion member. Visit www.legion.ca/ServiceBureau.



WE CARE!

Call Toll Free at 1-877-534-4666

MFSP Co-sponsored by the GMFRC and 14 Wing Community Centre. Call 765-5611 for info.

Located at the 14 Wing Community Centre

1st Annual Easter on the Wings!

Saturday **April 11th** 1 o'clock sharp!

3 AGE DIVISIONS FREE HIDDEN PRIZE EGGS!

Easter Egg Hunt starts at 1 pm sharp!

Followed by a Magic Show, Cookie Decorating, and Easter Crafts



Music in the Air

The children of Morfee Annex Preschool gathered to express themselves through music during much anticipated "MUSIC WEEK". Music and rhythm helps teach preschoolers to release energy, learn new words and

ideas, express their emotions and learn about others cultures. The children and staff would like to convey a very special "thank you" to Helen Malo for teaching us all about the accordion.

For information about our

schools English or French Immersion Nursery School (2 1/2-3 yrs. old) or Preschool (4-5 yrs old) programs please contact Maurina Duret at 765-1495 local 5301. We are presently taking registration for our 2009/10 classes.

Look What I Can Build!



At the Early Childhood Education 3 Year-Old-Program at the GMFRC, Cole Stockman is busy creating a masterpiece. Cole enjoyed creating this structure with the unit blocks. While working on his creation, Cole was mastering skills like: eye hand coordination, concentration skills, shapes and colour sorting.

The Early Childhood Education Program is currently accepting registrations for the Fall 2009 E.C.E programs. If you would like more information on the programs offered at the GMRC contact Brenda Virtue-Ellis at 765-1494 local 5053.

den Haan's **garden world** & Gift Shop
Our Business is growing for you

Easter is hopping at den Haan's

New Shipment of Plants, Foliage & Flowering, Cacti, African Violets, Lilies, Regal Geraniums, Gift Shop

The Perennial House is Open!

Hot House Tomatoes
English Cucumbers
and so much more

OPEN 7 days a week
9 am - to - 6 pm

1 Mile West of Middleton on Highway #1 **825-4722**
www.denhaansgardenworld.com

Sunday April 26th, 2009
10:00 am sharp

ZX 10K

Greenwood Road Race

Come out and enjoy smiling faces and a fantastic facility at 14 Wing Greenwood. With lot's of free parking, hot showers, draw prizes and more, this is a great way to start the running season!

Both races take place at the 14 Wing Fitness & Sports Center, Greenwood, Nova Scotia approx. 1.5 hours from Halifax. Take Highway 101, exit 17.

The 10km race is a single loop fairly flat course with one hill and two water stops. The 5km is a very flat out and back course with one water stop.

ENTRY FEES:

\$20.00	Before April 19th, 2009
\$17.00	For Run Nova Scotia and Military Members before April 19th, 2009
\$25.00	After April 19th, 2009 and on Race Day (NO DISCOUNTS)

Registration forms can be picked up from the 14 Wing Fitness & Sports Centre or printed from our website www.zx10k.ca or on the Run NS calendar at www.runnovascotia.ca Register on-line at www.zx10k.ca

REGISTER EARLY!
FIRST 100 REGISTERED RUNNERS WILL RECEIVE A QUALITY RUNNING PRODUCT!

FOR MORE INFORMATION CONTACT

Eric Travis PO Box 912 Berwick, NS B0P 1E0	eric.travis@forces.gc.ca	1-902-760-1013
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Greenwood Bombers Atom House 1

Submitted by: Kelly Tidman

It was a fantastic season for the Greenwood Bombers Atom 1 House Team and the players and their families would very much like to thank our very dedicated coaches for such a spectacular hockey experience.

Our successful season ended with a bang and the Greenwood March Break Tournament was the final hurrah! Early in March the team wrapped up our playoff challenge against West Hants, it was a hard fought battle but the Greenwood Bombers came out on top to the delight of their fans on hand. Greenwood

won the first two games of the best of three series at home on March 1 (5-2) and on the road in Brooklyn on March 7 (3-2) and will be receiving their Bronze Medals during the end of the year banquet that celebrates the 2008-2009 hockey season. The children had the opportunity to act as hockey ambassadors as our club hosted the March Break Tournament and proudly showed themselves to be wonderful sportsmen and women welcoming the teams to our community.

These young players were very fortunate to have had the dedication of its four+ coaches, Brian Berkman, Craig Bagnall, Brian Jackson and Mike Strickland and with our always-available stand-in coach, Mike Fewer, manager Lisa Berkman and treasurer Darnise Strickland, to guide them in what has culminated into a very positive and learning year for them all. Several of the children will be going on to Pee wee next year and a number of the children were first year Atom, yet they



Greenwood Bombers Atom 1 House Team.

played as though they had been together since their first time lacing up skates and it will be sad to see them go in different directions next season.

Speaking for myself as a first time "hockey mom", this has been an outstanding year for my young player and me.

She went from never having worn hockey skates at the beginning of the season to being an active participant eagerly attending every practice and game due in large part to the sportsmanship exhibited by all players on the team and demanded by the coaches. They have led by

example showing the children that being a good sport means playing with respect for your team as well as your opponents. Winning with grace is as important as losing with dignity. Above all these young athletes have had fun playing this season and isn't that what it is all about?

The Anglican Parish of Wilmor
Welcomes You!

<p>Holy Trinity in Middleton 244 Main St. (across from Tim's) 8:00 a.m. BCP Eucharist 11:00 a.m. BAS Eucharist & Sunday School</p>	<p>All Saints' in Kingston Picasant St. (off Bridge St.) 9:30 a.m. BAS Eucharist & Sunday School</p>
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Information: call the Parish Office 825-2326

Contemporary Faith, Catholic Worship & Living Community

Holy Week - Easter Services

Palm Sunday - April 5th - Liturgy of the Palms:

- Parish Service at Holy Trinity Church 10:30 for 11:00am.
- There will be no 9:30 service at All Saints on this Sunday.

Holy Week

- Monday, April 6th, Holy Eucharist BAS 7:00pm at All Saints, Kingston
- Tuesday, April 7th, Taize Prayers, 7:00pm at All Saints, Kingston
- Wednesday, April 8th, Tenebrae, 8:00pm at Holy Trinity, Middleton
- Maundy Thursday Holy Eucharist BAS, with foot washing, April 9th, 7:00pm at Holy Trinity, Middleton

Good Friday

- Good Friday Liturgy BAS, April 10th, 11:00am at All Saints, Kingston
- Good Friday Liturgy BAS, April 10th, 3:00pm at Holy Trinity, Middleton

Easter Day

- The Great Easter Vigil, 6:00am call Parish office for location
- Holy Eucharist BAS, 9:30am at All Saints Church, Kingston
- Holy Eucharist BAS, 11:00am at Holy Trinity Church, Middleton

GMFRC CLOSURE Wednesday, April 8th, 2009

Please be advised that the GMFRC will be closed from 12:00 p.m. to 4:00 p.m. on Wednesday, April 8th, 2009 for the staff to attend a professional development

opportunity. If you need assistance during the closed hours, please call the Wing Ops at 5457.

4:00 p.m. until 9:00 p.m. for the evening hours. Sorry for the inconvenience. Margaret Reid, GMFRC Executive Director

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

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

PUBLIC MEETING

GREENWOOD WELLFIELD PROTECTION PLAN (File F-3-142)

The Municipality, as required by the *Nova Scotia Drinking Water Strategy*, is developing a Source Water Protection Plan to protect the groundwater, which is the source of drinking water for the Greenwood area. The Greenwood Wellfield Committee is seeking public input regarding potential land use regulations that may be put in place to better protect the groundwater resource. The location of the wellfield protection area is generally located in the southern area of Greenwood and into parts of Tremont.

A PUBLIC MEETING is scheduled for WEDNESDAY, APRIL 22, 2009 at 7:00 p.m. at the New Beginnings Centre, 1151 Bridge Street, Greenwood.

A copy of the report outlining the work to date, the locations of the wellfield zones and potential land use changes can be found on the Municipal website home page. Copies may also be obtained by calling 690-6139, or by emailing cbarker@county.kings.ns.ca.

Further information may be obtained by contacting Chrystal Fuller, Manager of Planning, at 690-6173 or by email at cfuller@county.kings.ns.ca.

Tel: (902) 690-6173 Fax: (902) 679-0911
Local from Kingston & Greenwood: (902) 847-3051
www.county.kings.ns.ca

Subway Swimmers of the Week



Caleb Edwards,
AA Competitive
11 yrs old, 2nd year
with GDSC
Favourite Stroke:
Frontcrawl
Other Interests: Lego



Callie Dowell,
Summer Swimmer
6 yrs old, 2nd year
with GDSC
Favourite Stroke:
Frontcrawl
Other Interests: Aikido
and Soccer



Isaiah Edwards,
FL Competitive
8 yrs old, 2nd year
with GDSC
Favourite Stroke:
Frontcrawl
Other Interests: Soccer



Maegan Currie,
FL Competitive
10 yrs old, 1st year
with GDSC
Favourite Stroke:
Breaststroke
Other Interests: Poetry,
drawing and singing



VILLAGE OF KINGSTON NOMINATION DAY APRIL 29, 2009

The Kingston Village Commission would like to give notice that nominations, for the upcoming positions of **Village Commissioner**, will be accepted on **April 29, 2009**.

Nomination Forms will be available at the Kingston Village Office beginning April 6th for the following vacancies:

2 – three year terms

All nominations must be in writing, in "Form A", and must be filed with the Village of Kingston on **April 29, 2009**, between the hours of **8:00 a.m. and 4:00 p.m.**; or by appointment during the week preceding Nomination Day. Only those persons duly nominated shall appear on the ballots, as candidates for election. **Election Day** will be held on **Wednesday, May 13, 2009** at 7:00 p.m. at the **Annual General Meeting** at the **Kingston Fire Hall, Sparky St.**

Anyone wishing more information may contact:

Kingston Village Office
671 Main St., P.O. Box 254
Kingston, NS
BOP 1R0
765-2800
e-mail: kingsvil@ns.aliantzinc.ca

VILLAGE OF KINGSTON

The Learning and Career Centre is pleased to present a

Lunch & Learn

By

Commercial Safety College



Keynote Speaker
Roy Nichols



Topics:

Programs offered by the Commercial Safety College

- o Truck & Tractor Trailer Driver Training
- o Straight Truck Driver Training
- o Motor Coach Driver Training
- o Heavy Equipment Training (Excavator, Dozer, Loader, Backhoe)
- o Q&A period



When: Thursday, 18 June 2009
Time: 1200-1300 hrs
Where: LCC, Room 204, Upper Level, Birchall Training Centre

REGISTRATION IS REQUIRED

Interested persons may register by contacting the LCC at local 5226 or 5227

Deployment Bulletin

Easter Brunch for Deployed Families



Easter Saturday, April 11th, 2009
You're invited to join us for our
6th annual
**Easter Brunch for
Deployed Families**



The GMFRC staff invites all of our deployed families to come and share a wonderful Easter Brunch at the Annapolis Mess. There will be special guests from 14 Wing, treats and activities for the children.

Brunch begins at 10:30 am until 12:30 pm.

PLEASE CALL 765-5611 TO REGISTER FOR THIS ACTIVITY BY April 9th, 2009. Enjoy a wonderful morning of being spoiled and served. We'll need to know numbers because there's LOTS of planning to do!

Let us help make your Easter special.

The Brunch will be followed by "Easter On the Wing" at the community centre begins at 1pm until 3pm. There will be lots to keep the children busy and amused with an Easter egg hunt and many other fun activities.
(please dress them appropriately because we may hide the eggs outside).

It'll be great to share Easter with other families.

Bravo Zulu

Promotions and Presentations

Photos by 14 Wing Imaging unless otherwise stated.

Retirement MCpl Terry Gibson

After proudly serving in the Regular Canadian Forces for 34 years and the Air Reserve for 8 years, MCpl Gibson retired on 03 Mar 09. In 42 years, MCpl Gibson has certainly witnessed a lot of changes. Still, after all these years in service to Canada, he remained as dedicated and motivated towards his job as he was on that special day in 1966 when walked into the recruiting centre in Sydney, NS.

After his enrolment on 06 Apr 1966, Terry served with the Royal Canadian Armoured Corps completing tours in Germany, Petawawa and Gagetown. In 1978 he chose an occupational transfer to the Air Force as a Refinishing Technician and served in numerous locations including Germany, Trenton, Borden, Goose Bay and Greenwood. On 19th Feb 09, the 14 AMS Aircraft Structures section had

a small, but special ceremony to say goodbye to not only their oldest serving member but to a truly dedicated, humble, professional. LCol Garbutt presented MCpl Gibson with his Depart With Dignity items. The highlight of the ceremony was the Commanding Officer 14AMS awarded Terry with the 3rd bar to the Canadian Decoration (CD3) in recognition of 42 years of dedicated service to

the Canadian Forces. Terry also received several departing gifts including an expertly crafted brass cannon made by his fellow workers that truly signify his time as a member of the ACS trade has unfortunately come to an end.

Throughout his career, Terry has been supported by his best friend and wife, Sabina. They are the proud parents of four children who have all left home to pursue their own careers. Terry and his wife presently reside in Kingston, NS.

An amazing devotion to serve in uniform, a career that can only be referred to as incredible, and maybe what is more impressive is that, if given the choice he would still be in uniform, one would think that Terry would be planning a relaxing retirement.



Quite the opposite, he plans on exploring job opportunities and keeping busy at home pursuing his interest in picture framing.

Every member of 14 AMS, especially the ACS shop wishes Terry and his family all the best in the future. He has been an inspiration to us all.



Capt Ross Freeman receives the CD from 405 LRP Squadron CO LCol Jim Irvine. (photo submitted)



Capt Doug Slaunwhite receives his "Eagle of the Quarter" certificate from 405 LRP Squadron CO LCol Jim Irvine. This award is presented to the squadron member who displays exceptional performance and professionalism throughout the quarter. (photo submitted)



Sgt Ralph Gignac (1000 hours Griffon), WO Wayne Snider (1000 hours Griffon), WO Paul Blinn (2000 hours Aurora), Sgt Andre Lamontagne (1000 hours Griffon) and Sgt Scott Beeston (rear) (1000 hours Twin Otter) receive their certificates for attaining a significant flying hour level on the aircraft type, from 405 LRP Squadron CO LCol Jim Irvine. (photo submitted)



Sgt Andre Bergeron receiving his promotion to that rank by 413 Squadron CO LCol Thibault. (photo submitted)



MCpl Dianne Adams (Squadron IT) receives her promotion to that rank from 405 LRP Squadron CO LCol Jim Irvine and 405 LRP Squadron SCWO Mark Flawn. (photo submitted)



WO Dan Spiers receives his promotion to that rank from 405 LRP Squadron CO LCol Jim Irvine and 405 LRP Squadron SCWO Mark Flawn. (photo submitted)



Pte Byron Perry receiving his first hook by 413 Squadron CO LCol Thibault. (photo submitted)



MWO Andy Sweet receives his promotion to that rank by 404 Squadron CO LCol Baird accompanied by 404 Squadron CWO Gaudreault and HCol Lloyd Graham. (photo submitted)



WO Gord Gibson receives his promotion to that rank by 404 Squadron CO LCol Baird accompanied by 404 Squadron CWO Gaudreault and HCol Lloyd Graham. (photo submitted)

West Kings Newsletter

April 2009

Vol.17 - No. 5

Dates to Remember:

April 9 – End of Term One – Semester Two

April 10 – Good Friday, No School

April 13 – Easter Monday – No School

April 17 – Early Dismissal

May 23 – Mid term reports issued

April 30 – Evening Parent Visitation

April 30 – Dessert Night

May 1 – Afternoon Parent Visitation

Principal's Report:

Dear WKDHS Families and Community;

I'll not dare comment on the weather... I spent a couple of weeks in Florida last month and, to be perfectly honest, to come home to this...well, I don't think I can say anything polite enough for a family publication!

I am pleased to invite one and all to our newest musical presentation, "Footloose". The students have done a tremendous amount of preparation in cooperation with school staff and a long list of volunteers. The chance to open our doors and present a performance of this quality

to our community is quite an honour, one that few schools have occasion to do. In our case, it is a tribute to the talent and dedication that people like Mary Walker-Hope, Mike Walker, Chris Lugar, David O'Leary, and so many others have for our school and our students. Thank you to each and everyone of them and to all the other volunteers that have been active in all aspects of preparing for these performances.

Our school success plan is nearly ready and we will soon be getting the chance to present it to the entire school community. We have chosen goals related to enhancing staff and student connections and relationships, as well as improving the achievement levels of students across all curriculum areas. It is exciting to this endeavour moving forward and I hope you will soon begin to its positive impact on the lives of students in our school.

Congratulations to Brittany Snow, Russell Pollard, and Valerie Paquette. They have been selected to attend a leadership training opportunity on

Canada's west coast

aboard the HMSC Oriole, the Canadian Naval tall ship training vessel. They leave in less than a week and I know they are seeking community support to assist in the costs of things like airfare. If you are interested in learning more or would like to help them in their fundraising efforts, please contact the school and ask to speak with Donna Griffin.

Finally, it is the time of year when we prepare our staffing for the coming school year. This year, we will face some challenges. Enrollment is down across our school board and we face much uncertainty in terms of what the provincial budget will hold. Having an election hanging over our heads does not help either. I will share more as things become more certain in the coming weeks, but I want the entire school community to understand that few schools will be untouched by the current economic and enrollment challenges that are being faced by our region and the entire province.

Mike Ouellette, Principal
Attention anyone planning to study outside Nova Scotia!
Please contact Nova Scotia

Medical Services Insurance to ensure that your MSI coverage continues during your absence. 902-496-7008, or Toll free 1-800-563-8880.

Student Council Report:

Students Council (March 30, 2009)

Fundraising for our Spring Carnival is underway and we would appreciate your support. We have some great fundraisers to get students active and the community involved at our school.

If you are interested in participating in a Coffee House please register online (www.wkwolverines.co.cc). Student and community acts are welcome!

LAMAR Hypnotist Show is coming to West Kings on April 23rd to put on a fantastic show for the community. Everyone is invited to be entertained (or be entertaining!) at this exciting event. Doors open at 6:30 and the show starts at 7:00, cost is \$10.00 a person. This is a fundraiser for West Kings? Athletics.

The 30 Hour Famine happens April 24th-25th. Students wishing to participate will receive a pledge sheet. All funds will

support World Visions efforts to end poverty and hunger in third-world countries; pledges are greatly appreciated!

Three of West Kings students, Valerie Paquette, Brittany Snow and Russell Pollard, have been accepted for the Oriole Youth Challenge – a leadership experience on board a tall ship (The Oriole) in British Columbia. They leave April 5th and return on the 10th.

At this time they would like to thank the Kingston Lions Club for their generous donation and support.

Students who participated in Footloose would like to thank Mr. Lugar, Mary Walker Hope, David O'Leary and all the people involved in the production of Footloose. The participants enjoyed the experience greatly!

The community is invited to participate in a Ticket Auction. It will be at West Kings Thursday April 30th, 2:30 until 8:00 p.m., and Friday, May 1st, 12:00 until 4:00 p.m. (during parent/teacher visitation).

If you have any backpacks or stuffed animals you are able to donate, please drop them

off to the school. CISV's Care-A-Thon is making packages for students in Foster Care and greatly appreciates donations!

Please feel free to contact us at <mailto:wksc@student.ednet.ns.ca> or to visit our website at: www.wkwolverines.co.cc.

Until next month!

JR. Achievement ESIS (Economics of Staying in School)

Thank you to the community volunteers for facilitating this program to our grade 9 students. Your time and experience is greatly appreciated.

Kudos

Congratulations to Christa Skinner who represented the province at the Youth Challenge for Bowling in Hamilton, Ontario. Her team came in ninth in the country! Way to go Christa!

Congratulations to Katie O'Brien who was the recipient of the Goalie Award for the Valley High School Girls Hockey League. This award was presented at the Valley Hockey Banquet on March 31st. Thanks for a great season, Katie, from your team mates.

Wanted - Military Soccer Officials

The CF sports program is looking for all those military members that are interested in becoming soccer officials or those that are currently soccer officials but not taking part in the military sports programs.

For those that participate in the CF programs it is possible to find financial assistance with regards to registration fees and course fees.

You could also have the

opportunity to travel within your region to participate at the Regional Championship, outside your Region for the National Championship or possibly once qualified outside the country for International Events.

If you are interested or know someone who is please contact your Base or Wing sports coordinator.

They will put you in touch with RCO (Regional

Chief Official for your area) and then we can move on from there.

This program can be very rewarding if you are willing to participate, so please take that first step and contact your sports

coordinator today.

If your local contact is away please feel free to e-mail me with any inquiries that you may have, my E Mail address is Graham.White2@forces.gc.ca I am currently the NCO

(National Chief Official) for

Hope to see you on the soccer pitch.

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*

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

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!*

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

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.greenwoodmfrc.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.

Employment and Education Services

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

Upcoming programs or services

Interview Skills Workshop
Thursday, April 16th, 2009
1:00 p.m. – 3:00 p.m.
GMFRC Classroom 1
Free

Registration Deadline: Monday, April 13th, 2009

CF Recruiting
Monday, April 20th, 2009
1:00 p.m. – 5:00 p.m.
GMFRC Classroom 1
Free

Flower Arrangements
Tuesday, April 21st, 2009
1:00 p.m. – 4 p.m.
GMFRC Classroom 2
\$15.00 (10 free spots for GMFRC Volunteers)

Registration Deadline: Friday, April 17th, 2009

Employment Ongoing Services

- Résumé and Cover Letter Creation and Modification
- Résumé Updating
- Career Assessment / Counselling
- 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

Deployment Services
Coordinator: Paula Davison at 765-1494 local 5583 or email at paula.davison@forces.gc.ca

Upcoming programs or services

Deployed Families Adult Pool Night at Dooly's
Monday, April 06th, 2009
8:00 p.m. – 10:00 p.m.
Location: Dooly's in Greenwood
Registration deadline: Call 765-5611 by Fri. April 3rd, 2009

Easter Brunch for Deployed Families
Saturday, April 11th, 2009
10:30 a.m. - 12:30 p.m.
Location: Annapolis Mess (downstairs dining room)
Cost: Complimentary
Registration deadline: April 9th, 2009

Deployed Families Card/Craft Club & Children's Fun/Support Group
Thursday, April 16, 2009
6:00 p.m. – 8:00 p.m.
GMFRC
Registration: Call 765-5611 and register before Tuesday, April 14th, 2009. Don't forget

Community Information Services
Coordinator: Nicole Godin at 765-1494 local 5941 or email nicole.godin@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

to register your children for the Fun/Support Group.
Deployed Families Adult Dinner Out
Thursday, April 30th, 2009
5:30 p.m. – 8:30 p.m.
Location: To be Determined
Pay the cost of your own meal
Registration deadline: Monday, April 22nd, 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 shannon.doubleday@forces.gc.ca

Couples Retreat
Fri. June 12th and 13th, 2009
Milford House Cabins (located 23 km south of Annapolis Royal)
Fee: \$100 per couple

Contact 765-5611 for registration
Registration limited to first 12 couples.
Warmline Caller Training
Monday May 25, 2009
6:00 p.m. - 8:00 p.m.
GMFRC
FREE
To register call 765-5611
Registration deadline: June 4th, 2009

Ongoing Services

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

Children and Youth Services
Coordinator: Kim Dixon at 765-1494 local 1812 or email at kim.dixon@forces.gc.ca

Upcoming programs or services

Children's Deployment Support Group
Thursday, April 17th, 2009
6:00 p.m. – 8:00 p.m.
Children aged 3 years and up
FREE
Pre-register by Thursday, March 19th, 2009

Youth Council
Tuesday, April 14th, 2009
4:00 p.m. – 5:00 p.m.
14 Wing Community Centre
FREE
Youth aged 14 and up
Academic Tutoring Service
Mon., Tues., Wed.
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

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

Upcoming workshop

Conflict Resolution Phase 2 (CML)
Wednesday & Thursday, April 22 & 23, 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

Deployment Easter Brunch
Saturday, April 11, 2009
10:15 a.m. – 12:45 p.m.
14 Wing Annapolis Mess
Volunteers Needed: 1 more
Easter on the Wing Event Helper
Saturday, April 11, 2009
12:00 p.m. – 3:30 p.m.
14 Wing Community Centre
Gym
Volunteers Needed: 2 more
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!

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
Respite
Date: Sat., April 18th, 2009
Time: 8:30 am – 5:00 pm
Age: Children up to age 12
Cost: Free to CF Families who currently have a partner deployed
Registration deadline: Thursday, April 16th, 2009

Respite Dates
Date: Sat., April 18th, 2009
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Zedex Theatre
765-8848

April 5 - April 9
Sun - Thur 8 p.m.

The Haunting in Connecticut

Rated 14A

Coming Soon
Monsters vs Aliens

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

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!

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.

Youth Happenings at the 14 Wing Community Centre

**By Brendan Loughnane
Youth Recreation
Worker**

Hello everyone please note that the Community Centre will be closed for youth on Friday April 10th and Sunday April 12th. Also the Community Centre office hours will be closed on Good Friday April 10th and Easter Monday April 13th. The office will re-open on Tuesday April 14th at the regular times. All of us at the Community Centre would like to wish you all a Happy Easter and we are sure everyone will enjoy the long weekend. Meanwhile here is what's going on this week at the Community Centre.

**Boyz Club
Monday April 6th 2009
Video Games
4:30-6pm**

Hello boys this week we will be playing some video games for boyz club. We just got Mario Kart for the Nintendo Wii along with four wheels so we'll all take turns racing around and we have got plenty of PS2 games. See you all there.

**Teen Activities
Tuesday April 7th 2009
Pool Ping Pong and
Foodsball
6-7pm**

Hey teens the weather is starting to get warmer so hopefully soon we will be able to do some activities outdoors. But for this week we are going to play some pool ping pong and foodsball inside. See you all there.

**Active Chicks
Wednesday April 8th, 2009
Easter Egg Decorating**

**6 - 7:30 pm
Bring Your Own Eggs!!**
Happy Easter to the Active Chicks!! We'll be meeting at the Community Centre Wednesday night to decorate eggs together; all you need to bring with you is the eggs!! I'll have all the dyes and decorating supplies to create some beautiful eggs of your choice! You can bring hard-boiled eggs or blown eggs, the more you bring the more you decorate! If possible, please bring an empty milk or juice carton with you and we'll also make some Easter Baskets. See you there!!

**Pre-Teen Dance
Thursday April 9th 2009
6-8pm
Admission is \$2**
Hi everyone this THURSDAY night we will be having our bi-weekly pre-teen dance. Seeing as there is no school and the centre will be closed on Friday we moved the dance to Thursday night. Come on down and we will dance the night away! See you all there.

**Easter Egg Hunt
Saturday April 11th 2009
1-3pm**
Come on down to the Community Centre this Saturday and join us for an afternoon of fun Easter events. We will be having an egg hunt on the playground a magic show face painting cookie decorating and much more. It's going to be a fun day so you don't want to miss out. See you there.

**Hockey Night Part 2
Saturday April 11th 2009
8-11pm**

Toronto vs. Ottawa
Hey all you hockey fans this Saturday we will be broadcasting the Toronto vs. Ottawa game at the Community Centre. Last February the Leafs Destroyed the Sens so why not come and watch the Leafs do it again. Or if you really think that Ottawa might win you can come down and cheer for them. See you all there.

**Look What's Playing at the
Community Centre**

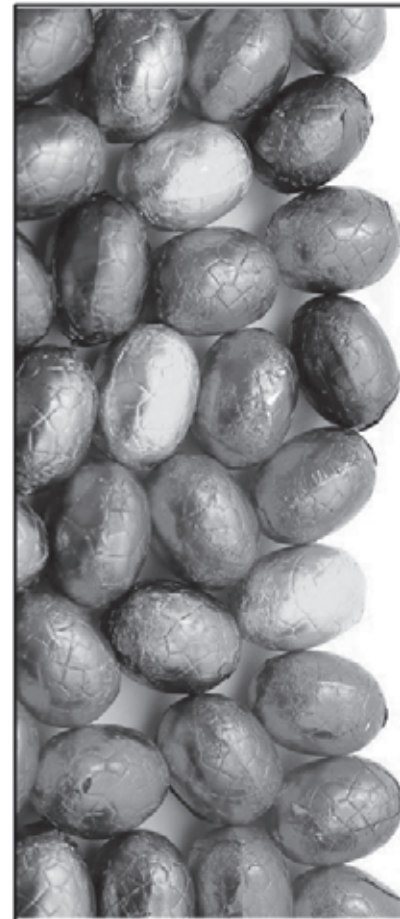
**Pre-Teen Movie
Night**

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 "The Tale of Despereaux". This movie is about a gang of lovable rodents. Despereaux is a mouse with big dreams. After learning to read from his new friend Princess Pea he becomes

fascinated with stories of dragons and knights in shining armor. Things take a turn for the worse and Princess Pea is kidnapped. Despereaux realizes that he is the only one that can rescue her so he decides to be just like all the heroes that he reads about and sets out to save the princess.

Youth Centre Drop in EASTER Hours

	Pre-Teen (ages 9 - 12)	Teens (ages 13 - 18)
Monday	4 pm to 6 pm	6 pm to 9 pm
Tuesday	4 pm to 6 pm	6 pm to 9 pm
Wednesday	4 pm to 6 pm	6 pm to 9 pm
Thursday	6 pm to 8 pm	4 pm to 6 pm 8 pm to 9 pm
Friday	C.C. is closed for Good Friday.	
Saturday	2 pm to 4 pm 6 pm to 8 pm	4 pm to 6 pm 8 pm to 11 pm
Sunday	C.C. is Closed for Easter Sunday	



Dear Children,

It sure has been hippity-hoppity busy around bunny-land lately. All of our Easter chickies have been very busy making chocolates and painting Easter eggs in preparation for the big event! What big event, you ask?

.....Why, the Giant Easter on the Wing, silly.

My friends over at the Greenwood Military Family Resource Centre and the 14 Wing Community Centre have been busy working with me to bring you kids an afternoon filled with Easter fun!

My friend the Magician is going to do a magic show! And, there will be cookie decorating, crafts and even face painting. Topping off all this fun is my favorite Easter activity--a giant Easter Egg Hunt, starting at 1 o'clock sharp! in the 14 Wing Community Centre's playground... (Don't be late...). And don't you worry--I have made sure that I have enough eggs to hide so that everybody gets something.

I had better get back to work...there is still much to be done!

See you all on Saturday--

Love your friend,

The Easter Bunny

P.S. --

Don't forget your basket!



**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.  
Apr 6<sup>th</sup>: Chicken Rice Soup 1.75 • Macroni & Cheese 2.50 • Baked Potato 1.25 • Caesar Salad 1.50 • Fresh Fruit cup 1.00  
Apr 7<sup>th</sup>: 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  
Apr 8<sup>th</sup>: Minestrone Soup 1.75 • Baked Chicken Dinner 2.50 • Toss Salad 1.50 • Apple Slices 1.00  
Apr 9<sup>th</sup>: Corn Chowder 1.75 • Sloppy Joe with Vegetables 2.50 • Yogurt 1.00  
Apr 10<sup>th</sup>: Good Friday • No School  
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

**school lunch menu** KINGSTON & DISTRICT SCHOOL

**Whole Sandwiches**

1/2 Sandwiches (Asst. fillings) ..... \$1.15  
Subs/Kaisers/Wraps ..... \$2.25 - \$2.50

**Hot Foods**

One Hot Food Daily ..... \$2.50  
Cup of Soup ..... \$1.00  
Bowl of Soup ..... \$2.00

**Beverages**

Milk ..... \$0.35  
Choc. Milk ..... \$1.30  
Juice Small ..... \$1.00  
Juice Medium ..... \$1.25  
Bottled Water ..... \$1.25  
Yop ..... \$1.25  
V8 Juice ..... \$1.00

**Salads**

Assorted Salad Plates ..... \$2.50  
Fruit Plate ..... \$1.75 - \$2.25  
Veggies & Dip ..... \$1.00  
Apple Snacks ..... \$1.00

**Snacks**

Cheese & Crackers ..... \$1.00  
Fresh Fruit ..... \$0.75 - \$1.25  
Gold Fish Crackers ..... \$0.50

**Miscellaneous**

Bread & Butter ..... \$0.50  
Bagel ..... \$1.25  
Cream Cheese ..... \$0.50  
Cheese Whiz ..... \$0.50

**Freezer Items**

Frozen Yogurt ..... \$1.25  
Yogurt Tubes ..... \$1.00

**Desserts**

Muffins ..... \$1.00  
Cookies (small) ..... \$0.35  
Biscuits ..... \$1.00  
Yogurt ..... \$1.25  
Fruit Salad ..... \$1.00  
Other Assorted Desserts ..... \$0.75  
Special Treat Days ..... \$1.50

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

Mon: Pizza Subs; Tues: Macaroni & Cheese;  
Wed: Fish Wedges; Thurs: Nacho's & Cheese; Fri: NO SCHOOL

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.

### Valley Autism Support Team Meeting

The April VAST meeting will be held on Tuesday 7 April starting at 6:30 p.m. in the Autism Centre, Kingston & District Elementary School, 630 Pine Ridge Ave, Kingston. Program: Carol Bowlby OT, BScOT, ODH, from Kings Rehab, will present to us on Sensory Issues. "Introduction to Sensory Processing and Modulation". Also AMAT Update. Contact: Norm Donovan 765-3883.

### Kingston & District Health Auxiliary Meeting

A meeting of the Kingston & District Health Auxiliary will be held in the Kingston fire hall at 1:00 p.m., 7 April 2009. Everyone is welcome.

### Kingston & District Health Auxiliary

The Kingston & District Health Auxiliary will be holding a Coffee Party Friday, 17 April, 2009 in the Kingston Fire Hall. Proceeds to palliative care. Help support Soldiers Memorial Hospital and District Healthcare. Please join us - it benefits everyone.

# HOROSCOPES

April 5 to April 11

### ARIES - Mar 21/Apr 20

Aries, you get waylaid by a bad cold and you just can't seem to bounce back quickly. There's no quick-fix to this one. Rest, rest and more rest is all you can do.

### TAURUS - Apr 21/May 21

Don't put off your responsibilities any longer, Taurus. The longer you wait, the more things will add up on your plate. If you are feeling the pressure, ask for help.

### GEMINI - May 22/June 21

Gemini, if you've been feeling like things are just not going your way for some time, everything is about to change for the better. Pisces will be the catalyst.

### CANCER - Jun 22/Jul 22

Cancer, there's a remote chance that you'll bump into an old friend from school whom you haven't seen in several years. Keep your eyes open for the encounter.

### LEO - Jul 23/Aug 23

Unfortunately the stars are not shining down on you this week, Leo. But that doesn't mean you can't be the master of your own fortune. Stay positive.

### VIRGO - Aug 24/Sept 22

Virgo, you're a pro at thinking you can handle everything on your own. The trouble is, sometimes you just have to ask for help or risk getting in over your head.

### LIBRA - Sept 23/Oct 23

There's more than meets the eye with you, Libra. You exude a certain personality that can throw others, but deep down you're a completely different person.

### SCORPIO - Oct 24/Nov 22

Scorpio, having a few friends in your corner won't help against a big-wig at work. Just calmly state your case and you will find it's better received.

### SAGITTARIUS - Nov 23/Dec 21

Be thorough and thoughtful before making a financial decision, Sagittarius. In this economic climate it is not wise to go willy-nilly into money ventures.

### CAPRICORN - Dec 22/Jan 20

You can't avoid confrontation this week, Capricorn. How you handle yourself the next few days will make others envious or look on you with pity.

### AQUARIUS - Jan 21/Feb 18

Aquarius, you have trouble letting others make decisions, and then get frustrated when you're calling all of the shots. You can't have it both ways, unfortunately.

### PISCES - Feb 19/Mar 20

Happiness and good times are right around the corner, Pisces. You just have to make it through one more rough patch on Tuesday.

### FAMOUS BIRTHDAYS

- APRIL 5 Colin Powell, Fmr. Sec. of State (72)
- APRIL 6 Zach Braff, Actor (34)
- APRIL 7 Russell Crowe, Actor (45)
- APRIL 8 Patricia Arquette, Actress (41)
- APRIL 9 Kristen Stewart, Actress (19)
- APRIL 10 Haley Joel Osment, Actor (21)
- APRIL 11 Joss Stone, Singer (22)

Horoscopes brought to you compliments of:

**24 HOUR SERVICE**

www.morsetowing.ca (902)825-7026

### Spring Tea and Sale

The Torbrook Mines United Church Workers will hold a spring tea and sale at the Three Rivers Community centre on Saturday April 18 from 2:00 - 4:00 p.m. Admission: \$5.00. Refreshments will consist of a variety of sandwiches and dessert, tea, coffee or juice. On offer at the sale will be homemade jams, jellies and preserves, handcrafted jewelry, and selected quality items. All are welcome.

### Valley Women's Business Network

Monthly meeting will be held Wed. April 8 at 7:00 p.m. at the Wandlyn in Coldbrook. Speaker for this month: Paula Kinley Howatt-She will be speaking on: Women in politics- "Getting involved and managing personal life and career." For more information see [www.VWBN.ca](http://www.VWBN.ca) or call Lori at: 678 7400. Reserve your seat today!

### All Saints' A.C.W. Annual Yard Sale

All Saints' A.C.W. will be holding their Annual Yard Sale. Where: All Saints' Church Hall, Pleasant Street, Kingston. When: Saturday April 25, 2009, 8:00 a.m. - 12:00 p.m. What: Anything we can sell!

### North Kingston Public Cemetery Annual Meeting

The annual meeting of the North Kingston Public Cemetery will be held at the Kingston Fire hall on Wednesday, April 15th at 7:00 p.m. We welcome anyone to attend the meeting who owns or is interested in owning plots in the cemetery. The annual spring clean-up of the cemetery is planned for Saturday, April 25th at 9:00 a.m., weather permitting. The rain delay date is May 2nd. Please bring rakes, gloves, shovels etc and all your friends.

### St. Mark's Chapel Guild Meeting

The April Meeting of St. Mark's Chapel Guild will be held on Monday, April 6th at 7:00 p.m. in the Chapel annex. All ladies in the congregation are encouraged to attend for the meeting and refreshments.

### Bottle Drive

1st Kingston Scout / Venture's will be having a bottle drive 18th April in the Kingston / Greenwood area. Funds collected to help off set the cost for the youth to go camping and learning more about the adventures of the outdoors. For more info contact Bill Laird at 765-8254 or Soupy Campbell at 765-9456.

### Kingston Lions Monthly Community Luncheon

The Kingston Lions Monthly Community Luncheon will be held on Tuesday, 14 April 09 at the Kingston Lions Hall from 11:30 a.m. - 1:00 p.m. Menu: Turkey dinner, coffee, tea and desert. Cost \$8.00 per person and \$8.50 delivered. For delivery call 765-2128. Proceeds for Lions charitable work.

**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.

14 Wing Library will be CLOSED April 10th to the 13th, 2009 for Easter. Regular hours April 14th, 2009

### Journalist Scott Taylor Speaking Engagement

Journalist, war correspondent and author Scott Taylor will be speaking in Wolfville on April 16th. Location: Beveridge Arts Centre, Acadia University, 7:30-9:30 p.m. Free presentation. Call the Wolfville Library for information, 542-5760.

### Church Library Hours

The Kingston United Baptist Church will not be open Thursday evening April 9, but will be open Thursday evenings thereafter. For information call 765-6735.

### 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.

### Ex-Airwomen (RCAF)

Next meeting to be held on the 15th of April at the Top Hat at noon. For more info contact Marie Vautour at 765-0584.

### 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.aa.org](http://www.aa.org).

### Community Event

Trinity Pentecostal Church is please to present the Watoto Children's Choir from Uganda East Africa in their Concert of Hope April 24th at 6:00 and 8:00 p.m. 468 Central Ave Greenwood. Free Admission. Seating is limited so come early for a good seat and enjoy an evening of traditional African rhythm and contemporary gospel music. For more information call 765 - 0421; a free will offering will be taken for the choir.

### Annual Meeting

The Annual Meeting of the Church Grove Cemetery will be held at the Melvern Square Community Hall; Wednesday, April 22, 2009 at 7:00 p.m. Clean-up Day will be Saturday, May 2nd. In the event of inclement weather - May 9th. Lot owners are invited to attend the meeting.

### Staying Healthy Expo

April 18 -Feeling the pinch? Get information on Eating Healthy on Budget, Managing Stress, Community Kitchens & Community Gardens, Family Pharmacare & the Diabetes Assistance program and more at the Staying Healthy in Hard Times Expo from 1:00 - 4:00 p.m. at the Kentville Fire Hall. Enjoy the trade show, prize draws, and a healthy snack. Free admission, everyone welcome! You do not have to have diabetes to attend. Register at 542-3870 or [judith.swift@diabetes.ca](mailto:judith.swift@diabetes.ca)

### Spring Bingo at Lawrencetown Consolidated School

Spring Bingo at Lawrencetown Consolidated School on Friday April 17th. Doors open at 6:00 p.m., Bingo starts at 7:00 p.m. All books \$5.00 each, cookie jar, 50/50 draw, and door prizes. Special activities for school aged children and canteen will be open. Everyone welcome!

### Breakfast at the Aylesford United Church

Breakfast at the Aylesford United Church on Saturday, April 18th, 2009 from 8:00 to 11:00 a.m. Menu includes delicious homemade pancakes, scrambled eggs, sausages, ham, toast, tea, coffee and juice. Free will offering. Sponsored by the Committee of Stewards.

### Bottle drive

Saturday, April 11. MRHS band students will be holding a bottle drive in the Middleton area on the morning of April 11th. Please save your refundables for us!

**The Aurora newspaper PRESENTS... FIND & WIN**

Just Fill in The Blanks. Three Easy Ways to Enter.

- Through our website: [www.auroranewspaper.com](http://www.auroranewspaper.com)
- Fax: 765-1717
- Drop into our office located on School Road (Morfee Annex)

No Central Registry or Canada Post please.  
Deadline: Noon, Wednesday, April 8, 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!

- What ad says, Shouldn't Break the Bank \_\_\_\_\_
- When is the Village of Kingston's Nomination Day \_\_\_\_\_
- What page is the ad that says, Power of Sales \_\_\_\_\_
- Dwight Ross Kids Care Preschool Program takes children of what age \_\_\_\_\_
- Who's number do you call to apply for a Hunting License \_\_\_\_\_

This contest is brought to you by:  
**Pizza Delight, Greenwood**  
765-4477

Congratulations to last week's winner: **PATRICK BOURASSA**

**The 107 Valley Wing**

904 Central Ave. Greenwood  
Air Force Association of Canada

Open to ALL Members, Serving or Retired, of the

- CAF • Reserves • RCMP •
- Public Service • RCAC •
- Members & Guests •

Do you enjoy a good time in a friendly relaxed atmosphere?  
Drop into the 107 Valley Wing and meet our friendly members and staff.  
We are open 7 days a week for your convenience.  
We are looking for new members!

For more information call 765-8415 after 12:30 p.m.  
We also have Catering Service for your Weddings, Section Parties or other celebrations.

# Posted??? Where To Start!

You just received a posting message and don't know where to start? Well, don't panic yet, your Greenwood Military Family Resource Centre (GMFRC) can help you! First, you'll want to obtain a Welcome Package from your next location. You can do that by dropping in at the GMFRC Front Desk. We have Welcome Packages from the other CF Bases in Canada and abroad, which can be signed out for a couple of weeks to allow you to go through all its content.

We also have the contact information for other Military Family Resource Centre's at the Centre and online at ([www.greenwoodmfr.ca](http://www.greenwoodmfr.ca)) if you wish to get in touch with them to

order your own Welcome Package or to get specific information on the area.

If you have a partner and/or children, we recommend that you contact the MFRC of your next location prior to your arrival for preschool programs, education information (schools, registration info...), and for a list of doctors taking new patients (if any!) If you have children with special educational needs, the local MFRC should be able to provide assistance and information and you will find a list of resources available on the newly created National Navigator's website at [www.familynavigator.ca](http://www.familynavigator.ca)

Don't forget your children's emotions! The Greenwood MFRC also has resources available in its library to help kids and teens cope with moving. The resources are stored in the GMFRC Family Room. Just come in and take a look at what we have or visit our website at [www.greenwoodmfr.ca](http://www.greenwoodmfr.ca) for a complete list of what is available and for other online resources as well. If you feel assistance is needed to help your family cope with the move, please contact our Prevention, Support and Intervention Coordinator at 765-1494, local 1811.

For further information on these services, please contact the Greenwood MFRC at 765-5611. Good luck with your posting.

# Affecté cette année??? Voici où commencer!

Vous venez de recevoir un message d'affectation et vous ne savez pas par où commencer? Ne paniquez pas encore... votre Centre de ressources pour les familles des militaires de Greenwood peut vous aider! Tout d'abord, vous pouvez obtenir la trousse de bienvenue de votre prochain lieu d'affectation à la réception du CRFMG. Vous pouvez emprunter ces trousse pour une période d'environ deux semaines et les consulter à loisir. Pendant la saison des affectations, vous voudrez peut-être nous appeler d'abord pour vous assurer que la trousse que vous voulez est disponible avant de vous présenter en personne.

Nous avons également les coordonnées d'autres CRFM au Centre et en ligne ([www.greenwoodmfr.ca](http://www.greenwoodmfr.ca)) afin de communiquer avec eux pour obtenir votre trousse de bienvenue ou des renseignements précis sur la région.

Si vous avez des personnes à charge, nous vous recommandons de communiquer avec le CRFM de votre lieu d'affectation avant votre arrivée pour vous renseigner sur les programmes préscolaires et scolaires (écoles, modalités d'inscription, etc.) vous pouvez obtenir une liste des médecins qui acceptent de nouveaux patients (s'il y en a!). Si vous avez des enfants qui ont des besoins éducatifs

spéciaux, le CRFM local sera en mesure de vous fournir de l'aide et des renseignements.

N'oubliez pas les sentiments de vos enfants! Le CRFM de Greenwood a, dans sa bibliothèque, des ressources pour aider les enfants et les adolescents à composer avec la réinstallation. Les ressources sont disponibles à la réception du CRFMG. Venez voir ce que nous avons à offrir ou visitez notre site Web ([www.greenwoodmfr.ca](http://www.greenwoodmfr.ca)) pour une liste complète des ressources offertes. Aussi, veuillez visiter le tout nouveau site Web ([www.navigateurfamiliale.ca](http://www.navigateurfamiliale.ca)) pour une trousse d'outils en ligne pour familles avec des responsabilités et des besoins spéciaux.. Si vous avez besoin d'assistance pour aider votre famille à composer

avec la réinstallation, veuillez communiquer avec notre coordonnateur de la prévention, du soutien et de l'intervention au 765-1494, poste 1811. Pour plus de renseignements sur ces services, communiquez avec le CRFM de Greenwood au 765-5611. Nous vous souhaitons le meilleur des succès dans votre affectation.

## ComParrot<sup>®</sup> by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



[www.comparrotpuzzles.com](http://www.comparrotpuzzles.com) © 2009 Bonnie J. Malcolm



Solution: 1. Leaf appears on flower behind stump. 2. Ear on bunny slipper is hidden. 3. Stripe appears on egg. 4. Bunny's tail is colored in. 5. Pocket on girl's sweater is colored in. 6. Center of bow is colored in. 7. Pattern on skirt is different. 8. Ear on girl's hood is different. 9. Flower behind girl has moved. 10. Ribbon on basket is taller. 11. Tree trunk is longer. 12. Sun appears.

Com Parrot brought to you compliments of:

## PATRICK'S PUZZLE

### What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?



ANSWERS: 1. Missing purple circle 2. Rabbit is yellow not pink 3. An egg is missing from the basket 4. Colored egg missing stripes

Patrick's Puzzle brought to you compliments of:

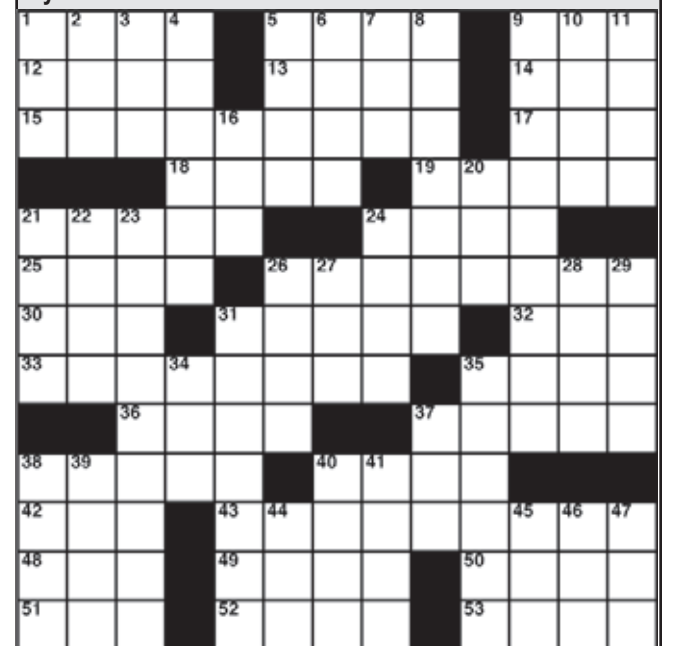


## Canadiana Crossword

### At Eastertide

Solution page 22

By Bernice Rosella and James Kilner



- |                                    |                                  |                                  |
|------------------------------------|----------------------------------|----------------------------------|
| <b>ACROSS</b>                      | 38 Clan chief                    | 11 Univ. figure                  |
| 1 Blitz                            | 40 Playlet                       | 16 Appropriate                   |
| 5 Moonfish                         | 42 Possesses                     | 20 Meadow                        |
| 9 Blame, slangily                  | 43 Part 5 of our Easter Greeting | 21 Specification, for short      |
| 12 Daminozide                      | 48 Suffix denoting practitioner  | 22 Chop up                       |
| 13 Talk show host                  | 49 Afrikaans                     | 23 Blots out the sun             |
| 14 Ever, poetically                | 50 Bullocks                      | 24 Paddles                       |
| 15 Part 7 of our Easter greeting   | 51 Peter and Paul (abbr.)        | 26 Prefix denoting outer         |
| 17 RN e.g.                         | 52 Well                          | 27 Roman 1101                    |
| 18 Essence                         | 53 Succeeding                    | 28 Fencing sword                 |
| 19 Haughty                         |                                  | 29 Planed                        |
| 21 Part 3 of our Easter greeting   |                                  | 31 Facets                        |
| 24 Ace                             | <b>DOWN</b>                      | 34 Baker-Finch or Fleming        |
| 25 Improve a road                  | 1 Evil                           | 35 Gourd                         |
| 26 Gives off                       | 2 Palm leaf paper                | 37 Josh                          |
| 30 Dauphin to Winnipeg dir.        | 3 Calendar month                 | 38 Part 6 of our Easter Greeting |
| 31 African Capital                 | 4 Sturdy shoe                    | 39 Biblical have                 |
| 32 Environmental org.              | 5 Alberta town                   | 40 Castigate                     |
| 33 Part one of our Easter greeting | 6 Organic combustible            | 41 Sea weeds                     |
| 35 Squad                           | 7 Time and place                 | 44 Water, to some                |
| 36 Mafia figure                    | 8 Part 4 of our Easter greeting  | 45 Sever                         |
| 37 Part 2 of our Easter greeting   | 9 Journalists                    | 46 Ritter for one                |
|                                    | 10 About aviation                | 47 Frodo friend                  |

Weekly Crossword brought to you compliments of:

## BEST TOYOTA

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(902) 678-6000



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Greenwood  
765-6381

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74 Commercial Street  
P.O. Box 700  
Middleton, NS  
B0S 1P0

# Classified Ads

To place a Classified Ad by Word Count call Keith Pinkerton at 765-1494 local 5440. The Aurora Newspaper office is located on School Road, Morfee Annex, 14 Wing Greenwood. Email classifieds to aurora@auroranewspaper.com. Fax: 765-1717.

For information on Placing a Boxed Business Ad in the Classified Section call Anne Kempton at 765-1494 local 5833. Business or Boxed Ad Sizes for the Classified Page Range from 1 Column to 7 Columns.

Classified advertisements, 35 words or less, \$6.00 including tax. Additional words are 10 cents each plus tax. \$1.00 extra for bold. If you require a receipt and/or invoice via Canada Post a surcharge of \$1.00 including tax will be added. Classified advertising must be prepaid and be in our office no later than 12:00 noon Wednesday previous to publication. Acceptable payment methods include VISA, MasterCard, AMEX or Debit or Cash. Classified advertisements can be accepted by telephone if paying by Credit Card. The Aurora Newspaper is not responsible for the products and/or services advertised in this section. Readers should exercise their best judgement with the content.

## FOR SALE

FOR SALE - Mobile home in Wilmot 2/3 bedrooms, 4 Danny St (across from Frenchy's). Recently renovated, new roof, some new windows, neutral paint throughout, fridge/stove, dishwasher and shed included. Asking \$39,900 call 765-9127 after 4:00p.m.

FOR SALE - Must sell. Moving to smaller place. Canadian made 42"

**Firewood for Sale**  
Cut, split, and delivered.  
**Cordage guaranteed.**  
Taking orders now. Contact David Charlton @ 825-6111 (leave message) or 760-1199

**RALPH FREEMAN MOTORS LTD.**  
**Esso**  
**YOUR LOCAL USED CAR DEALER**  
**Licensed Mechanic Available on Site**  
•Rust Check  
•U-Haul Dealer  
www.freemansautosales.com  
820 Main Street, Kingston  
**765-2544 765-2555**

round oak table and 4 chairs, 5 years old, table expands to 42"x60" with leaf in place. Great condition. \$400.00 (OBO). Men's Raleigh "Summit" mountain bike, 18 speed, comes with helmet, locking rear carrier and removable fenders. Like new, \$125.00. Computer system including computer cart (Staples #568054) and high back exec chair, 20.1 Sceptre LCD wide-screen monitor with DVI cable, Logitech Z-10 interactive multimedia speaker system, Microsoft wireless keyboard and mouse, fast computer (call for details) \$650.00

**GUITAR GURU GUITAR LESSONS**  
Play & Learn in our comfortable home studio  
Electric or Acoustic Guitar  
All ages, all styles of music  
Beginner to Advanced  
Over 26 years experience  
Call Steve 825-6553

**Future Glass and Mirror Ltd.**  
Sampson Dr., Greenwood  
**902-765-2105**  
SPECIALIZING REPAIRS/  
REPLACEMENTS OF  
WINDSHIELDS  
ALSO: \*plateglass \*mirrors  
\*plexiglass  
\* vehicle accessories  
\* window & screen repairs  
Many Used Windshields  
Available at Reduced Prices  
"INSURANCE CLAIMS  
OUR SPECIALTY"

complete (OBO). Phone 765-2212 anytime. (3012-2tp)

FOR SALE - Newly renovated mini home, 1938 Glebe Rd, Greenwood 3/4+acres, paved drive and garage \$72,000 Call 765-4644 (3012-ufn)

FOR SALE - Cremation Urns, 2 styles available in three sizes - small \$15.00, Medium \$25.00 and large \$35.00, available in gold, maroon and almond. Stone like surface Located at 3884 #1 Hwy South Berwick. Call 902-538-7141 Dorothy Fraser (3013-4tp)

FOR SALE - 1999 Pontiac Sunfire, 144,000km, white in color, automatic, air, 4 dr, inspected until Sept 09. Also all kinds of ash handles. Pee Vees and axes Call 765-4936 (3014-2tp)

FOR SALE - Lift chair - Used one month. Asking \$650 obo For more information please

**FOR SALE FIREWOOD**  
Clear Hardwood  
Cut, Split and Delivered  
Quality Guaranteed  
Please Phone  
**825-3361**

**SHAY TIRE LIMITED**  
We specialize in mechanical repairs from brakes to MVIs to alignments. We care about your vehicle!  
4241 Highway #1, Berwick  
**(902) 538-1155 1-877-440-4432**

call 765-8416. (3014-3tp)

**FOR RENT**  
FOR RENT - Retirement apartments. New, 2 bedroom unit in seniors complex Kingston. Ground level, walking distance to all amenities. \$690.00 per month plus utilities. Guaranteed no rent increase. Call 1-902-825-6929. (3002-12tp)

FOR RENT - KINGSTON 3 bedroom house with fridge/stove. \$550.00 per month plus utilities. For more info contact Glengary Properties Management at 765-2421. (3013-ufn)

FOR RENT - 2 bedroom apartment located on Main St in Kingston. Fridge/stove, heat and power included. Centrally located, \$660.00 per month. Non-smoker and pets must be neutered. Call 765-0767 for more information. (3013-3tp)

**ENGLAND We Buy FURNITURE**  
By the piece or lot.  
We do local moving  
**765-4430**  
812 Maple Street Ext., Kingston

FOR RENT - Greenwood, near Zellers. 2 bedroom adult apartment. Fridge/stove, lawn care and paved parking provided. Utilities extra, no pets please \$480.00 per month Call 765-8203 (3012-4tp)

FOR RENT - 2 bedroom mini-home \$575 per mos plus utilities. Contact D. Wade at 765-4101. Also a lower level 3 bedroom duplex. \$550 per month plus utilities (Duplex available May) Call 765-4206. Both rentals are located in the subdivision behind the Greenwood Mall. Fridge/stove, lawn care and snow ploughing included. (3013-ufn)

FOR RENT - Charming 4 bedroom house in Middleton. Walking distance to schools and shopping. Easy to heat, no pets permitted. \$750.00 per month plus utilities. Phone 825-4747 (3013-2tp)

ROOM FOR RENT - Mature non-smoker to rent room in Fales River S/D. \$110.00 per week. All facilities and amenities available. Seniors welcome call 765-

**CLEAR FIREWOOD FOR SALE**  
Hard wood \$195 a cord  
Popple wood \$150 a cord  
**Split, Cut, Delivered**  
**825-8525 or 825-4930**

**Power of Sales**  
Posted to Borden? Free weekly list of repossessed properties.  
Barrie, Angus, Essa  
www.PowerOfSaleBarrie.ca  
Wilkinson Realty, Brokerage

**JASON BEANSON ROOFING & CONSTRUCTION**  
9594 South Farmington  
RR1 Wilmot, NS BOP 1W0  
840-0552  
Specializing in Roofing • Free Estimates

## SERVICES

**DROP & LOCK STORAGE** - Kingston/Greenwood's newest building, clean, secure self storage your lock—your security code sizes: 10' x 10' or 5' x 10' 847-1405 or 760-0278. (2903-ufn)

**SERVICE - Self Storage** located in Kingston, units available 5'x12', 5'x13', 8'x10'. Prices vary call 825-3607. (2931-ufn)

**SERVICE - Bilingual handyman** carpenter available, 25 years of experience with finish work, flooring, stairs, tile work and more. Reasonable rates - flexible hours Call Mike at 242-2465 (3011-4tp)

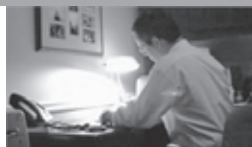
**SERVICE - Wilmot Self Storage.** Newer building, clean secure units, 10'x12', 8'x12' and 10'x15', prices vary. Call 825-3452 (3012-1tp)

**CHILDCARE PROVIDER** - Would like to take care of children in my home, Mon-Fri. Excellent care, 25 years experience. Snacks and lunch provided, reasonable rates, call Rhonda at 765-3092. (3014-1tp)

**WANTED**  
WANTED - Esthetician, great job opportunity. Please call Stark Headquarters at 765-8850 or 765-9113 (3014-1tp)

## David A. Proudfoot

Barrister \* Solicitor \* Notary  
811 Central Avenue, PO Box 100  
Greenwood, NS B0P 1N0  
Email: **dap@dauidproudfoot.com**  
Web: **www.dauidproudfoot.com**  
T: 902-765-3301 F: 902-765-6493

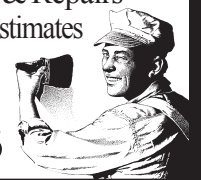


- Real Estate
- Family Law
- Wills / Estates
- Litigation
- Incorporations
- Consultations / Referrals

Visit us on the web @ [www.auroranewspaper.com](http://www.auroranewspaper.com)

## MRRM Painting Services

Interior/Exterior Painting & Repairs  
All Work Guaranteed - Free Estimates  
References On Request  
Senior & Military Discounts  
**902-848-6663**



## Crossword Solution

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

## Souper afin d'honorer les bénévoles actifs du Centre de ressources pour les familles militaires de Greenwood

Au nom du conseil d'administration et employés du CRFMG, nous désirons inviter tous nos bénévoles actifs à un souper d'appréciation en leur honneur. Le souper aura lieu le jeudi, 23 avril 2009, de 18h00 à 22h30, au Mess Annapolis.

Joignez-vous à nous pour passer une soirée remplie de plaisirs, d'amitié et de célébration! S.V.P. indiquez-nous votre présence en téléphonant au 765-5611. Un remerciement spécial à RARM, donateur et supporteur de cet événement!

## Greenwood Military Family Resource Centre Volunteer Appreciation Dinner

On behalf of the Board of Directors and Staff, all registered GMFRC Volunteer are invited to attend our upcoming Appreciation Dinner to be held on Thursday - April 23, 2009 from 6:00 - 10:30 pm. This event will be held at the Annapolis Mess.

Please join us for an evening of fun, friendship, and celebration! Please call 765-5611 to register! A special thank you to SISIP, our national sponsor of this event!



# Kingston Greenwood Minor Baseball Registration

Kingston Greenwood Minor Baseball Association will be accepting registration for the 2009 baseball season at the Greenwood Mall on the following dates and times:

Friday, April 17, and 24 from 6:00 – 8:00 p.m.  
 Saturday, April 11, 18, and 25 from 11:00 a.m. – 1:00 p.m.  
 The fees remain the same as last year and are as follows:  
 Rookie (ages 5-8) \$40.00  
 Mosquito (ages 9-11) \$70.00  
 PeeWee (ages 12-13) \$80.00  
 Bantam (ages 14-15) \$90.00  
 \*After April 30th there will be a fee of \$20.00 for any late registration.  
 A \$50.00 cheque is required for uniform deposit.  
 For more information, contact Alicia Arenburg at 765-3249 or by email at [alicianleroy@eastlink.ca](mailto:alicianleroy@eastlink.ca)

# Skater of the Week

The Greenwood Skating Club Presents the Berwick Building Supplies Skater of the Week.

Name: Adriannah Miller  
 Age: 11  
 School: Annapolis East Elementary School Grade: 6  
 Skating Level: Junior StarSkater  
 Coaches: Ann Young and Cheryl Gaston  
 Started Skating: 9 years old  
 Highest Tests Passed: CanSkate level 6  
 Favourite Part of Skating: Waltz Jumps  
 Other Hobbies: Reading and Drawing




## 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](mailto:dixon.k@forces.gc.ca)

### Easter on the Wing

Date: Saturday, April 11<sup>th</sup>, 2009  
 Time: 1:00 pm – 3:00 pm  
 Where: 14 Wing Community Centre in the gym  
 Age: Children must be accompanied by an adult during this event  
 Cost: Free  
 Registration Deadline: Families *must* pre-register by Wednesday, April 8th 2009

Hop on over to our Easter on the Wing! We'll hunt for Easter eggs hidden by the Easter bunny and be entertained with a fun-filled magic show. We'll have treats, make crafts, and decorate cookies. The GMFRC and the 14 Wing Community Centre is co-sponsoring to bring you another great event. The egg hunt will take place outside (weather permitting), at 1:00 pm, please dress accordingly. Please register by calling the GMFRC reception at 765-5611.



### Alternative Dispute Resolution

**Greenwood Dispute Resolution Centre**

- 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 (MFR), School Road or for a DRC nearest you National Phone Number: 1-888-589-1750

**Call 5530**

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

## 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](http://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       |





Season Opens: May  
Long Weekend 2009  
Closes: Thanksgiving  
Weekend 2009



Bookings for 2009 Season start 1 April 2009

## Get Away From It All!

### Call 765-1494 ext 5341

Make Your Stay, a Lake Pleasant One!!!

Available to: CF Military Regular/Reserve/Retired Members, DND Employees, NPF-PSP Personnel

| Cottage Contents                                                                                                                                                                                                                                                                                                                                               | Amenities                                                                                                                                                                                                                                                                                                        | Your Responsibilities                                                                                                                                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Fridge/Stove (full size)</li> <li>• Beds (3)<br/>2 singles, 1 double</li> <li>• Microwave</li> <li>• Toaster Oven</li> <li>• Sofa</li> <li>• Clock Radio</li> <li>• Table &amp; Chairs</li> <li>• Kettle</li> <li>• Fire Pits</li> <li>• Barbeque (full size)</li> <li>• Patio Furniture</li> <li>• TV/VCR</li> </ul> | <ul style="list-style-type: none"> <li>• Club House</li> <li>• Games Room</li> <li>• Canoe/Paddle Boat Rental</li> <li>• Shower Facility</li> <li>• Laundry Facility</li> <li>• Beach (unsupervised)</li> <li>• Canteen (seasonal)</li> <li>• Firewood</li> <li>• Hay Rides</li> <li>• Special Events</li> </ul> | <ul style="list-style-type: none"> <li>• Food and Beverages</li> <li>• Linen</li> <li>• Utensils/dishes</li> <li>• Pots &amp; Pans</li> <li>• Other conveniences</li> </ul> <p style="text-align: center;">required to make your stay an enjoyable one</p> |

| Cottage Rentals                             | Rec Card Holders | Non-Rec Card Holders |
|---------------------------------------------|------------------|----------------------|
| Day                                         | \$30.00          | \$35.00              |
| Week / 7 nights                             | \$210.00         | \$245.00             |
| • includes 13% HST                          |                  |                      |
| Damage Deposit for all Cabins is \$50/Cabin |                  |                      |

## Lake Pleasant Campers Club • Cabin Rental



The cabin sleeps six and consists of a kitchen complete with fridge and stove, hot and cold water, electric heat, living room, patio deck, outside fire pit, and a great view of the lake. The kitchen is set up with an electric kettle, toaster, microwave, cutlery, dishes including mugs, glasses, bowls, pots and pans.

The only items you must provide include bedding, food and other convenience items to make your stay a pleasant one.

**To book the cabin:**  
Call 902-547-2882

**Bookings can be of 2 weeks duration.**  
Check in time – 1300 hrs  
Check out time – 1100 hrs

**Members with Rec Card:**  
\$35.00 per night  
\$210.00 per week (Monday to Sunday)

**Non Members:**  
\$40.00 per night  
\$240.00 per week

[www.lakepleasant.ca](http://www.lakepleasant.ca)

# For the Birds

By: Patrick Giffin

Edna and Ken Brunt had 50+, American Robins *Fly-in*, on 24Mar: fortunately there was some fruit on their Flowering Crabapple tree that the Bohemians Waxwings had not eaten. The robins made short work of the leftovers and Edna

knew she had to come up with some groceries in a hurry! Fortunately, she knew of a reliable source of unmarketable, apples that were available on short notice! Since this was an emergency, Edna supplied a "few" first class, frozen, strawberries to sustain the

robins while she went for the apples! Briefly, a robin's diet consists of invertebrates and fruit, so the apples will be just fine until the snow disappears and the worms and raspberries show up!

Peggy has seen Northern Cardinals near the Housing



(For the Birds – Harlequins at Port George, by: Richard Stern)

Commission Offices in Middleton. Let's hope the town has a birdseed budget!

In Greenwood, Tony Chaulk wrote: "I was watching this crow on the back of my neighbour's car and it was cawing and then pecking at the glass of the back window, then pecking and pulling the rear-window, wiper blade, stripping the rubber off of it! Later today, the crow was at the front windshield doing the same, stripping the rubber off the front windshield wiper blades. Then the crow would sit on a shrub near the car and continue to "CAW" loudly. Could this be the crow seeing a reflection of it-self and thinking it is another crow, trying to defend its mate and territory? I feel sorry for my neighbours, as now they need to replace a couple of wiper blades. The spring invasion continues with more and more Grackles and Red Winged Blackbirds taking up daily positions at the bird feeders. I really like how the

Grackles stick their beaks up in the air at each other!" Thanks for the report Tony, hope the police aren't looking for a human vandal! The crows peering at your neighbour's car windows see the reflection of all the trees, bushes and branches that are within line of sight of the windows. My guess is that the wiper blades are the only removable, "branches" the crow can get its bill around to satisfy its need for nesting, material! Perhaps our readers can come up with other reasons. According to my sources your, "stick their beaks up in the air at each other" is officially called, "Bill-Up Display or Head-Held-Up Display" and is a threat display used when a male grackle is approached by another male, the only acceptable response would be the departure of the arriving, male. Outside of the breeding season the "Bill-Up Display" may also be directed at an unwelcome female, it has not been observed in use by mated pairs. Ref: [Peer, Brian D. and Eric K. Bollinger. 1997. Common Grackle (*Quiscalus quiscula*), The Birds of North America Online (A. Poole, Ed.). Ithaca: Cornell Lab of Ornithology; Retrieved from the Birds of North America Online: <http://bna.birds.cornell.edu/bna/species/271> doi:10.2173/bna.271]

Mick McKnight sighted a single, adult, male, Bufflehead in the Black River. The Buffleheads are with us for the winter, then off to Ont., Prairie Provinces, BC, Alaska, and NWT, where they nest in tree cavities. A "Snowbird" has seen, Pelican Charity in action, for example, "We have often seen Pelicans hanging around the beach within 100 yards of a wildlife refuge over the years. They may have been birds, which were brought back to health and released, or perhaps they figured that food was going to be provided. One day, we saw a pelican in front of the Refuge. It was an older bird and not in very good shape. It was flopping around and appeared unable to fly. We wondered if the staff at the refuge would be taking it in. While we watched, a healthy Pelican flew in and regurgitated food for the ill bird to take the food." This is a good thing!

On Friday, March 27, Brenda & Bill Thexton saw a total of 14 Harlequin Ducks along the shore at Port George. These ducks are among the most attractive species that spend the winter in NS, it is worth a trip to see them before they head to their breeding grounds in northern Que., Labrador, BC, NWT, and Alaska. We are at: 765-8688, [p\\_giffin@hotmail.com](mailto:p_giffin@hotmail.com).

## A Special Visit at GMFRC!

On March 12, 2009 the Greenwood MFRC had the honour to receive a visit from Col DW Joyce, CWO JK Hamalainen, and LCol PJ Smith McBride. It was wonderful to see the support from 14 Wing to the Deployed Members and their Families. Pictured here our guests are viewing the contents of the Easter Packages that we are sending over to our Deployed Troops overseas. It was great to get their smiles of approval.



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