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The Aurora

newspaper



A surprise visitor to the Greenwood Military Aviation Museum, was Mister Bjarni Tryggvason, Canadian Astronaut and pilot of the Silver Dart replica, who spoke with the children from Kentville's, Kings County Academy, about his experiences as an astronaut.

Full story on page 2.

(photo: Pte Gerald Cormier, Image Tech, 14 Wing Imaging)

A Big Surprise for Flight Ed on April 1st

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A Big Surprise for Flight Ed on April 1st



The children from Kings County Academy in Kentville during their visit to the Greenwood Military Aviation Museum.



Museum General Manager, Major Richard LeBlanc right, presented Mister Bjarni Tryggvason with a photo of the Silver Dart Replica that he flew in Baddeck on February 22 of this year.

(photos: Pte Gerald Cormier, 14 Wing Imaging)

nary surprise on their visit to the Greenwood Military Aviation Museum on Wednesday, April 1, 2009. The visit was part of the museums Flight Education (Flight Ed) program that is run periodically throughout the year. The program allows students from various schools in Nova Scotia to visit the museum and talk to present and former Air Force personnel while learning about the history of the Wing and the Air Force.

At the end of their scheduled two and a half hour session of demonstrations and history, the Museum General Manager, Major Richard LeBlanc then surprised them with a visit from a special guest: Mr. Bjarni Tryggvason, former astronaut, pilot, engineer, teacher and most recently, the pilot of the Silver Dart Replica that flew in Baddeck, Nova Scotia on February 22, 2009 to mark the 100th Anniversary of Flight in

Canada.

Mr. Tryggvason then captivated the students with a twenty five minute talk that included his experiences on his Space Shuttle flight which occurred on August 7, 1997 where he was the payload specialist on board the Shuttle Discovery. The twelve day mission included science experiments to help better understand spacecraft vibrations on the Shuttle and the effects the vibrations may have on experiments done in space.

The former astronaut concluded his visit by answering questions from his captivated audience for several minutes and left them in awe to ponder what it would be like to travel and work in space. This April Fools day will definitely be one to remember for the students of the Kings County Academy and perhaps spur one of them into space themselves!

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Cover Story.

By Wayne Bailey
The students from the

Kings County Academy in Kentville were the happy recipients of an extraordi-

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RCAF Mess Dinner

This year marks the distinction of the centennial of powered flight in Canada, and the 85th anniversary of the RCAF. To mark the event a formal mess dinner was held at 14

Wing Greenwood, Nova Scotia featuring a Silver Dart replica, a newly restored Anson of the Greenwood Aviation Museum, and a Zenair aircraft restored by Air Cadets.



Captain Tsai-Lamoureux on left receives a 14 Wing Greenwood Commander's Leadership Award Officer from Colonel Joyce at the 2009 Royal Canadian Air Force (RCAF) Mess Dinner inside 14 Hangar at 14 Wing Greenwood, Nova Scotia.



Sergeant Keddy on left receives a 14 Wing Greenwood Commander's Leadership Award Non-Commissioned Member from Colonel Joyce at the 2009 Royal Canadian Air Force (RCAF) Mess Dinner inside 14 Hangar at 14 Wing Greenwood, Nova Scotia.

(photos by: Private Gerald Cormier, 14 Wing Imaging)

Lost and Found

Submitted by: Sgt Joanne Bergman, Cmre, Evidence / Property Custodian, 14 Wing MP Det. (902) 765-1494 ext 5751

The following items of found property are being held at 3 Maple Evidence/Property room, 14 Wing Greenwood, NS. An owner wishing to claim one of these items may do so after properly identifying the respective item. Persons having any questions in regards to this property may contact Joanne Bergman (Found Property Custodian) at 765-1494 ext. 5751, between 0800 hrs and 1600 hrs, Monday – Friday

1 Bicycle

Matériel retrouvé

Les objets suivants font parti du matériel retrouvé et sont présentement gardés à la Police Militaire, section de 3 rue Maple, salle de l'évidence/propriété, 14 Escadre, Greenwood, N.-É. Un propriétaire désirant réclamer un de ces objets, peut le faire en l'identifiant convenablement. Si vous avez des questions à propos du matériel trouvé, vous n'avez qu'à contacter Joanne Bergman (gardien désigné du matériel trouvé) aux 765-1494 postes 5751, entre 0800 h et 1600 h, du lundi au vendredi.

1 Bicyclette

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The F&S Centre Weight Room Closed for Reno



The F&S weight room will be closed Thursday April 16th and Friday April 17th to allow for new renovations to be completed. New equipment additions will include a torso rotation for core, a comfortable pec dec for chest and back, a hammer pulldown for back, two leg curl machines, and numerous ergonomic free weights and racks. In addition, a Matrix universal machine has been recently placed along the track for everyone to use. Our new weight room layout will be a more user friendly set up; it will be laid out to maxi-

mize space, increase safety, and be more time efficient by adding the bonus of a circuit machine routine.

The F&S Staff would like to thank everyone for their input throughout the past few weeks. If you have any questions or would like to help on either of these days please contact Josh Leddicote at the F&S Centre ext 5100 or josh.leddicote@forces.gc.ca. Sorry for any inconvenience this may cause. Providing there are no complications during the restructuring the new weight room will re-open Saturday April 18th.



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It's a time for Change at the Fitness & Sports Centre

Spring is here and so are our new hours. Due to some of our military demands, a review of the facility usage during our hours of operation and some budget evaluations a new schedule has been develop to satisfy our military requirements and meet the needs for the majority of our users; although we know we can't make everyone happy. In addition to our new building hours our building renovations are still in the works. The gym floor is anticipated to be open starting April 30, the mezzanine in Sports Stores is still under construction and will provide us with a huge amount of additional storage and new lighting in the pool is coming in the next few weeks.

We thank every one for their patience as well as their continued patronage please watch The Aurora Newspaper for our Grand Opening date to debut our renovations.

New Hours of Operation

Mon – Thu	0530 – 2100
Fri	0530 – 2000
Sat	0830 – 1900
Sun	1230 – 2000

Please note: Mon – Fri from 0530 – 0830 and 1130 – 1300 is restricted to only Military, DND and NPF, some exceptions apply with written permission from the F&S Director.

Updated Pool Hours

Casual Swim Times	
Tue & Thu	1845 – 2015
Wed	1930 – 2030
Sat & Sun	1315 – 1500

Mil/NPF/DND Lane

Mon, Wed & Fri	0530 – 0730
Mon – Fri	1130 – 1300

Adult Lane

Mon – Fri	1300 – 1400
Mon & Wed	1830 – 1930
Sat & Sun	1500 – 1600

Parent and Tot

Mon, Wed & Fri	1030 – 1130
Sat & Sun	1500 – 1600

Aquacise

Mon, Wed & Fri	0830 – 0930
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Party Bookings

Sat & Sun	1600 – 1800
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Summer Equipment

It is that time of year when people are thinking about summertime activities. Come to the Fitness and Sports Centre to reserve your Canoes, Kayaks and Mountain Bikes. All equipment will be available to all Military, DND and NPF customers. Canoes can be signed out for the weekend and during the week on a special request, the mountain bikes are signed out during the week on a 4 hour time limit and special request on the weekends. You can contact Dean Peach or Angela Chenier at local 5106 or drop in to the Fitness Centre Sport Stores.

Get active and enjoy the sunshine!

Blood Donor Clinic

By Eric MacKenzie

Here's your opportunity to save lives! It is once again time to roll up your sleeves and take the time to give blood. Canadian Blood Services will be holding another donor clinic at the 14 Wing Greenwood Community Centre on Tuesday April 21st. Donors can either give during the 12:00 p.m. – 3:00 p.m. time slot or the 5:00 p.m. – 8:00 p.m.

evening slot on Tuesday the 21st. If you are interested in giving blood, please ensure that you bring identification with your full name and signature or full name and photograph. New donors are welcome!

This clinic is made possible by the generous support from McDonald's and Tim Hortons. If you are interested in more information please

call Eric MacKenzie at 765-1494 ext. 5337, and if you wish to book an appointment, please call 1-888-236-6283.



Canadian Blood Services
it's in you to give

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Kingston Lions Support Local High School Students



The Kingston Lions added their support to three West Kings District High School students who were selected for Leadership Training aboard Tall Ship HMCS Oriole in Victoria BC.

Pictured are King Lion Hugh Moore presenting a cheque to students Russell Pollard, Brittany Snow and Valerie Paquette.

YOU AUTO KNOW

~ Nitrogen Tire Inflation ~

Nitrogen is all around us, says Jim Luddington, Service Manager for Canadian Tire Greenwood. When used to replace oxygen and other gases in tire inflation, it enhances handling, improves fuel efficiency, extends tire life, protects the Earth and, most importantly, keeps you safer on the road.

By reducing the percentage of oxygen, water vapour and other gases in your tires for 22% to 7% or lower, your tires will maintain proper pressure longer than if you use "plain old air." For example, with 95% nitrogen in your tires, they retain optimal pressure three to four times longer, states Jim.

Proper tire pressure is a big deal. Maintain it with nitrogen, and you will see these **three primary benefits:**

- Increased Fuel Efficiency - Correct tire pressure keeps the manufacturer's recommended "contact Patch" on the road. This lessens the rolling resistance and maximizes fuel efficiency.
- Longer Tire Life - When it

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- Increased Safety - Under-inflated tires cause 90% of blowouts. Nitrogen provides more reliable pressure for reduced blowout potential.

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- Improved TPMS Performance - If you have a new car, you likely are plagued by a flashing light telling you your tire pressure is low. For example, one woman's light was going off every four to five weeks. After inflating with nitrogen, her

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- More Predictable Pressure Fluctuation - NASCAR teams use nitrogen so they can more accurately predict tire pressure fluctuation. Regular compressed air can fluctuate considerably when water vapour is present.
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Thank You

The family of late Sgt (Ret) Ken MacRae would like to thank everyone for the tremendous support during this difficult time. 14 Wing Greenwood and Queen of Heaven Chapel's support and service was and is excellent during this time of grief and need. All of the prayers, condolences, and support by friends, family and Wings across the country as well as neighbours here in NS is also greatly appreciated. I also want to thank the Honour Guard, Camp Aldershot, DGADR and 26 Field Regiment for their support. Please know that I would like to mention all of you individually, however the list is endless, which shows the large hearts of the CF, and our friends. Thank you again. Tracey Everett and Family.

The Opp Shop Needs Your Support

Submitted by: **Rae Margeson**

The Opportunity Shop is a non-profit organization operated by the Greenwood Health Auxiliary. It sells used clothing and small household items, and is located two doors from the Inside Story in the Greenwood Mall. This shop is the main fundraiser for the Greenwood Health Auxiliary, therefore enabling them to contribute to various health care related services. Disbursements totalling over

\$10,000.00 were distributed as follows:

- Soldiers Memorial Hospital** \$5390.00
 - VON Annapolis Valley Branch** \$1000.00
 - Western Kings Memorial Health Center** \$1000.00
 - Valley Regional Hospital** \$1000.00
 - IWK** \$500.00
 - Pharmasave Shuttle Bus** \$500.00
 - Fidelis House** \$500.00
 - Bursaries of** \$500.00 each
- will be presented to 2 high school graduates entering a health related facility in June.**



Volunteers working at the shop are: (L-R) Mary Osmond, Gertie Hardiman, Lina Henderson, Pat Walker

The items of used clothing and household articles are donated by the community and surrounding areas. We would like to take this opportunity to thank everyone for their do-

nations, and all of those who have volunteered at the Opportunity Shop.

During the last few years, our supply of donations has greatly decreased, therefore depleting our funds by almost half of our regular income. The Opportunity Shop would like to strongly encourage the public to continue dropping-off their used clothing

anytime during mall hours. Please help us continue to serve the hospitals and health-related institutions in your area.

Shop hours are Monday through Saturday, 1:00 p.m. – 3:00 p.m.

For any questions or further information please call Shirley at 765-2658, or, Ida at 765-4251.

ANNOUNCEMENT

Dr Robert Todd

will be leaving the area the end of April.

His patients will be cared for by the Practitioners of the Middleton Collaborative Practice.

For appointments continue to phone 825-1095.

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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



West Kings Alumni Makes Her Mark on University Campus



Chair of Board of Directors Dalhousie University, Dr Jim Spatz presented Amy Florian with the Governor's Medal.

Submitted by Diane Florian

Amy Florian of Greenwood, N.S., WKDHS Grad of 2006, was recently honoured by Dalhousie University that awarded her the coveted Governor's Medal, the university's highest honour in the realm of leadership.

Dalhousie University's Board of Governors award this medal to students in recognition of their contribution to the quality and vitality of the mission of the university through academic accomplishments and involvement in campus life. Only 67 students have received this medal since its conception.

Amy is a third year student pursuing her BSc with combined honours in Biochemistry and Molecular Biology and French.

Amy was chosen for her high academic achievements and exceptional leadership skills, exemplified through student engagement and community service.

Amy has impressively remained on the Dean's list through her academic ca-

reer; she is currently the President of Faculty of Arts Students' Society; V.P. of Golden Key Int'l Honours' Society -Dal. Chapter; Education Commissioner for the Dalhousie Students' Union; and serves on the search committee for a new Dean of Arts to name a few of her campus interests.

Community volunteerism includes: the Canadian Cancer Society and Feed N.S. In addition, Amy was named National Site Coordinator of the Year (2008) for the TD Canada Trust 'Great Canadian Shoreline Clean-up' after successfully leading Dalhousie students in an impressive clean-up of Point Pleasant Park in Halifax.

Amy is a caring individual with great integrity who is motivated to make a positive difference in today's world - the Dalhousie Board of Directors was proud to present her with their medal and hopes her hometown school and community are equally as impressed with Amy as they are!

West Kings Grad Does it Again!

Submitted by Diane Florian

Amy Florian receiving the 2009 Prix de l'Alliance Française from Dalhousie University professors Dr. Black & Dr. Bélanger. Amy was selected, among all students studying French at Dalhousie, to receive this award.

Amy was also awarded the Prix du Consultat général de la France, which was awarded to her by the Consultat général de la France on behalf of the government of France.

The award consists of a full scholarship to attend l'Université Montpellier in Southern France this summer. Bravo Amy!

CUCINA AURORA



Barbecue Beef Sandwiches

- 1/2 small Onion
- 1 tbs. Oil
- 3 tbs. Tomato ketchup
- 1 1/2 cup Pot Roast shredded; and any leftover gravy
- 2 Hamburger buns
- 6 slices Pickles; optional

Sauté onions in oil in a skillet until brown and translucent. Stir in beef and leftover gravy. Add ketchup and let simmer slowly for about 10 minutes. Salt and pepper to taste. Spoon mixture onto hamburger buns and serve with pickle slices.

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Town of Middleton

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2009 SUMMER EMPLOYMENT OPPORTUNITIES

The Town of Middleton is now accepting applications for the following Summer Positions:

- Summer Recreation Coordinator
- Day Camp Director
- Tennis Instructor
- Parks Maintenance Staff
- Day Camp Leaders
- Tourist Bureau Manager
- Tourist Bureau Councilors

Deadline to apply is **Friday, April 24, 2009**. Please forward resumes to:

Town of Middleton
PO Box 340, Middleton, NS B0S 1P0
Phone: 825-6611 Fax: 825-4268
E-mail: recreation@town.middleton.ns.ca

The Middleton Swimming Pool Society is now accepting applications for the following positions for the 2009 outdoor pool season:

- Pool Director
- Assistant Director
- Instructor/Lifeguards

Deadline to apply is **Friday, April 24, 2009**. Please forward resumes to:

Middleton Swimming Pool Society
c/o Town of Middleton, PO Box 340, Middleton, NS B0S 1P0

Please note all the positions mentioned are subject to budget/grant approval. Only candidates selected for an interview will be contacted.

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westhills

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Reading Challenge Record Set

Submitted by: **Andrea Leeson**

The Guinness Book of Records recognised the Canadian reading challenge held in January 2009 as a success. Canada beat the existing record set by the Americans and Canada will be in next year's Guinness Book of Records. Canada did it, thanks to lots of children in our local area and to all our dedicated readers.

GMFRC • Feature of the Week

Employment and Education Services

Coordinator: Stephanie Townsend at 765-1494 local1816 or email at Townsend.SC@forces.gc.ca

Flower Arrangements at the GMFRC

Tuesday, April 21st, 2009

1:00 p.m. – 4:00 p.m.

GMFRC Classroom 2

\$15.00 (10 free spots for GMFRC Volunteers)

Registration Deadline: Friday, April 17th, 2009

Are you itching to let your creative juices flow? Join us as well welcome spring time and warmer weather with floral arranging at the GMFRC! Each participant will create their very own unique floral piece that they can take home and enjoy for weeks to come. This is also a great opportunity to bring friends and enjoy creating a fun masterpiece together. We are hosting this activity to celebrate national volunteer week so even though everyone is welcome, we are offering 10 free spots to registered GMFRC volunteers on a first come first served basis. Sign up quick as spots for this colourful event will go fast!

Two Knights of Columbus Donation Presentations



Submitted by: **Byron McDonald**

Above: Principal Karl West and Breakfast Program Co-ordinator Tammy Oliver of Annapolis East Elementary School accept a donation to their Breakfast Program from Grand Knight Ed Kenny of the Middleton/Greenwood Knights of Columbus.

On the Left: Principal Heather Harris and student Taylor Carty accepting a donation to Kingston Elementary School Breakfast Program from Grand Knight Ed Kenny of the Middleton/Greenwood Knights of Columbus.

(photos by: B. McDonald)

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

NOTICE

FLUSHING OF SEWER MAINS

The Municipality of the County of Kings' Department of Engineering and Public Works wishes to advise customers of the Municipal Sewer Collection Systems that sewer mains will be flushed and cleaned at various locations throughout the County commencing April 14th and continuing through the spring until June 30th.

If you notice odour within your residence or place of business, simply run water in your drains to be certain that all traps are full. As well, now is a good time to check your back flow prevention to ensure there will be no back up into your residence.

Flushing and cleaning of the sewer mains is necessary to prevent future problems and possible sewer back-ups.

The Municipality apologizes for any inconvenience this may cause.

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

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LATE REGISTRATION 2009

Saturday, April 18th

From 2 pm to 5 pm

Greenwood Mall in Front of Cleve's

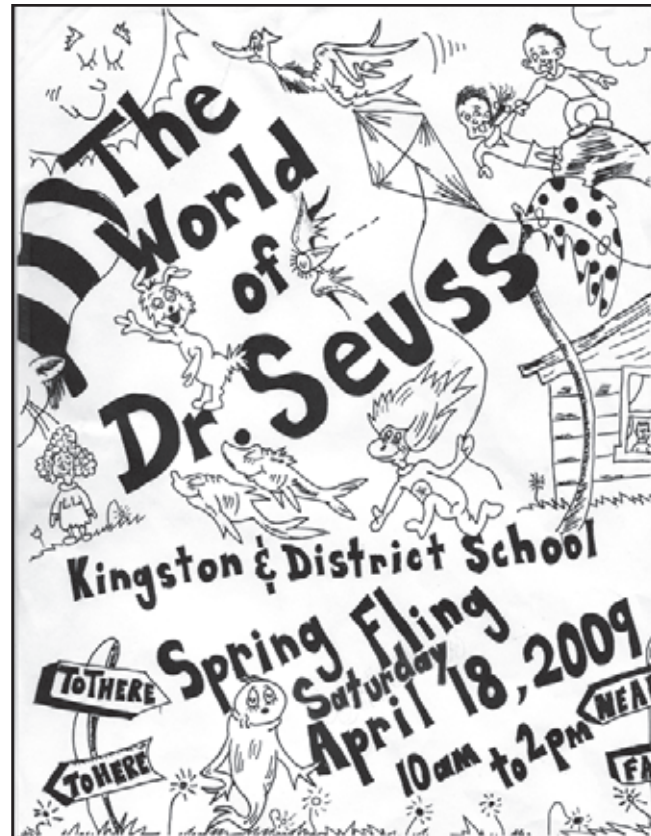
This is your last chance to register for soccer this season

Mens Masters	\$165.00
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U12 & U14	\$130.00
U8 & U10	\$95.00
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- You **MUST** have the player's HEALTH CARD at time of registration and Rec Cards for a \$5 discount.
- You **MUST** have \$50 Jersey deposit cheque per player.

For more information check out our website:
<http://kingstongreenwoodsoccer.org>

Or contact Michelle Cummings (registrar) at 765-3264 or soccer_registration@hotmail.com



14 Wing Health Promotion Spring Programs

Managing Angry Moments

This workshop is for anyone who would like to learn more about how to manage the angry and frustrating times in their life. It IS NOT for treatment or counseling. The MAM program is for anyone who would like to learn more about how to manage times when they feel angry. Stress Management techniques and principles are also discussed. Modern video clips and class discussions are used to promote skill development and action planning. Learn skills that can help you make your thoughts and emotions work for you.

The info and registration date is 14 May 0830-1200 at the F&S Centre.

There are 4 sessions that will run every Thursday from 0830-1200 beginning 21 May and ending 18 June.

Relationship Enhancement Program (REP):

The REP is a basic relationship training program that is a research-based approach to teaching couples how to communicate effectively, prevent breakup, work as a team to solve problems, manage conflicts without damaging closeness, and preserve and enhance love, commitment, and friendship. It's great information.

The REP program will start on 19 May 1300-1530 at the F&S Centre. It will continue to run every Tuesday for 6 sessions.

Top Fuel for Top Performance (TFTP)

Strengthening the Forces will be offering a one and a half-day TFTP workshop on 23-24 April at the F&S centre from 0830-1600 day 1 and 0830-1130 day 2. The workshop will cover the Supplements Dilemma, portion control, how to fuel your body with foods and fluids before, during and after physical activity, and time will be spent on menu planning for activity and sport competition. The TFTP book will be provided to the participants so that they can walk away with an excellent toolbox of information.

Stress Take Charge

The last Stress Management workshop until the fall is 24-25 June at the F&S Centre from 0830-1530 both days. This workshop will provide you with time to identify the stressors in your life as well as recognize the coping mechanisms that you already use, and learn more coping mechanisms so that you can incorporate them into your life. Relaxation and meditation exercises will be introduced and practiced throughout the two days so bring a blanket and pillow if you like. Refreshments and light snacks will also be available. This is a chance for you to get away from it all, meet some new people, relax and take in some great information.

All programs are free and open to military members, their spouse, DND and NPF employees are welcome to attend.

To register contact Edith Tremblay at 765-1494 ext 5388.



Discover

- the NSCC-Annapolis Valley Campus & the Centre of Geographic Sciences (COGS)

Participate

- in the 13th Annual Annapolis Valley Regional Science Fair & NSCC Program Public Viewing

Dates: Thursday, April 16th: 2:00 pm - 7:00pm
Friday April 17th: 9:00 am - 2:00 pm
(Science Fair Public Viewing both days
AVC Program Viewing Thursday only)

Location: NSCC: Annapolis Valley Campus
295 Commercial Street, Middleton, NS

NSCC: Annapolis Valley Campus Programs

- Academic & Career Connections
- Adult Learning Program
- Applied Communication Arts
- Continuing Care
- Cosmetology
- Energy Sustainability
- Engineering Technology
- Esthetics
- Graphic Design
- Information Technology
- Plumbing
- Geographic Sciences
 - Cartography
 - Community & Environmental Planning
 - Geographic Information Systems
 - Remote Sensing Technology
- Geomatics Engineering Technology
- Survey Technician

Contact your school Science Fair Coordinator

Or visit our website: <http://scifair.ednet.ns.ca/AVRSF/>

Or contact: Sarah Tessier (902) 847-4400 Peter Mowat (902) 679-7302

For AVC Program Information phone: (902) 825-2930

AVC.info@nsc.ca www.annapolis.nsc.ca



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
B0P 1R0
765-2800

e-mail: kingsvil@ns.aliantzinc.ca

VILLAGE OF KINGSTON

nscc

Annapolis Valley Campus

Greenwood Minor Basketball Mini Girls Bring It On! The Stingrays Win Gold at the Provincials!

By: Nancy Gullison, GMBA Club President

The Stingrays with coach, Major Paula Fraser and assistant coach Koral Fraser brought their A game this weekend (3-5 April) by winning gold in their division at the Nova Scotia Basketball Provincials in Dartmouth. The tournament had girls from Dartmouth, Prospect, Redcliff,

Sackville and Greenwood. Throughout the tournament, the girls were undefeated winning all five of their games with scores ranging from 2 to 25 point spreads.

In the gold medal game, Greenwood met the Dartmouth Lakers for the second time. Unlike in the first game, in which Greenwood defeated Dartmouth by one basket in regulation time, Greenwood

and Dartmouth were all tied up at the end of the game. Greenwood needed overtime to bring home the gold! It was a real nail biter!

Erica Theisen, Kyra Britney, Emma Gilesie, Alaina Britney and Meagan Youden won Hustle awards for the individual games. Kyra Britney and Emma Gilesie also won awards for Overall Player and MVP for the entire tour-

nament.

Although the girls had a lackluster year leading up to the provincials, the girls and coaches showed a great love for the game and outstanding dedication by

having extra practices and games, after their season was over, to prepare for the provincials. The team's philosophy to do their best, give it their all and have fun doing it - led to a wonderful end to the 2008/9

season. The whole team deserves MVP awards for their hard work, determination and outstanding performance throughout the season and provincials. GREAT WORK, GIRLS!



Back (left to right) Koral Fraser (asst. coach), Alaina Britney, Kyra Britney, Erica Theisen, Emma Gilesie, Martina MacKinnon, Meagan Youden, Maj. Paula Fraser (Coach). Front (left to right) Sarah Garbutt, Haleigh Young, Breanne Gallagher, Paige Gullison.



It's Your Opportunity

We are seeking applications from individuals interested in serving on the volunteer Board of Directors for the Annapolis Valley District Health Authority.

The health authority governs, delivers and evaluates health services for the residents of Annapolis and Kings Counties and endeavours to promote and protect the health of the population in addition to providing regional programs and services for the residents of western Nova Scotia. Facilities include: Annapolis Community Health Centre, Soldiers' Memorial Hospital, Western Kings Memorial Health Centre, Valley Regional Hospital, AVH Chipman and Eastern Kings Memorial Community Health Centre.

Board appointments are selected through two separate processes. One-third of the members are appointed directly by the Minister of Health. Two-thirds are appointed by the Minister from a list of names submitted by the health authority's nominating committee, comprising local individuals representing the district's five Community Health Boards (CHBs).

Upcoming vacancies include:

- ◆ One ministerial appointment from throughout the district
- ◆ One CHB-nominated position from Central Kings County area
- ◆ One CHB-nominated position from Western Kings County area
- ◆ One CHB-nominated position from Annapolis County area

* Although these are current vacancies, we are also receiving applications from other areas of the district in the event of future vacancies.

If local health care is important to you, send in your letter of application for Board membership today. Please include a brief résumé.

Application deadline is May 8, 2009.

For more information on the Annapolis Valley District Health Authority, visit our website at www.avdha.nshealth.ca

MINISTERIAL APPOINTMENTS

Executive Council Office
One Government Place, 6th Floor,
1700 Granville Street
PO Box 2125, Halifax, NS B3J 3B7
Fax: (902) 424-0667
Email: execounc@gov.ns.ca
Website: www.gov.ns.ca/exec_council

CHB NOMINATED APPOINTMENTS

c/o Tricia Cochrane, VP Community Health
Annapolis Valley Health
15 Chipman Drive
Kentville, NS B4N 3V7
Fax: (902) 538-7564
Email: stwohig@avdha.nshealth.ca



The government of Nova Scotia has an Employment Equity Policy and we welcome applications from Aboriginal people, African Nova Scotians, and other racially visible people, persons with disabilities and women. If you are a member of one of the equity groups, you are encouraged to self-identify, on either your application, covering letter or your résumé.

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WHEN: Monday, April 20, from 1 p.m. to 5 p.m.
WHERE: Greenwood MFRC
AVM Morphee Centre
School Road, Greenwood

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QUAND: Lundi 20 avril, de 13 h à 17 h
OÙ: CRFM Greenwood
AVM Morphee Centre
School Road, Greenwood

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Promotions and Presentations

Photos by 14 Wing Imaging unless otherwise stated.



Pte Jeffrey Beyer of 14 AMS receives his first hook, presented by LCol Baird and CWO Gaudreault, CO and SCWO of 404 Squadron. (photo submitted)



Pte Ashleigh Tucesku receives her hook from LCol Garbutt, CO 14 AMS.



MCpl Paul Gillmore receives a 14 AMS Excellence Award from Maj Travis, 14 AMS AMSO on 13 Feb 09.



Private Steliga receives his first hook from A/WATCO Capt Brian Statham.



Corporal Dennis White receives his promotion from WATCO Major Sara Karcha.



Cpl Michael Gillam, an ACS tech in 14 AMS is presented with his three month accelerated promotion. The promotion was presented by LCol Jacobs, Commandant CFSATE, Borden, while Cpl Gillam was attending a course there. (photo by: MCpl Bentley, Image Tech, CFB Borden, Ontario)

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home@greenwoodmfr.ca • Site Web : www.greenwoodmfr.ca

- | | |
|---|--|
| <p>Services de renseignements à la communauté</p> <ul style="list-style-type: none"> • Site Web du CRFMG (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 <p>Services à la famille lors d'un déploiement</p> <ul style="list-style-type: none"> • 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 <p>Service d'information sur l'éducation à l'affectation</p> <p>Programmes pour enfants, jeunes et parents</p> <ul style="list-style-type: none"> • 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 | <p>Programme de prévention, soutien et intervention</p> <ul style="list-style-type: none"> • 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 <p>Services de bénévolat</p> <ul style="list-style-type: none"> • 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) <p>Services de langue seconde</p> <ul style="list-style-type: none"> • Cours de langue seconde • Activités en français • Soirée cinéma en français <p>Programmes pour adultes et services d'aide à l'emploi</p> <ul style="list-style-type: none"> • Cours ou ateliers pour adultes axés sur l'acquisition de connaissances ou de compétences nouvelles • Programmes reliés à la santé et au bien-être • Services en langues secondes • Services aux réservistes • Échange de livres et de magazines • Rencontres sociales • Événements spéciaux • Recherche d'emploi et techniques d'entrevue • Orientation professionnelle et choix de carrière • Liste à jour des emplois disponibles • Préparation de curriculum vitae • Documentation sur le marché du travail • Accès à des programmes de recyclage et de formation • Information sur le recyclage scolaire • Groupe des petites entreprises (pour les conjoint(e)s militaires) • Service de recherche d'emploi pour les jeunes travailleurs |
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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.

Feeling Good about Yourself as a Parent

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

As a parent, our lives are full and demanding. Whether it is work, volunteering commitments, home improvements or going back to school, we need to take

care of ourselves as well as our children. Often parents forget that they need to feel good about themselves in order to be "good" parents. Try to set aside time for yourself, even if in the beginning it is a simple monthly dinner out without the kids, or a trip to the local gym. If you try to hold onto your basic everyday needs,

then your child will eventually respect those needs too as he or she gets a little older. Being aware of what your needs are today will help you feel less "drained" tomorrow. Sure, this is not always an easy thing to do – sometimes we feel guilty for thinking of ourselves or have become use to putting others first

that we have pretty much forgotten how to talk care of ourselves.

A few simple tips on how to actually do this are:

- Accept that if you need your own space it does not make you a weak or selfish parent.
- Avoid overloading factors or try to unload

some of the ones you have.

- Accept being less than perfect.
- Accept that you can't take care of someone else if you don't take care of yourself first.

A parent's work is more consuming and demanding than any paid job, so get help if you need to. Stop

by the GMFRC and take advantage of the many fun programs that we offer to parents such as Parent & Tot, Baby Club, Casual Childcare etc.

If you would like more information on this topic, or other parenting issues such as toilet training, activities for children, etc, please contact Kim.

Kingston Apple Blossom Festival Princess Tea

By **Michelle Shears, Kingston Apple Blossom Festival Committee**

The 77th Annual Apple Blossom Festival will soon be upon the valley. This year's festival, "Appelicious Valley: a celebration of everything apple", will run from May 27 to June 1. In anticipation of its continued participation in the Festival, the Village of Kingston and the Kingston Apple Blossom Festival Committee are pleased to present and invite you to attend the 2009 Apple Blossom Princess Tea.

The Princess Tea will be held Sunday, April 19, 2009 from 2:00 – 4:00 p.m. at the Kingston Fire Hall located on Sparky Street. Admission cost of \$5 for adults and \$2 for children under 10 years of age. Tea, coffee, cider, punch and various sweets, including the 2006 Apple Blossom Dessert Contest winner, Caramel Apple Torte, will be served.

Steffany Cox, Princess Kingston 2008, and child attend-

ant, Gabrielle Banks, will conclude their year as the Village's Apple Blossom Representatives as they crown Princess Kingston 2009, Haley Mackintosh, and introduce the new child attendant, Abby Shears.

The highlight of the afternoon will be the unique musical talents of Rachel MacLean, one half of the well known singing duo, The MacLean Sisters, and Princess Kingston 1992. Among the various musical selections to be performed is the Official Apple Blossom Festival Song, "A Time to Celebrate", written and recorded by Rachel MacLean for the Apple Blossom Festival.

We look forward to a wonderful afternoon with friends and family from across the Valley.

The Village of Kingston is proud to present Haley Mackintosh as Princess Kingston 2009.

Haley is the 18 year old daughter of Tim and Susan Mackintosh of Kingston. Haley graduated from West Kings District High School, is currently attending the Nova Scotia Community College at Kingstec, enrolled in the Business program, and is employed as a Supervisor at the Zedex Theatre. Haley has achieved the Bronze and Silver standards of the Duke of Edinburgh's Award Program. She enjoys reading, playing the piano and flute, listening to music, traveling and spending time with family and friends.



The Village of Kingston is proud to present Haley Mackintosh as Princess Kingston 2009.

(photo by: Jim Spurrel)



Many Hearts. Many Minds. One Goal.

Public Call for Board Members

Cancer Care Nova Scotia is looking for people willing to put their hearts and minds together to work on one goal – reducing the growing burden of cancer in Nova Scotia.

The Board of Cancer Care Nova Scotia is seeking new members to serve three-year terms. Members are sought from all areas of the province and from all aspects of the cancer experience.

Cancer Care Nova Scotia is a provincial program of the Nova Scotia Department of Health. It exists to coordinate, strengthen and evaluate the cancer system. Cancer Care Nova Scotia works with partners to bring about patient-centred changes to the cancer system. Its ultimate goal is to reduce the burden of cancer on individuals, families, communities and the health system. Cancer Care Nova Scotia receives strategic direction and advice from a voluntary Board of Directors.

Board members, appointed by the Minister of Health, are expected to participate in Board meetings held approximately six times per year. Board members receive no remuneration; however, expenses associated with attending meetings (ie: travel and accommodation) are reimbursed.

Interested persons should submit for consideration a cover letter, describing why they would like to be a part of the Board, and a copy of their resume.

Applications must be submitted by May 4, 2009 to:

Cancer Care Nova Scotia
Room 504, Bethune Building
1278 Tower Road, Halifax, Nova Scotia B3H 2Y9
Fax: (902) 473-4982
Phone: (902) 473-4638 or 1-866-599-2267
Email: belva.mills@ccns.nshealth.ca

All applications will be acknowledged.



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

EMPLOYMENT OPPORTUNITY



Village of Greenwood Seasonal Public Works Assistant

The Village of Greenwood has a position available for a Seasonal Summer Public Works Assistant.

Applicants must possess a valid drivers licence, be able to work unsupervised, operate a tractor and do other duties as required. The employee must supply own steel toed boots.

Please submit resume and cover letter stating why you would be an ideal candidate to;

Village of Greenwood Public Works, PO Box 1068 Greenwood, NS B0P 1N0 or Fax to 765-4369, or drop off to village office at 904 Central Avenue, Greenwood between 8 am & 1 pm.

Deadline for applications is noon April 24th, 2009.

No phone calls please. Only those selected for an interview will be contacted.

Take the Time to Enjoy the View



Submitted by: Margaret Reid, GMFRC Executive Director, at 765-1494 local 5583

Some days it's just great to be alive! You never know what may happen, who may stop by for a coffee and a chat. At the GMFRC, our Tuesday was brightened with a surprise visit from our very own 14 Wing Honourary Colonel George Canyon. Definitely a good day! Thank you Major Brenda Milligan! Mr Canyon is an engaging, committed, and generous guy and it was our pleasure to sit around the table enjoying his stories and his company. He is certainly very dedicated to our military members and their families. He gives a whole new meaning to "Support our Troops"

and we loved hearing about his trips to Afghanistan to boost troop morale. A great guy! And we took the opportunity to thank HCol Canyon for the free family concert he

performed in November for 14 Wing families.

At one point, HCol Canyon said his visit felt a little like being a guest on "The View"! Whatever did he mean??

Skater of the Week

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

Haleigh Young

Age: 10
 School: Annapolis East Elementary School
 Grade: 5
 Skating Level: Junior StarSkater
 Coaches: Cheryle Gaston and Ann Young
 Started Skating: 4 years-old
 Highest Tests Passed: CanSkate Level 6
 Favourite Part of Skating: Jumps
 Other Hobbies: Basketball



Find Your Way at CANSOFCOM

Are you the kind of person who's always looking for a new challenge?

Canadian Special Operations Forces Command (CANSOFCOM) recruiters are coming to 14 Wing Greenwood. On April 30 at 0930 hrs there will be a one-hour information session in the Birchall Training Centre (Classroom 1). CANSOFCOM needs people with the drive, determination, smarts and resourcefulness to find a way to succeed.

Regular or Reserve Force, regardless of your element, CANSOFCOM employs most CF trades and occupations,

and, if you are *really* up for a challenge, there are a few jobs unique to Canada's Special Operations Forces (SOF).

Don't pay attention to rumours - visit our recruiters and get the straight facts about SOF service, and learn more about employment opportunities at Joint Task Force Two (JTF 2) and the Canadian Special Operations Regiment (CSOR).

We will find a way.

www.cansofcom.forces.gc.ca

www.csor.forces.gc.ca

www.jtf2.forces.gc.ca



Art Night

The Greenwood Military Aviation Museum
And the 14 Wing Centennial of Flight Committee

Present
"A Century of Flight in Art"

Featuring
Original Paintings

By
Geoff Bennett

One of Canada's Famous Brushpilots.

At the Greenwood Military Aviation Museum
17 – 18 April & 20 – 25 April, 2009

10:00 am – 4:00 pm

Meet the artist on the 17th and 18th of April and discover the story behind each one of his works. Geoff Bennett's paintings hang in homes, messes, squadrons and museums world-wide, and he has shown in many exhibitions in Canada.

Admission is FREE

All of his original art pieces will be available for purchase.

Commemorative Coins



The Centennial of Flight (CoF) Committee will be producing three more coins to commemorate the CoF Celebrations. Presently two coins have been made available; one during Winter Carnival depicting the Silver Dart aircraft and one during the recent 14 Wing Air Force Mess Dinner that depicted the Anson aircraft. The remaining three coins will be made available during

upcoming CoF events; the Future Flyers weekend in May will have a coin with the Argus, the Silver Dart weekend in August will have the Aurora and Wing Welcome in September will have the Heron. All the coins will be numbered and show the Air Force roundel in use during the aircraft's operational era. All coins have been designed by Mr Bruce Gormley.



Tail Art

As you may have noticed, several of 14 Wing aircraft are sporting some fine tail art. Three CP-140 Auroras, three CC-130 Hercules and three Ch-149 Cormorants have had these designs applied



Aircraft tail art, CP-140119, for the Centennial of Flight at 14 Wing Greenwood.
(photo: Corporal Andrew L Davis, Image Tech, 14 Wing Imaging)

Centennial of Flight Committee
Presents:
CHARITABLE BINGO NIGHT



Flyers Bingo

Wed, 22nd April 09, 7:00 PM
14 Wing Greenwood,
Annapolis Mess

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

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

17 PRIZE GAMES

DOORS OPEN AT 6:00 PM
* OPEN TO THE GENERAL PUBLIC *
MUST BE 19 OR OLDER
WHEELCHAIR ACCESSIBLE

Permit # AGA-221863-08

Centennial of Flight Celebrations



As part of the Centennial of Flight Celebration, 14 Wing Greenwood is pleased to announce that a family day will take place on Wednesday, 20th May 2009 rain or shine from 1500hrs-2000hrs. The location of the event will be the parade square behind the Greenwood Gardens Arena and in the case of wet weather it will be in the Greenwood Gardens Arena and Hangar 4. The event is open to the general public. This celebration of aviation will include fun for the whole family

with various kids' activities such as aviation arts and crafts, a CF-18 cockpit simulator, contests, static displays from the fire department, search and rescue technicians and Cadets. There will be various aircraft on display including CH-149 Cormorant, CP-140 Aurora, CC-130 Hercules, CF-18 Hornet, the Silver Dart replica, the Zenair aircraft and the official unveiling of the restored Anson will take place.

Series of Events

- **Apr 09**
Greenwood ZX 10K Run
Century of Flight Run
- **May 09**
20th Future Flyers Meet the Snowbirds
22nd "Night at the Museum"
Flyers' Bingo
Apple Blossom Parade
- **Jun 09**
Commonwealth Air Graves Ceremony
14 AF Triathlon - CoF Edition
- **Aug 09**
Silver Dart Weekend
- **Sep 09**
Battle of Britain Parade
Wing Welcome & Centennial of Flight Golf Tournament
- **Nov 09**
Remembrance Day
- **Dec 09**
Wrap Up Christmas Concert

Future Flyers meet the Snowbirds Event

Look to the skies at 1830hrs for a spectacular aerial display from the Snowbirds, CF-18 Demo aircraft and if all goes well, the Silver Dart replica. This exciting event is one that you will not want to miss!



Committee Members

- Chairperson **LCol Garbutt**
- Deputy Chairperson **Maj Baillie**
- Heritage **Maj LeBlanc**
- Communications **Capt Spurrell**
- Sponsorship **Rod Reeves**
- Public Affairs **Capt Spurr**
- Events **Capt Tsai-Lamoureaux**
- Treasurer **Lt Boutillier**
- Manpower **CWO Spencer**
- Logistics **WO Hutchings**
- Information Technology **MCpl Arsenaull**
- Graphic Arts Support **Mr Gormley**
- GMAM/GMAMS **MGen Ret'd Patrick**
- Secretary **Mr Eakins**

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 lots of free parking, hot showers, drink prizes and more, this is a great way to start the running season!

Both races take place at the 14 Wing Fitness & Sports Centre, 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

FOR MORE INFORMATION CONTACT
Eric Travis
PO Box #13
Berwick, NS
B0P 1E0
eric.travis@forces.gc.ca 1-902-760-1015

REGISTER EARLY!
FIRST TWO REGISTRANTS
WINNING PRIZES
A QUALITY SWEETENER
FRONTIER

The Centennial of Flight Committee

presents

Contests for Youth

AGES 6 TO 18



Poster, Essay and Photo Contest
entries due
APRIL 27TH

Model Contest
APRIL 25TH
at the
Greenwood Mall
Centre Court

Details at
www.GREENWOOD100YEARS.com

NS Minister of Military Relations Visits GMFRC

Submitted by: Margaret Reid, GMFRC Executive Director, at 765-1494 local 5583

On 23 March 2009, the GMFRC had the pleasure of hosting a visit from the Honourable David Morse, Minister of Environment and Minister responsible for Military

Relations. Accompanied by his wife, Mrs Lynn Morse, and Mr Chris Palmer, Minister Morse joined Col DJ Joyce, Wing Commander, and LCol Smith McBride, Wing Administration Officer, as well as GMFRC staff and BoD Vice-Chair, Kim McMahon, for an informal coffee break and chat.

Minister Morse, on behalf of the PC caucus, presented the GMFRC with a donation of \$1100.00 to financially support programs & services for military families. This particular donation will assist with the purchase of Deployment Support Program books & resources for children. This is

a new program slated for this Fall that will be offered to our children with a parent deployed.

Minister Morse told those gathered that he, and all Nova Scotians, wish to acknowledge the work of our military personnel and thank their families for the sacrifices they make in their service to Canada. At the recent PC Party AGM, these dollars were collected through attendees' donations and that


collection was matched by the party, to be distributed to both the Greenwood MFRC and the Halifax & Region MFRC.

The generous donation from Minister Morse was graciously accepted by Kim McMahon, on behalf of the GMFRC Board of Directors and our 14 Wing families. We thank Minister Morse for leading the way in their support of our military personnel & their families. Nova Scotia is the only province who has as-

signed responsibility for Military Relations to a Minister.

The GMFRC gave gifts of red "Support our Troops" t-shirts and "Strength Behind the Uniform" items to our visitors, who had arrived wearing yellow ribbon lapel pins. It was a truly enjoyable visit and we appreciate the genuine interest and appreciation expressed by our honoured visitors.

Military Families: Strength Behind the Uniform



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59 Simcoe Dr., Belleville, ONTARIO. Take Hwy #62 North. Turn Right on Midland and follow the signs. Off Farnham Road.
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GMFRC staff, accompanied by Kim McMahon, BoD Vice-Chair (top row, middle), and Col DJ Joyce, WCmdr, and LCol PJ Smith McBride, WAdminO, graciously accept a donation from the PC caucus on behalf of military families – presented by the Honourable David Morse & his wife, Mrs Lynn Morse (both standing with Col Joyce) and Mr Chris Palmer (3rd from left)

Freeman's Auto Sales

SPRING CLEANING SALE

NO REASONABLE OFFER WILL BE REFUSED!!
ALL UNITS MUST GO!!

Trades accepted at wholesale

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826 Main St., Kingston • Across from Best Western Aurora Inn • After Hours 678-7188

Relaxed Credit Requirements

Stk#	Year	Make	Model	Description	Kms	Original Price	Spring Cleaning Price	Bi-weekly*
CARS & VANS								
581/U	2009	Hyundai	Sonata Sport	V6,Auto,Fully Loaded	32k	---	\$19,995	\$166
530/U	2007	Ford	Focus SES Wagon	4cyl,Auto,A/C,Heated seats	48k	\$14,995	\$12,995	\$111
567/U	2007	Dodge	Grand Caravan	V6,Auto,3 zone A/C,Stow'n' go	88k	---	\$12,995	\$111
506/U	2007	Ford	Taurus SE	V6,Auto,A/C,Alloys,Loaded	48k	\$14,995	\$12,995	\$111
540/A	2006	Pontiac	G6 Sedan	V6,Auto,A/C,Alloys,Loaded	53k	\$15,995	\$14,995	\$143
534/A	2006	Chev	Cobalt 2dr LT	4cyl,Auto,A/C,Alloys,Loaded	12k	\$13,995	\$12,995	\$124
499/U	2006	Chev	Uplander LS	V6,Auto,A/C,PL,PW,CD	---	---	---	---
570/U	2005	Chev	Optra LS	4cyl,Auto,A/C,PW,PL,CD	93k	---	\$ 9,995	\$113
576/U	2005	Chev	Optra LS Wagon	4cyl,Auto,A/C,PW,PL	95k	---	\$ 9,995	\$113
550/U	2005	Chev	Cobalt	4cyl,Auto,A/C,CD,Spoiler	70k	\$10,995	\$ 9,995	\$113
484/U	2005	Ford	500 SE	V6,Auto,A/C,PW,PL,Cruise	120k	\$14,995	\$ 9,995	\$113
562/U	2005	Pontiac	Montana Ext	V6,Auto,A/C,8pass,Loaded	109k	\$ 9,995	\$ 8,995	\$102
575/U	2005	Saturn	ION 2 Sedan	4cyl,Auto,A/C,PW,PL	96k	---	\$ 8,995	\$102
577/U	2005	Dodge	Caravan	V6,Auto,A/C,PW,PL	97k	---	\$ 8,995	\$102
515/U	2004	Honda	Civic SE	4cyl,Auto,A/C,CD,PL,Spoiler	65k	\$13,995	\$11,995	\$132
561/A	2004	Dodge	Grand Caravan	V6,Auto,A/C,DVD,Loaded Ann.Ed	118k	\$ 9,995	\$ 8,995	\$102
499/A	2004	Chev	Venture	V6,Auto,A/C,Quads,PW	84k	---	\$ 8,995	\$118
526/U	2004	Nissan	Sentra	4cyl,Auto,A/C,CD	100k	\$ 9,995	\$ 8,995	\$102
476/A	2004	Pontiac	Grand AM SE	4cyl,Auto,PW,PL,Alloys	---	---	---	---
478/U	2004	Chev	Optra LS	4cyl,Auto,A/C,PW,PL,Cruise	94k	\$10,995	\$ 7,995	\$ 90
580/U	2004	Kia	Rio RS	4cyl,Auto,PS	88k	---	\$ 6,995	\$ 79
569/U	2004	Hyundai	Accent GL	4dr,4cyl,Auto,PS,Tilt,CD	92k	---	\$ 6,995	\$ 79
504/U	2004	Chev	Aveo 4dr	4cyl,5spd,PS	81k	\$ 9,995	\$ 6,995	\$ 79
547/U	2004	Pontiac	Montana	V6,Auto,A/C,Quads,PW,PL	137k	\$ 7,995	\$ 6,995	\$ 79
502/U	2003	Chrysler	PT Cruiser	4cyl,Auto,A/C,Alloys,Loaded	93k	\$10,995	\$ 7,995	\$136
-----	2002	Pontiac	Sunfire	2dr,4cyl,Auto,A/C,PW	95k	---	\$ 6,995	\$120
552/A	2002	Buick	Century Custom	V6,Auto,A/C,PW,PL,PM,Crui	---	---	---	---
517/C	2001	Saturn	SCI 3 dr coupe	4cyl,5spd,tilt,CD	129k	---	\$ 4,995	---
TRUCKS & SUVs								
553/A	2008	Ford	Ranger Sport S/C	V6,Auto,A/C,CD,Cruise,Sirius Radio	13k	---	\$15,995	\$135
578/U	2006	GMC	Savana 3500	12 Pass,V8,A/C,Loaded	155k	---	\$11,995	\$134
579/U	2006	Ford	Ranger Sport S/C	V6,5spd,CD,PS	47k	---	\$10,995	\$123
560/U	2005	Chev	Equinox LS	V6,Auto,A/C,Alloys,Loaded	74k	---	\$12,995	\$143
545/U	2005	Ford	Ranger Edge S/C	V6,Auto,A/C,Alloys,Cruise	51k	\$14,995	\$11,995	\$132
538/A	1993	Ford	Ranger XLT S/C	4Litre,4wd,Auto,CD,Alloys	---	\$ 3,995	\$ 2,995	---

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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

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



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OR

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BONUS CASH REBATE**

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LOWEST PRICED 7 PASSENGER
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2009 DODGE JOURNEY SE CANADA VALUE PACKAGE

- ✓ 173 hp 2.4L DOHC Dual VVT I-4 world engine
- ✓ 4-speed VLP automatic transmission
- ✓ Air conditioning with Chill Zone™ beverage storage bin
- ✓ Second row in-floor storage bins
- ✓ 4-wheel disc brakes with ABS
- ✓ Electronic Stability Program (ESP™) with all-speed traction control



NHTSA 5 Star Front and Side Impact‡



Cash purchase for
\$18,999*

Price includes Bonus Cash Rebate

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



2009 DODGE CALIBER SXT

- ✓ 158 hp 2.0L DOHC VVT I-4 engine
- ✓ Continuously Variable Automatic Transmission
- ✓ AM/FM/CD stereo with 4 speakers
- ✓ Air conditioning with Chill Zone™ beverage storage
- ✓ Power windows, locks and mirrors
- ✓ Front and side curtain air bags
- ✓ 4-wheel ABS
- ✓ Remote Keyless Entry



NHTSA 5 Star Front and Side Impact‡



Cash purchase for
\$16,488*

Price includes No Charge Options

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



#1 SELLING MINIVAN IN CANADA^Ω

2009 DODGE GRAND CARAVAN SE CANADA VALUE PACKAGE

- ✓ 175 hp 3.3L Flex Fuel V6 Engine
- ✓ Automatic transmission
- ✓ 3rd row Stow 'n Go® seating
- ✓ 4-wheel disc brakes with ABS
- ✓ Electronic Stability Program (ESP™) with Traction Control
- ✓ AM/FM/CD/MP3 stereo with 4 speakers
- ✓ Air conditioning
- ✓ Advanced multistage front air bags and side-curtain air bags



NHTSA 5 Star Front and Side Impact‡



MSRP \$27,295

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Canada!

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Cash purchase for
\$18,999*

Price includes Bonus Cash Rebate

ALL-NEW 2009 DODGE RAM 1500 QUAD CAB® SLT 4X4

- ✓ 390 hp 5.7L HEMI® V8 with MDS and VVT
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- ✓ Class IV hitch receiver
- ✓ Class-exclusive[¶] coil spring rear suspension
- ✓ Electronic Stability Program (ESP™)



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BEST NEW PICKUP TRUCK



MSRP \$37,995

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Price includes No Charge Options
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Wise customers read the fine print: * ** † ‡ ¶ — These limited time offers apply to retail deliveries of selected new and unused 2009/2009 models purchased between April 1st and April 30th 2009 from participating retailers. Offers must be used at the time of purchase or lease of an eligible vehicle. Maximum Canada's Choice amounts do not apply to 2009/2009 Dodge Caliber, Jeep Compass, PT Cruiser, PT Cruiser Convertible, Sebring Sedan, Avenger, Dakota, Wrangler/Wrangler Unlimited, Journey, Sprinter and Patriot models. See your retailer for details. Canada's Choice offers do NOT apply to Dodge Caliber Base (PMDL49), Dodge Grand Caravan CV (RTKES3) and Dodge Challenger models. Retailer order/trade may be necessary. Offers subject to change without notice. See participating retailer for specific details and conditions. * Mopar accessories rebate amount includes taxes and installation and must be used at time of purchase or lease of an eligible vehicle towards the purchase/installation of Mopar parts and accessories. Any unused portion of the Mopar accessories rebate will not be refunded and may not be banked for future use. ** Extended service plan rebate may be used towards the purchase of any Chrysler Canada Service Plan. Any unused portion of this rebate will not be refunded and may not be banked for future use. † Bonus Cash will be deducted from the negotiated purchase/lease price of an eligible vehicle after taxes. Bonus Cash may be used to reduce vehicle price or reduce monthly payments. Alternatively customers may choose a cheque for the Bonus Cash amount. ‡ A \$1500 Ram Bonus Cash Rebate will be deducted from the negotiated price after taxes. See your dealer for details. Ram Bonus Cash Rebate applies only to retail deliveries of selected new and unused 2009/2009 Dodge Ram 1500 models purchased between April 9th and April 30th 2009 only. See participating retailer for details. Ω Based on June through December 2008 R.L. Polk sales total registrations. †† Based on Ward's 2009 Middle Cross/Utility vehicle segmentation. Requires Flexible Seating Group. ¶ Based on Automotive News full-size pickup segmentation. • \$8,000 Cash Discount is offered on the 2009 Grand Caravan. Cash Discounts are deducted from the negotiated price before taxes and may not be combined with subsidized lease or purchase financing rates. Δ Based on 2008 Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption may vary. ‡ Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2009 model year Dodge Journey, Caliber, Grand Caravan. © Jeep is a registered trademark of Chrysler LLC.™ SIRIUS and the dog logo are trademarks of SIRIUS Satellite Radio Inc.

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LOST

A man's brown leather jacket has been lost in the Jefferson Subdivision/Central Avenue, Greenwood area last week. Anyone who finds this jacket please call 765-3512. It would be greatly appreciated. Thank you.

North Mountain Gun Club 2009 Easter Ham Shoot

Submitted by: Lee Russell, North Mountain Gun Club

On Sunday, April 5th, the North Mountain Gun Club held it's annual Easter ham

shoot at it's range in Forrest Glade. Several dozen avid marksmen and markswomen showed up on a mild, cloudy day (perfect weather for a shooting contest!), to compete for Easter hams. A hearty meal of moose chilli and hot dogs was served at noon by Chris Tanner and Horst Leogler. Shortly after 1:00pm the shooting competition began at targets such as wooden blocks, steel plates, hidden-score paper targets, bull's-eyes, lollipops and sugar cubes, at ranges from 10 up to 100 yards. All of these were devised, constructed and arranged by Ward Thompson. After about two hours of intense competition the winners were announced. 1st place was taken by Scott Russell with a score of 40 out of a

possible 45. 2nd place was taken by 9 year old Savannah "Annie Oakley" Brown, who astounded and thrilled all the other shooters with a score of 39 on her very first rifle competition! Savannah also came first in the juniors class. Well done, Savannah! 3rd place went to Ward Thompson, after winning a shoot-off with John Stokvis, when they had originally tied with scores of 38. Another half dozen or so people came close to the prize list with scores of 37. Finally, the coveted half pound of turkey baloney was won by Ellissa Brown after a fair shoot-off with Horst Loegler whom had appointed Savannah Brown to shoot in his place. When the smoke had settled everyone said they had a great time

and were looking forward to the next shoot, which will be held in June. Be on the lookout for more info on that soon!

EAP

Employee Assistance Program

When you need someone to talk to, call:

- Al MacDonald..... 1532**
- Wayne Atwater5567**
- Darlene Richards .. 3119**
- Debby Benda..... 3340**



The proud winners from left to right. Ward Thompson; Savannah Brown; Ellissa Brown; and Scott Russell.

GMFRC • Feature of the Week

Prevention, Support and Intervention Services
Coordinator: Shannon Doubleday at 765-1811 or 765-5611

Warmline Training

When: Monday, May 25th, 2009
Time: 6:00 p.m. – 8:00 p.m.
Where: GMFRC

The Warmline Program is a GMFRC service designed to reach out to our deployed families, provide information, referrals, and extend services. PSI is hosting a Warmline Training for everyone interested in becoming a volunteer Warmline Caller. To register please contact Karen Doiron at 765-5611.

Yoga Classes

MILITARY Yoga classes are still running every Thursday morning in the Multi-purpose room from 7:30-8:30 a.m. This class involves endurance, strength and flexibility and is going to be a great way to start your day. The class starts with a warm

up and then we continue into a flow focusing on all levels of poses and finally end the class with a small relaxation.

For all you CIVILIANS, I will be having a Beginner Level 1 Flow class on Monday's from 4:30-5:30 p.m. This class is for people with some yoga experience; we will go

over some of the fundamentals on postures and learn how to deepen your yoga practice with breathing techniques. The style of the class is Kripalu which emphasizes mental as well as physical health and in the true spirit of yoga, these classes will place an equal emphasis on the development of body,

mind, heart and spirit. Classes will begin Monday April 20th and the sessions will continue for 8 weeks. You must be pre-registered for this class, please contact me as soon as possible as space will be limited.

Aprill Denney 765-1494 ext 5651 email: Aprill.Denney@forces.gc.ca

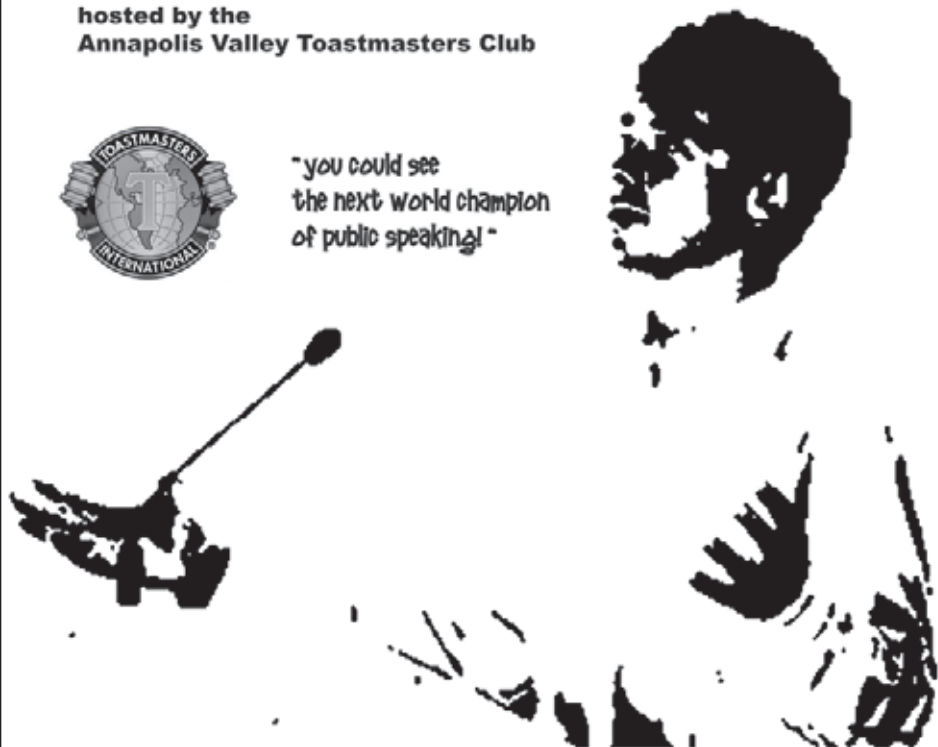
Nova Scotia AREA 9

INTERNATIONAL SPEECH and TABLE TOPICS CONTEST

hosted by the Annapolis Valley Toastmasters Club



"you could see the next world champion of public speaking!"



Saturday 18 April 2009 10:30am to 12:30pm
Air Commodore Birchall Training Centre, 14 Wing Greenwood NS
Fees: None (light lunch provided)
Directions/Information: <http://annapolis.freetoasthost.net/>
Go green. Carpool.



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

- Fridge/Stove (full size)
- Beds (3)
2 singles, 1 double
- Microwave
- Toaster Oven
- Sofa
- Clock Radio
- Table & Chairs
- Kettle
- Fire Pits
- Barbeque (full size)
- Patio Furniture
- TV/VCR

Amenities

- Club House
- Games Room
- Canoe/Paddle Boat Rental
- Shower Facility
- Laundry Facility
- Beach (unsupervised)
- Canteen (seasonal)
- Firewood
- Hay Rides
- Special Events

Your Responsibilities

- Food and Beverages
- Linen
- Utensils/dishes
- Pots & Pans
- Other conveniences required to make your stay an enjoyable one

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

Bookmobile Schedule

Monday - May 4	10:45 - 12:00 Windsor School	1:00 - 2:00 Three Mile Plains District School	2:30 - 3:00 McKay Road	3:15 - 4:00 Ste. Croix	5:30 - 6:30 Vaughan
Tuesday - May 5	2:45 - 3:15 Sunken Lake	3:30 - 4:15 White Rock (Crossroads)	4:45 - 5:15 Casey's Corner	6:15 - 7:15 New Minas (Walmart)	
Wednesday - May 6	1:00 - 1:30 Apple Blossom School	1:45 - 2:15 Canada Creek	2:30 - 3:00 Waterville	3:15 - 3:45 Cambridge	4:00 - 4:45 Bess View Subdivision
	6:15 - 7:15 Coldbrook Centre	Thursday - May 7	10:15 - 11:45 Glooscap School	12:45 - 1:45 Port Williams School	2:15 - 2:45 Lakeville
	3:15 - 3:45 Brow Mountain		4:15 - 4:45 Baxter's Harbour	6:00 - 6:30 Sheffield Mills	6:45 - 7:30 Centreville
		Tuesday - May 12	10:30 - 11:45 St. Mary's School	1:00 - 1:45 Calvary Baptist Academy	1:50 - 2:25 Charity Baptist School
			2:30 - 3:30 Torbrook Mines	4:00 - 4:45 Meadowview Subdivision B	
		Wednesday - May 13	1:15 - 2:15 Cornwallis Park	2:45 - 3:45 Clementsvale	4:00 - 5:00 Bear River East
			6:00 - 7:45 Bear River	Thursday - May 14	9:30 - 10:30 Dwight Ross Elm School
			10:45 - 11:30 Pine Ridge Middle School		2:00 - 2:30 Victoria Beach
			2:45 - 3:15 Port Royal		4:30 - 5:30 Maitland Bridge
			7:00 - 7:45 Centrelea	Friday - May 15	9:30 - 11:00 Kings Regional Rehab Centre
			11:15 - 11:45 Love Your Child		5:30 - 6:00 Summerville
					6:15 - 6:45 Upper Burlington
		Tuesday - May 19	10:30 - 12:30 Aldershot School	2:15 - 2:45 Upper Canard	3:00 - 3:45 Kingsport
			4:15 - 5:00 Scott's Bay	6:30 - 7:30 Canning	
		Wednesday - May 20	10:00 - 10:45 Windsor Forks School	11:00 - 12:00 Newport Station School	1:00 - 1:45 Brooklyn/Windsor Heights School
			2:00 - 2:30 Fletcher Glen Subdiv (Kiddie Corner)	2:45 - 3:15 Belmont	3:30 - 4:00 Avondale
			6:00 - 7:00 Brooklyn	Thursday - May 21	10:30 - 12:30 Dr.A. Hines School
			1:30 - 2:00 Hants Shore Clinic	2:15 - 2:45 Cambridge	3:00 - 3:30 Cheverie
			3:35 - 4:05 Kempt Shore		

Employment Tip

Submitted by **Stephanie Townsend, Coordinator of Education and Employment Services at 765-1494 local 1816**

In a competitive job market one of the best ways to ensure your resume makes it to the top of the pile and gets you an interview is to use "Active" or "Power" words to describe your accomplishments. For example, if you were responsible for fund raising at your last position, describing that could look like "increased fundraising revenue by 30% from the previous year" or "Achieved highest dollars ever raised in organization history". EZ source 2006.

GMFRC • Feature of the Week

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

Health, Safety and Wellness Trade Fair

When: Wednesday, May 06, 2009
Time: 9:30 a.m. to 12:30 and/or 12:30 to 3:30 p.m.
Where: Annapolis Mess Lounge A & B
Volunteers Needed: 1 for the full day, or 2 for half of the day

We are looking for two volunteers to man the GMFRC table at the Occupational Health, Safety and Wellness trade fair. The volunteers will be paired with a staff member, and will be promoting GMFRC's wellness services.



DEADLINES for The Aurora Newspaper are as follows:

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

This newspaper can be recycled through the recycling program at 14 Wing Greenwood, curb side collection programs or at your nearest Enviro Depot. Contact the Environment Office, at 14 Wing Greenwood 765-1494 ext. 5367

Get your FREE copy of The Aurora Newspaper at any of the following locations

Aylesford Bert's Grocery Chisholm's Pharmacy NEEDS Convenience Store	Berwick Atlantic SaveEasy Avery's Farm Market Berwick Hospital Main Street Video Price Chopper	Greenwood Avery's Farm Market AVM Morfee Centre Bowlby's Meats CANEX Dairy Queen	Bridgetown PharmaSave/Valley Drug Mart	Greco Pizza Inside Story Book Store Irving Service Station Mark's Barber Shop McDonald's Mimie's Pizza NEEDS Convenience Store Post Office Shoppers Drug Mart Smoke Shop (Greenwood Mall)	Sobeys Tim Hortons (Central Ave.) The Aurora Newspaper Office Venus Video Wayne's Ultramar Zellers Lawrencetown PharmaSave/Valley Drug Mart Kingston Atlantic Superstore	Avery's Farm Market Best Western Aurora Inn Kingston Legion Kingston Medical Clinic Mama Sofia Pizzeria NEEDS Convenience Store PharmaSave/Valley Drug Mart Ralph Freeman Motors Royal LePage Kentville	Avery's Farm Market Ultramar Middleton Atlantic SaveEasy Avery's Farm Market Eisner's Restaurant Fundy Spray Motel Mid Valley Motel NEEDS Convenience Store PharmaSave/Valley Drug Mart	Price Chopper Soldiers Memorial Hospital Tim Hortons Venus Video Nictaux B&G Variety & Restaurant NEEDS Convenience Store Wilmot High Country Tire Kwikway
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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



Canadian Base Operators

Air Traffic Controller

Midwest Air Traffic Control Canada, Ltd., in partnership with Canadian Base Operators and Allied Wings, is seeking qualified VFR controllers for employment at Southport (near Portage La Prairie) Manitoba. We provide VFR Air Traffic Control services to the Government of Canada under the Contracted Flying Training and Support Services contract. A clear understanding of the French Language is considered an asset.

This is a full time position that will typically be Monday to Friday days with some evening and weekend work. We offer a competitive salary, paid vacation and a benefits plan that includes medical, dental, life insurance and long term disability. These benefits are extended to your spouse and dependent children.

All applicants must be able to obtain and maintain a Transport Canada CAT II medical and are subject to a Government of Canada Security Check.

Please reply in writing, marked Confidential to:
Allied Wings – Support Services
Attn: Tamara Sokolosky, HR Administrator
PO Box 241 Southport MB R0H 1N0
Fax: (204) 428-2419
e-mail: Sokolosky.td@alliedwings.ca
No phone calls please

WE ARE AN EQUAL OPPORTUNITY EMPLOYER

Sports Trivia - Goalies in the NHL

By: **Bill Sheridan**

1. What goalie now has the most wins in the regular season NHL?
2. What goalie has the most wins in the playoffs?
3. What goalie has the most regular season shutouts in NHL history?
4. Who has the most playoff shutouts?
5. Which goalie played the most minutes in a playoff season?
6. What goalie won the Conn Smythe Trophy the year before winning the Calder trophy?
7. Which goalie allowed Bill Mosienko's three goals?
8. What former NHL goalie is now a LCol in Kingston?
9. Who was the youngest goalie to win the Calder Trophy?
10. Who was the last rookie goalie to win the Conn Smythe Trophy?
11. Who was the last rookie goalie to be named to the First All Star team?
12. Who was the first goalie to

13. After whose shot hit him, did Jacques Plante decide to wear a mask?
14. Who was the first goalie to be inducted into the Hall of fame?
15. Who was the first goalie to be drafted first over-all in the NHL draft?
16. Who has the most losses by an NHL goalie in history?
17. What goalies have allowed the most goals?
18. What are the most wins and losses by a goalie in one season?
19. What goalie started a record 502 straight games?
20. Which three Habs goalies have had their numbers retired?

Answers

1. Marty Brodeur 555 and counting
2. Patrick Roy 151
3. Terry Sawchuk at 103, Marty Brodeur has 101
4. Patrick Roy 23 to Marty

5. Mikka Kiprusoff, 1655 minutes. 2004
6. Ken Dryden
7. Lorne Anderson
8. Ed Staniowski, drafted by the Blues and played over ten seasons.
9. Tom Barrasso was 18
10. Cam Ward of the 2006 Carolina Hurricanes
11. Ed Belfour (Black Hawks 1991)
12. Jacques Plante
13. Andy Bathgate
14. Georges Vezina and Chuck Gardiner
15. Michel Plasse 1968
16. Gump Worsley 352, Gilles Meloche & Curtis Joseph 351
17. Grant Fuhr and Gilles Meloche 2756
18. Wins: Brodeur, 2006-07, Losses, Gary Smith, Golden Seals, 70-71 Both at 48.
19. Glenn Hall
20. Jacques Plante, #1, Ken Dryden, #29, and Patrick Roy, #33

Submitted by: **Patrick Giffin**

In Jefferson Subdv. Ted Kajdas has seen the Robins taking advantage of the worms which are transiting now that there is sufficient moisture. Ted hasn't seen hawks near their feeders recently and Evening Grosbeak in winter plumage. Molting, for this species takes place Mar-May, breeding mid-May until near the end of July, what we are seeing now are adults and birds which were born last summer. In Ravenwood, Tom and Heather Gardner are seeing Red-winged Blackbirds; the Beamans continue to see a reduced number of Bohemian Waxwings.

Enroute to see the Yadong Guan Trio at The Evergreen Theatre in Margaretsville we saw a pair of Wood Ducks at Phinney's Pond, they had chosen a small area of open water on the north side of the pond which was still completely covered in ice. They were not disturbed by the arrival of our car so we had a good look from inside the car, getting out to set up the scope instantly alerted them, the male moved slightly towards us and the female disappeared inshore under the overhanging branches, we didn't see her again.

At Port George the temperature was pleasant, little wind, great visibility, no snow near shore: we saw 2 pairs of Harlequins about 0.5km apart, 3 Red-necked Grebes, 2 Common Eider, and 2 Brant Geese. I don't recall seeing them in such beautiful

For the Birds

condition at either Brier Island or Cape Sable Island. At the Margaretsville Ducks Unlimited Pond, we saw 1pr Wood Ducks, 2 pr, Hooded Merganser, pr Mallards, 5 Red-winged Blackbirds, 1 mature, a Bald Eagle did a low, slow, over-flight then continued south. Barbara saw a single Bat over the pond.

The Yadong Guan Trio's performance filled the theatre with exquisite, sounds. There were no microphones, no electronic, amplification. The audience did their best to show their appreciation, it was a precious, 90 minute, life-experience. Listening and watching the performers, I thought of the beautifully, unique, Harlequin and Wood Duck pairs. Yadong Guan wore a traditional gown that contained many of the same colours displayed by the male ducks, the cellist Christophe Lobel and guitarist David Jacques wore conservative, street clothes. I realized this was the converse of how the male and female ducks had presented (dressed) themselves.

It has often rained in the last few days, which is a good thing, as it has significantly reduced the remaining snowdrifts. This morning I left the house, walking, about 0700. There were worms, on the driveway, on the road and sidewalks, some were on the move, many had seen better days as the traffic had intercepted them enroute. Barbara and I always thought they came up for air after a heavy rain. However, the actual cause of the multiple, worm migration turns out that the worms require the moisture to move overland to new territories. Worms breathe through their skin, therefore, their

skin must stay moist to allow oxygen to pass through it. Dehydration is the enemy, without moisture the worms will suffocate. In fact, earthworms can survive for several weeks completely submerged in water, providing that the water contains plenty of oxygen. Robins have to tug on earthworms to get them out of their burrows as the earthworm's body is covered in tiny bristles which they use to crawl and to grip the sides of their burrows. For more details see: <http://www.learner.org/jnorth/search/WormNotes3.html>

Cleaning bird feeders at least every two weeks will help prevent the spread of disease, the Project Feederwatch website has helpful suggestions. It is essential that readers contribute to these articles, all your observations are of interest to our readers; we will do our best to answer your questions, all of which are important. **We are at: 765-8688, p_giffin@hotmail.com.**

GMFRC • Feature of the Week

Deployment Services

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

Deployed Families Pamper Me Day

Saturday, May 9th, 2009

1:00 p.m. – 5:00 p.m.

Location: GMFRC Classroom 1

Cost: Complimentary

Registration deadline: Wednesday, May 6th, 2009.

Call 765-5611

Come share an afternoon of pampering, laughter, good conversation and refresh yourself for Mother's Day! This will be a wonderful time set aside to honor one special woman either spouse/partner or Mother of our deployed member's family. A day of sweats & treats! Limited space is available so be sure to register immediately!

Please Note: Respite childcare is available that day from 9:00 a.m.-6:00 p.m. in the GMFRC Casual Care Room. When you call to register for the Pamper Me Day, let us know if you will be using the respite service. Call 765-5611 to register.

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).



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 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.ccr.gc.ca/volunteer

www.adrc.gc.ca/benevole

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*

Subway Swimmers of the Week

Submitted by:
Michelle O'Reilly, GDSC Secretary



Logan Way
FL Competitive
10 yrs old
2nd year with GDSC
Favourite Stroke:
Backstroke
Other Interests:
Basketball, soccer and bakugon



Haley Roop
AA Non-Competitive
14 yrs old
1st year with GDSC
Favourite Strokes:
Breaststroke and Backstroke
Other Interests:
Volley Ball



Paige Gullison
AA Non-Competitive
11 yrs old
1st year with GDSC
Favourite Stroke:
Backstroke
Other Interests:
Basketball, piano, reading and drama club

Athletes Competing at Eastern Canadian T & T Championships in Early May

Submitted by Wanda Calder



Brittney Markey-Peach
Hometown: Kingston
School attending: Kingston and District School
Daughter of: Maureen Markey and Dave Peach
Competing in: Double mini trampoline
Favourite gymnastics memory: When I got 1st place on floor.



Lauren Prost
Hometown: Wilmot
School attending: Annapolis East Elementary School
Daughter of: Carol Anne and Ross Prost
Competing in: Trampoline and Double mini
Favourite gymnastics memory: When I got a 3rd place medal in Double-mini in Québec.



Rachel Holland
Hometown: Wilmot
School attending: Annapolis East Elementary School
Daughter of: Laura and Clive Holland
Competing in: Power Tumbling, Trampoline and Double mini
Favourite gymnastics memory: When I got 3rd place in Double mini in Québec.

Jessica Dort
Hometown: Middleton
School attending: Middleton Regional High School
Daughter of: Charmaine Dort
Competing in: Trampoline and Double mini
Favourite gymnastics memory: When I got a gold medal in synchronized trampoline at Easterns in Toronto.



Greenwood Minor Basketball Club – End of Year Party!

Submitted by: Nancy Gullison, GMBA Club President

Greenwood Minor Basketball's season is over for another year. On the 29th April, the club held its end of year party at the Greenwood Bowling Centre. Special thanks to Tim and staff for the excellent service and support again this year. All teams, coaches and families were invited to bowl, glow and eat 'til you drop finale. We had great representation from all teams except for most of our Mini Boys who were competing in the Mini Boys Provincials in Pictou with Coach Dan MacKinnon. An article will appear next week with their results... All I will say is they played in the Gold Medal game!

At this time I would like to thank the base and the local schools (Dwight Ross, Kingston and District and Pine Ridge Middle School) for their continuing support, especially with the closure of the base gym in February. Special thanks to Cathy Rafuse and Judy at Pine Ridge School who made it possible for the league to have somewhere to play on the weekends!

I would also like to give my thanks to all the coaches and assistants in the league. Our head coaches are Richard Gilesie (Bantam Girls), Paula Fraser (Mini Girls), Ted Reid (Mini boys), Leone Phillipou

(Jr Mini Girls), Mike Taylor (Jr Mini Boys), Tom Litsas (under 8's co-ed team) and Alain Chalifoux (Mini Tots). I would also like to thank all the other volunteers, parents and kids who make this league possible.

Greenwood Minor Basketball hopes to see you all again next year.

Keep Playing and Have Fun Doing It!

SPONSORSHIP PROGRAM

14 Wing Greenwood is Celebrating 100 Years of Flight



Centennial of Flight is a year long celebration recognizing 100 years of powered flight in Canada (*find out more at www.greenwood100years.com*). There will be many opportunities throughout the year for you to participate in our sponsorship program through the many events that we have planned. Your business will receive maximum exposure to our 2300 military and civilian personnel and their families as well as to thousands of residents of the surrounding communities whom we touch as part of the Canadian Forces "Connecting with the Community" program.

All businesses regardless of size are welcome to participate. There are many ways to partner with our Centennial of Flight celebrations.

For more information on the various levels of sponsorship available to you, and the benefits to your business, please contact

Rod Reeves, 14 Wing Sponsorship Coordinator at (902)840-0739 or roderick.reeves@forces.gc.ca.



let's talk about

YOU!

aurora@auroranewspaper.com
www.auroranewspaper.com

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

RESPITE

Date: Saturday, April 18th 2009
Time: 8:30 a.m. – 5:00 p.m.
Cost: Free for CF Families who currently have a partner deployed.
Age: Children up to age 12
Deadline: Thursday, April 16th, 2009

Parenting on your own during a deployment can be challenging at times. Respite childcare is designed to support families of deployed members and relieve some of the stressors of parenting on your own during a deployment. Please contact our receptionist at local 5611 to register your child, while you enjoy an evening to yourself.

Alternative Dispute Resolution

Greenwood Dispute Resolution Centre



Maj. Bob Sealby
Call 5530

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

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

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

Greenwood Military Family Resource Centre Offerings

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

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

Employment and Education Services

Coordinator: Stephanie Townsend at 765-5611 local 1816 or email employmentgmfrcc@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. – 4:00 p.m.
GMFRC Classroom 2
\$15.00 (10 free spots for GMFRC Volunteers)

Registration Deadline: Friday, April 17th, 2009

Military Home Based Business Group – 2nd Annual Spring Shopping Expo
Saturday, May 2nd, 2009
10:00 a.m. – 2:30 p.m.
Queen of Heavens Church, Greenwood NS

Donation at the door

Creative Writing
Monday, May 4th, 2009 for 6 consecutive weeks
7:00 p.m. – 9:00 p.m.
GMFRC Classroom 1
\$70.00

Registration Deadline: Thursday, April 30th, 2009

Employment Ongoing Services

- Resume and Cover Letter Creation and Modification
- Resume 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
- Portfolio Development

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

Deployment Services

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

Upcoming programs or services

Deployed Families Pamper Me Day
Saturday, May 9th, 2009
1:00 p.m. – 5:00 p.m.
Location: GMFRC Classroom 1
Cost: Complimentary
Registration deadline:

Wednesday, May 6th, 2009.
Call 765-5611

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

Thursday, April 16th, 2009
6:00 p.m. – 8:00 p.m.
GMFRC

Registration: Call 765-5611 and register before Tuesday, April 14th, 2009.

Don't forget 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 Services.*

and Intervention Services

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

Couples Retreat
Friday, 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 25th, 2009
6:00 p.m. - 8:00 p.m.
GMFRC
FREE

To register call 765-5611

Registration deadline: Thursday, 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

Respite Dates
Saturday, April 18th, 2009
8:30 a.m. – 5:00 p.m.
Children up to age 12
Free to CF Families who currently have a partner deployed

Registration deadline: Thursday, April 16th, 2009

Ongoing Services

- Youth Council
- Academic Tutoring Service
- Parent & Tot Program
- Toddler Tuesdays Program
- Tumble Tots
- Baby Club

Volunteer Services

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

Up-coming 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

Facilitators of Children's Deployment Support Group
Thursday, April 16th, Monday, May 11th and Monday, June 15th, 2009
5:30 p.m. to 8:30 p.m.
GMFRC

Training will be provided

We are looking for 2 adult volunteers

Skill required: Background in working with children, enjoy multi aged children, understand unique military lifestyle.

To facilitate a structured Support Group for children dealing with the challenges of having a parent/caregiver deployed.

Children's Deployment Support Group Childcare Assistant*

Thursday, April 16th, Monday, May 11th and Monday,

Prevention, Support

Zedex Theatre
765-8848

April 12 - April 13
Sun - Mon 2 p.m.

Paul Blart Mall Cop
Rated PG

April 12 - April 16
Sun - 7 & 9:15 p.m.
Mon - Thur - 8 p.m.

I Love You, Man
Rated 14A

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!

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

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

Bookings can be of 2 weeks duration.

Check in time – 1300 hrs
Check out time – 1100 hrs

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

www.lakepleasant.ca

WV PeeWee AAA Spartans Year End

Submitted by: **Mark Gordon, Western Valley RIC**

It's that time of year once again to wrap up another season of hockey. For a lot of people this is a very happy time for other's it is not.

The WV PeeWee AAA Spartans headed to the 3rd Annual Yarmouth PeeWee AAA tournament the weekend of March 28-29. This was a final tournament for the boys and the last chance that a lot of them will be able to play hockey together as a team. This was going to be a tough weekend for them as 3 of their top players were unable to make the trip down to Yarmouth due to injuries and other commitments.

The tournament started out with WV playing the host team Yarmouth. This game started out good for the Spartans and they

battled tough with their opponent, but in the 3rd period they found themselves down 4-2, they were putting on the pressure with a few minutes remaining and with their goaltender pulled Yarmouth sealed the game with an empty net goal, winning the game 5-2. Scoring for the Spartans was Zack Moody and Brett Tidman. Goaltender Kyle Gordon. MVP for the Spartans was Zack Moody.

The next game of the day brought on Cole Harbour, this game started out very good for the Spartans, for most of the game putting the pressure on their opponent, with under 4 minutes remaining the Spartans were up 4-2, but at that stage of the game the boys were very tired and Cole Harbour ended up scoring 2 quick goals, tying the game 4-4. Scoring for the Spartans was Brett Tidman,

Emerson Coulter, Will Johnston and Ryan Thibeault. Goaltender Bryceon Wade. MVP for the Spartans Bryceon Wade.

So now with one win and one tie the Spartans had to win against East Hants to have a hope to make it to the finals. This game started out great for the Spartans and they applied the pressure throughout the game, winning 9-4. Scoring for the Spartans with four goals was

Zach Moody, and two goal efforts by Brett Tidman and Grant Janes and a single tally by Ryan Thibeault. Goaltender Bryceon Wade. MVP for the Spartans was Brett Tidman.

Now brought on the waiting game for the boys, they needed Yarmouth to beat Cole Harbour by a 3 goal margin. Most of the team hung around to watch this game but in the end it was Cole Harbour beating Yarmouth 2-

1, so with Cole Harbour winning that meant the Spartans season was over.

On April 2nd at the Annapolis Mess, the Spartans had their year end banquet. This is a great opportunity for the kids see each other one more time before summer begins. A big thanks goes out to Jan Boone for organizing the entire banquet and to Josee Morse for providing the audio/video entertain-

ment. The ESSO award winners for the evening for Most Dedicated were Brad Boone, Most Sportsmanlike Grant Janes, and Most Improved Brian Burke.

The Spartans would like to end the season by thanking all of their sponsors throughout the year, from jerseys to tournament sponsors. Their contribution greatly added to the team's success. See you all at a rink next hockey season.

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

- 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
- 14 Lunch & Learn: Adult Education • 1 hour
- 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

GMFRC Offerings Continued

June 15th, 2009

5:30 p.m. to 8:30 p.m.
At the GMFRC

Volunteer needed: 2 volunteers (1 adult and 1 youth)

Provide children care to children of multi-age groups.

Health, Safety and Wellness Trade Fair

Wednesday, May 6th, 2009
9:30 a.m. to 12:30 p.m. and/or 12:30 to 3:30 p.m.

Annapolis Mess Lounge A & B

Volunteers Needed: 1 for the full day, or 2 for half of the day

To man the GMFRC table at the Occupational Health, Safety, and Wellness Trade Fair. You will be paired with a

staff member and will be promoting GMFRC wellness programs.

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!

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 13<sup>th</sup>: Easter Monday • No School
  - Apr 14<sup>th</sup>: Beef Noodle Soup 1.75 • Chicken Burger with a Slice of Tomato & Lettuce 2.50 • Apple Slices 1.00
  - Apr 15<sup>th</sup>: Chicken Vegetable Soup 1.75 • Sheppards Pie 2.50 • Banana 1.00 • Toss Salad 1.50
  - Apr 16<sup>th</sup>: Split Pea Soup 1.75 • Meat Lasagna 2.50 • Vegetable Lasagna 2.50 • Spinach Salad 1.50 • Orange Slices 1.00
  - Apr 17<sup>th</sup>: Tomato Soup & Grilled Cheese 2.50 • Sherbet 1.00
- Daily Specials can be purchased for \$3.25 • Main Entree, Milk & Daily Dessert

## Annapolis Café

### 14 Wing Food Services

All Prices include HST

Breakfast Full ..... \$5.55

Breakfast Light ..... \$3.30

(Beverage & Toast or Cereal)

Lunch Full ..... \$11.10

Lunch Light ..... \$6.65

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

Dinner Full ..... \$11.10

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

### Meal Hours

Breakfast ..... 0600 - 0900

Weekend & Holidays ..... 0600 - 1100

Weekend Brunch ..... 1100 - 1315

Lunch ..... 1100 - 1315

Dinner ..... 1600 - 1830

OPEN TO AUTHORIZED PATRONS ONLY

## KINGSTON & DISTRICT SCHOOL

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

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

Mon: No School; Tues: Chicken Dinner;  
Wed: Chicken Nuggets; Thurs: Hamburgers; Fri: Homemade Pizza

This menu brought to you compliments of:

## FRASER'S PRO Home Centre



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



# FOR YOUR INFORMATION

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

## Chinese Auction

Melvorn Square Community Centre, April 18, 2009. Time: 10:00 a.m. – 2:00 p.m. Proceeds for the Melvorn Square U.B. Church.

## The Shiretown Singers

The Shiretown Singers perform Wednesday, April 29, Thursday, April 30, and Friday, May 1 at 7:30 p.m. at the New Hope Wesleyan Church, 7054 Hwy 12 (Chester Avenue, Kentville. To reserve tickets call 679-1915 or 678-8306.

## Wilmot Garden Club Monthly Meeting

The next regular monthly meeting of the Wilmot Garden Club will take place at the Melvorn Square Community Centre at 7:00 p.m. on April 15th. The program will be presented by Owen Bridge of Annapolis Valley Heritage Seeds, who will have seeds available for sale following his presentation. Everyone welcome. For directions visit our website at [www.wilmotgardenclub.net](http://www.wilmotgardenclub.net) or phone 847 1001.

# HOROSCOPES

April 12 to April 18

## ARIES - Mar 21/Apr 20

Aries, there's not much to keep you busy this week, so you'll have to figure out a few activities to keep you busy. Or maybe you want to catch up on some quiet time.

## TAURUS - Apr 21/May 21

You could use a break, Taurus, but it's not possible this week. Work responsibilities continue to pile up and it'll take all of your energy to muddle through them.

## GEMINI - May 22/Jun 21

Gemini, put others first when planning a party. Factoring guests' likes and dislikes will help ensure most people in attendance will enjoy themselves.

## CANCER - Jun 22/Jul 22

Cancer, your mate could get on your nerves this week, but only if you take what he or she says to heart. Consider that this person is speaking out of frustration.

## LEO - Jul 23/Aug 23

Speak up, Leo. If you get your voice heard, others will take you much more seriously. Scorpio could be your biggest opponent. If you can get past him or her, you're in the clear.

## VIRGO - Aug 24/Sept 22

It's been a few months of rough sailing, Virgo. But things have finally quieted down and you're in a groove. You will find that daily activities become much easier now.

## LIBRA - Sept 23/Oct 23

A big move could be in your future, Libra. Others may be apprehensive about your ability to assimilate, but deep down you know that you will be just fine.

## SCORPIO - Oct 24/Nov 22

Scorpio, you're not quite ready for the big changes that are in store for you in the weeks to come. However, you will cope just like you always do.

## SAGITTARIUS - Nov 23/Dec 21

Sagittarius, there will be plenty of time for having fun this weekend. Until then, buckle down and get some work done. Friday is a promising love day.

## CAPRICORN - Dec 22/Jan 20

A change of outlook and attitude can result in more things working in your favor, Capricorn. Look to a diplomat like Aquarius for advice on how to put your best foot forward.

## AQUARIUS - Jan 21/Feb 18

Don't run from change, Aquarius. Rather, embrace the things that come your way and you'll be a stronger, well-rounded person for your efforts.

## PISCES - Feb 19/Mar 20

It's been more work than fun, and Pisces feels like a dull boy or girl. Let loose this week and put enjoyment on the front burner.

## FAMOUS BIRTHDAYS

- APRIL 12 Shannen Doherty, Actress (38)
- APRIL 13 Rick Schroder, Actor (39)
- APRIL 14 Brad Garrett, Actor (49)
- APRIL 15 Seth Rogen, Actor (27)
- APRIL 16 Martin Lawrence, Comedian (44)
- APRIL 17 Victoria Beckham, Singer (35)
- APRIL 18 Maria Bello, Actress (42)

Horoscopes brought to you compliments of:



**24 HOUR SERVICE**

**STEVE MORSE**

**www.morsetowing.ca (902)825-7026**

Auto Clubs Accepted

## Spring Book Sale at Kingston Library

A used book sale will be held at the Kingston Library, located in the Kingston Village Office complex, 671 Main St. on Saturday, April 18 from 10:00 a.m. - 1:00 p.m. Items include paperbacks and hardcovers, adult and children's material. Most prices range from 50¢ to \$3.00. All proceeds will go to support the Kingston branch library services (such as Preschoolers' Popovers and Seniors' Computer lessons) offered at Kingston Library.

## 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 with coffee, tea and desert. Cost \$8.00 per person and \$8.50 delivered. For delivery call 765-2128. Proceeds for Lions charitable work.

## North Kingston Public Cemetery Annual Meeting

The annual meeting of the North Kingston Public Cemetery will be held at the Kingston Fire hall on Wed. April 15th at 7:00pm. We welcome anyone to attend the meeting who owns or is interested in owning plots in the cemetery.

## North Kingston Public Cemetery Annual Spring Clean-up

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.

## Special Brunch

Sunday, April 19th, 2009 at 12 Noon at Queen of Heaven Chapel Annex, Church St. Greenwood. Your support will help feed those who cannot feed themselves. Only \$4.00. Sponsored by Knights of Columbus, Greenwood/Middleton Council. Pancakes, Sausages, hash browns, ham, scrambled eggs, coffee, tea, juice. Everyone welcome. Contact Kent Sill at 765 2734 for more information.

## Soldiers' Memorial Hospital Dinner

Stuffed Roast Pork Dinner is on the menu at the Annual Soldiers' Memorial Hospital Dinner, prepared by the Chefs from CFB Greenwood, on Saturday, April 25 from the Fire Hall in Middleton. Hosted by the Auxiliary, this year's event will have two settings 4:30-6:00 p.m. & 6:30-8:00 p.m. Takeout 4:00 - 4:30 p.m. only. Tickets available at the Hospital Gift Shop or with Auxiliary members Elizabeth Spinney (825-6841) or Ruth Brigley (825-3663).

## Kingston & District Health Auxiliary Coffee Party

Will be holding a coffee party Friday, 17 April, 2009 from 9:30 - 11:30 a.m. in the Kingston Fire Hall. Proceeds to Palliative Care. Help support Soldiers Memorial Hospital and District Health Care. Please join us - it benefits everyone.

## Spring Bingo at Lawrencetown Consolidated School

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!

## Wilmot Garden Club Plant Sale

May 16th is our annual plant sale on the grounds of Goucher's Farm Market on the corner of Hwy 1 and Stronach Mountain Road starting at 8:00 a.m. Be there early for best selection! We will also have a Plant Raffle included as part of the sale with tickets going at 3 for \$5.

## Free Swing Dance Lessons

Free Swing Dance Lessons every Thursday evening from 1930 - 2100 at the Annex in the Queen of Heaven Chapel on Church St. For more information contact: [annapolisvalleylindyhop@hotmail.com](mailto:annapolisvalleylindyhop@hotmail.com).

## Benefit Concert

Benefit Concert for the Saltzman family whose dairy barn was destroyed by fire. At New Beginnings Center, 1151 Bridge St., Greenwood, Sunday, April 26th at

2:00 p.m. Paul Marshall and other musicians. Info 765-8155.

## 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.

## Kingston Area Seniors Association

Meet 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.

## Church Library Hours

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

## 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, from 8:00 a.m. - 12:00 p.m. What: Anything we can sell! Contact: Sheila Hulford 765-4023.

## Annual Meeting of the Church Grove Cemetery

Annual Meeting of the Church Grove Cemetery at the Melvorn Square Community Hall on 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.

## Kingston Farmers Market Public Meeting

The Kingston Lions Club, the Kings Community Economic Development Agency and the Farmers' Market Co-operative Nova Scotia is organizing a public meeting on May 5, 2009 at 7:00 p.m. at the Kingston Lions Club to gather in-

terest for a potential farmers market in the Kingston Area. The general public and producers are welcome to attend. The Farmers' Markets of Nova Scotia Coordinator will be in attendance to supply information to those present. The session will also have a question and answer period and if enough support is present, hopefully a group will be formed to pursue the establishment of a farmers market in the Kingston area. If you require more information, please contact John Marshall by phone at 902-765-3068.

## 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 home-made jams, jellies and preserves, hand-crafted jewellery, and selected quality items. All are welcome.

## K'ton/G'wood Living With Cancer Support Group

The Canadian Cancer Society "Living With Cancer" Support Group will be holding its April "Get-Together" in the St. Mark's Protestant Chapel, 14 Wing Greenwood from 7:00 - 9:00 p.m. Monday 20 Apr 09. The speaker is Nova Scotia Registered Counselling Therapist Dr. Beth Robinson, on the topic of "The Stress Experience". Cancer patients, their family and friends or anyone seeking information on cancer is welcome to attend. For information call Lloyd (765-6133) or Lynda (765-3055).

## 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.



# 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, Thursday, April 16, 2009.**  
Make sure you include your full name and phone number.

| NAME                                                                                                                                                           | PHONE NUMBER |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <i>Limited to one win per month.</i>                                                                                                                           |              |
| <i>The winner will be drawn randomly from all correct entries. Only one entry per person per week.</i>                                                         |              |
| <b>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!</b> |              |
| 1. Who has "Everything you need to grow" _____                                                                                                                 | _____        |
| 2. Middleton Swimming Pool Society is hiring how many positions for summer _____                                                                               | _____        |
| 3. Durland, Gillis and Schumacher Law Office is located in _____                                                                                               | _____        |
| 4. Who wants to hire a Software Application Specialist _____                                                                                                   | _____        |
| 5. The Village of Greenwood has a job opportunity for _____                                                                                                    | _____        |

**This contest is brought to you by:**



**Pizza Delight, Greenwood**  
**765-4477**

**Congratulations to last week's winner: MARG WOOD**

## The 107 Valley Wing

904 Central Ave.  
Greenwood



**Air Force  
Association  
of Canada**

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# Youth Happenings at the 14 Wing Community Centre

**By Brendan Loughnane  
Youth Recreation  
Worker**

I hope you all had a happy Easter and a very enjoyable long weekend. On Sunday April 26<sup>th</sup> we will be having a Mario Kart Tournament for the Wii. There will be one tournament for Pre-Teens and one for Teens. The winners of each tournament will receive a prize in the form of a Greenwood Mall gift card. There is a \$2 dollar registration fee for each youth wishing to participate. You can register at any time down here at the Community Centre.

Pretty soon it will dry

enough outside to do all your fun outdoor activities including skateboarding. Keep checking the paper because we will be having a community clean up around the skate park. Anyone who uses the skate park and is willing to help out will be invited to help us clean up the skate park and get it ready for the season. In the meantime here is what's going on this week at the Community Centre.

**Boyz Club**

**Monday April 13<sup>th</sup> 2009  
Gaga Ball  
4:30 – 6:00 p.m.**

I know you boys are going

to be all hyped up on chocolates that the Easter Bunny left for you. So come on down to the Community Centre on Monday night and use that energy to play some gaga ball. See you there boys.

**Teen Activities  
Tuesday April 14<sup>th</sup> 2009  
Squash @ the Fitness & Sports Center  
6:00 – 7:00 p.m.**

Hey teens this Tuesday night we will be playing some squash at the fitness and sports center. It's a great game so come on out and try it and don't forget to bring a pair of indoor shoes. See you there.

**Active Chicks  
Wed. April 15<sup>th</sup>, 2009  
Bowling  
6:00 – 7:30 p.m.  
Cost \$2**

Active Chicks are bowling tonight at the Community Centre!! We'll sign-in at 6 and than head downstairs to try on bowling shoes. Bowling is a great group activity; we'll

see who can bowl the most strikes and who can get the most gutter balls! Don't forget to bring \$2; see you there!!

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

Every Saturday is pre-teen movie night. The fun starts at 6:00 p.m. and runs until 8:00 p.m. Admission to the movie is free with your membership card or \$1 drop in fee. This week will be watching "Igor". Igor is an animated movie about a hunchback lab assistant who has always dreamed of becoming a scientist instead of an assistant and winning the first place prize at the annual evil science fair.

**Teen Movie Night**  
Teen movies run from 8:30 – 10:30 p.m. Admission to the movie is free with your membership card or \$2 drop-in fee. This week the teens will be watching "Yes Man". This comedy stars Jim Carey as a

middle aged man whose life is going nowhere. He decides to make a change and signs up for a course that will help him make some changes in his life. He decides to openly embarrass the word "yes" and very quickly sees how being

more optimistic can change his life. Now that he understands the benefits of the word "yes" he starts to have trouble telling people "no" and realizes that things might be getting a little to overwhelming.

**Youth Centre Drop in 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  | 4 pm to 6 pm                 | 6 pm to 9 pm                  |
| Friday    | 6 pm to 8 pm                 | 4 pm to 6 pm<br>8 pm to 11 pm |
| Saturday  | 2 pm to 4 pm<br>6 pm to 8 pm | 4 pm to 6 pm<br>8 pm to 11 pm |
| Sunday    | 2 pm to 5 pm                 | 5 pm to 9 pm                  |

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



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Solution: 1. Leaf appears behind stump. 2. Salt on windmill is missing. 3. Flower stem in hand is missing. 4. Knothole on stump is colored in. 5. Flower beside girl is colored in. 6. Leaf beside girl is different. 7. Grass under basket has moved. 8. Fold in girl's apron has moved. 9. Fence is taller. 10. Knothole in tree is larger. 11. Neckline on dress is lower. 12. End of hair braid is different.

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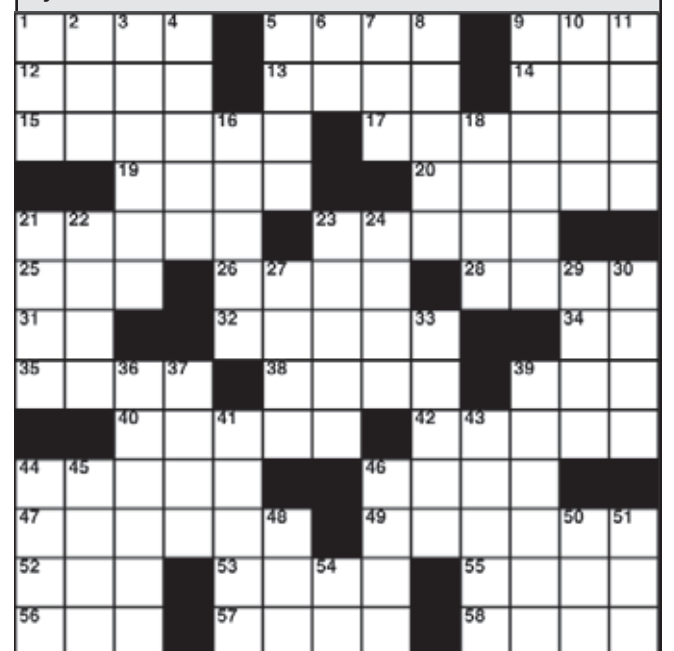
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## Canadiana Crossword

### Selected Similes

Solution page 26

By Bernice Rosella and James Kilner



- ACROSS**
- 1 Grandma to Gorbachev
  - 5 \_\_\_ as a cucumber
  - 9 Mansbridge's network
  - 12 Daminozide
  - 13 Sole
  - 14 Inuit knife
  - 15 Manage
  - 17 Orator
  - 19 \_\_\_ as a door-nail
  - 20 \_\_\_ as a peacock
  - 21 \_\_\_ as a bat
  - 23 Indian statesman
  - 25 Portion
  - 26 Ancient expletive
  - 28 Stride
  - 31 Actinium symbol
  - 32 Protuberances
  - 34 Credit rating
  - 35 \_\_\_ as a kite
  - 38 Piggy parlance
  - 39 Homeland of G. Meier
  - 40 Westcoast aboriginal
  - 42 Prime time TV awards
  - 44 Vitriolic
  - 46 Thailand, previously
  - 47 Riga is its Capital
  - 49 Ascertain
  - 52 \_\_\_ as a fiddle
  - 53 Battery maker's material
  - 55 Sheepshank or bowline
  - 56 Slangy prefix for Cat or suit
  - 57 Out of control
  - 58 Stitches
  - 10 Cordon \_\_\_
  - 11 Coagulated matter
  - 16 Loaded
  - 18 Bobby and kin
  - 21 Boring
  - 22 Venues
  - 23 Skater Komanechi
  - 24 Shangri-la
  - 27 \_\_\_ as gold
  - 29 \_\_\_ as pie
  - 30 Golf scores
  - 33 Hank
  - 36 \_\_\_ blaster
  - 37 CTV icon Kirck to his pals
  - 39 Impregnable
  - 41 Mediterranean islet
  - 43 Disguises
  - 44 Tennyson and Nobel, familiarly
  - 45 Abel sibling
  - 46 \_\_\_ as a dog
  - 48 Point, in a way
  - 50 Ruccus
  - 51 UFO occupants, perhaps
  - 54 Not on your life
- DOWN**
- 1 Dickensian exclamation
  - 2 Petals
  - 3 Brigand
  - 4 Jann or Elizabeth
  - 5 Campus figure
  - 6 Atop
  - 7 Andalusian cheer
  - 8 Word before 32 Across
  - 9 Paper doll e.g.

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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 - Newly renovated mini home, 1938 Glebe Rd,

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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 call 765-8416. (3014-3tp)**

## FOR RENT

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)**

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 - Neily Crescent Apartment Located off Bridge Street in Greenwood. Newly built 2 bedroom apartments, fridge, and stove included. Laundromat located in building. Conveniently located to all amenities. \$600.00 per month. Please call 765-0788 for more information. (3015-ufn)**

FOR RENT - Lower level 3 bedroom duplex. \$550 per month plus utilities (Duplex available May) Located in the subdivision behind the Greenwood Mall. Fridge/stove, lawn care and snow ploughing included. Call 765-4206 (3013-ufn)

**FOR RENT - CLEAN, MODERN ONE BEDROOM APARTMENT. Suitable for professional person. Fully furnished good location, 1013 Main St Kingston. Private paved parking,**

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FOR RENT - Available immediately - Large 1 bedroom apartment with den. 5 appliances. Utilities included. N/S \$695. 765-3287 (3015-2tp)

FOR RENT - Large 1 bedroom apartment for rent. 1320 Bridge St., Kingston. \$370/month, utilities extra. Call 765-6929 (3015-2tp)

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**SERVICE - OK Corral Paint Ball Games. Hwy 201, Paradise, 10 min West of Middleton. All equipment supplied. Call for bookings or for more info call 824-2058. Lots of fun for the whole family. (3015-4tp)**

## WANTED

WANTED - Esthetician, great job opportunity. Please call Stark Headquarters at 765-8850 or 765-9113 (3015-1tp)

**WANTED Babysitter required for 2 kids (3 years old and 1 yr old) for part time work (2 days/week) in Kingston. Preferably in home but not a hard necessity. Non-smokers only. If interested, please call 242-2229. (3015-2tp)**

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**Crossword Solution**

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

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**Through The Eye of the PSI**  
Submitted by Shannon Doubleday, Coordinator of Prevention, Support and Intervention Services at 765-1494 local 1811  
"Let's learn a lesson from tea. It shows its real worth when it gets into hot water"  
-Heather Fiske, PhD  
A crisis can come in many forms, and target many areas of our lives. It doesn't have to be reflective of only life endangering events. The experience of crisis is a personal one reflective of how each individual interprets and experiences the event, and its resulting aftermath. For some of us, losing keys, a wallet, locking oneself out of a car can all be crisis events. For others, crisis entails significant accidents, injury, and trauma. This is a

critical component to understand, crisis is less about the event, and more about our individual understanding and experience of it.  
The amazing aspect of crisis management is that each person will seek to balance themselves in response. When an event knocks us off kilter, we will, in time, seek out mechanisms to support regaining a sense of control and balance in our life. Often these processes are simple and almost invisible. Most of us know at some level what helps us feel calmer, whether going for a run, reading, bath, counselling, yoga, journaling. It is these activities which we need to recall when faced with a crisis event. Asking yourself questions like: "How did I manage this in the past? When I am calm what am I doing/thinking? What would my spouse say I'm doing when I manage stress/crisis really well?" can help remind you of the natural coping resources that you use which will be helpful in times of crisis.

# Greenwood Horse and Recreation Club Events

The month of March finished on a great note with our Fat "n" Furry show being the highlight. Twenty teams of horse and rider competed in a variety of games on horseback while being timed. In one event contestants had to ride quickly to a pile of clothing, put on whatever was in the pile and then race back to the finish line. Those who have never seen a young man try to get on his pony while wearing a dress for the first time missed great time!

Keri MacCulloch won the high point prize for the ad-

vanced group while young Brayden Lewis won high point novice. Janyne Crocker's pony Pete won the prize for the "furiest" and, Cathy Thomas's pony Lucy won a bag of "low cal" treats for being the "fattest". Lucy is now on a diet and exercise program since winning this title and is looking much trimmer.

On the weekend of April 4th, GHRC hosted a Bowie Langille clinic. The 15 riders who participated over the two day event, learned new skills, met great new people and had an all round good weekend.

Thanks again to the wonderful group of volunteers who worked so hard for both events to make our guests welcome. A big thanks to Cheryl Lewis, Jessy Bouchard and Susan Scoville for providing lunch for everyone.

On April 25<sup>th</sup> the GHRC will be hosting a used tack swap / fleamarket. Tables for this event are \$5.00 and must be booked in advance.

Our beginner lesson program is now underway with limited spaces available and, we are taking bookings for birthday parties. For more information on lessons, parties or, upcoming events call 765-2310.

Greenwood Horse and Recreation Club is open for visitors so come check out the facility and meet the staff, we look forward to seeing you.



## Easter "Egg-citement"

Sticky fingers and big smiles went hand and hand when Allie assessed Keagan in making their Easter Eggs! The boys and girls of Miss Maurina's French Immersion Preschool program had an "egg-cellent" morning hopping from circle time to craft time creating their "egg-citing" Easter decorations.

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 765-1494 local 5301. We are presently taking registration for our Fall 2009 programs.

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### CAE seeks a Software Application Specialist

The Software Application Specialist (SAS) position is conditional to contract award by the Department of National Defence and Public Works and Government Services Canada. It is a full-time, permanent position at CFB Greenwood, Nova Scotia and the start date would be the summer of 2009.

#### Position profile

- Occasionally available for temporary employment at locations in Canada and abroad.
- If required, participate in CH-146 and CP-140 training flights to identify and address simulator issues and to evaluate and implement requirements identified by subject matter experts.
- Develop, produce and test CH-146 and CP-140 training scenarios, lesson plans, operator pages in conjunction with, and at the direction of flight simulator operators, flight simulator instructor pilots (IPs) and subject matter experts (SMEs).
- Work with a team of hardware technicians to carry out preventive and corrective maintenance as detailed in the quality documents to achieve required availability and reliability on flight training devices (reporting metrics), including down time, lost time and more.
- Monitor and resolve system SW problems with the support of technical experts and colleagues.
- Support internal and external customers for device training that would include SW testing, integration and maintenance on a regular basis.
- May be required to debug and troubleshoot complex SW problems spanning a wide range of technologies including, but not limited to, hydraulic, visual and avionics systems.

#### Qualifications

- University degree in engineering
- Three years of related simulator experience (an asset).
- Superior troubleshooting skills and in-depth knowledge of software languages (Fortran, C++, C, Java) and advanced software diagnostic utilities (CAE Lib, Networking, Linux, Unix/ System Admin).
- Some knowledge of SIMXX1 or CAE Strive™ software is an asset.
- Previous experience as an Integration Specialist considered as an asset.
- Customer-centric with experience and success in providing customer service.
- Ability to handle sensitive situations with tact and be a dynamic team player.
- Strong communication skills with an excellent knowledge of English (written, read and spoken).
- Thorough understanding of aircraft terminology or simulation devices.
- Ability to interpret schematics and other technical documents pertaining to aviation.

#### About CAE

CAE is a world leader in providing simulation and modelling technologies and integrated training solutions for the civil aviation industry and defense forces around the globe. With annual revenues exceeding C\$1.4 billion, CAE employs approximately 7,000 people at more than 75 sites and training locations in 20 countries. We have the largest installed base of civil and military full-flight simulators and training devices. Through our global network of 27 civil aviation and military training centres, we train more than 75,000 crewmembers yearly. We also offer modeling and simulation software to various market segments and, through CAE's professional services division, we assist customers with a wide range of simulation-based needs. [www.cae.com](http://www.cae.com)

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# BUFFALO CHIPS • 404 LRP&T's Latest Adventures

Submitted by: **Capt Dorothy Wiebe**

Recently 404 LRP & T Squadron participated in Noble Manta 2009 based in Sigonella, Italy. It is one of the largest Anti-Submarine Warfare exercises

in the world. It was an excellent opportunity to hone our anti-submarine warfare skills again in order to maintain proficiency in a busy and challenging environment. Both 404 and 405 Squadrons flew several

ASW missions against numerous diesel submarines for which the CP140 Block II Aurora is particularly well-suited and we were able to simulate several successful attacks. Unfortunately, we had a lightning strike

on our fifth trip which damaged our aircraft and the ASW exercise ended before we were able to have it repaired. The Canadians were in second place overall at the time of the incident. Also during this deployment,

404 LRP&T Squadron had the opportunity to conduct some AES Op MOAT training which resulted in successful checkrides for 3 newly minted "B" Category AESOps for 405 LRP Squadron.

operational shortages. MOAT 0901 started 23 Mar 09 with 6 more brand new AES Op's which will keep us very busy till the summer break.

Acoustic Sensor Officer MOAT 0802 was finally complete with 8 students graduating with their ASO Basic qualification in late March. Capt Lapointe, Capt Parent, Capt Currie, Lt Collins from 405 Squadron and Capt Hollenbeck, Capt Tardif, Capt Dickert and Lt McNab from 407 Squadron. Four of these students are continuing with NAVCOM instruction to achieve a Dual qualification as both NAVCOM and ASO.

**Congratulations to all our recent graduates!**

In other squadron news, 404 LRP&T Squadron is delighted to have recently received newly designed squadron coins which are available for purchase from Sgt Dave Shears (ext 3420), 404 Squadron CO AA Debbie Pothier (ext 3605) or at the Greenwood Military Aviation Museum for \$10 each. Coins are numbered (choice of number may be available) and can have an inscription on the coin edge up to 14 characters. Both serving and retired members are invited to purchase one of these striking new commemorative coins for their collection!



Two newly designed 404 LRP&T Squadron coins available for purchase at \$10 each.

Back home in CYZX, Pilot and Flight Engineer MOAT training is ongoing with 2 of 4 FE's having recently graduated; Sgt Paul Bourgoin from 405 Squadron and Sgt Mike Hambley from 407 Squadron.

With the success in Sigonella, AES Op MOAT 0801 concluded in early Mar 09 which turned out a total of six enthusiastic "B" Cat's; MCpl Churchill, MCpl Spearin, Cpl Whitaker and Cpl Whyte from 405 Squadron and Cpl Boswall, Cpl Ogilvie from 407 Squadron. Hopefully this will alleviate some of the squadron's

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